



# Self-Directed Fitness Guide

How to use the Self-Directed Fitness Guide:

1. Start every exercise session with a warm up. Finish with a cool down.
2. Do exercises in order.
3. Read the descriptions on each machine if you are unsure how to perform the exercise. Yellow on equipment means a seat, pad, etc. can be adjusted.
4. Exercises are divided into 'reps' and 'sets'. Reps or repetitions are the number of consecutive exercises at one machine. Sets are how many times you do a group of repetitions.
5. Start with two sets of each exercise and continue for a few weeks before adding a third set.
6. Set the weight so that it is challenging on the last few repetitions of your last set.
7. Rest for 20-30 seconds between sets and stations.
8. And last but not least: Have Fun!

See your doctor before using the Fitness Studio or starting any exercise program.

## Let's Get Started!

There are three parts to an exercise program.

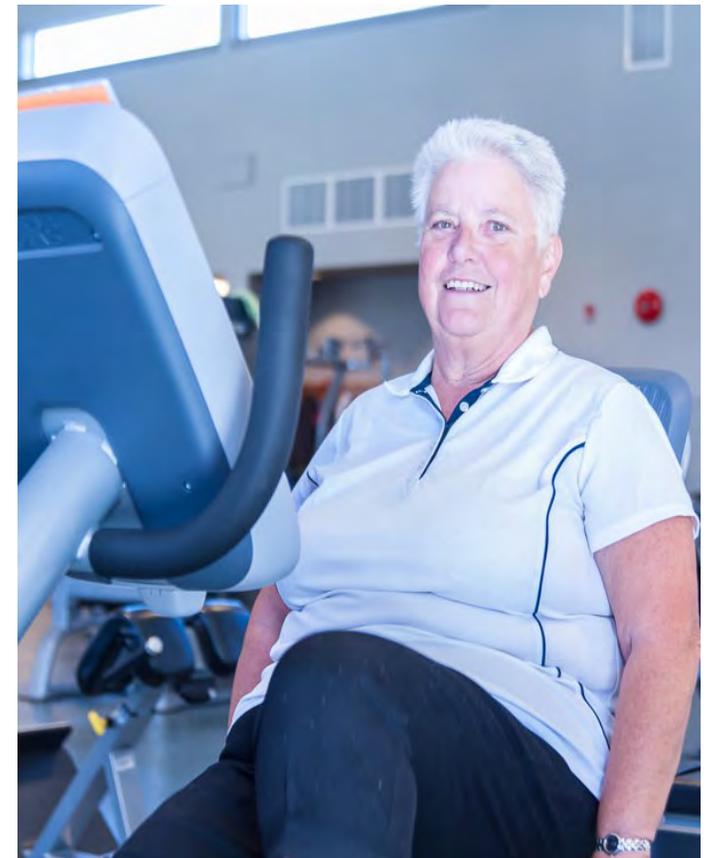
1. Warm Up: Getting your body ready to exercise.
2. Self-directed exercises.
3. Cool Down: Transition your body from exercise to rest.

1. Warm Up: Spend easy 5-10 minutes on cardio equipment: elliptical, bike or treadmill. Choose the quick start option. Keep the effort low to medium/low. Don't forget to sign up for cardio equipment at the entrance to the Fitness Studio.

2. Self Directed Exercises:

- |                   |                     |                   |                     |
|-------------------|---------------------|-------------------|---------------------|
| A. Leg Press      | 2-3 sets of 10 reps | F. Lat Pull Down  | 2-3 sets of 10 reps |
| B. Leg Extension  | 2-3 sets of 10 reps | G. Bicep Curl     | 2-3 sets of 10 reps |
| C. Hamstring Curl | 2-3 sets of 10 reps | H. Tricep Curl    | 2-3 sets of 10 reps |
| D. Chest Press    | 2-3 sets of 10 reps | I. Abdominal      | 2-3 sets of 10 reps |
| E. Seated Row     | 2-3 sets of 10 reps | J. Back Extension | 2-3 sets of 10 reps |
|                   |                     | K. Rotary Torso   | 2-3 sets of 10 reps |

3. Cool Down: Same as warm up. See the stretching poster by the cardio sign up board for post-exercise stretches. Important: Stop and rest if you are tired or feel lightheaded. Go immediately to Reception if you need medical attention.



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Exercise	Use this chart to track your progress. In each square record the number of sets and the number on the weight stack. Sets and weight stack number																		
A. Leg Press 2-3 sets of 10 reps																			
B. Leg Extension 2-3 sets of 10 reps																			
C. Hamstring Curl 2-3 sets of 10 reps																			
D. Chest Press 2-3 sets of 10 reps																			
E. Seated Row 2-3 sets of 10 reps																			
F. Lat Pull Down 2-3 sets of 10 reps																			
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H. Tricep Curl 2-3 sets of 10 reps																			
I. Abdominal 2-3 sets of 10 reps																			
J. Back Extension 2-3 sets of 10 reps																			
K. Rotary Torso 2-3 sets of 10 reps																			

### Fitness Etiquette

1. Use the hygienic wipes to clean the equipment when you are finished with it.
2. Please do not use your cell phone (talk or text) while exercising.
3. It is accepted that someone may want to 'work in' - share your machine while you are using it. This person will use it while you are in the rest phase of your exercise.
4. Important: Stop and rest if you are tired or feel lightheaded. Go immediately to Reception if you need medical attention.

### I'm Ready For More!

Do you want to take your fitness to the next level? The Comox Community Centre offers basic and specialized training packages to rev up your fitness! Ask about the cost for private and semi-private sessions at Reception.

Check the fitness schedule by the cardio sign up for "Ask a Trainer." It's your chance to have your fitness questions answered by a certified fitness trainer.

**For more information on hours, admission rates and discounted 3, 6 and 12 month memberships please speak to a Receptionist or call 250-339-2255!**