

UNIVERSITY OF BRISTOL FITNESS INDUCTION



GYM INFORMATION

GENERAL RULES OF USE

- If in doubt on how to use any machinery or perform any exercise please ask a member of the gym team
- Tidy up any equipment you have used (re-rack weights, put other equipment back in its prior location)
- Please bring your own towel to wipe down equipment after use (wipes are available around the Gym)
- Make sure to regularly wash your gym clothing
- Please stand away from the dumbbell racks when performing an exercise so you don't block someone else from being able to reach other dumbbells near by
- Please be mindful of your phone use when using equipment. Too long spent using your phone may result in you having to share the equipment/vacate for someone else.

SAFETY

- Please do not be bare foot in the gym at any time
- Find your own space to workout in (if an area is too crowded, don't squeeze into someone else's personal bubble)
- Make sure to use proper technique when performing an exercise (if you are unsure, please ask the gym team)
- Make sure you are wearing appropriate clothing and footwear, i.e. comfortable, breathable, not too baggy. Please no jeans, buttoned shirts, smart/casual shoes etc (you may be asked to change or leave if you are not appropriately dressed)

CARDIO

USER GUIDE

- The first screen you see will include different login details. Simply tap 'guest' to bypass these and begin your workout.
- The screens are universal to all cardio machinery
- As usual, if in doubt, ask a member of the gym team for help.

Set Programmes:
Input some basic info & the treadmill will change speed & incline for you.

Control Incline

Emergency stop clip:
Please wear at all times



Quickstart:
Starts treadmill straight away. You set your pace .

Control speed

Control Incline

Apps:
All cardio machines are connected to the internet. Apps include YouTube, Netflix, Facebook etc

Fan



Control speed

Stop button:
gradual stop

FREE WEIGHTS

GENERAL RULES OF USE

- If you are unsure on how to perform any free weight exercise safely please ask a member of the gym team
- Do not be offended if a member of the gym team offers advice while you are exercising this is just to ensure you do not injury yourself.
- Ensure area is clear and free of clutter before exercising
- Use bumper plates on heavy exercises that hit the floor to prevent any damage
- Use collars/clips to secure weights on bars before performing exercise
- Please re-rack weights and strip the bar of all plates after use (If you are strong enough to use the dumbbells you are strong enough to put them back in the correct slot)
- Please do not unnecessarily drop weights (they do get damaged/hamper use)

GENERAL TECHNIQUE POINTERS

- Ensure good back alignment at all times
- Keep core braced
- Perform correct technique throughout the movement and in a safe range of motion (ask if not sure)
- Please remember to breathe!

RESISTANCE

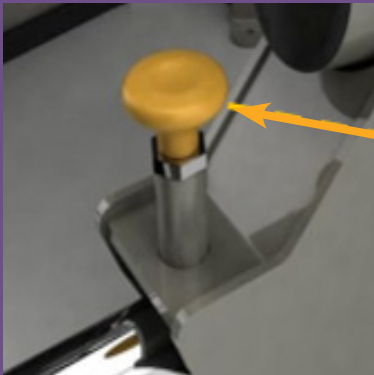
USER GUIDE

- Please ensure you have correct posture and all joints are aligned in a safe manner before use
- As usual, if in doubt, ask a member of the gym team for help.



Instructions:
Each machine has an instruction pad with key set-up points on.

Yellow points:
Allow you to adjust the machine and weight used. Make sure when adjusting the machine that it is locked in place before performing the exercise.



BODITRAX

USER GUIDE

Pre-Scan

1. Press try scan
2. Complete pre-analysis checklist
3. Accept terms and conditions
4. Enter date of birth and gender
5. Enter height in meters or feet
6. Select current clothing status
7. Step on the scales
8. Pick up the hand grip
9. Stand still in the anatomical position (arms straight down and elbows away from the body).
10. Put down the hand grips
11. Step off the scales

Post Scan

1. Click on dashboard
2. View your results
3. Sign Up using email address and password
4. Set Goals

YOUR RESULTS

The definition of body composition is 'the percentages of bone, fat, water and muscle in human bodies! All these factors can be measured.

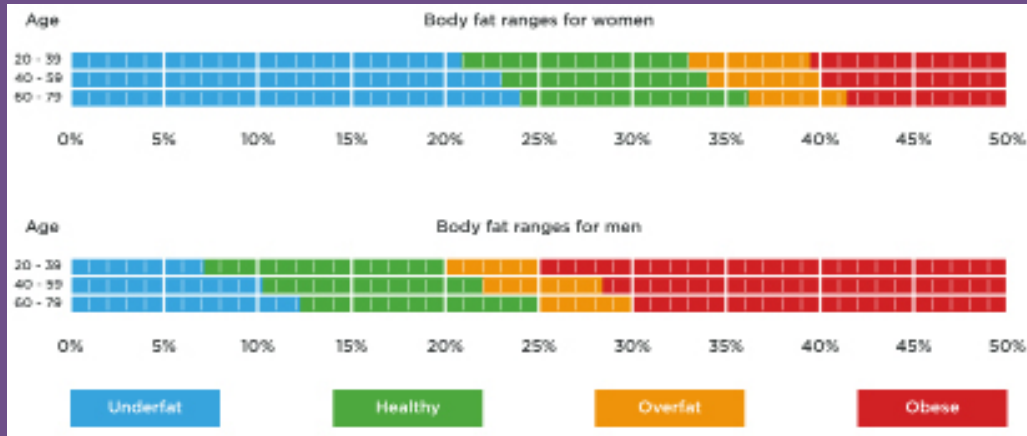
Find out what your results mean with this handy online guide.

FACTORS THAT CAN AFFECT BODY COMPOSITION

- > Hydration
- > Time of day
- > Exercise
- > Recent food intake
- > Full bladder
- > Diuretic Intake.
- > Medication
- > Illness
- > Swelling
- > Menstruation



BODITRAX



kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs
1	2.20	31	68.34	61	134.48	91	200.82	121	266.76
2	4.41	32	70.55	62	136.69	92	202.83	122	268.96
3	6.61	33	72.75	63	138.89	93	205.03	123	271.17
4	8.82	34	74.96	64	141.10	94	207.23	124	273.37
5	11.02	35	77.16	65	143.30	95	209.44	125	275.58
6	13.23	36	79.37	66	145.51	96	211.64	126	277.78
7	15.43	37	81.57	67	147.71	97	213.85	127	279.99
8	17.64	38	83.78	68	149.92	98	216.05	128	282.19
9	19.84	39	85.98	69	152.12	99	218.26	129	284.40
10	22.05	40	88.18	70	154.32	100	220.46	130	286.60
11	24.25	41	90.39	71	156.53	101	222.67	131	288.81
12	26.46	42	92.59	72	158.73	102	224.87	132	291.01
13	28.66	43	94.80	73	160.94	103	227.08	133	293.21
14	30.86	44	97.00	74	163.14	104	229.28	134	295.42
15	33.07	45	99.21	75	165.35	105	231.49	135	297.62
16	35.27	46	101.41	76	167.55	106	233.69	136	299.83
17	37.48	47	103.62	77	169.76	107	235.89	137	302.03
18	39.68	48	105.82	78	171.96	108	238.10	138	304.24
19	41.89	49	108.03	79	174.17	109	240.30	139	306.44
20	44.09	50	110.23	80	176.37	110	242.51	140	308.65
21	46.30	51	112.44	81	178.58	111	244.71	141	310.85
22	48.50	52	114.64	82	180.78	112	246.92	142	313.06
23	50.71	53	116.84	83	182.98	113	249.12	143	315.26
24	52.91	54	119.05	84	185.19	114	251.33	144	317.47
25	55.12	55	121.25	85	187.39	115	253.53	145	319.67
26	57.32	56	123.46	86	189.60	116	255.74	146	321.87
27	59.52	57	125.66	87	191.80	117	257.94	147	324.08
28	61.73	58	127.87	88	194.01	118	260.15	148	326.28
29	63.93	59	130.07	89	196.21	119	262.35	149	328.49
30	66.14	60	132.28	90	198.42	120	264.55	150	330.69

PERSONAL TRAINING

From just £25 per session
Save with a block of 5 for £100

ANYTIME GYM MEMBERSHIPS

From just £20.99 per month

bristol.ac.uk/sport



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