

## Worcester JCC

### Teen Fitness Orientation Manuel

11-14 years old

#### Starter Questions

Why are you interested in the Fitness Orientation?

Do you play any sports?

Do you have any limitations or a medical history as it relates to working out?

What are you hoping to gain from this experience?

**A Fitness Orientation** is an information session typically 60 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 to complete your cardio workout.

- **Strength training** will still make you sweat and burn some calories, but the main goal of strength training is to **increase muscle strength and endurance**. In general, a lighter weight with more repetitions will produce lean muscle. The Precor Selectorize machines are useful to target specific muscle groups and with proper settings, the machines will ensure you are positioned correctly. Body weight or resistance tubing exercises are also useful.

#### 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 reps. on the Precor Selectorize machines or strength equipment).
- **Cardio and Strength:** 45-minute walk on the treadmill at an incline, followed by an upper-body circuit using the strength equipment.
- 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!**
- **Be aware of other members working out.**

## **Cardiovascular Machines General Overview**

Treadmills, Ellipticals, Bikes, Spin Bikes, and Cybex Arc Trainers, Rowing Machine, Precor Adaptive Motion Trainer, SciFit Total Body Exerciser, Jump Ropes

- Many different pre-programmed workouts to choose from.
- Ability to measure heart rate.
- Ability to connect headphones to listen to music/watch TV.
- 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.

## **Treadmills and Ellipticals**

- **To start:** Choose a preprogrammed workout & hit **“OK”**. Fill in the required information **OR** choose **“Quick Start”** which is a manual program where you control speed, incline, resistance, and time.
- Use the arrow buttons to increase or decrease speed and/or incline or resistance.
- **To end:** A programmed workout will automatically end after the designated time or after 30 seconds of no pedaling activity **OR** pull safety clip (short stop... not recommended unless the safety clip is being used for the whole workout), press **“Stop” or “Pause”**.

## **Bikes**

- Adjust seat for leg length.
- Choose Pre-Programmed workout and fill in required information **OR** choose **“Quick Start”**.
- Remember to keep pedaling or display will stop.

## **Cybex Arc Trainer**

- **To Start:** begin pedaling or hit **“Quick Start”** or select a workout.
- 16 preset programs such as:
  - Weight loss, strength, 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.

## **Rowing Machine**

- **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, re-row (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.
  - o Can be used with short strides, like a stair climber, or longer strides, like ellipticals and arc trainers, and every length in between.
  - o 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:
  - o Manual, interval, heart rate, fat burn
- You can enter your fitness goal, which can either be distance or calories.
- Use the arrow buttons to adjust the resistance.
- **To End:** stop pedaling or complete the designated workout time.

### **SciFit Total 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:
  - o 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.

### **Weight Machines General Overview:**

- Instructions for each machine are featured on the machines themselves.
  - o These also show which specific muscles are being used when the machine is properly used.
- Most machines have built-in weight systems that can be adjusted using a pin or a knob.
- **Upper body:** chest press, shoulder press, pectoral fly/rear deltoid, seated row, or lateral pull down.
- **Lower body:** seated leg curl, leg press, leg extension, inner thigh (adduction) and outer thigh (abduction).
- Make sure you know how to do your exercise with proper form to avoid injury.