

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 sticking forward).
- 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, using the entire foot to push against the pedals.
- 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 your foot on the footplate and back, depending on the stride length you prefer. Make sure it's not too long.

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 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 pushing motion with substantial quadriceps and hamstring work.

Backward Motion - involves a pulling motion with greater gluteus, quadriceps and calf involvement.

Pushing Forward - greater quadriceps work. **Pulling Backward** - greater hamstring work.

ELLIPTICAL BASICS

It takes a few days to get used to the elliptical machine. Here are some tips to help you get started.

1. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
2. Keep your feet flat against the footplate and your knees bent at a 90-degree angle.
3. Push the handles forward and back, keeping your elbows relaxed.
4. Keep your back straight and your head up.
5. Avoid bouncing or leaning on the machine.
6. Use the handrails for support, but don't lean on them.
7. Keep your feet on the pedals at all times.
8. Keep your feet on the pedals at all times.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and speed.
2. Main workout: 20 minutes at moderate resistance and speed.
3. Cool-down: 5 minutes at low resistance and speed.
4. Total workout: 30 minutes.
5. Resistance: 10-15% of body weight.
6. Speed: 1.5-2.0 mph.
7. Incline: 0-10%.
8. Heart rate: 140-160 bpm.
9. Calories burned: 300-500.
10. Benefits: Improves cardiovascular health, burns calories, and tones muscles.

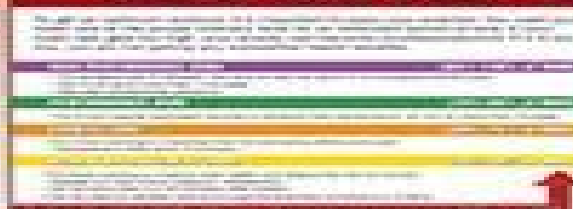
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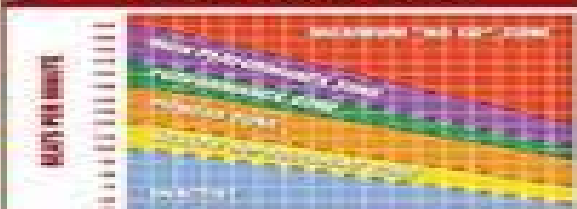
SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and speed.
3. Keep your feet flat against the footplate.
4. Push the handles forward and back.
5. Keep your back straight and head up.
6. Avoid bouncing or leaning on the machine.
7. Use the handrails for support.
8. Keep your feet on the pedals at all times.
9. Keep your feet on the pedals at all times.
10. Keep your feet on the pedals at all times.

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

PT Brinkman

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the PT Brinkman text.

Elliptical Machine Chart Poster:

Eventually, you will no question discover a extra experience and deed by spending more cash. yet when? do you put up with that you require to acquire those every needs taking into consideration having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to comprehend even more something like the globe, experience, some places, subsequent to history, amusement, and a lot more?

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