



# HOPE PARK SPORTS

AT LIVERPOOL HOPE UNIVERSITY

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[www.hope.ac.uk/hopeparksports](http://www.hope.ac.uk/hopeparksports)

## Hope Park Sports – Gym Induction

- Sign in at the reception desk with your staff or student ID card.
- Showers, toilets and changing cubicles are available.
- Gym appropriate clothing must be worn at all times.
- Please leave all personal items in lockers £1.00 refundable.
- No bags to be taken into the gym.
- Swipe your ID card to gain access to the door upstairs.
- No card = No access.
- Do not open the door for other members.
- Wipe down all machines after use.
- Please use gym towel.
- No chalk allowed in the fitness suite.
- Appropriate footwear to be worn at all times.

### Cardio Machines

- You have access to TV and radio stations on all cardio machines headphone port can be found under the screen.
- Press stop to end your workout. This will also show a breakdown of your workout.
- All yellow handles on the cardio machines allow seats to be adjusted.
- All treadmills have safety clips that you can attach to yourself.
- Pull the cord or tap the red button for an emergency stop.

### Rowers

- Ensure feet are in the foot pedals. Pull the straps to secure your feet.
- Move the black lever to adjust the resistance.
- Ensure handle goes back when finished.

### Resistance Machines

- Adjust the KG weight on machines by moving the pin up/down.
- All yellow handles allow seats to be adjusted.
- Yellow tags on the seats must be shoulder level.
- Please return weights after use.

### Free Weights

- Dumbbells range from 1kg-34kg.
- Please return after use.
- Do not allow dumbbells to drop.
- Pre-loaded bar bells range from 10kg-40kg. The weights do not come off.
- 2 x Olympic bars which both weight 20kg.
- If you are adding weight add the clips to both ends.

### Squat Rack

- 20 kg Olympic bar.
- Safety bars must be used on the squat rack at all times.
- These can be adjusted and so can the height.

### Cable Machine

- You can do many exercises on the cable machine.
- There are a range of handles that clip on and off.

### Other

- If you require any further assistance, please contact a member of Hope Park Sports.