



Cross Trainer Workout Guide

Elliptical machines, also known as cross trainers have grown in popularity in recent years at a phenomenal rate. This popularity has been spurred by the fact that cross trainers provide a low impact, and effective way to exercise which engages all of the main muscle groups of the body. Due to the fact that you utilize so many muscles during a single workout session on a cross trainer, you can raise your metabolism by an incredible amount; helping you to keep feeling fit, healthy and slim!

If you have recently purchased one of our fantastic cross trainers, you are no doubt looking forward to making the most of this investment in your health and wellbeing. This workout guide will walk you step by step through some best practice techniques to ensure your safe and effective use of the equipment, as well as some example workouts which will have you building up a sweat and seeing results in no time!

Before we get started

There are a few best practice techniques we will discuss in detail.

- **Always warm-up before you exert yourself, as well as cool down properly at the end of your workout.**

Warming up prior to exercising is always a good idea, as it not only warms your muscles up to prevent strains, but also slowly builds your heart rate up and prepares your cardiovascular system for the work ahead of it!

Cooling down afterward is equally important. Please ensure you stick to the cool-down guidelines specified for each workout program, or even extend the cool-down period further if required. Correctly cooling down helps bring you down from your period of exertion, which ensures your safety as well as preventing any uncomfortable feelings such as light-headedness from occurring immediately post-workout.

- **Consider stretching after your workout**

Stretching post-workout can help prevent muscle soreness the next day. So it is a great idea to spend the brief few minutes required, to perform basic stretches for your main muscle groups such as: calves, quadriceps, hamstrings, chest and back.

- **Ensure you drink sufficient water before, during and after exercise to prevent dehydration**

Dehydration can not only make you feel unwell, but can limit your exercise capacity too due to decreasing your blood volume, therefore increasing your blood pressure and heart rate responses to a particular intensity. Keeping hydrated will help you to get the best from your workout session and improve your fitness further!

- **If you are over 35 and not currently taking regular exercise, or have a pre-existing medical condition, consult your doctor before beginning an exercise programme.**

This suggestion is pretty self-explanatory. It's always best to check with a doctor beforehand to make sure that there is no underlying reason why you shouldn't be exerting yourself.

- **Dress appropriately for the temperature and ensure that you don't have any loose clothing or hair that could get caught in moving parts.**
- **Get on the cross trainer safely with caution**

To do so, make sure the left footpad is in the lowest position, hold the fixed handgrips (facing the console) place your left foot onto the left footpad & secure your footing. Lift your right foot over the machine and place on the right foot pedal. Gain your balance and start pedalling with your legs (standing up without your feet leaving the footpads), then if you also wish to work your arms, grip the moving handles and push and pull alternately with your arms.

Now, time to get started!

The following workout guides will help guide you from an entry level of fitness, to more intermediate and advanced fitness levels.

To perform the workouts, please simply adjust the RPM (revolutions per minute) and resistance level settings for your cross trainer as specified for each time period.

Note: individual resistance settings may vary between models in terms of how much resistance is being applied. So please feel free to lower, or increase the resistance suggestions as required to achieve a workout intensity ideal for you.

Workout 1

Beginner - 20 minute fat blast

The following workout is a moderate intensity interval session, geared towards newcomers to elliptical training. The session will not only improve your health and fitness, but will also aid you in burning a decent amount of calories to help slim that waistline down!

Time	RPM	Level
(warm-up) 0:00-3:00	40	1
3:00-5:00	50	3
5:00-8:00	40	1
8:00-10:00	50	4
10:00-13:00	40	1
13:00-15:00	50	5
(cooldown) 15:00-20:00	40	1

Workout 2

Intermediate - 30 minute hill climb and descent

If the conditions aren't permitting you to get outside and enjoy the great outdoors, or you are simply more of a home-body who would prefer to keep indoors; this workout will push your stamina and shed some serious calories as you find yourself climbing and descending a simulated hill modelled after some of our typical rugged kiwi terrain!

The effort required as you ascend the peak of this workout will not only get your heart pumping and provide aerobic benefits, but will also call upon your leg muscles to perform some serious work. This workout is a great way to tone and strengthen your thighs and glutes!

Time	RPM	Level
(warm-up) 0:00-3:00	40	1
3:00-6:00	40	3
06:00-09:00	40	4
09:00-12:00	50	6
12:00-15:00	50	9
15:00-:17:00	50	12
17:00-20:00	40	9
20:00-23:00	40	6
23:00-27:00	40	4
(cooldown) 27:00-30:00	40	1

Workout 3

Advanced - 20 minute high intensity interval session

With modern daily schedules becoming more and more hectic, as we try and balance time with our friends, and family all while working away at our chosen careers; the ability to fit an intense workout session into a brief period of time can be a very handy thing!

Once you reach a more advanced fitness level, you will be able to burn a significant amount of calories in a quite limited time frame due to your ability to maintain higher exercise intensities.

The following 20 minute high intensity interval session is quick to perform. It does take some good effort on your part, but the amount of calories you will shed in this session can be a great motivator!

Note: if you are new to fitness, please stick to our beginner or intermediate workouts until you have sufficiently trained yourself to cope with this higher intensity workout.

Time	RPM	Level
(warm-up) 0:00-3:00	40	1
3:00-6:00	45	7
06:00-08:00	60	10
08:00-11:00	45	8
11:00-13:00	60	11
13:00-15:00	45	9
15:00-17:00	70	12
(cooldown) 17:00-20:00	40	1

Through using these workout routines you can improve your health, fitness, sense of wellbeing and also take your belt in a notch too while you're at it! The team here at No.1 Fitness have no doubt that your cross trainer will prove itself a valued part of your weekly routine as you enjoy these fun and effective workouts!

If you need any further workout ideas to help you enjoy your cross trainer, please don't hesitate to contact our highly skilled sales team via 0800 222 190 and our staff will be more than happy to assist you.