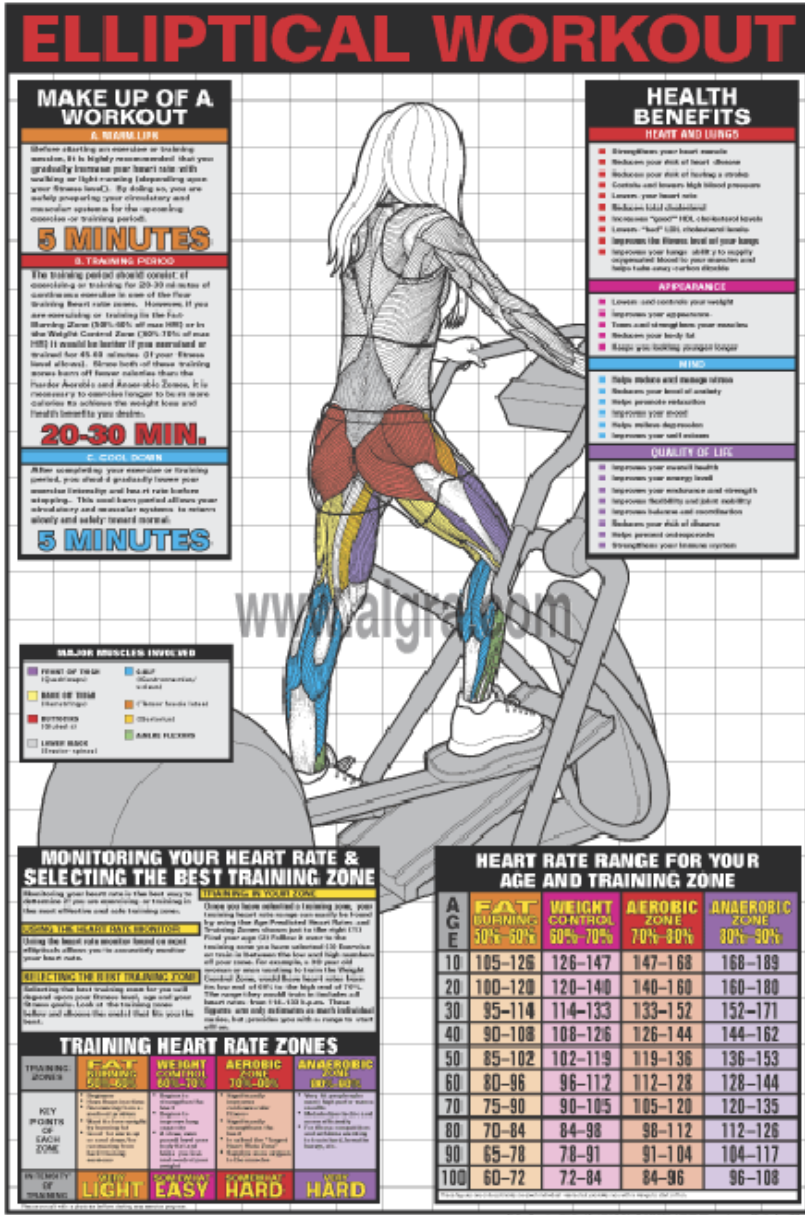


Elliptical Health Benefits Chart— BA008

<p>Description</p>	<p>◆ Algra's Elliptical Workout Poster presents a large detailed view of the muscles being exercised while working out on an Elliptical Machine. Learn how to perform the optimal elliptical workout routine through a poster as visually stunning as it is informative. The Elliptical Workout Poster contains four main boxes providing quick, but critical information on the make-up of a workout, health benefits, monitoring your heart rate, and the heart rate zone targeted for your specific age and fitness level. A terrific cardio training chart for both personal use and any gym.</p>																																																																						
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides 																																																																						
<p>Image</p>	 <p>The poster features a central illustration of a woman on an elliptical machine with anatomical diagrams of muscles. It includes several informational boxes:</p> <ul style="list-style-type: none"> MAKE UP OF A WORKOUT: A 20-30 minute workout consisting of 5 minutes of warm-up, 20-30 minutes of training, and 5 minutes of cool-down. HEALTH BENEFITS: <ul style="list-style-type: none"> HEART AND LUNGS: Strengthens heart muscle, reduces risk of heart disease, controls and lowers high blood pressure, lowers heart rate, reduces total cholesterol, increases "good" HDL cholesterol levels, lowers "bad" LDL cholesterol levels, improves the fitness level of your lungs, improves your lungs' ability to supply oxygenated blood to your muscles and helps take away carbon dioxide. APPEARANCE: Lowers and controls your weight, improves your appearance, tones and tightens your muscles, reduces your body fat, helps you looking stronger longer. JOINTS: Helps reduce and manage stress, reduces your level of anxiety, helps promote relaxation, improves your mood, helps reduce depression, improves your self-esteem. QUALITY OF LIFE: Improves your overall health, improves your energy level, improves your endurance and strength, improves flexibility and joint mobility, improves balance and coordination, reduces your risk of illness, helps prevent osteoporosis, strengthens your immune system. MAJOR MUSCLES INVOLVED: <ul style="list-style-type: none"> FRONT OF THIGH (Quadriceps): Rectus femoris, vastus muscles. BACK OF THIGH (Hamstrings): Biceps femoris, semitendinosus, semimembranosus. BUTTOCKS (Gluteal): Gluteus maximus, gluteus medius, gluteus minimus. LOWER LEGS (Shin and Heel): Tibialis anterior, peroneus, soleus, gastrocnemius. UPPER LEGS (Thigh and Hip): Iliopsoas, iliotibial band, tensor fasciae latae. ARM AND SHOULDER: Deltoids, triceps, biceps, forearm muscles. MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING ZONE: <ul style="list-style-type: none"> HEART RATE MONITORING: Monitoring your heart rate is the best way to determine if you are exercising, or training, in the most effective and safe training zone. CHOOSING THE HEART RATE MONITORING ZONE: Using the heart rate monitor based on heart rate allows you to consistently monitor your heart rate. SELECTING THE BEST TRAINING ZONE: Following the best training zone for you will depend upon your fitness level, age and goal. Use the chart below to determine the best training zone for you and choose the one that fits your best. HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE: <table border="1"> <thead> <tr> <th>AGE</th> <th>FAT BURNING ZONE (50%-60%)</th> <th>WEIGHT LOSS ZONE (60%-70%)</th> <th>AEROBIC ZONE (70%-80%)</th> <th>ANAEROBIC ZONE (80%-90%)</th> </tr> </thead> <tbody> <tr><td>10</td><td>105-126</td><td>126-147</td><td>147-168</td><td>168-189</td></tr> <tr><td>20</td><td>100-120</td><td>120-140</td><td>140-160</td><td>160-180</td></tr> <tr><td>30</td><td>95-114</td><td>114-133</td><td>133-152</td><td>152-171</td></tr> <tr><td>40</td><td>90-108</td><td>108-126</td><td>126-144</td><td>144-162</td></tr> <tr><td>50</td><td>85-102</td><td>102-119</td><td>119-136</td><td>136-153</td></tr> <tr><td>60</td><td>80-96</td><td>96-112</td><td>112-128</td><td>128-144</td></tr> <tr><td>70</td><td>75-90</td><td>90-105</td><td>105-120</td><td>120-135</td></tr> <tr><td>80</td><td>70-84</td><td>84-98</td><td>98-112</td><td>112-126</td></tr> <tr><td>90</td><td>65-78</td><td>78-91</td><td>91-104</td><td>104-117</td></tr> <tr><td>100</td><td>60-72</td><td>72-84</td><td>84-96</td><td>96-108</td></tr> </tbody> </table> TRAINING HEART RATE ZONES: <table border="1"> <thead> <tr> <th>TRAINING ZONE</th> <th>PERCENT OF MAXIMUM HEART RATE</th> <th>WEIGHT LOSS ZONE (60%-70%)</th> <th>AEROBIC ZONE (70%-80%)</th> <th>ANAEROBIC ZONE (80%-90%)</th> </tr> </thead> <tbody> <tr> <td>KEY POINTS OF EACH ZONE</td> <td>1. 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