

Gym Equipment Usage Disclaimer

The FPFCC Gym Equipment orientation document below is intended to provide users with general knowledge of the machinery housed in our gym. For each piece of equipment, we have attempted to provide muscle group focuses, trainer tips on proper usage, and cautions. In all cases, it should be stressed that the user is the best judge of their individual capability. Overstressing muscles, tendons and ligaments bears the risk of injury. As such, users should begin each session with a warm-up at a lighter weight. If new to a machine, users should maintain that lighter weight, gradually increasing in future sessions. If the user has concerns about health or fitness, we strongly urge that they consult with a medical professional prior to beginning an exercise program. We also strongly recommend that users initially employ a Certified Personal Trainer, who can develop an appropriate regimen, ensure safety protocols, and correct improper form. At any point, if a user has questions about a particular machine, they should ask the gym manager for direction.

Precor Vitality Line Weight Machines

General understanding of function and adjustment:

- There are eight machines and each one has two exercise that can be done on them.
- Orange pins and levers allow for adjust of the machine to fit you.
- Adjustment varies per-person and is based on height and length of arms and legs.

Things to avoid and be aware of through out use of all your exercises:

- Remember to breath, exhale during concentric phase and inhale during eccentric phase.
- Do not lock elbows or knees.
- Keep your movement steady and controlled.
- Start at a lighter weight and work your way up to a heavier weight.
- Refer to Trainer tips for help or consult with a personal trainer.

Rear Delt / Pec Fly

Rear Delt:

Focuses on upper back and posterior shoulders.

- Set seat to desired height and arms towards the rear.
- Lean forward to have pad against chest.
- Grip horizontal grips then extend arms out.
- Sweep arms out till parallel to shoulders then back to starting position.

Trainer tips:

- Do not rest chin on pad.
- Maintain good posture and chest against pad.

Pec Fly:

Focuses on chest, interior shoulders and abdominals.

- Set seat to desired height and arms in desired forward position.
- Keep back against pad with neck in line with spin.
- Grip vertical grips then extend arms out.
- Sweep arms towards center in front of chest.

Trainer tips:

- Keep back against pad.
- Maintain good posture.

Lat Pull Down / Seat Row

Lat Pull Down:

Focuses on lats, center and upper back and lateral shoulders.

- Set rollers to seat on top of knees at 90 degrees.
- Grip the lat bar shoulder width apart.
- Keep knees under rollers while holding lat bar overhead.
- While seating upright pull bar to center of chest.

Trainer tips:

- Avoid leaning or curling the back.
- Maintain good posture.
- Do not pull bar behind head.

Seated Row:

Focuses on Center or back, posterior shoulders and arms.

- Set rollers to seat on top of knees.
- Place feet up on foot pegs then lean forward to grip close grip handles.
- While leaning back slightly pull arms back till elbows come behind you.

Trainer tips:

- Keep feet up on pegs at all times.
- Do not rock body back and forth while pulling and extending.

Bicep Curl / Tricep Extension

Bicep Curl:

Focuses on bicep and interior shoulders.

- Set seat to desired height and adjustable arm in the down position.
- While leaning over the bench grip horizontal handles palms facing up.
- Curl arms up till forearms are upright and keep arms against bench.

Trainer tips:

- Keep wrists curled in.
- Keep backs of arms on bench, do not lift off.

Tricep Extension:

Focuses on tricep and posterior shoulders.

- Set seat to desired height and adjustable arm in the back position.
- Grip vertical handles so that hands are facing each other.
- Extend down and keep elbows and backs of arms on bench.

Trainer tip:

- Keep wrist flexed and stable.
- Keep backs of arms on bench, do not lift off.

Abdominal / Back Extension

Abdominal:

Focuses on upper and mid abdominals and center back.

- Set adjustable arm to the back position with harness in front over your shoulders.
- Have feet on ground or on lower foot pegs.
- Keep back against pads behind you as you pull down.

Trainer tips:

- Pull harness down and press against your body.
- Do not set adjustable arm in front of chest.

Back Extension:

Focuses on Low to med back and abdominal region.

- While in seated position place feet on upper pegs.
- While leaning forward set adjustable arm to be against back.
- Cross arms against chest and push back. (harness can be pushed aside)

Trainer tips:

- Keep head in line with spine and keep good posture.
- Lean back till eyes are parallel to diagonal over head beam.

Leg Curl / Leg Extension

Leg Curl:

Focuses on back and side of thighs and gluteus.

- Adjust back pad and rollers to fit you.
- While seating start with legs between rollers and in up position.
- Pull back legs till 90 degrees.

Trainer tips:

- If knees are being pressed against top roller adjust back pad.
- Make sure lower roller is above ankle and not at heel height.

Leg Extension:

Focuses on top of thighs and sides of knees.

- Adjust back pad and rollers to fit you.
- While seating start with legs in 90 degrees position set lowest roller against front of leg.
- Extend legs out to parallel.

Trainer tips:

- Do not have legs in between rollers.
- Make sure bottom roller is just above the top of ankle and blow shin.

Inner / Outer Thigh

Inner Thigh:

Focuses on inside of thigh and inner pelvis.

- Open legs of machine to step in.
- Swivel sides of leg pads to be facing the inside of legs.
- Adjust legs to be in a open position then squeeze together.

Trainer tips:

- Keep back as straight do not curl forward.
- Do not exceed legs too far apart.

Outer Thigh:

Focuses on lateral sides of thigh and gluteus.

- Open legs of machine to step in.
- Swivel sides of leg pads to be facing the outside of legs.
- Adjust legs to be closed and push against pads to open position.

Trainer tips:

- Keep back straight do not curl forward.
- Make sure to have the small of your back against back pad.

Leg Press / Calf Extension

Leg Press:

Focuses on tops and back of thighs and gluteus.

- Adjust back pad then seat and place feet up on platform.
- Place feet hip width apart and up at knee height then extend out.

Trainer tips:

- Make sure to push through mid sole and heel of feet.
- Keep knees flexed.

Calf Extension:

Focuses on calf, ankle and feet.

- Adjust back pad then seat and place upper part of feet down on edge of platform.
- Extend out then rock ankles to flex calf's.

Trainer tips:

- Make sure to push through the balls of your feet and keep your legs in hip width apart.
- Keep knees flexed.

Multi Press

Chest Press / Incline Press / Shoulder Press:

Focuses on mid chest and inner shoulders and arms.

- Adjust seat forward for chest, middle for incline and up for shoulder.
- When in position adjust arms to desired height and press.

Trainer tips:

- Be aware of weight and start light.
- Keep elbows flexed.

Precor FTS Glide (Cable Weight Machine)

General understanding of function and adjustment:

- The FTS Glide has nine exercise that can be done.
- Lite blue levers and pins allow for adjustment.
- Adjustment or arms varies per-person and is based on height.

Things to avoid and be aware of:

- Start at a lighter weight and work your way to a heavier weight.
- Be aware that form and balance is more required in using this machine.
- Refer to Trainer tips for help or consult with a personal trainer.

Chest press:

Focuses on chest, inner shoulders and abdominals.

- Set arms to shoulder height.
- Attach any of the provided handle grips.
- Face away from machine and grip handles.
- Step forward until you feel tension.
- Keep one leg forward and press arms out.

Trainer tips:

- Maintain good posture and keep core engaged.
- Make sure to lean forward as you press

Divided row:

Focuses on back and posterior shoulders.

- Set arms to shoulder height.
- Attach any of the provided handle grips.
- Face machine and cross arms in front of you then grip handles.
- Step back until you feel tension.
- Keep one leg back and pull arms back.

Trainer tips:

- Maintain good posture and keep shoulders back.
- Make sure to lean backward as you pull.

Shoulder Press:

Focuses on shoulders, upper chest, upper back, low back and abdominals.

- Set arms to the bottom.
- Attach any of the provided handle grips.
- Face away from machine have feet shoulder width apart then grip handles.
- Bring up your hands till they are in line with your shoulders palms facing forward.
- With the cables behind you press hands overhead.

Trainer tips:

- Keep core tight and maintain good posture.
- Try to get the sides of grips to touch above your head.

Bicep Curl:

Focuses on biceps, forearms, grip and abdominals.

- Set arms to the bottom.
- Attach any of the provided handle grips.
- Face machine and have feet shoulder width apart.
- Grip handles with palms facing forward.
- Keep elbows tight to sides then curl up.

Trainer tips:

- Keep core tight and maintain good posture.
- Curl wrists stable.

Tricep Extension:

Focuses on triceps, forearms, lateral shoulders and abdominals.

- Set arms to the top.
- Attach any of the provided handle grips.
- Face machine and have feet shoulder width apart.
- Grip handles with palms facing down.
- Keep elbows tight to sides then press down.

Trainer tips:

- Keep core tight and maintain good posture.
- Do not let elbows leave your sides.

Legs / Lung:

Focuses on tops of thighs, gluteus, balancing and core.

- Set arms to the bottom.
- Attach any of the provided handle grips.
- Face machine and grip handles palms facing each other.
- Take one step back then bring both feet together.
- Lung back and touch floor with knee while other knee bends but keep that foot in place.
- Keep both arms straight but move freely at the shoulder as you move.
- Come back to starting position.
- Alternat to the other leg after set is finished.

Trainer tips:

- This requires more advance balance, mobility and coordination.
- Placing a mat where you knee touches the floor for more comfort.

Legs / Hamstrings:

Focuses on backs of thigh, balancing and core.

- Set one arm to the bottom.
- Attach one of the provided ankle straps to your ankle.
- Face the machine and stand close with both legs together.
- Grip the machine then curl the leg that has the ankle strap on it.
- Alternat to the other leg after set is finished.

Trainer tips:

- Keep core tight and maintain good posture.
- Keep foot flexed as movement is done.

Abdominals / Obliques:

Focuses on obliques, abdominals and legs.

- Set arms to shoulder height.
- Attach any of the provided handle grips.
- Face away from machine and tuck arms to sides.
- Step forward to create tension.
- Have feet shoulder width apart and knees slightly bent.
- Lift arms slightly and extend one arm out as the other remains in tension.
- Alternat arms till you reach the end of the desired set.

Trainer tips:

- Be sure to lean a little forward and keep core flexed.

Abdominals / Crunch:

Focuses on abdominals, obliques and upper back.

- Set one of the arms to the top.
- Attach any of the handle grips or two headed rope.
- Face machine and place a mat on the floor then kneel.
- Arms will extend and holding grips or rope.
- Pull arms in till hands are against top of head.
- Curl body in and down to get as close to floor as possible.

Trainer tips:

- Keep core tight and go slow.
- Once hands are touching top of head do not extend back out till finished with set.

Precor Cardio Machines

General understanding of function and adjustment:

- Only the two treadmills power on by pressing the quick start.
- The AMT, ellipticals and bikes are on generators and need to be put in motion before the quick start can be pressed and can not continue operating unless they are being moved.
- There are blue tabs and levers on bikes that allow for adjustment to fit you.
- To use heart function grip silver strips.
- The Precor cardio machines are also able to read Bluetooth chest straps for heart rate as well.
- Under workouts there are a variety of programs to choose from:
 - Weight Loss
 - Performance
 - Interval
 - Heart Rate
 - Variety
 - Manual (This is the deflate setting)
- The number pad is for you to put in your age, weight and amount of time for your workout if desired.
- The arrow key in the upper right allow you to switch between a count up or down of your workout clock.
- Below that there is a time +/- key, you can use the number pad or the large arrow key in the middle with a OK button in the center to change your time.
- The arrow key with the OK in the center also allow you to scroll through the different workouts programs.
- The lever or levers at the bottom of the console control the following based on machine:
 - Bikes: Resistance
 - Ellipticals and Treadmills: Incline and Resistance

- AMT: Step height and Resistance
- The arrow key in the upper left scrolls through the following:
 - Speed, RPM or Distance for Bikes.
 - Total Strides, Strides / Min or Distance for Ellipticals and AMT.
 - Average Speed, Pace or Distance for Treadmills.

Things to avoid and be aware of through out use of all your exercises:

- On treadmills there are red pull tabs that have clips that stop the machine.
- Pressing options will allow you to enter your age and weight to better read your calorie burn and heart rate.
- On AMT, ellipticals and bikes avoid locking knees.
- Start on a lower level of resistance and work your way up.
- Be mindful of your heart rate and what your able to handle.

Treadmill:

Focuses on total body conditioning, raspatory cardiac systems.

- Step up on the treadmill. Use side railings to assist if needed.
- Press the quick start key. Attach red cord for added safety if desired.

Trainer tips:

- Know your pace and start with what you know you can handle.

Ellipticals:

Focuses on total body conditioning, raspatory and cardiac systems and is low impact.

- Grip center grips and step one foot at a time to get on machine.
- You may grip arms or maintain grip in center.
- Start moving legs or arms or both till the display turns on then press the quick start key.
- Keep moving or the machine will turn off.

Trainer tips:

- Avoid locking knees.
- Both ellipticals work the same way even though they look different.

Recumbent Bikes:

Focuses on legs, raspatory and cardiac systems and is low impact.

- Adjust the seat to fit you by using blue lever under the front of the seat.
- Once seated begin peddling till the display turns on then press quick start key.
- Keep moving or the machine will turn off.

Trainer tips:

- Avoid locking knees.

Stationary Bike:

Focuses on legs, core, respiratory and cardiac systems and is low impact.

- Adjust the seat to fit you by using blue lever under the front of the seat.
- Once seated begin peddling till the display turns on then press quick start key.
- Keep moving or the machine will turn off.

Trainer tips:

- Avoid locking knees.

AMT:

Focuses on total body conditioning, respiratory, cardiac systems and is low impact.

- Grip center grips and step one foot at a time to get on machine.
- You may grip arms or maintain grip in center.
- Start moving legs or arms or both till the display turns on then press the quick start key.
- Keep moving or the machine will turn off.

Trainer tips:

- Avoid locking knees.
- Most step down on the highest step to turn on machine.

Keiser M3i Indoor Bike:

Focuses on legs, core, respiratory and cardiac systems and is low impact.

General understanding of function and adjustment:

- There are four points of adjustment:
 - Silver twist lever for handle bars.
 - Silver twist lever for seat.
 - Black twist nob for arm height.
 - Black twist nob for seat height.
- The peddles have a integrated cage and clip system.
- You can track yourself with Bluetooth on your tablet, smartphone and heart rate strap.
- The red lever controls your resistance.
- Computer screen displays RPM, watts, gear level, heart rate and trip.
- Continue peddling to keep power on.

Things to avoid and be aware of:

- The resistance can be vary lite on the lowest setting.

Concept 2 Rowing Machine:

Focuses on total body, respiratory and cardiac systems and is low impact.

General understanding of function and adjustment:

- The resistance can be adjusted by the lever on the side of the fan.
- You can adjust the length of the foot pads for a better fit.
- Computer screen has a variety of displays to choose from.
- Continue moving to keep power on.

Things to avoid and be aware of:

- Keep core tight throughout movement, form is critical.
- Make sure to secure the strap that comes over the top of the foot.

Nustep:

Focuses on legs, arms, respiratory and cardiac systems and is low impact.

General understanding of function and adjustment:

- Lite blue railings under the seat in the front and rear and levers on the arms are your adjustable points.
- There are adjustable straps on the foot pads that come across the top and the back of the heel with a red ratchet lever.
- There is a gray lever on the left side to adjust the back.
- Heart rate can be used by gripping the silver strips on the sides of the seat.
- Start moving legs or arms the machine will turn on, if you stop it will turn off.
- Press the quick start while moving to start your workout.
- Computer screen shows your level, watts, seat setting, calories, SPM (Steps Per Minute), distance and time.

Things to avoid and be aware of:

- Do not lock knees or elbows.
- Great machine to work on following graduation of PT.
- Must make a reservation.