

ASSAULT AIR RUNNER

The Air Runner was designed with HIIT in mind. With no maximum speed, exercisers can push their workout as hard as they want and change speeds at will. With the small footprint of the Air Runner, running that would otherwise take place outside or in a different area of the facility can now take place in the same area that small group training occurs, increasing exerciser engagement with trainers.

USER GUIDE

- Remember The Assault Air Runner is self generated so will not start until you start walking.
- Simply hold onto the bars, step onto the side of the machine (which do not move).
- Then step onto the belt and start walking.
- You control the pace of the machine so if you feel its 'running away' from you, simply slow down.
- The bars are there if you lose balance or need help to slow down.



ADAPTIVE MOTION TRAINER

The AMT 783 intuitively responds to users' natural motion, allowing them to adapt their stride length for a comprehensive cardio workout – all without so much as the push of a button. The 780 Line 15" touchscreen console provides exercisers with a premium entertainment experience and engaging workout through an intuitive interface.

USER GUIDE

- Remember The AMT is self generated so will not start until you start moving.
- Simply hold onto the non-movable bars, step into the pedals.
- Then start stepping and the machine will switch on.
- Programme in what you wish to do and select the level.
- You control the pace and stride of the machine. You can make it a stepper or extend the stride further like running (but without the impact on the joints). This is all shown on the console with a visual.
- The movable bars are there to incorporate a full body workout.



HEALTH HUB EQUIPMENT

HEALTH
HUB

CROSS TRAINER

The EFX 731 combines the benefits of a fixed ramp with our patented elliptical stride path technology and moving handlebars for a total-body workout. The 730 Line LED console provides exercisers with essential workout metrics for an effective fitness experience.

USER GUIDE

- Remember The Cross Trainer is self generated so will not start until you start moving.
- Simply hold onto the non-movable bars, step into the pedals.
- Then start stepping and the machine will switch on.
- Programme in what you wish to do and select the level.
- You control the pace and stride of the machine. Cross trainers are non-impact so safe for the joints.
- The movable bars are there to incorporate a full body workout.



UPRIGHT BIKE

The self-powered bikes feature custom-designed handlebars with integrated touch heart rate for maximum comfort and efficient workout experience. One-handed seat adjustment on or off the bike, redesigned saddle for riding comfort and improved knee over pedal spindle (KOPS) geometry for efficient pedalling mean a smooth, comfortable workout.

USER GUIDE

- Remember The Bikes are self generated so will not start until you start moving.
- Adjust the seat so that the knee always has a small bend when the leg is extended. The seats have numbers on so you can remember for future use.
- Take a seat and put your feet in the pedals
- Start pedalling (re-adjust the seat at this point if required). Ensure that the knees stay in line with the hips as you pedal.
- Programme in what you wish to do and select the level.
- You control the pace of the machine. Bikes are non-impact so safe for the joints.



HEALTH HUB EQUIPMENT

HEALTH
HUB

TREADMILL

The insight-driven design of the TRM 731 delivers the same reliability, performance and efficiency that Precor is known for. Features such as the Active Status Light make it easy to maintain for any of your staff members and decreases product downtime. At the same time, the TRM 731 delivers a consistent Precor feel and comfort for your exercisers.

USER GUIDE

- The treadmills will only work when you have programmed them to start.
- Simply hold onto the bars, step onto the side of the machine (which do not move).
- Then step onto the belt.
- Ensure the emergency switch is down (the machine will not work if it is up).
- Connect the emergency switch to the bottom of your t-shirt (this is so if you lose balance the treadmill will cut out)
- Select which programme you wish to do and start. You control the speed always and can adjust the incline.
- To stop, simply press the big red button.



CONCEPT 2 ROWERS

Recognised by competitive rowers as the standard for indoor training, the Model D delivers an effective cardiovascular workout that will increase your fitness level and tone your physique. The Model D rower has a W14" (35.6 cm) seat height, the Model D keeps a low profile.

USER GUIDE

- The Rowers will work if you start rowing / switch on.
- Remember the seat moves!
- Adjust the lever at the side to select the resistance
- Sit on the seat
- Select which programme you would like to do.
- Adjust the foot pedals so the strap comes across the widest part of the foot.
- Start rowing, ensuring that you are using a PUSH with the legs and PULL with the arms movement.
- Keep the back nice and straight unless you are an experienced rower.



HEALTH HUB EQUIPMENT

HEALTH
HUB

SPIN BIKES

With the aesthetic appeal and lasting durability of an aluminium frame, the Spinner® Climb bike by Precor is the answer for operators aiming to enhance their non-power-based classes with a premium indoor cycle. Delight your riders with premium features including magnetic resistance, Kevlar® reinforced timing belt, and the iconic feel of the Spinner® perimeter-weighted flywheel

USER GUIDE

- **Seat Height** - As a good starting point, stand alongside your bike and bring the saddle up until it's parallel with your hip bone. For most people this will be the ideal saddle height.
- **Seat Distance** - The goal is to have your knees properly aligned, relative to your feet. When seated your kneecap should be directly above the centre of the pedal.
- **Handle Bars** - You'll need to alter the height and position of the handlebars to keep your shoulders roughly in line with your elbows and hips. If you suffer from back problems or are recovering from an injury, you may want to keep the handlebars slightly higher to avoid aggravating any lingering weaknesses.
- Adjust the level with the blue lever - + is harder - easier.
- Remember spin bikes ARE NOT free wheeling like a normal bike. To brake, simply press down on the blue lever adjustment.



CONCEPT 2 SKI ERG

The Concept2 SkiErg makes the sport of Nordic skiing available to everyone. Long recognised as delivering one of the toughest workouts around, Nordic skiing develops cardiovascular fitness, strength, endurance and exercises the legs as well as the arms and core. The SkiErg can be used for both double pole and classic alternating arm technique.

USER GUIDE

- The Ski ergs will work if you start Skiing / switch on.
- Adjust the lever at the side to select the resistance
- Stand tall, facing the Ski Erg with feet hip-width apart, arms extended up. With your hands gripping the handles, face your palms inward.
- Then, hinging at the hips, with a slight knee bend, brace the core, push through the glutes, and pull handles down. Remember: Keep your arms straight.
- Continue pulling the handles down in a fluid motion until your arms swing back past your thighs. As you rise back to standing, activate your glutes, push your hips forward to full extension, and return your arms up to start.



HEALTH HUB EQUIPMENT

HEALTH
HUB

WATTBIKE ATOM X

The Wattbike AtomX smart bike features the new high-definition Performance Touchscreen and integrated shifters, allowing users to switch seamlessly between ergo and gear mode. The AtomX's smart resistance changes automatically to precisely map the gradient of the virtual ride, so taking on a legendary climb is exactly as tough as it should be.

USER GUIDE

- Connect to Zwift, peloton and more... If you have a personal account
- Seat Height - As a good starting point, stand alongside your bike and bring the saddle up until it's parallel with your hip bone. For most people this will be the ideal saddle height.
- Seat Distance - The goal is to have your knees properly aligned, relative to your feet. When seated your kneecap should be directly above the centre of the pedal.
- Handle Bars - You'll need to alter the height and position of the handlebars to keep your shoulders roughly in line with your elbows and hips. If you suffer from back problems or are recovering from an injury, you may want to keep the handlebars slightly higher to avoid aggravating any lingering weaknesses.
- Adjust the level on the bars



HEALTH HUB EQUIPMENT

HEALTH
HUB

STAIRMASTER

This powerhouse product provides a superior combination of cardio and strength training with features like a durable, rust free polypropylene construction, ergonomic handrails to support multiple climbing positions and an all-new drive train that delivers smooth, quiet performance.

USER GUIDE

- Mount the Stair climber. Most Stairmaster machines have assisted steps on the side to make it easier to mount the machine. Make sure to use those assists to properly mount the Stairmaster and avoid slipping off the bottom few steps of the Stairmaster. There are also handles on the side which you can use to assist yourself on to the machine. Make sure to use the handles on the side to rest your arms on and keep balance while performing the workout.
- From there, press the QuickStart button. The stairs will start moving at a slow pace. Place your feet stepping up one at a time. Try to keep one foot fairly close to the top at all times.
- From there its just the case of building up your speed and maintaining the exercise for the duration.
- Dismount safely. Make sure to watch your step when you dismount from the Stair climber. Use the assists on the side to get down to avoid slipping and getting hurt. Use the handles as well to maintain your balance when dismounting the machine.



CHEST PRESS

The Vitality Series Chest Press features comfortable, oversized grips with multiple positions, an adjustable back pad for desired pre-stretch start position and an adjustable seat for proper exercise height and form. Users can easily engage the add-on weight with a simple push of a lever to increase the work load

USER GUIDE

- The chest press works the chest, shoulders & triceps.
- Adjust the seat so that the bars are armpit level
- Adjust the back of the seat so that when you bring the elbows back, it's a bit of a squeeze but you can hold the bars with straight wrists.
- Sit on the seat
- Select the weight (in kg/lbs).
- Start the exercise, pushing the bars forwards (keeping wrists straight and never lock elbows).
- Ensure that the weights do not bang on the return. They should only touch down when you have completed your set.
- Remember to keep breathing!



PULLDOWN - ROW

The Vitality Series Pulldown/Seated Row is a dual-function machine with lat pull-down and mid-row exercise positions. Features an easy-to-adjust thigh hold-down pad, extended seat and foot bar to facilitate both exercises. Users can easily engage the add-on weight with a simple push of a lever to increase the work load.

USER GUIDE - The Lat Pull / Row works your back, lats and biceps.

- **Lat Pull** – Sit close, Adjust the leg pad so that it rests on your thighs.
- Select the weight (in kg/lbs).
- Keep the back straight, pull the bar down Infront of your face, almost brushing your nose.
- **Row** - Adjust the leg pad so that it loosely rests above your knees.
- Sit on the seat, feet on the pedals, push back so you have a small bend in the knee only.
- Select the weight (in kg/lbs).
- keep the back straight as you pull the bar into your chest.
- Ensure that the weights do not bang on the return. They should only touch down when you have completed your set.
- Remember to keep breathing!



HEALTH HUB EQUIPMENT

HEALTH
HUB

LEG PRESS

The Vitality Series Leg Press/Calf Extension features an articulating foot pad that stays vertical to mimic a squat movement and allows for full extension during calf exercise. Ratcheting seat back allows for desired start position. Large, non-slip, wear-resistant rubber foot pad allows users to easily perform both exercises. Users can easily engage the add-on weight with a simple push of a lever to increase the work load.

USER GUIDE

- The leg press works the quads, glutes and hamstrings.
- Adjust the back of the seat so that when you place your feet on the pad, your legs are around 90 degrees.
- Sit on the seat
- Select the weight (in kg/lbs).
- Put your feet on the pad, ensure that your feet and knees are in line with your hips. Make sure your knees DO NOT go over your toes.
- Start the exercise, pushing the pad forwards, NEVER locking the knees.
- Ensure that the weights do not bang on the return. They should only touch down when you have completed your set.
- Remember to keep breathing!



HEALTH HUB EQUIPMENT

HEALTH
HUB

LEG EXTENSION

The Vitality Series Leg Extension features multiple, adjustable start positions for workout flexibility and a self-aligning ankle pad for comfort and convenience. Ratcheting adjustable back pad allows easy alignment of knee to pivot, for sound biomechanics. Users can easily engage the add-on weight with a simple push of a lever to increase the work load.

USER GUIDE

- The leg ext works the quads.
- Adjust the back of the seat so that when you sit down, your legs should hang down and there should be no gap between the seat and back of the knee. .
- Sit on the seat
- Select the weight (in kg/lbs).
- Pull the lever towards you and bring the pad back as far as possible (usually no 1-2).
- Start the exercise, extending the legs up, NEVER locking the knees.
- Ensure that the weights do not bang on the return. They should only touch down when you have completed your set.
- Remember to keep breathing!



HEALTH HUB EQUIPMENT

HEALTH
HUB

LEG CURL

The Vitality Series Leg Curl features a walk-in setup and adjustable start position to customise the workout. A fixed shin pad and self-aligning ankle pad provide comfort and convenience for the user. Ratcheting back pad allows for easy knee-to-pivot alignment. Users can easily engage the add-on weight with a simple push of a lever to increase the work load.

USER GUIDE

- The leg Curl works the hamstrings.
- Adjust the back of the seat so that when you sit down the knee should be in line with the pivot point.
- Sit on the seat
- Select the weight (in kg/lbs).
- Thread your legs through the pads so the foot pad is on your heels. Pull the lever towards you and raise the heel pad as high as possible.
- Start the exercise, curling the legs back to the bottom of the chair, NEVER locking the knees.
- Ensure that the weights do not bang on the return. They should only touch down when you have completed your set.
- Remember to keep breathing!



FTS GLIDE PULLEY / DUAL CABLE

The FTS Glide offers resistance training with freedom of motion to increase core strength, balance, stability and coordination. Designed with a compact footprint and low height to fit any fitness facility, the FTS Glide is easy to use.

USER INFO

- Use the blue lever to adjust the cable up and down to suit the exercise of your choice.
- Use the carabiner clip to add on the attachment of choice
- There are many exercises in which you can do on the dual cable machine. Please see a member of staff if you require help.
- Ensure that if you are using both sides equally for an exercise that the weight is equal for both sides.
- With a variety of attachments, you can raise or lower your start positions to do a vast variety of exercises to target many different body parts which incorporate core stabilisation.



HEALTH HUB EQUIPMENT

HEALTH
HUB

THE PRIMAL PRO SERIES TRAINING SYSTEM

Featuring our best-selling V3 Half Rack, 1m Central Storage, Integrated 90kg Pulley system, dip and plyo plate. The system allows you to save space, rack and pull up to 450kg or program a small PT session using the Rack, Pulley and Central Storage.

USER INFO

- Half rack system with a 20kg Olympic bar. This system can be adjusted to do various exercises on. The safety catchers can be adjusted varying on the range of movement.
- Plyo plate / Dip bars - these can be added onto the side of the rig for the relevant exercises.
- Single cable system - use the lever to adjust the cable up and down depending on the exercise. Use the carabiner clip to add on the attachment of choice
- There are many exercises in which you can do on the dual cable machine. Please see a member of staff if you require help.



HEALTH HUB EQUIPMENT

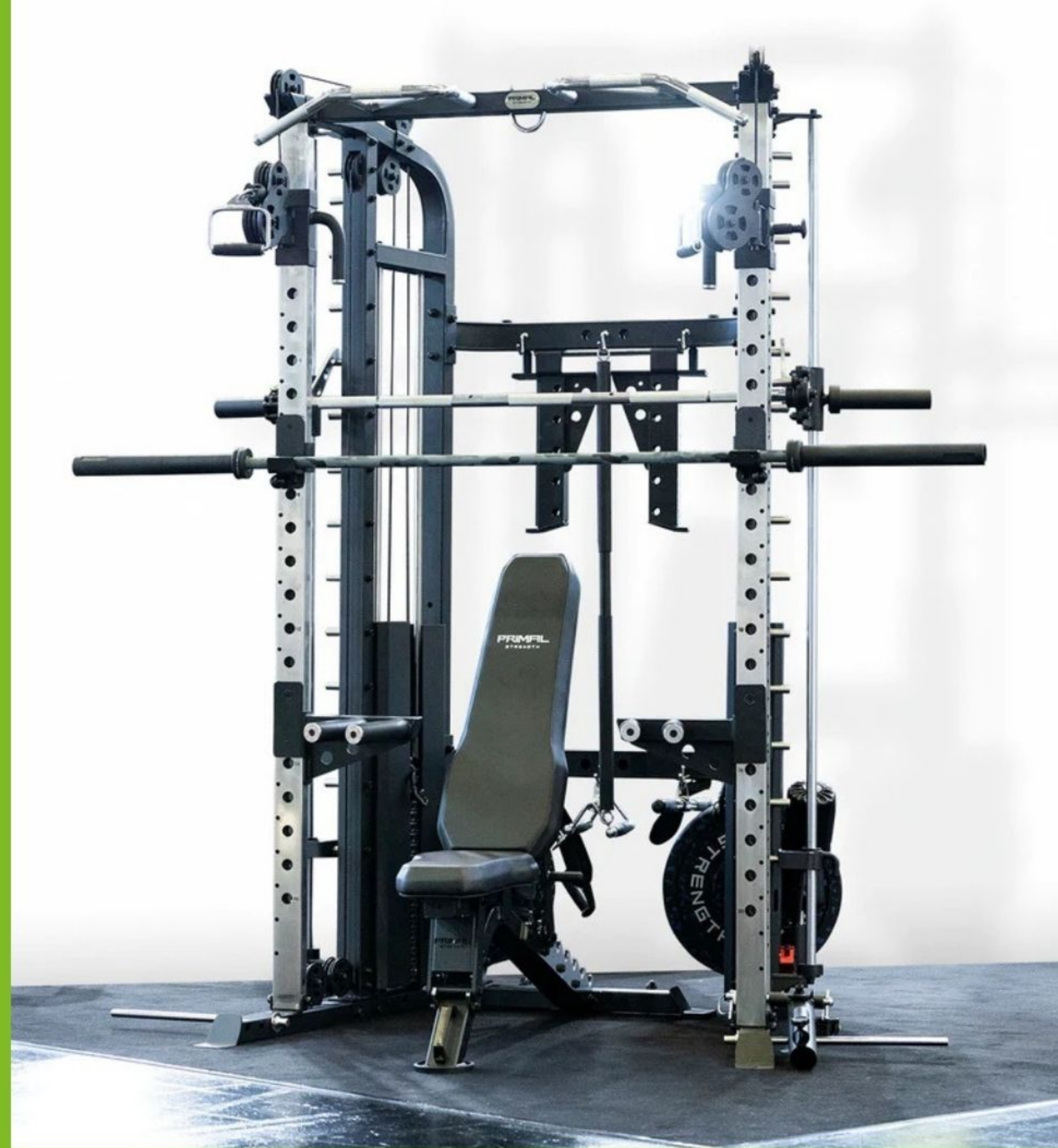
HEALTH
HUB

THE PRO SERIES RACK SYSTEM

The Pro Series Rack System is a rack designed to cover the three most popular machines in a commercial gym, whilst taking up less space than a single piece of equipment. Half Power Rack, Functional dual cable trainer and Smith Machine. The rack is tested to a maximum capacity of 400kg.

USER INFO

- Half rack system with a 20kg Olympic bar. This system can be adjusted to do various exercises on. The safety catchers can be adjusted varying on the range of movement.
- 30mm knurled Smith Machine bar with sealed bearings and multi-hook options.
- Two, heavy-duty 100kg functional trainer stacks (5kg per plate) on a 2:1 ratio with full commercial-grade pulleys with sealed bearings for smooth and silent movement
- Commercial, aircraft-grade pulley cables tested to a 1000kg capacity
- Landmine/Row Olympic bar attachment for a wide range of row and functional core exercises
- Wide-grip, knurled chin-up handles with power-band support



FOUR-STACK MULTI-STATION

The mainstay feature in any gym is the Four-Stack Multi-Station. The Primal Pro Series version has been engineered with the user ergonomics of each station.

USER INFO

- The low row has a full length seat pad and foot supports.
- The lat pull down station has a multi-height seat adjustment and comes with a commercial-grade bar.
- The cable pulley has a full rotation pulley on a laser-cut multi-hole arm support, the metal pop pin and hardened chrome arm allow for silent movement of the pulley from arm base to full height.
- The four-stack is complete with a back-supported high-pulley, push-down station, including double-handle triceps rope.



HALF RACK

Heavy Duty Half Rack has everything for an ambitious weight training. Make the most of your training, push your limits and feel the space to outshine. The Health Hub has the black / grey colouring.

USER GUIDE

- The bars can be adjusted up and down for the relevant exercises.
- The safety catchers can also be adjusted up and down depending on your level of movement for the exercise.
- The Olympic bars all weigh 20kg. The trap bar weighs 25kg.
- Additional pull up bar to be able to incorporate pull ups into your exercise regime
- Additional bumper plates are provided for deadlifting on the floor.
- ALWAYS ensure that you lift within your boundaries. Start light and build up.
- You can do many exercises on the half rack so if you need any additional help, please see a member of the fitness team.



FREE WEIGHTS

Free weights are a form of strength training that can be defined as resistance exercises provided by 'free' objects that aren't attached to anything and that you can quite literally pick up and move. These include items such as medicine balls, barbells, dumbbells, kettlebells and sandbags.

INFO

- Dumbbells - These solid end dumbbells are a great addition to any workout area. Ranging from 1kg – 52.5kg.
- The Bodypower Sandbag is a fitness powerbag specifically designed to withstand the most rigorous of functional training workouts.
- The Origin Rubber Kettlebells are the perfect functional tool for functional training. Ranging from 2kg – 28kg.
- The Origin Barbell is manufactured with durability in mind. A thick, shock absorbent and impact resistant layer of Urethane comforts the two solid steel heads, at either end of the bar. Ranging from 10kg – 45kg
- The Gym Division Black Olympic Bumper Plates. We recommend not dropping the bumpers from overhead but simply bumping down before lifting up again. Ranging from 5kg-20kg



BENCHES

The weight bench, sometimes also called a fitness bench, is a piece of equipment that is used in weight training. Weight benches generally are a padded board supported by legs and their primary purpose is for weightlifters to sit or lie down on.

INFO

- **Origin Adjustable Bench** - The classic Multi-Adjustable Weight Bench is a versatile piece of gym equipment which enables you to perform a multitude of exercises. As this bench has the ability to be positioned at many angles, you can perform a multitude of exercises on it. Including: Dumbbell Chest Press, EZ Bar Pull Overs, Dumbbell Rows, Seated Shoulder Press... & many more!
- **Origin Back Extension Bench** - Doing back extension exercises is a great way to tone your lower back and core.
- **Origin Decline / Abs Bench** - This Origin Decline Bench is a classic addition to any gym floor, providing your members the chance to finetune their strength training.

