

Elliptical



Description: Get your heart rate up by using an elliptical for 20 to 30 minutes.

Instructions

1. Step on to the machine's foot pedals and hold on to the handle bars.
2. When you are ready, press the start or quick start button.
3. Hold the handle bars and begin pedaling your feet, alternating each leg and arm.
4. Foot pedals and handlebars will move in opposition (when your right foot goes back, your left arm reaches forward).
5. Increase and/or decrease resistance throughout the workout to change intensity when needed.
6. When you are finished, decrease your pedaling to a stop and safely step off the machine.

Tips & Modifications

- If you want a tailored cardio workout, select a program on the machine (e.g., interval, hills).
- It may take time to understand the movements of an elliptical, go slow until you feel comfortable with the rhythm.



Click here or scan the QR Code to the right to watch video instructions!

