



WELCOME TO THE PULSE GENERATOR

We are pleased to have you as a member and hope that this guide and orientation will help you make the most of your membership. This guide contains the following information:

- The type of equipment in the facility,
- How to get started using the equipment safely.

PULSE GENERATOR EQUIPMENT INTRODUCTION

Weight / Resistance Training Equipment

Cable/pin resistance training equipment is generally a good idea for someone new to fitness as they provide a continuous resistance through a controlled range of motion.

The Pulse Generator offers a variety of this type of training equipment. Although the Pulse Generator has several different brand names, the general operation guidelines are similar and outlined with an exercise demonstration on each piece of equipment. Take a minute to read the instructions profile before you use the equipment. This training equipment operates with a pin and weight stack that is attached to a cable. In order to adjust the weight, place the pin into the hole designated to the desired weight selection. The bigger the number on the plate, the heavier the load will be. All “Atlantis” pieces also have 2 x 5lbs weights to make finer adjustments to your weight selection. These 5lbs weights are small silver cylindrical pieces that can be found on the metal guide bars that the weight stacks move on.

Plate loaded Equipment

Some of the resistance training equipment is plate loaded equipment. It requires you to add a weight to increase the resistance. Different weights can be found on several weight storage racks throughout the gym. This equipment may not be the best choice for someone new to fitness.

Free weights

An alternative to the resistance training equipment are the free weights. Free weights are dumbbells or barbells loaded with weight plates that you hold in your hand throughout an exercise. The benefit of free weights is that you can move through a greater range of motion. However if you are not experienced with free weights there is more risk of injury with using weights that are too heavy. Many weight selections are available and can be found on the dumbbell rack or plate trees. The larger the dumbbells, the heavier the weight. Free weight exercises may be more applicable to advanced resistance training. If using free weights, please ensure that you put them back on the rack when you are done and/ or unload bars and put plates back on the weight trees.

CARDIO EQUIPMENT

Treadmills

You must push a “start” or “quick start” button to get them moving. The tread will move slowly but you can increase the speed with the up arrow. You can also increase the intensity level by increasing the incline. Proceed with these increases gradually to ensure your comfort and safety. For more options, you may also choose from the preprogrammed workouts on the treadmills control panel.

Cross trainers (also called elliptical trainers)

You must start moving the pedals in order for the machine to turn on. Once you start to move on the foot plates then you can push the “start” or “quick start” button. You will be offered the opportunity to select a pro-programmed workout or work at a manual setting. A manual setting means that you control the intensity (resistance) level. To increase the intensity, you must increase the resistance level as indicated by a “+” button on the control panel.

Upright Bike and Recumbent Bike (looks like a chair)

You must start pedaling in order to turn on the power for the bike. When using the stationary bikes, ensure you have the proper seat height for a comfortable ride. When on the seat, your knee should be only slightly bent at the bottom of your pedal stroke. Once pedaling, you may push “quick start” or “start” to get to a manual setting or select a pre-programmed workout. To increase one’s intensity, you will need to increase the resistance level with the up arrow. The higher the intensity number, the harder the workout.

Rowers

All rowers require that you start rowing in order to turn them on. You then have the opportunity to adjust the view on the computer to track your progress.

The stationary bike and the rower are good options for anyone looking to minimize impact on the joints of the lower body.

If you are unsure about the operation of a piece of equipment, please make sure that you ask one of our Health and Fitness Specialists at the front desk.

If you want a program specific to your personal fitness needs our Personal Trainers can help you out with an Initial Consultation and Personal Training program.

Again, welcome to the Pulse Generator. We look forward to getting to know you and helping you to meet your health and fitness goals