How to Get the Most Out of Your Elliptical Workout

Hello [[firstname]],

Today’s post about 3 Ways to Get Exercise in Your Home covered the fact that using cardio machines like elliptical machines is a great way to get a home workout.

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An elliptical machine is one of the top machines to have at home when you want an at-home cardio workout. Here are some different ways to make it a really good workout every time.

**Use the Handles**

It is important that when you are using an elliptical machines, you use the handles. If you are accustomed to using a treadmill, you have probably gotten used to not holding onto anything, because it requires your body to do all the walking or jogging. However, the opposite is recommended for the elliptical. When you have your hands on the handles and move them properly, you are turning a simple workout into a full-body one.

**Try to Increase Your Resistance**

Elliptical machines usually have a way to change the resistance, so you should definitely use it when you get used to the machine. This means you will be working harder when you are moving those handles back and forth and adjusting your stride as well. Don’t increase the resistance to full capacity on the first day, but instead move it gradually.

**Try Not to Slouch**

This can be a really hard habit to break for many people, but try your best not to slouch. Put the elliptical machine in front of a mirror if you have to. You need to know that your back is straight when on the machine, because that is also helping to keep your core engaged, which helps to give you a better midsection workout. It is easy to slouch on an elliptical due to the arm and leg movements, so this might really take some focus and concentration.

**Enter Your Information**

The elliptical machine is going to give you stats based on the miles you have gone or the calories you have burned. However, you will be getting inaccurate stats if you don’t enter your information first. You should weigh yourself and get your height before you start using the machine. That way, the calories burned is completely accurate and something you can rely on. When comparing stats as you start using it more and more, you will be happy to know the progress is correct.

[sign off]