

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips and back, always upright.
- Hold the handles with a light grip and keep your feet in contact with the pedals.
- Keep your feet in contact with the pedals with enough pressure through your feet to prevent your walking path from fluctuating.
- Avoid standing in a hunched forward position with rounded shoulders and your head leaning down.
- Flaring back the forward and backward motion, avoid bouncing on the arms; you do not want to use your arms to move your body, but they should be used to assist in a low-impact motion.
- Feet are placed to edge of pedal, toes evenly spread out.
- Shoulders pull down, slight bend in elbows.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Cardiovascular

Joint



MOVING HANDLEBARS

CONSOLE
 Displays exercise time, speed, heart rate, incline, distance and other factors.

FIXED HANDLEBARS

PEDAL ARM
 Guides the foot motion through an elliptical range of motion. They can move in both a forward and backward direction which allows you to work different leg muscles.

GUIDE RAILS/RAMPS

MOVEMENT
 While you adjust the forward or backward, it enables you to control the intensity of your workout.

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

ELLIPTICAL BASICS

• **How to Adjust the Machine**

- Adjust the resistance level to your desired level.
- Adjust the stride length to your desired level.
- Adjust the incline level to your desired level.
- Adjust the heart rate monitor to your desired level.
- Adjust the display to your desired level.

THE WORKOUT

• **Warm-up**

• **Main Workout**

• **Cool-down**

MUSCLES WORKED

SAFETY

- Always use proper form and posture.
- Avoid overexertion and fatigue.
- Stop immediately if you experience any pain or discomfort.
- Consult your doctor before starting any exercise program.

SELECT YOUR ZONE

HEART RATE ZONE



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