



## **Milne's Library & Fitness Suite Fitness Suite Information**

### **Introduction:**

Thank you for your interest in our fitness suite and for taking the time to undertake an induction. The suite is fully equipped with Pulse® Training Equipment and consists of the following:

#### **Resistance:**

- Multi-Pulley
- Leg Extension
- Seated Leg Curl
- Seated Lat Pulldown
- Free Weights & Incline Bench
- Chest Press
- Shoulder Press
- Seated Leg Press

#### **Cardiovascular:**

- Concept 2 Rowers
- Treadmills
- Cross Trainers
- Recumbent Cycles
- Pursuit Cycle

The induction process will take about 1½ hours to complete – you will then be allowed to use the fitness suite at a time convenient to you.

### **Our Vision:**


Our vision is to create a training facility that is safe, easy to use, and enjoyable, all in an environment that you feel welcome and relaxed.

There are a few rules and regulations to observe, mainly for safety and comfort reasons and these are listed later in this leaflet.

### **The Induction Process:**

Your instructor will cover the following items with you:

- Registration form and health screening questionnaire
- General walk through of the fitness suite
- How to programme the cardio-vascular equipment and use it safely
- How to use the resistance (weights) equipment safely
- Hygiene and cleaning of the equipment
- Opening times

Please turn over 

## **Rules to be observed please:**

- Always take a towel and use it to stop sweat going over the equipment.
- Wipe the machine / equipment after each use.
- At busy times limit your time to 30 minutes on one piece of equipment.
- Don't leave weights on the floor – put them back on the rack.

## **General Information:**

### **Clothing:**

Appropriate clothing is required e.g. t-shirt, shorts or jogging trousers and suitable footwear. Outdoor clothing and other personal belongings are to be left in a secure locker located in the changing area.

### **Water:**

The fitness suite is equipped with a water fountain that users are encouraged to use. You may bring own water bottle into the fitness suite

### **Hygiene and cleaning:**

Users **must** wipe down the machines immediately after use, using the wipes provided. Users are advised to bring a towel for personal use.

### **Changing and showers:**

Lockers and showers are located in the changing area.

### **Disabled Users:**

Disabled customers, who have completed an induction, are welcome to use equipment in the fitness suite. The type or extent of the disability will determine which pieces of equipment can be used safely.

### **Safety:**

The suite is fitted with an emergency alarm. Activation of this alarm will alert an immediate response from a member of staff.

### **Booking:**

Booking to use the Fitness Suite during an Open Session is not necessary. However you will be advised at reception if there are a large number of users in.