

# ELLIPTICAL

## Information and Conditioning

### PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
- Push your shoulders down and away from your ears. Have a slight bend at the elbows.
- Hold the handles with a light grip and keep elbows above knee level.
- Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, ensuring a smooth, even stride.
- During both the forward and backward motion, avoid bouncing as this allows you to use gravity to help you move the pedals rather than your muscles resulting in a less effective workout.
- Keep your feet parallel to the edge of the pedal, you can place them forward or back on the footplate depending on the stride length you prefer. Feet should be set up.

### REAR FLYWHEEL

### HEALTH BENEFITS

#### Weight Loss

Elliptical training is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health.

#### Cardiovascular

Elliptical training is a cardiovascular exercise that can help you improve your heart health and increase your endurance.

#### Joints

Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.

### FOOT PEDALS

Larger foot pedals, allow you to adjust your stride length by positioning your feet at different ends of the pedals.



### MOVING HANDLES

Move the handles and push the handles against your upper body muscles.

### STATIONARY HANDLES

Use these handles to get on and off the machine. Only the handles lightly as you can maintain proper posture. Do not lean against them.

### CONSOLE

Set your speed and weight. Select a program and set the resistance. Display screen shows speed, heart rate, time, distance and other factors.

### CORD RAILS/STAIRS

### MOVEMENT

Most elliptical machines can be pedaled forward and backward. In addition the resistance and motion can be adjusted.

**Forward Motion** - motion including motion with substantial quadriceps and hamstring work.

**Backward Motion** - motion is being motion with greater gluteus, quadriceps and calf involvement.

**Pushing Forward** - greater quadriceps work.

**Pushing Backward** - greater hamstring work.

### ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
2. Push your shoulders down and away from your ears. Have a slight bend at the elbows.
3. Hold the handles with a light grip and keep elbows above knee level.
4. Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, ensuring a smooth, even stride.
5. During both the forward and backward motion, avoid bouncing as this allows you to use gravity to help you move the pedals rather than your muscles resulting in a less effective workout.
6. Keep your feet parallel to the edge of the pedal, you can place them forward or back on the footplate depending on the stride length you prefer. Feet should be set up.
7. Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.

### THE WORKOUT

1. Warm-up: 5 minutes at a low resistance and speed.
2. Main workout: 20-30 minutes at a moderate resistance and speed.
3. Cool-down: 5 minutes at a low resistance and speed.
4. Total workout time: 30-40 minutes.
5. Heart rate zone: 140-160 bpm.
6. Calories burned: 300-500 calories.
7. Distance traveled: 5-10 km.
8. Time taken: 30-40 minutes.
9. Resistance level: 10-15.
10. Speed level: 1.0-1.5 km/h.

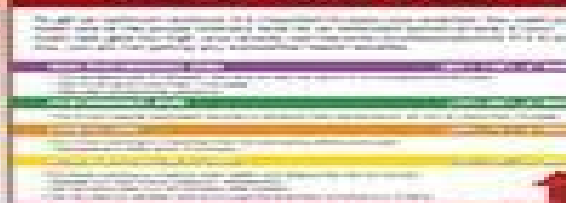
### MUSCLES WORKED



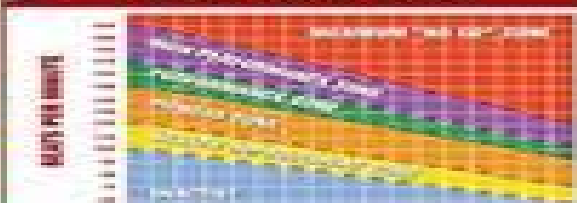
### SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and speed.
3. Increase resistance and speed gradually.
4. Stop if you feel pain or discomfort.
5. Use the safety key to stop the machine.
6. Keep your feet on the pedals at all times.
7. Keep your hands on the handles.
8. Keep your back straight.
9. Keep your core engaged.
10. Keep your feet flat on the pedals.

### SELECT YOUR ZONE



### HEART RATE ZONE



The elliptical is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health.

www.productivefitness.com

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# Elliptical Machine Chart Poster

**JR Anderson**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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