

# 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 on.
- Shoulders pull down, slight bend in elbows.

### REAR FLYWHEEL

### HEALTH BENEFITS

**Weight Loss**

Cardiovascular

Arthritis



### 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 adjust the incline of the pedals for a greater glide or foot motion.

**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 incline level to your desired level.
- Adjust the stride length to your desired level.
- Adjust the foot pedals 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

• **Precautions**

• **Warnings**

• **Instructions**

### SELECT YOUR ZONE

### HEART RATE ZONE



# Elliptical Machine Chart Poster

**RS Peters**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle positioned behind the bar's end.

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