



## Elliptical Trainer 101 Step Into It

Type of Exercise: Elliptical Machine	Level: Easy to Moderate	Equipment Needed: Elliptical Machine and a water bottle	
<p>The Rate of Perceived Exertion (RPE) scale can be used to estimate various heart rate workout zones. Of course an actual heart rate monitor is better, and we encourage you to invest in one. The RPE scale goes from 1 to 10. A rate of 1 is sitting down, not moving. A rate of 10 is working so hard you pass out (obviously, we're not going there!). The zones our workouts use the most include 3 to 4, which is pretty easy, you could talk in full sentences and even sing if need be. At level 5-6 singing is out, but you can still speak in full sentences. At level 7, it's hard to talk in full sentences, but breathing occurs without gasping. At level 8, one word answers are possible, but this is really working hard. Level 9 is extremely hard exercise that could only be sustained for short periods.</p>			
<p>The elliptical machine is a great piece of equipment because it allows for aerobic exercise without placing undue stress on the joints. If your machine has moving handles, they will add about 25-30% more intensity. The more intense the exercise, the higher the number of calories burned. The handles are like getting more "bang for your buck". The combined movement of walking and stepping up stairs will work the entire leg and glute muscles.</p> <p>Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.</p>			
	Explanation of Goals and Exercise Routines	Estimated Time	Check if Completed ✓
1 <sup>st</sup> Session	<p>The first session workout will be on the light side to get you familiar with the movement of the elliptical machine and let you find your balance. If you have experience on a treadmill, the buttons and arrows are probably similar. Some machines have a forward and backward button for changing directions. Some have handles that move back and forth that you can use, or not. And some machines have adjustments you can make at the pedal to change the angle of the foot. Get instruction on the machine from a gym staff member if the way it operates isn't clear to you. And, make sure you've got water – you'll need it!</p> <p>Start by standing tall when you step on to the pedals. Hold the stationary bar while you set your time. For this workout, use the manual setting. As you begin moving the pedals, keep your whole foot attached, like you've super glued your shoe to the pedal. It's easy to let the heel come up, which changes the muscles that get worked. Breathe deeply while warming up. Exertion Level 3-4</p>	Minute 1-5	

	<p>Pick up the pace and increase resistance to bring the heart rate up. Let the heel start to lift naturally; make sure your toes don't turn in or out. Stand tall and grab the moving handles, push and pull gently on the handles – it helps your feet! Breathe deep and try to keep your heart rate low even as you increase intensity, it's a game you can play with yourself. Breathing deep and steady will help keep it low, at the same time your muscles need more blood flow. Exertion Level 5-6</p> <p>In this stage, we'll go to Exertion Level 7, which is as high as we will go today. Remember, at Exertion Level 7, you should be sweating and breathing hard. Speaking in full sentences should be difficult. Try pacing your breath with the rhythm of your step.</p> <p>Reverse! Step it backwards. Drive through your heel and feel your backside a little more. You may have to take the resistance down to keep the heart rate from jumping. Hold it steady for 5 minutes. Exertion Level 7</p> <p>Step it slow to start the cool down process. Turn it around again and finish going forward. Let the heart rate drop and the breathing return to normal. The first minute should have the heart rate down; however, keep moving to flush out the leg muscles. Drink the rest of your water bottle, then fill it again and empty it before you get home. Exertion Level 5</p> <p>When you're ready, stop the pedals. Step off the machine before stretching. Flex and stretch any muscles that feel like they were worked. Nice stepping! That's the way to step it up and do something good for your body. It will thank you, and you'll feel great. Getting enough exercise is good for the brain too. Those endorphins can be addicting! Exertion Level 3</p>	<p>Minute 6-15</p> <p>Minute 16-20</p> <p>Minute 21-25</p> <p>Minute 26-30</p> <p>Minute 31-35</p>	
2 <sup>nd</sup> Session	<p>This session is a lot like the first session, with a twist or two. Use the same time schedule, but when the heart rate is suppose to go up, see if you can do it without increasing the speed of your step. Accomplish this by increasing the intensity. This will help build muscle. Pick a pace you feel comfortable with (a good song will help) Some machines will even chart your "speed" which can help you monitor your effort.</p>	35 Minutes Total	
3 <sup>rd</sup> Session	<p>Third time on the elliptical and yet another challenge ahead. Use the same time and effort schedule as the first session.</p> <p>This session involves setting the intensity, and then</p>	35 Minutes Total	

	<p>varying your workout with the speed of your stride. Pretend the intensity adjustment on the machine is broken. Since the intensity is “set” the way we’ll vary the effort can only be with the rate of stride. This may be a challenge to balance, be careful! Changing up the way exercise is done is good for the body. The body is an amazingly “smart” machine. It actually gets used to a repeated activity pattern and finds a way to use less energy to accomplish the work! We’re talking plateau. No fun, and less benefit. So, change it up!</p>		
4 <sup>th</sup> Session	<p>We’re going to change it up again. Start you warm up with the handles but going backwards. Imagine walking up stairs backwards; going backwards uses the leg muscles differently. Heart rate comes up from resting Exertion Level to a 3-4. This is still pretty easy, you can talk in full sentences and even sing up to Exertion Level 4. Make sure you OK it with your neighbors before you burst into song. Extra points if you can organize everyone into a sing along!</p> <p>OK, it’s interval time. Bring on the intensity and the speed for 30 seconds (like a sprint), then back off and recover for 1 minute. Repeat 6 times. If you find your heart rate isn’t coming down sufficiently, lengthen the recovery time. Try for 6 intervals. Your Exertion Level should vary between 4 and 8.</p> <p>Settle in the middle somewhere at a Exertion Level 6 on the RPE scale. At a 6 you can control your breathing (not panting) but you definitely know you’re working. Keep it here for 10 minutes.</p> <p>Cool down, slow down and breath deeply to bring the heart rate down as low as possible while still moving. Don’t forget to stretch!</p>	<p>Minute 1-5</p> <p>Minute 6-20</p> <p>Minute 21-30</p> <p>Minute 30-40</p>	
5 <sup>th</sup> Session	<p>Today’s workout will use the same time frame and as session 4 but instead of intervals in the middle 15 minutes, we’ll do one big hill with three different changes in difficulty. To follow this pattern, you’ll have to increase the intensity on the machine three different times.</p> <p>Start you warm up with the handles but going backwards. Imagine walking up stairs backwards; going backwards uses the leg muscles differently. Heart rate comes up from resting Exertion Level to a 3-4.</p> <p>OK, we’re starting up the hill. You’ll have to manage the intensity change to bring you to a Exertion Level 8</p>	<p>Minute 1-5</p> <p>Minute 6-20</p>	

	<p>about a minute before we reach the peak of the hill. If you haven't done this before, it requires really paying attention to where your heart rate is, and likely will be going. Try not to add too much intensity too soon, but don't hesitate to bring the intensity back down if you do. We're looking for a long, but increasingly steep hill. Your Exertion Level should increase from 4 to 8.</p> <p>We've reached a nice level spot at the top of the hill. Settle your effort in at a Exertion Level 6. Keep it here for 10 minutes.</p> <p>Cool down, slow down and breath deeply to bring the heart rate down as low as possible while still moving. Imagine coming down the hill you've climbed. Don't forget to stretch!</p>	<p>Minute 21-30</p> <p>Minute 30-40</p>	
6 <sup>th</sup> Session	<p>For this workout, use the manual setting. Breathe deeply while warming up. Exertion Level 3-4</p> <p>Pick up the pace and increase resistance to bring the heart rate up. Focus on keeping the upper body still. Try to make all the motion in your occur in your legs. Work at pulling in your abs. It takes a lot of concentration to do this for 10 minutes. Stay focused! Exertion Level 5-6</p> <p>In this stage, we'll both increase the intensity of your effort, as well as concentrate on pulling back on the handles, instead of pushing forward. This will work the triceps on your arms.</p> <p>Reverse! Step it backwards. Drive through your heel. Start pushing on the handles instead of pulling back. Feel those biceps. Hold it steady for 5 minutes. Exertion Level 7</p> <p>Let the heart rate drop and the breathing return to normal. Finish your water bottle. Exertion Level 5</p> <p>Stretch out thoroughly. Don't forget the upper body. Exertion Level 3</p>	<p>Minute 1-5</p> <p>Minute 6-15</p> <p>Minute 16-20</p> <p>Minute 21-25</p> <p>Minute 26-30</p> <p>Minute 31-35</p>	
7 <sup>th</sup> Session (Third Week)	<p>In this session, you're going to change something every minute, after a solid five minute warm up. It's tempting to short the time warming up or cooling down. Don't do it!</p> <p>The measure you vary can be intensity or speed or both. Raise the heart hate for the first 5 changes (five minutes), then decrease the heart rate for the next five minutes,</p>	<p>40 Minutes Total</p>	

	changing every minute. Repeat with five more increased per minute, but take the heart rate higher than you did the first round. If things are going fine, and you feel up to it, try for an Exertion Level of 8.5, which is really working hard. Be careful with your form. Stand straight without a chicken neck and hold your abs in.		
8 <sup>th</sup> Session	Steady Eddie is the game for this session. After warming up, take the heart rate up to an Exertion Level 7 and keep it there for a full 20 minutes. The difference is...once you're stabilized at Exertion Level 7, bend your legs more into a little squat, weight back over the heels more than the toes. This will increase tension on the quads and make them work a little harder. Do the same thing pedaling backwards. Caution: knees should not move forward of the toes. This is supposed to be easy on the knees. Adjust your position and lift your abs, think of holding your upper body up off your legs with your abs and back sandwiched together and being pulled up by a belt. Can you picture it?	50 Minutes Total	
9 <sup>th</sup> Session	<p>In today's session, imagine you're on a track. Imagine your track to be any shape, with a few gently rolling hills. As you warm up, keep the heels planted on the pedals and stand tall. At the end of the 5 minute warm up you should be at Exertion Level 5.</p> <p>Think of a starting line and hear the whistle blow – you're off on your first lap around the track. The objective to get your heart rate to change up or down with at least 10 different increases of resistance or speed. The change doesn't have to be huge, just go from one Exertion Level to another.</p> <p>Recover to an Exertion Level 5, then start your next lap. Same objective, 10 changes in Exertion Level.</p> <p>Recover to an Exertion Level 5, then start your third and final lap. Same objective, 10 changes in Exertion Level.</p> <p>Cool down at least 10 minutes to end up at Exertion Level 3. Be sure to stretch.</p>	<p>Minute 1-5</p> <p>Minute 6-19</p> <p>Minute 20-33</p> <p>Minute 34-47</p> <p>Minute 48-58</p>	