

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, 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 "heel" forward and "toe" on the back, depending on the stride length you prefer. Heel moving forward.

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.

Joint

Elliptical training is a low-impact exercise that can help you reduce the risk of joint pain and 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

Movably turning and pushing the handles engages more 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.

Speed stroke - involves alternating motion with substantial quadriceps and hamstring work.

Stair stroke - involves a lifting motion with greater gluteus, quadriceps and calf involvement.

Pushing forward - greater quadriceps work.

Pushing backward - greater hamstring work.

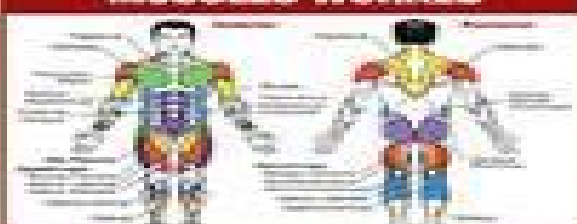
ELLIPTICAL BASICS

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, using the entire foot to push against the pedals.
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 moving forward.
7. Use the moving handles 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: 30-40 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 the appropriate intensity.

MUSCLES WORKED



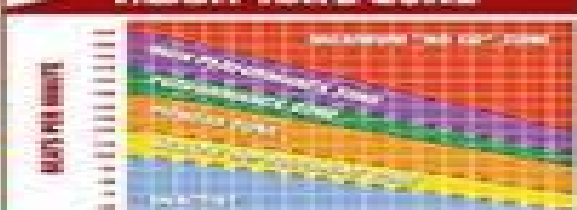
SAFETY

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 experience any pain or discomfort.
5. Use the moving handles to get on and off the machine.
6. Grip the handles lightly as you can maintain proper posture.
7. Do not lean on the handles.
8. Monitor your heart rate throughout the workout.
9. Stay hydrated throughout the workout.
10. End with a cool-down period.

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.

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Elliptical Machine Chart Poster

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