



welcome



Sports Complex

su gym

induction guide

signing into the gym

- During your initial visit, provide your name to a staff member at the reception desk to link your gym membership with your student card.
- Each time you visit, sign in by swiping your student card at the reception area. The swipe station is located in front of the monitor near the ladies' changing room.
- Ensure the card is scanned with the picture facing towards you, as it reads the barcode, not the black strip on the back.



general guidelines for gym use

- If you're uncertain about how to operate any equipment or perform an exercise, please don't hesitate to ask a member of the gym team for assistance.
- After using equipment, please return it to its designated place and tidy up the area, including reracking weights and storing other equipment properly.
- Please maintain cleanliness by wiping down equipment with the provided disinfectant spray and cloths after use.
- Regularly washing your gym clothing is encouraged.
- When performing exercises near the dumbbell racks, be considerate of others by standing away to allow access to nearby dumbbells.
- Limit phone usage while using equipment to avoid hogging it; excessive use may require you to share or vacate the equipment for others.

safety

- For safety reasons, refrain from being barefoot in the gym at any time.
- Respect others' personal space by finding your own area to work out, especially in crowded areas.
- Always use proper technique during exercises; if unsure, seek guidance from the gym team.
- Wear suitable clothing and footwear, avoiding items like jeans, buttoned shirts, and inappropriate shoes, as you may be asked to leave if dressed inappropriately.

cardio user guide

- Except for treadmills, all cardio equipment is self-powered and activates when you start moving.
- Simply tap 'go' on the initial screen to bypass workout selection and start your workout.
- Screens on cardio machines are uniform; however, don't hesitate to seek assistance from a gym team member if needed.



set programmes

set incline

set speed

cool down
quick start
stop

emergency
stop clip

free weights general rules of use

- If unsure about using free weights safely, seek guidance from a member of the gym team.
- Don't be offended if offered advice by a gym team member during your workout; it's for your safety.
- Before starting, ensure the exercise area is clear of clutter and trip hazards.
- Use bumper plates for heavy exercises to prevent floor or equipment damage upon contact
- Secure plates on bars using collars or clips before performing exercises.
- After use, rerack dumbbells and remove plates from the bar to maintain order and safety. Remember if you are strong enough to lift it, then you are strong enough to put it away.
- Avoid unnecessarily dropping weights to prevent damage to both equipment and the floor, which can disrupt everyone's gym experience.

free weights technique tips

- Maintain proper back alignment and keep your core engaged during exercises.
- Execute movements with correct technique and within a safe range of motion; seek guidance if uncertain.
- Remember to breathe properly throughout your lift.

personal training

Looking for some extra support?
Why not try our personal training sessions?
£30 per session or save with a block
of 5 for **£120**- saving you 20%

