



ELLIPTICAL ROUTINE

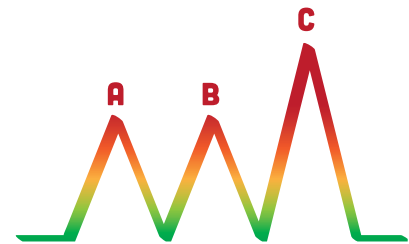
taking advantage of all it can offer!

Too many people use the elliptical because it seems “easy.” The truth is the elliptical can offer a very challenging workout if you know how to use it right! The key is understanding the 3 main components of an elliptical that you can control. Unlike the stairmaster and treadmill, you cannot set the speed of an elliptical, leaving much of the work up to the person on the machine! Be sure to watch [the YouTube video that corresponds with this PDF](#) to ensure that you understand what the different component you can control are. This elliptical routine is great for intermediate fitness levels, but you can always modify to make it more or less challenging.

minute/time	ramp	resistance	SPM	notes
0:00–3:00	8	3	110-130	warm-up
3:00–5:00	8	5	110-130	warm-up
5:00–6:00	10	8	130-140	SEGMENT 1
6:00–7:00	10	10	VARIANT	SPRINT
7:00–8:00	10	8	130-140	active recovery
8:00–9:00	10	10	VARIANT	SPRINT
9:00–10:00	10	8	130-140	active recovery
10:00–11:00	10	12	VARIANT	SPRINT
11:00–12:00	10	8	120-130	backwards
12:00–13:00	10	8	130-140	SEGMENT 2
13:00–14:00	10	10	VARIANT	SPRINT
14:00–15:00	10	8	130-140	active recovery
15:00–16:00	10	10	VARIANT	SPRINT
16:00–17:00	10	8	130-140	active recovery
17:00–18:00	10	12	VARIANT	SPRINT
18:00–19:00	10	8	120-130	backwards
19:00–20:00	5	8	130-140	SEGMENT 3
20:00–21:00	5	10	VARIANT	SPRINT
21:00–22:00	5	8	130-140	active recovery
22:00–23:00	5	10	VARIANT	SPRINT
23:00–24:00	5	8	130-140	active recovery
24:00–25:00	5	12	VARIANT	SPRINT
25:00–26:00	5	8	120-130	backwards
26:00–28:00	10	5	110-130	cool down
28:00–30:00	10	3	110-130	cool down

THE FORMAT

Begin your workout with a 5 minute warm-up of peddling. The workout has 3 main segments of work, each of which follow a similar pattern shown through the graph below, although the ramp, resistance, or SPM may differ.



Anytime you see the word “VARIANT” in the chart, it means you have a minute of work divided into your 20 second sprints, and you should refer to the chart below for guidance on SPM.

VARIANT

time	SPM
0:00–0:20	140-150
0:20–0:40	150-170
0:40–1:00	140-150

THINGS TO KEEP IN MIND

- Use an elliptical with arms.
- Keep your weight in your heels throughout the workout.
- Keep your body upright, chest lifted and core engaged.

