

# CAMBIE COMMUNITY CENTRE-*Fitness Orientation*

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Our Fitness Centre is the first step to improving your physical fitness. Increasing your physical activity through resistance, cardiovascular and flexibility training has many benefits; however, it is important that you are well equipped to use our facility safely. The goal of this orientation is to ensure you possess the skills needed to use the majority of our equipment properly and safely. Our qualified fitness trainers are here to address your health related questions. Welcome to the Cambie Fitness Centre!

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## *Fitness Centre Policies*

- City of Richmond Client Card is required
  - Sign in at front desk to get a fitness tag
  - Ensure fitness tag is visible at all times
  - Youth (15-17) must complete an orientation before using the gym
  - PAR-Q and Release of Liability completed (valid for 1 year)
  - Other than water, no food or drinks are permitted
  - Use caution during unsupervised times
  - See Fitness Attendant before using unfamiliar equipment
  - Enjoy yourself!
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## *Fitness Centre Etiquette*

- Sign up for all cardio machines before use (30 minutes max)
  - Pre-booking or reserving of equipment is not allowed
  - Avoid cell phone use while working out
  - Wipe perspiration from machines with disinfectant spray provided
  - Return all equipment back to its appropriate box or holder
  - Return benches back to their appropriate place if you move them
  - Use collars when using Olympic bars
  - Avoid banging and dropping weights
  - Show courtesy to all members-do not rest on equipment
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Cambie Fitness Centre  
12800 Cambie Road  
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Phone: 604-233-8380



**Warm-Up:** 2-5 minutes of an easy exercise that gets progressively harder. Warming up helps prepare the body for exercise and reduces the risk of injury.

**Aerobic Training:** Cycling, walking, running, rowing, biking and stair climbing are examples of aerobic exercises. Aerobic exercise helps to improve cardiovascular fitness by strengthening the heart, the lungs and improving circulation. It also helps to tone the muscles throughout the body, reduce body fat, and decrease mental stress.

Machine	Tip #1	Tip #2
Treadmill	Use the safety clip and mount/dismount the machine with caution	Keep hips tucked directly under torso, look straight ahead, and let arms swing naturally
Bike (upright and recumbent)	Adjust the seat height for a slight bend in the knee at the down stroke position	Avoid rounding the spine and shoulders forward
Stairmaster	Avoid resting body weight on guard rails	Keep knees aligned with toes and avoid 'locking out' the knees
Elliptical Trainer and/or Arc Trainer	Keep feet flat on foot pedals	Stand up tall, avoid rounding the shoulders, look straight ahead Let arms swing naturally or use arm bars to increase workout intensity
Rowing Machine	Sit up tall with back straight, chin up, elbows in	Use a smooth rowing action (coordinate arm and back rowing movements with leg extensions)

**Cool Down:** 2-5 minutes of an easy exercise that helps return the heart back to pre-exercise levels

**Resistance Training:** Weight bearing exercises that help to improve muscle strength and tone. Warm-up first and complete the following: adjust seat and weight before lifting, fully insert pin, don't hold your breath, stop if you feel dizzy or light headed, always use collars, and always use proper form. Adolescents and beginners should never lift very heavy weight (i.e. under 6 rep maximum).

Machine	Main Muscle Group	Seat	Tip #1	Tip #2
Leg Press	Legs and Glutes		Avoid 'locking out' the knees	Do not allow the knees to pass the toes
Leg Ext/Flexion Combo	Quads/Hamstrings		Do not allow glutes or hips to lift off the seat	Avoid 'locking out' the knees
Chest Press	Chest and Triceps		Use foot pedal to move bar forwards	Keep the elbows soft
Lat Pull Down	Back and Biceps		Avoid performing behind the neck pulls	Maintain neutral spine, lean back slightly
Seated Cable Row	Upper Back	N/A	Lead with the elbows and retract scapula	Keep chest lifted
Shoulder Press	Shoulders and Triceps		Keep elbows softly bent	Do not arch back
Rear Delt/Pec Fly Combo	Chest and Rear Delts		Keep elbows softly bent throughout	Do not let elbows go behind your body
Thigh Abd/Adductor	Outer/Inner Thighs	N/A	Maintain good posture	Smooth and controlled movement

**Flexibility Training:** Hold stretches for 20-30 seconds without bouncing, allowing time for the muscles to lengthen and relax. Stretching re-lengthens the muscle, which improves mobility of joints and helps in the prevention of injury. Stretch all muscles used during workout. Refer to attached sheet for stretches.