

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not leaning in a hunched forward position with rounded shoulders and upper back "caving" in).
- Push your shoulders down and away from your ears. Relax a slight bend at the elbows.
- Hold the handles with a light grip and keep elbows relaxed.
- Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate (not leaning back).
- 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.
- Throughout your pedal stroke to the edge of the pedal, you can place "heel" forward and "toe" on the back, depending on the stride length you prefer. Heel drives most up.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

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

Cardiovascular

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

Joints

Elliptical training is a low-impact workout 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 together from your upper body muscles.

STATIONARY HANDLES

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

CONSOLE

Set your age and weight. Select a pre-determined program or set to manual mode. Display screen will show speed, time, incline, distance and other factors.

CORD RAILS/STAIRS

MOVEMENT

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

Forward Motion - involves a running motion with substantial quadriceps and hamstring work.

Reverse Motion - involves a strong 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 leaning in a hunched forward position with rounded shoulders and upper back "caving" in).
2. Push your shoulders down and away from your ears. Relax a slight bend at the elbows.
3. Hold the handles with a light grip and keep elbows relaxed.
4. Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate (not leaning back).
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. Throughout your pedal stroke to the edge of the pedal, you can place "heel" forward and "toe" on the back, depending on the stride length you prefer. Heel drives most up.
7. Use the rear flywheel to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.
8. Set your age and weight. Select a pre-determined program or set to manual mode. Display screen will show speed, time, incline, distance and other factors.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and low speed.
2. Main workout: 20-30 minutes at moderate to high resistance and speed.
3. Cool-down: 5 minutes at low resistance and low speed.
4. Total workout time: 30-45 minutes.
5. Resistance: Adjust the resistance to a level that challenges you but allows you to maintain proper form.
6. Speed: Adjust the speed to a level that challenges you but allows you to maintain proper form.
7. Incline: Adjust the incline to a level that challenges you but allows you to maintain proper form.
8. Heart rate: Monitor your heart rate throughout the workout to ensure you are working at a target heart rate.

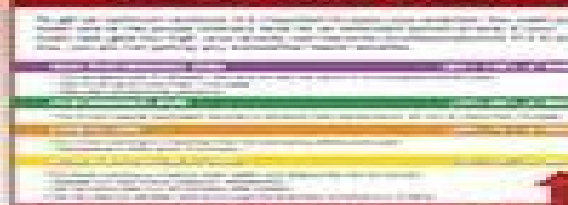
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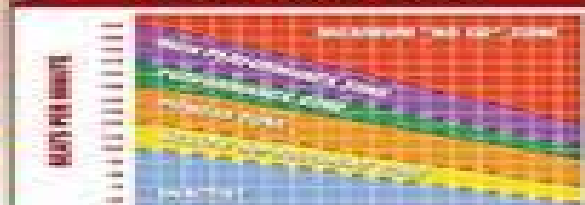
SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and speed, and gradually increase as you become more comfortable.
3. Avoid overexertion and listen to your body.
4. Stop if you feel any pain or discomfort.
5. Use the safety key to stop the machine in case of an emergency.
6. Keep the machine clean and well-maintained.
7. Use the machine on a soft surface.
8. Avoid using the machine if you are pregnant or have any medical conditions.
9. Consult your doctor before starting any exercise program.

SELECT YOUR ZONE



HEART RATE ZONE



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

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Elliptical Machine Chart Poster

Camilla Rothe



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web 2 regresi linear berganda linear berganda ialah jenis regresi yang mengaitkan satu variabel y terhadap dua atau lebih variabel x dengan jenis data kuantitatif misalkan pengaruh jumlah camilan yang dikonsumsi terhadap tinggi dan berat badan rumus $y = a + b_1 x_1 + b_2 x_2 + \dots + b_n x_n$ e y variabel dependen x variabel independen a konstanta

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web aug 12 2021 berdasarkan tabel 1 dapat diuraikan persamaan regresi berganda yaitu sebagai berikut $y = \alpha + \beta_1 x_1 + \beta_2 x_2 + \beta_3 x_3 + \beta_4 x_4 + e$ $y = 0.220 + 0.038x_1 + 0.004x_2 + 0.070x_3 + 0.097x_4 + e$ dari persamaan regresi linear berganda di atas dapat dijelaskan sebagai berikut nilai konstanta a memiliki nilai positif sebesar 0.220