BEGINNER ELLIPTICAL WORKOUT PROGRAMS

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Photo Credit Beautiful Female fitness trainer. image by

Paul Hill from Fotolia.com

According to the American College of Sports Medicine, elliptical trainers have become one of the most popular pieces of equipment for cardiovascular exercise. As a beginner, if you're exercising at a facility with several styles of elliptical, familiarize yourself with each before committing to a particular machine. Aim to exercise for 20 to 40 minutes and slowly increase the intensity of your workout as your fitness level increases.

STEADY STATE EXERCISE

As you become familiar with the elliptical machine, you may want to manually adjust the resistance level of the routine and stick to a steady rate of exertion. Step on to the elliptical footrests and hold the fixed handles as the pedals settle. Start pedaling and activate the machine. Choose the "Manual" or "Quick Start" option from the console. Enter in any information the machine prompts you for, for instance, it might ask for sex, age or weight. Use the arrows or numerical pad to enter in the resistance level you want to start with. Choose a level that will increase your heart rate and cause you to sweat, but won't push you too hard. Adjust the resistance as needed, maintaining your work output for 20 to 40 minutes.

LIGHT INTERVALS

Adding intervals to your exercise can help you increase your calorie burn and aerobic capacity. Start with a five-minute warm-up at an exertion level of approximately a three or four on a scale from one to 10. For the next 10 to 15 minutes, increase your exertion level to a six or seven for 60 seconds, followed by a

120-second rest-period at an exertion level of four or five. Finish the workout with a five-minute cooldown at an exertion of three or four.

ALTERNATING INTERVALS

To further increase your aerobic capacity as you become more comfortable with the elliptical trainer, add alternating intervals into your workout. Warm up for five minutes, at an exertion level of three or four on a scale of one to 10. Spend the next 20 minutes performing intervals. Spend 60 seconds at an exertion level of approximately six, followed by 60 seconds at an exertion level of four. The next interval, increase the exertion to a seven or eight for 60 seconds, followed by a longer rest period of 90 seconds at an exertion of approximately a five. Continue alternating between easier and more difficult intervals for the remainder of the workout, allowing for a final five-minute cooldown.

REFERENCES

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Read more: http://www.livestrong.com/article/259391-beginner-elliptical-workout-programs/#ixzz2KE771gzO