

CHALLENGING ELLIPTICAL WORKOUTS

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Using the elliptical machine is a great way to get in shape. Not only does it work your thighs, calves, hamstrings and glutes, it also works your upper body and your core. Fend off boredom by switching up the way you use the machine. Using the machine in different ways will also keep you from reaching a weight-loss plateau.

NO HANDS

Try using the elliptical machine without your hands. This will definitely make your core muscles work out a lot harder, trimming and toning those trouble tummy spots. Warm up on the elliptical machine for five minutes, using your hands. Then remove your hands from the handlebars and use your legs and core to work the machine for the next 10 minutes. To help maintain your balance, swing your arms at your side. Vary the resistance level to up the challenge. Switch direction and go backward for two minutes using your hands and then switch forward and go for two minutes without your hands again. Cool down.

WORK YOUR BACKSIDE

To firm up your tush, incorporate the incline function and resistance level into your elliptical workout. Start off at a 5 percent incline and a three resistance level for two-and-a-half minutes. Once you complete this step, add two to your incline and resistance level for every two-and-a-half minutes until you reach a 15 percent incline and 11 resistance level. Once you reach the 15 percent incline, switch directions and increase your workout time to five minutes. After five minutes, switch back to forward and lower your resistance level to nine. Work out for five minutes. Then bring the elliptical machine down to five resistance level and 5 percent incline and cool down.

FEND OFF BOREDOM

This quick-changing elliptical workout will keep you and your body guessing. Warm up for five minutes at an easy pace. Then, for every two minutes, switch up your routine. Go forward for two minutes, then go backward. Use your hands for two minutes, then don't use your hands. Use your hands while going backward and then try not using your hands going backward. Change up your intensity levels from low to medium to high and back. This constant shifting around will help keep your body from reaching a plateau, since it's not repeating the same motion over and over again.

QUICK WORKOUT

If you don't have a lot of time, try out this 20-minute workout. Warm up for three minutes at a low-intensity level. Adding resistance or an incline will increase the challenge of this workout. Then, for the next two minutes, work out at a medium intensity. Follow that with one minute of high intensity and then 30 seconds of very high intensity. Repeat this cycle three times and then cool down.

REFERENCES

- [TeamSugar.com: FitSugar Elliptical Workouts](#)
- [EllipticalSource.com: Elliptical Machine Workout Routines](#)

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