

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 so you can gently hold onto the handles with your palms.
- 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

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
 Works you either by forward or backward, if possible for a greater range of 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**

• **Contraindications**

• **Warnings**

SELECT YOUR ZONE

HEART RATE ZONE



Elliptical Machine Chart Poster

CO Houle



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