

# 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 back and forth.
- Keep your feet on the edge of pedal, not exactly in the middle.
- 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 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 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

• **Pre-workout**

• **During workout**

• **Post-workout**

### SELECT YOUR ZONE

### HEART RATE ZONE



# Elliptical Machine Chart Poster

**E Durkheim**



## Elliptical Machine Chart Poster:

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### **Table of Contents Elliptical Machine Chart Poster**

1. Understanding the eBook Elliptical Machine Chart Poster
  - The Rise of Digital Reading Elliptical Machine Chart Poster
  - Advantages of eBooks Over Traditional Books
2. Identifying Elliptical Machine Chart Poster
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Elliptical Machine Chart Poster
  - User-Friendly Interface
4. Exploring eBook Recommendations from Elliptical Machine Chart Poster
  - Personalized Recommendations
  - Elliptical Machine Chart Poster User Reviews and Ratings

- Elliptical Machine Chart Poster and Bestseller Lists
- 5. Accessing Elliptical Machine Chart Poster Free and Paid eBooks
  - Elliptical Machine Chart Poster Public Domain eBooks
  - Elliptical Machine Chart Poster eBook Subscription Services
  - Elliptical Machine Chart Poster Budget-Friendly Options
- 6. Navigating Elliptical Machine Chart Poster eBook Formats
  - ePub, PDF, MOBI, and More
  - Elliptical Machine Chart Poster Compatibility with Devices
  - Elliptical Machine Chart Poster Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Elliptical Machine Chart Poster
  - Highlighting and Note-Taking Elliptical Machine Chart Poster
  - Interactive Elements Elliptical Machine Chart Poster
- 8. Staying Engaged with Elliptical Machine Chart Poster
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Elliptical Machine Chart Poster
- 9. Balancing eBooks and Physical Books Elliptical Machine Chart Poster
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Elliptical Machine Chart Poster
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Elliptical Machine Chart Poster
  - Setting Reading Goals Elliptical Machine Chart Poster
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Elliptical Machine Chart Poster
  - Fact-Checking eBook Content of Elliptical Machine Chart Poster
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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