



Gym Equipment Book

Instructional videos and workout ideas

Updated 10/11/22

[Blue QR Code: workout ideas](#)

Black QR Code: Instructional video on how to use the machine

Elliptical

Location: Upstairs Gym



Workout Suggestion:



240i Stretch Trainer - Precor

Location: Upstairs Gym



How to use:



AMT 733 Adaptive Motion Trainer Experience - PRECOR

Located: upstairs Gym



Workout suggestion:



How to use:



Bike - NordicTrack

Location: Upstairs Gym



Workout Suggestion:



AirBike - Assault Fitness

Location: Upstairs Gym



Workout suggestion:



How to use:



Biceps/ Triceps - TuffStuff

Location: Downstairs Gym



How to use:



Row Machine - Precor

Location: Downstairs Gym



How to use:



Multifunctional Smith Press (squat, lunge, chest press and more) - Precor

Location: Downstairs Gym



Workout suggestion:



How to use:



Lat/Mid/Low Row - TuffStuff

Location: Downstairs Gym



Workout Suggestion:

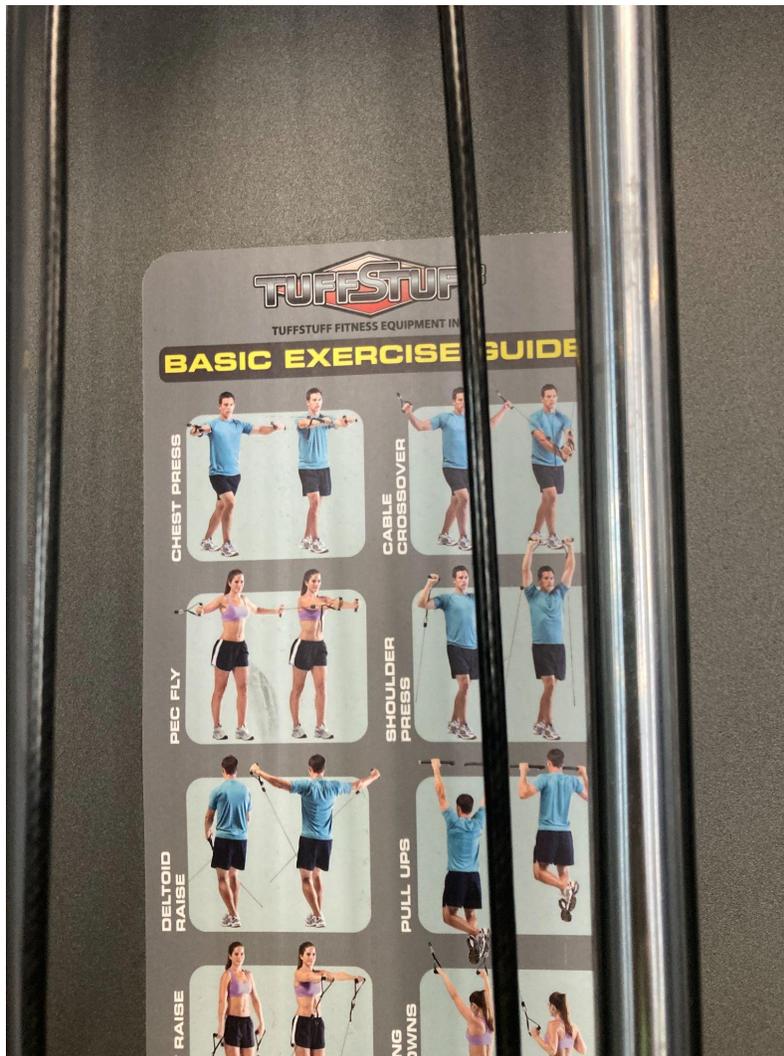


How to use:



Multi Use cable machine - TuffStuff

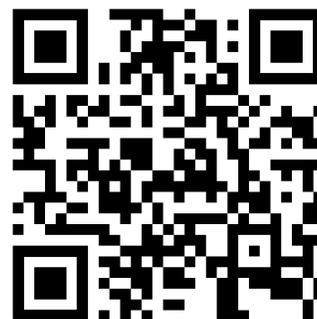
Location: Downstairs Gym



Workout Suggestion:



How to use:



Multi-Press Machine - TuffStuff

Location: Downstairs Gym



Workout Suggestion:



How to use:



Leg Extension/Curl - TuffStuff

Location: Downstairs Gym



LEG EXTENSION/CURL

1. Select desired resistance.
2. Adjust foot roll to leg extension or curl position.
3. While seated, adjust back pad so your knees are comfortably past edge of the seat pad (secure hold-down pad when performing leg curls).
4. Extend your legs upward (leg extension), or curl feet downward (leg curl).
5. Return to starting position and repeat.

SAFETY:

Read all warning labels and instructions posted on the machine. Seek assistance if you are unfamiliar with the machine's operation, or if it is inoperable. TuffStuff Customer Service: 888-884-8275

TuffStuff Fitness Equipment, Inc.
Pomona, California, USA.

USA MADE

Workout Suggestion:



How to use:



AirRunner- Assault Fitness

Location: Upstairs & Downstairs Gym



Workout Suggestion:

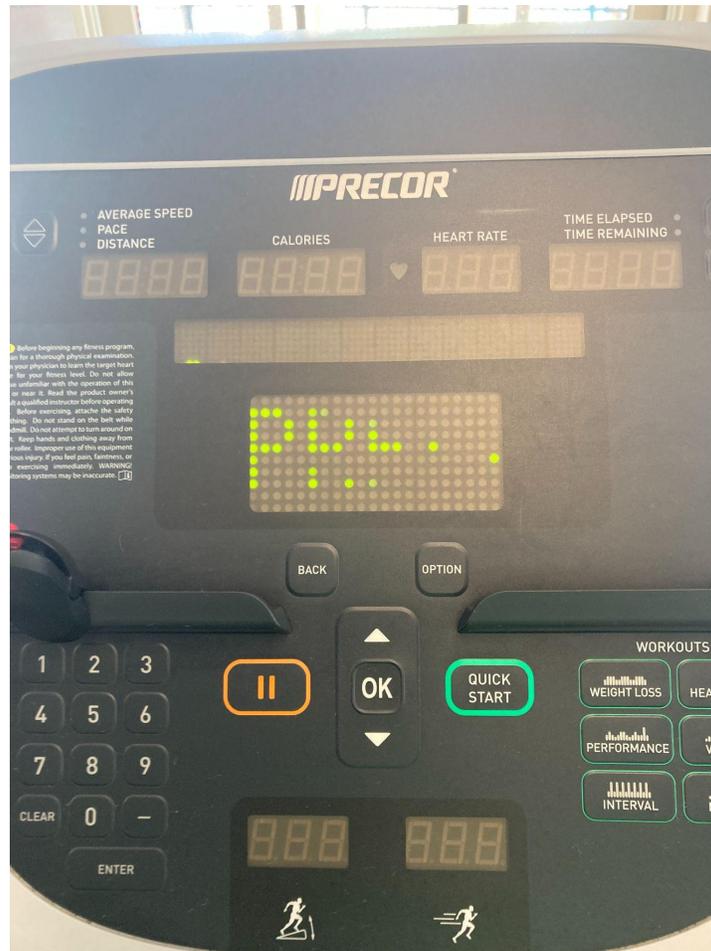


How to use:



Treadmill - Precor

Location: Downstairs Gym



Workout Suggestion:



How to use:



List of workout plans and ideas to start your fitness journey!

- **PRECOR Workouts:** Include **beginner, intermediate and advanced** workout plans for the following:

- Elliptical
- Treadmill
- Cycle
- Strength training
- and more



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- **Free Weight workout ideas** - designed for the following equipment:

- Free weights - including dumbbells, kettlebells and medicine balls
- Bar weights - bar barbell located near the smith machine



Free Weights Workout:



10 Dumbbell Workouts:



20 Minute KettleBell Workout:



- **Core workouts:**

6 Day Core Challenge:



20 Minute Core Workout:



- **Abs and Glutes Workouts:**

Lower Body Strength:



Ab Workout:



- **Arm Workouts:**

Arm Toning Exercises:



9 Best Arm Exercises:



- Leg workouts:

32 Best Leg Exercises:



Beginner Leg Workouts:



- More workout videos:

Beginner workouts: a playlist full of workouts with equipment



30 minute workouts - a variety of different workout programs specifically designed for a quick workout



Cut out QR Codes and tape to Machines (in the same order as the book):

<p><u>Elliptical:</u> Location: Upstairs Gym</p> <p><u>Workout Suggestion:</u></p> 	<p><u>240i Stretch Trainer - Precor</u> Location: Upstairs Gym</p> <p><u>How to use:</u></p> 	<p><u>AMT 733 Adaptive Motion Trainer Experience - PRECOR</u> Located: upstairs Gym</p> <p><u>Workout suggestion:</u></p> 	<p><u>Bike - NordicTrack</u> Location: Upstairs Gym</p> <p><u>Workout suggestion:</u></p> 
		<p><u>How to use:</u></p> 	

AirBike - Assault Fitness

Location: Upstairs Gym

Workout suggestion:



How to use:



Biceps/ Triceps - TuffStuff

Location: Downstairs Gym

How to use:



Row Machine - Precor

Location: Downstairs Gym

How to use:



Multifunctional Smith Press - Precor

Location: Downstairs Gym

Workout suggestion:



How to use:



Lat/Mid/Low Row - TuffStuff

Location: Downstairs Gym

Workout Suggestion:



Multi Use cable machine - TuffStuff

Location: Downstairs Gym

Workout Suggestion:



Multi-Press Machine - TuffStuff

Location: Downstairs Gym

Workout Suggestion:



Leg Extension/Curl - TuffStuff

Location: Downstairs Gym

Workout Suggestion:



<p><u>How to use:</u></p> 	<p><u>How to use:</u></p> 	<p><u>How to use:</u></p> 	<p><u>How to use:</u></p> 
<p><u>AirRunner- Assault Fitness</u> Location: Downstairs Gym <u>Workout Suggestion:</u></p>  <p><u>How to use:</u></p> 	<p><u>Treadmill - Precor</u> Location: Downstairs Gym <u>Workout Suggestion:</u></p>  <p><u>How to use:</u></p> 		