

# FITNESS ORIENTATION



# WHAT IS A FITNESS ORIENTATION?

A fitness orientation is an information session typically 30 minutes in length providing the basics of how to use the weight machines and cardio equipment.

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 KINDS OF WORKOUTS ARE AVAILABLE?

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 a routine getting the heart rate up for about 30 minutes is ideal for fitness or weight loss. The cardio machines can be used to complete a cardio workout.

Strength training will still work up a 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



# EQUIPMENT AVAILABLE AT THE SAC FITNESS CENTER



## TREADMILLS

- ▶ 3 CYBEX 750T offer 9 different pre-programmed workouts
- ▶ 2 CYBEX CX445T offer 8 different pre-programmed workouts
- ▶ 2 MATRIX offer 2 different pre-programmed workouts (fat burning and rolling hills)
- ▶ 4 WOODWAY

All have the ability to measure heart rate.

- ▶ **To start:** press the “quick start” or “go” buttons or select a workout.
- ▶ Use the arrow buttons to increase or decrease speed.
- ▶ **To end:** press “stop” or “pause”, pull safety clip (short stop... not recommended unless the safety clip is being used for the whole workout).

## ELLIPTICALS

- ▶ **To start:** press “quick start” and begin pedaling or choose a workout.
- ▶ Select a workout:
- ▶ Adjust 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 include: 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

- ▶ Instructions for each machine are featured on the machines.
- ▶ 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, adjustable using a pin or a knob.
- ▶ Upper body: Isolateral bench press, isolateral shoulder press, isolateral incline press, chest press, shoulder press, isolateral 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.

# EQUIPMENT AVAILABLE AT THE SAC FITNESS CENTER

## POWER RACKS AND FREE WEIGHTS

- ▶ Select the appropriate free weight or add the desired number of weighted plates to the bars (Barbells are 45 pounds) – 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.



## 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 weight using the key pad on the top right for accurate calorie counting.
- ▶ Use the optional cool down button to ease out of the 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 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.

## FREE WEIGHTS, MEDICINE BALLS, EXERCISE BALLS

There are several sets of free-weights, 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.

# SELECTORIZED WEIGHT MACHINE ORIENTATION

This orientation will explain how to use 5 machines including the Leg Press, Chest Press, Seated Row, Seated Lat Pulldown, and the Overhead / Shoulder Press.

## LEG PRESS (LOWER BODY – LEGS)

### STARTING POSITION:

1. Sit in the machine, positioning back and tailbone flat against the machine's backrest.
2. Place feet between hip and shoulder width apart, on the resistance plate, toes pointing slightly out.
3. Position the thighs and lower legs parallel to each other.
4. Adjust seat and foot position so the bend in the knees is at approximately 90 degrees with heels flat.
5. Lightly grasp any available handles to stabilize upper body.
6. Brace abs to stabilize spine.

### UPWARD MOVEMENT:

1. Slowly exhale while pushing the resistance plate away from the body by contracting glutes, quadriceps and hamstrings.
2. Keep heels flat against the resistance plate.
3. Continue extending hips and knees until the knees reach a relaxed, extended position, with the heels still pressed firmly into the plate.
  - ▶ **Avoid** movement in low back and upper body throughout the exercise.
  - ▶ **Avoid** lifting butt off the seat pad or rounding out low back
  - ▶ **Do not** hyperextend / lock-out knees.

### DOWNWARD MOVEMENT:

1. Pause momentarily. Slowly return to starting position by bending the hips and knees and allowing the resistance plate to move downward in a slow, controlled manner.
2. Repeat the movement.
  - ▶ **Do not** allow upper thighs to compress ribcage.

## CHEST PRESS (UPPER BODY – ARMS & CHEST)

### STARTING POSITION:

1. Sit with back firmly supported against the backrest.
2. Adjust the seat height so the handles are level with mid-chest and the handles are positioned level with the front of chest.
3. Grasp the handles firmly with thumbs clasped around the handles.
4. Maintain wrists in line with forearms.
5. Bring elbows down to the sides of the body.
6. Position feet firmly on the floor or on the foot rests to stabilize body.
7. Brace abs to stabilize spine and maintain the natural arch in the low back.
8. Pull shoulders back and down.
  - ▶ **Do not** press low back into the backrest.
  - ▶ **Avoid** arching back.

# SELECTORIZED WEIGHT MACHINE ORIENTATION

## FORWARD MOVEMENT:

1. Gently exhale and slowly perform a pressing movement, extending elbows in front.
2. Maintain wrists in line with forearms, and head, neck and shoulder alignment.
3. Continue pressing until elbows are fully extended, but not locked.
4. Shoulder blades should continue to make contact with the backrest and not round forward.
  - ▶ **Avoid** arching low back.

## BACKWARD MOVEMENT:

1. Pause momentarily. Slowly return to starting position by gently bending elbows in a slow, controlled manner.
2. Repeat the movement.

## SEATED ROW

### (UPPER BODY – ARMS & BACK)

#### STARTING POSITION:

1. Adjust the seat height to a level positioning the machine handles approximately level with shoulders.
2. Position feet firmly on the floor or foot pads to stabilize body.
3. Sit upright and extend arms to grasp the handles without rounding shoulders forward.
4. Adjust the position the chest pad to lightly contact the chest.
5. Brace abs to stabilize spine and maintain the natural arch in the low back.
6. Maintain wrists in line with forearms.
7. Pull shoulders back and down.
  - ▶ **Do not** press low back into the back rest.
  - ▶ **Avoid** arching back.

## PULLING POSITION:

1. With torso vertical, shoulder blades flat against ribcage and arms extended, gently exhale and perform a pulling movement.
2. Bend elbows and pull them towards chest keeping elbows close to the sides of body.
3. Continue to wrists in line with forearms, and light contact with chest against the chest pad.
4. Attempt to minimize any movement of head during the movement.
5. Continue pulling until elbows pass the sides of body.
  - ▶ **Avoid** leaning back and arching low back.

## PUSHING POSITION:

1. Pause momentarily. Slowly return to starting position by allowing arms to move forward and elbows to extend in a slow, controlled manner, moving the handles away from body, stopping when arms are fully extended.
2. Maintain upright trunk position.
3. Repeat the movement.
  - ▶ **Avoid** forward rounding of shoulder blades.

## SEATED LAT PULLDOWN

### (UPPER BODY – BACK)

#### STARTING POSITION:

1. Sit in the machine, adjust the thigh pad to fit firmly against the top of thighs to anchor lower extremity.
2. Brace abs to stabilize spine.
3. Reach up to grasp the bar, firmly gripping the bar with both hands.
4. While arms are extended overhead, pull shoulders back and down.

# SELECTORIZED WEIGHT MACHINE ORIENTATION

5. Lean back slightly (no more than a 30-degree angle), using legs to support body.
6. Maintain head, neck and shoulder alignment.
  - ▶ **Avoid** arching low back.

## PULLING POSITION:

1. Slowly exhale and initiate the downward pull by lowering shoulders, then pulling the bar downward towards the top or mid-section of chest.
2. Attempt to pull in a motion driving elbows directly down towards the floor, bringing elbows towards the sides of torso.
  - ▶ **Avoid** any additional backwards lean during the pull movement.

## PUSHING POSITION:

1. Continue pulling until the bar nears or touches chest, or more importantly, elbows are no longer moving downward, but now beginning to move backwards.
  - ▶ **Avoid** any further pulling as this places additional stresses into the shoulder joint.
2. Pause momentarily. Slowly return to starting position by allowing the bar to move upwards until elbows are fully extended, then allow shoulders to rise slightly.
3. Repeat the movement.

## OVERHEAD / SHOULDER PRESS (UPPER BODY – ARMS & SHOULDERS)

### STARTING POSITION:

1. Sit with back firmly supported against the backrest.
2. Adjust the seat height so the handles are level with shoulders.

3. Grasp the handles firmly with thumbs clasped around the handles.
4. Maintain a neutral wrist position / wrists in line with forearms.
  - ▶ Position feet firmly on the floor or on the foot rests to stabilize body.
5. Brace abs to stabilize spine.
6. Maintain the natural arch in low back.
7. Position elbows pointing towards the front of body.
8. Pull shoulders back and down.
9. This position shifts more of the load into the triceps and away from the shoulders.
  - ▶ **Do not** perform with elbows in the 3 and 9 o'clock positions where the elbows are aligned with the midline of trunk.
  - ▶ **Do not** press low back into the backrest.
  - ▶ **Avoid** arching back.

## PRESSING POSITION:

1. Gently exhale and slowly perform an upward pressing movement, extending elbows overhead while maintaining a neutral wrist position, head aligned with spine and avoiding arching low back.
2. Continue pressing until elbows are fully extended, but not locked.

## PULLING POSITION:

1. Pause momentarily. Gently contract back muscles to pull the handles back down towards starting position, allowing elbows to bend in a slow, controlled manner while returning to their starting forward-facing position.
2. Repeat the movement.



CLAYTON STATE UNIVERSITY  
**DEPARTMENT OF RECREATION & WELLNESS**

**(678) 466-4971**

**[www.clayton.edu/recwell](http://www.clayton.edu/recwell)**

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