

GYM INDUCTION

WHY DO WE ASK YOU TO DO AN INDUCTION?

The gym is a fun environment, but only when you are getting the results and know what you're doing, this all starts with the gym induction process. An induction is a great opportunity to meet our Personal Trainer, learn the basics and start achieving your goals.

If you are not already a gym go-er, the gym can be considered as the unknown and create some apprehension or fear of doing the 'wrong thing'. The time spent in an induction will help alleviate that.

If you are a gym go-er you are still asked to take part in an induction; gym equipment is not always the same and we prefer you to be safe!

WHAT IS A GYM INDUCTION?

Our gym induction is carried out by a fully qualified Personal Trainer. The purpose of a gym induction is to welcome new members, to ensure they have an understanding of the health and safety procedures and gym etiquette. You will also be asked to complete a short pre- exercise health questionnaire and to explain what your fitness goals are. Your fitness levels will then be assessed, the main areas being core strength, flexibility, general fitness and strength. From this information, our Personal Trainer will be able to focus on an exercise programme that may be most beneficial to you.

An induction is an essential starting point for any gym goer, experienced or not, and normally last 45 minutes.

At the end of the 45 minutes you will be familiar with warm up and stretching movements and a series of exercises (your recommended programme) to start you on your way.

WHAT DO I WEAR TO A GYM INDUCTION?

Before you enter the gym make sure you're wearing something comfortable and suitable for a workout. You will feel most comfortable during your work outs on gym clothing but shorts or tracksuit bottoms and a T- shirt are ideal.

Please make sure you're also wearing the appropriate footwear, something comfortable and supportive like a pair of exercise trainers (not the fashion type) would be perfect.

Finally, it's important to always hydrate, so we recommend bringing a bottle of water and a small towel with you to every gym session.

WHAT TO EXPECT IN YOUR EXERCISE PROGRAMME

During your induction you will be shown how to get on and off equipment correctly, how to change the settings and operate the equipment safely. You will be aware of your warm up and cool down routines and

the programme of exercises recommended to you. All this is based on your goals and your current fitness levels.

As well as the machine equipment you will be shown many ways to use the resistance weights, like the dumbbells and your body weight. This can be achieved by using a resistance weight like a dumbbell or with just your bodyweight. Based on all of the information gathered within the 45 minute induction, our Personal Trainer will then put together a series of exercises that will work best for you.

WHAT HAPPENS NEXT?

The programme you are given at your Induction is your starting point. We recommend that this programme be reviewed every eight weeks. This review is an assessment to evaluate the effectiveness of your fitness programme and the relevance of your fitness goals, making sure you're seeing the desired results from your programme.

PROGRESSION IS THE KEY TO SUCCESS!

PERSONAL TRAINING

Of course, you can enter into a more defined and focused programme with the Personal Trainer, where they will be with you, step by step offering information and support. Working with a Personal Trainer provides a different level of detail and focus. If you struggle, or improve, they will be able to adjust the exercises there and then, if you get bored with the routine they can introduce new exercises. This is a great way to get you used to training.