

Aerobic Machines



Bicycles - Recumbent

The recumbent bike offers a wide seat and lower back support that is appropriate for most beginners.

Sit on the seat. Use the knob on the center of the bike frame to adjust your seat position. When you extend one leg completely with a flexed foot, there should be a 5-15° bend in your knee. You should be able to cycle comfortably without feeling cramped or that you are overreaching for the pedals.

Select your exercise time, program, and resistance. Choose a level where you can talk but not comfortably sing.



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Bicycles - Upright

The Upright Bike offers a non-impact, partially weight bearing aerobic workout.

Stand next to the bike. Adjust the seat height so the seat is in line with the pivot point of your hips.

Sit on the seat and slide your toes into the toe clasps. To check that you have the correct seat height, straighten one knee with a flexed foot. There should be a 5-15° bend in your knee. You should be able to pedal comfortably without feeling cramped or that you are overreaching.

Select your time, program, and resistance. Choose an intensity that allows you to talk but not comfortably sing.

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Bicycles - RevMaster (Set Up)

The Revmaster bicycle resembles a road bike.

Stand next to the bike. Adjust the seat height so the seat is in line with the pivot point of your hips.

The handlebar height should be in line with the seat.

The handlebar fore/aft position should be adjusted so you can comfortably reach the handlebars during cycling without straining your arms or neck.

The seat fore/aft position should be adjusted so your knee is lined up over the ball of your foot when your feet are in the 6 o'clock and 9 o'clock position.

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Bicycles - RevMaster (Set Up)

The Pilot console will display:

Speed- Rotations per minute (RPM)

Time- minutes

Distance- miles

If you are wearing a heart rate monitor chest strap (available at the Fitness Center desk) then the console will also display your heart rate.

Tighten the toe clasps around your feet for a snug fit. When you cycle, pedal in full circles rather than an up/down motion.

Use the black resistance knob on the bike frame to increase or decrease the resistance on the flywheel.

Choose a level where you can talk but not comfortably sing.

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Elliptical Trainers

An elliptical trainer attempts to mimic the elliptical motion used in walking or running. The intensity can range from a slow walk to a fast sprint depending on your pace. It is a non-impact exercise because your feet never leave the pedals.

Use caution when you step onto the pedals because they move. Select your time, resistance, and program. Some models have moveable arms, adjustable ramps, and adjustable stride length.

Pedal forward as if you are walking or jogging. Fully extend your knees and shift your body weight very slightly from side to side on the downstroke.

Choose a resistance, speed, and ramp incline (if available) that allow you to talk but not comfortably sing.

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Rowing Machines



The rowing machine provides a non-impact, partially weight bearing aerobic workout using your upper and lower body. Adjust the foot straps so both feet are supported by the foot rests. Tighten the toe clasps around each foot for a snug fit. Select a drag resistance from a scale of 1-10. Program the console. Hold the handlebar with an overhand grip. Press away from the foot rests using your leg muscles. Once your legs are extended, pull the handlebar toward your abdomen. Try to keep your shoulders relaxed and your elbows close to your sides. Bend your knees to return to the starting position. Choose a drag resistance and speed (strokes per minute) that allows you to talk but not comfortably sing.

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Treadmills

The treadmill can be used for walking or running.

To begin, straddle the treadmill belt and stand on the side bars. Start the treadmill at a slow speed (~1 mile per hour). Once the treadmill belt has started to move, carefully step onto the belt and begin walking. Adjust the speed and incline as desired. Find a level where you can talk but not comfortably sing.

Exercise on the front portion of the treadmill. For added safety, fasten the safety clip onto your waistband. If you start to move too far back, the safety strap will disengage and the treadmill belt will stop moving.

If you need to stop the treadmill belt quickly, press the emergency stop button on the console (usually a red button).



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Stair Climbers

The Stair Climber provides a non-impact, full weight bearing aerobic workout.

Program the console. Stand upright over the pedals.

Take medium steps approximately 6-8 inches from the top of the pedal range. Hold lightly onto the side rails for balance.

Be careful not to support your weight with the side rails. Choose a level where you can talk but not comfortably sing.

Think about climbing up, rather than pushing the pedals down.
The pedals should not touch the floor.



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