

# Fitness Orientation

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**30 Minute Sessions**

**Sept. 9<sup>th</sup>-Oct. 10<sup>th</sup>**

**Mondays and Thursdays at 7:00am and 8:00pm**

**Wednesdays at 3:00pm**

## **What is a fitness orientation?**

A fitness orientation is an information session typically 30 minutes in length that will provide you with the basics of how to use the weight machines and cardio equipment. You will learn how to start, stop, and change settings on cardio machines, change seat height and weight selection on machines, and have a discussion of proper form on the weight machines. **\*\* Please note: an orientation is not a personal training session.**

## **What sort of workouts could you do?**

In general, workouts can be split into cardio and strength training. The best workouts utilize aspects of both. Cardio workouts involve sustained movement that increases your heart and burns calories. Many experts say that a routine that gets your heart rate up for about 30 minutes is ideal for fitness or weight loss. You can use our cardio machines or our jogging track to complete your cardio workout.

Strength training will still make you sweat and burn some calories, but the main goal of weight lifting is to increase muscle mass and definition. In general, a lighter weight with more repetitions will produce lean muscle, while a heavier weight with fewer repetitions will produce larger muscles. Power racks and free weights are key to any strength training workout, but the weight machines are also useful to target specific muscle groups and provide more support and guidance.

Some examples of different workouts:

- **Cardio:** 30 minutes of an interval workout on the elliptical, followed by a 5 minute cool down and stretching
- **Strength:** a full-body weight-lifting circuit (2 sets of multiple strength workouts, utilizing both free weights and machines)
- **Cardio and strength:** 45 minute walk on the treadmill at an incline, followed by an upper-body weight-lifting circuit

Use the guide below to become familiar on how our equipment can be used in your workouts! Be sure to wipe down each machine after every use!

## 3<sup>rd</sup> Floor

### Cardiovascular Machines

#### General overview:

- Machines have multiple language options
- Many different pre-programmed workouts to choose from
- Ability to measure heart rate
- USB ports to save your workouts to lifefitness.com
- Ability to plug in iPod or iPhone to listen to music or use Nike Plus running applications and lifefitness's app- LFconnect
- Connected to cable TV channels
- Place to connect headphones to listen to music/watch TV

#### Treadmills & Bikes

- **To start:** press the "quick start" or "go" buttons or select a workout
- Four different workouts:
  - Classic
    - Manual, random , hill, aerobics
  - Heart rate plus
    - Fat burn/cardio, heart rate hill, heart rate interval, extreme heart rate
  - Hill plus
    - Around the world, cascades, foothills, Mt. Kilimanjaro
  - Advanced
    - Fit test, create your own, Watts & METs, Sport Training
- Use the arrow buttons to increase or decrease speed
  - Or use preset speeds of 2mph, 4mph, or 6mph on the treadmills
- Using the "virtual trainer" option will bring up a trainer avatar to guide you through your workout
  - You can then save your workout to a USB drive
- **To end:** pull safety clip (short stop... not recommended unless the safety clip is being used for the whole workout), press "stop" or "pause"

#### Ellipticals

- **To start:** press "quick start" and begin pedaling or choose a workout
- Select a workout:
  - Lose Weight
    - 4-3 (4 minutes of work, 3 minutes of recovery), aerobic, fat burner, heart rate zone
  - Be fit

- Manual, 1-1, 2-1, 4-1, total body interval, rolling hills, mountain peaks, hill climb, heart rate zone
  - Get toned
    - Glute toner, glute toner plus, leg sculpt, leg sculpt plus
  - Push performance
    - 1-4 interval, 1-2 interval, 5K, heart rate zone
  - Test: Fitness Test
- Adjust workout duration, personal info (age and weight), workout target, and muscle monitor on the touch screen
- Adjust TV volume, TV channel, workout resistance, workout incline using the appropriate buttons on the monitor
- **To end:** workout will automatically end after the designated time or after 30 seconds of no pedaling activity

### **Cybex Arc Trainers**

- **To start:** begin pedaling or hit “quick start” or select a workout
- Workouts:
  - ‘For men’ or ‘for women’
    - Weight loss, strength, shaping, cardio, power
- Use the arrow buttons on the left to adjust the incline
- Use the electronic display on the bottom to adjust workout resistance, your weight, workout duration, and cool down
- **To end:** stop pedaling or hit the “stop” button

## **Weight Machines**

### **General Overview:**

- Instructions for each machine are featured on the machines themselves
  - These also show which specific muscles are being used when the machine is properly used
- Some machines require weighted plates, others have built-in weight systems that can be adjusted using a pin or a knob

### **Our machines on the 3<sup>rd</sup> floor:**

- **Upper body:** Iso-lateral bench press, iso-lateral shoulder press, iso-lateral incline press, chest press, shoulder press, iso-lateral low row, pectoral fly/rear deltoid, station: lateral pulldown, adjustable pulley, dual pulley row, adjustable cable row
- **Lower body:** seated leg curl, leg press, leg extension, seated calf

## **Power racks and free weights**

- Select the appropriate free weight or add the desired number of weighted plates to the bars- use a clip to keep these plates in place
- **Make sure you know how to do your exercise with proper form to avoid injury**

- Use the mirrors to ensure proper form
- Do not forcefully drop these weights on the floor- make sure to carefully place them back on the rack and to remove the weighted plates from the bars

## **4<sup>th</sup> Floor**

### **Cardio Green Space**

#### **General Overview:**

- No plugs required for use
- Not connected to TV channels
- Start your workout by beginning to pedal, and the machines will turn on themselves!

#### ***LifeFitness Ellipticals and Bikes***

- All of the LifeFitness cardio machines use the same programs
- **To start:** begin pedaling to turn on the machine, you will be instructed to select “quick start” or a workout
- Select a workout:
  - Classic
    - Manual, random , hill, aerobics
  - Heart rate plus
    - Fat burn/cardio, heart rate hill, heart rate interval, extreme heart rate
  - Hill plus
    - Around the world, cascades, foothills, Mt. Kilimanjaro
  - Advanced
    - Fit test, create your own, Watts & METs, Sport Training
- Monitor the watts produced, heart rate, distance, calories burned, RPM, and climb rate
- Adjust the level of the workout, your weight, and workout duration
- **To end:** workout will end after the designated time or after you stop pedaling

#### ***Spin Bikes***

- **To start:** begin pedaling, which will turn on the monitor
- Use the red lever to adjust the bike’s gear, which changes the resistance and difficulty
- Use the monitor to see your RPM, watts produced, heart rate, and distance traveled
- **To end:** slowly stop pedaling

### ***Stairclimbers***

- **To start:** step on the machine so that the pedals sink downward or press “quick select”, which will turn on the monitor
- Select a quick start or a workout:
  - Fat burn, cardio, random, manual, zone trainer, personal trainer, hill plus
- Enter your weight using the key pad on the top right for accurate calorie counting
- Use the optional cool down button to ease out of your workout
- **To end:** stop stepping or complete the designated workout time

### ***Rowing Machines***

- **To start:** pull the handle to turn on the monitor
- Hit the “Menu” button to get to the home screen
- Begin rowing or select “just row” from the main menu to begin your workout and monitor distance, speed, and duration
- Or “select workout”
  - Standard list (500m-2000m distances), custom list, rerow (repeat a workout), new workout
- **To end:** finish the race or stop rowing and place the handle back in the holder

### ***Precor Adaptive Motion Trainer***

- This machine utilizes Open Stride technology, which allows you to change and monitor your stride length as you work out
  - Can be used with short strides, like a stair climber, or longer strides, like ellipticals and arc trainers, and every length in between
  - The machine categorizes each stride by length and muscles used
- **To start:** begin pedaling, which will turn on the monitors, then choose “quick start” or select a program
- Select a workout:
  - Manual, interval, heart rate, fat burn
- You can enter your fitness goal, which can either be distance or calorie
- Use the arrow buttons to adjust the resistance
- **To end:** stop pedaling or complete the designated workout time

### ***SciFit Upper Body Exerciser***

- This machine is meant to be a cardio machine that utilizes your arms instead of legs
- **To start:** begin hand pedaling to turn on the machine
- Select “quick start” or a workout program:

- Manual, heart rate, constant work, Iso-strength, random, hill, professional
- Adjust the level using the designated buttons
- **To end:** stop hand pedaling or complete the designated time

## **Fitness Area 4**

### **General overview:**

Fitness Area 4 takes up much of the 4<sup>th</sup> floor and offers many different types and variants of machines. For example, there are two types of chest presses, one in a compact machine with solid bars as handles, and one with cords and a pulley system for the handle. There are also bench press stations and pre-weighted bars for lighter power workouts.

### ***Weight machines***

#### **Our machines on the 4<sup>th</sup> floor:**

- **Upper body:** biceps curl, triceps press, chest press (pulley handles), shoulder press (pulley handles), chest press (bar handles), shoulder press (bar handles), pull down (long pulley bar), row (pulley), row/rear deltoid (bar handles), combined chest/incline/shoulder press, assisted dip/chin up, dual adjustable pulley (2 stations), abdominal crunch bench, combine lateral pulldown/seated row, combined triceps pushdown/biceps curl, station: low row, adjustable pulley, lateral pulldown, triceps pulldown
- **Lower body:** hip abductor/adductor (2 machines), seated leg curl, leg extension, combined leg curl/extension, seated leg press

### ***Free weights, kettleballs, medicine balls, exercise balls***

We have several sets of free-weights, a set of kettleballs, several sized medicine balls and several sized inflatable exercise balls. Utilize the provided mats to complete body-mass exercises (such as push-ups, sit-ups, etc.) or in conjunction with the exercise or medicine balls.



## Application compatible with LifeFitness exercise equipment

All information found on:

[http://www.lifefitness.com/commercial/producttechnology/lfconnect-app.html#img\\_2](http://www.lifefitness.com/commercial/producttechnology/lfconnect-app.html#img_2) (website contains app how-to videos)

<https://play.google.com/store/apps/details?id=com.lf.lfvandroid&hl=en>

### Compatibility

- Works with Apple and Android products
- Syncs with your account and workout profile on lifefitness.com
- To be used with LifeFitness Elevation Series with Discover SE and SI Tablet Consoles, Elevation Series Engage Console, Consumer Platinum Club Series Engage Console, Consumer Track Console and LFconnect website.

### Main Features

- Set weekly calorie-burning goal
  - Recording workouts contributes to reaching this goal
- Access to daily workout schedules that were set up on the lifefitness.com website
  - Once connected to the cardio console, the workout appears without needing to scroll through the whole workout library
  - Workout can then be saved to your profile
- Use with mobile device's GPS to enter outdoor activity
  - Records distance, speed, and duration
- Manually enter workouts if LifeFitness equipment is unavailable
- Organized interface allows you to keep your daily workout routines in one place
  - Ability to view daily, weekly, monthly and year-long fitness routines



