



WELCOME TO THE CUBE

At The Cube Gym we aspire to bring you a positive team / community environment for guys and girls to help increase Functional Health and Fitness.

What is Functional Health and Fitness?

We all understand that a healthy lifestyle is associated with being physically active and eating a wholefood healthy diet, which in turn leads to a longer, better and more fulfilling life. Creating Functional Health and Fitness is all about the ability to do what you want, plus more, whilst being free of pain. A combination of healthy eating and correct exercise prescription will build a more functional 'you'. Creating an environment for these two components to run consistently is the key to a healthier life.

Whether your goal is general fitness/weight loss, sports specific training or injury rehabilitation the facilities and environment at The Cube Gym allow these to be achieved.

Every time you walk into The Cube Gym there will be a program on the board for beginners, intermediates and the more advanced members with supervision and guidance from a fully qualified personal trainer and/or gym instructor. If you have a more specific goal in mind, for example, injury rehabilitation or sports specific exercises please feel free to continue your program (we can design a program for you if needed) whilst allowing The Cube sessions to run with no interruption.

Personal Training sessions and fundamental coaching sessions are offered for all members and casuals visitors. Check out the timetable on the following page.

A GENERAL DAY AT THE CUBE:

FUNDAMENTALS SESSION

Each week there will be assigned fundamentals sessions for new and/or existing members to come along and go through the given program for the day. The class will be taught by a trainer of The Cube Gym and will help educate members on how the program is to be complete. Correct technique will be instructed throughout. This session will be a full work out and will go from warm up, through to strength/power and then onto conditioning.

TYPICAL DAILY SESSION OUTLINE

WARM UP:

It is essential to warm up prior to any workout in The Cube Gym, on the “warm up” white board a 5 – 12 minute session will be provided for members to go through. It may look something like this:

WARM UP (EXAMPLE)
Choose 1: 500 m row, 500 m ski, 1km assault or block run
And then
Three times through
5 x push ups
10 x Band pull apart (scapular retractions)
5 x band dislocations
30 x second plank with a side touch

From here you then move onto either a strength/power component or if it is purely conditioning, then the session will be outlined

STRENGTH/POWER COMPONENT:

Following the warm up there will be a strength and/or power component consisting of 1 to 5 exercises depending on the day's session.

All sessions are scaled to the individual's capacity, training history and are available to all members; male/female/young/old/beginners and advanced.

This component will not only create a stronger you, it will increase your metabolism well beyond simply doing aerobic exercise. High intensity interval and strength training incorporated in a program will further advance results aesthetically, physically and mentally.

Don't let the words STRENGTH or POWER scare you ladies, you will not “beef” up doing this, rather trim down with increased metabolism. Guys, with your testosterone, may experience muscle growth and size along with reducing body fat, this however is mostly dependant on diet.

This is how we lay out the program:

Reps + Rest (seconds) x Sets

Work up to your first working set

- Example : If your first working set is 40 kg, do 1 set at 20kg (the bar), 1 set at 30kg and your first set will start at 40kg for the given repetitions.

- You then rest the assigned time by observing the running clock
- Repeat that process for the given number of sets

As mentioned previously, the fundamentals class will run through this all each and every session.

it's a bit like maths at school, a little tricky to start with but once you get the hang of it, you are away!

STRENGTH (EXAMPLE SESSION)		
KB goblet squat 12 + 60 x 3	BB back squat 60% 8 + 90 x 4	BB back squat 85% 3 + 120 x 4
Walking lunge 8 ea + 60 x 3	KB by side Bulgarian split squat 6 ea + 90 x 3	BB front rack Bulgarian split squat 4 ea + 90 x 3

The **GREEN SESSION** is for new members or members returning from a hiatus, any members unsure or not confident of an assigned exercise in the more advanced groups. You can always look to the head trainer or any staff member for guidance. Green sessions will consist of higher repetitions 10 – 15 and less weight to allow focus on correct technique of an exercise and help build a stronger base for future workouts.

The **BLUE SESSION** is a step up from the Green Session group and will generally consist of weights in the form of kettlebells, dumbbell or barbells. This programming has a higher “volume” and technique focus. Exercises will generally be in the range of 6 – 12 repetitions and from 2 – 6 sets, depending on the programming.

The **BLACK SESSION** is for the more advanced team member who has performed maximal lifts in all of the fundamental exercises associated with The Cube Gym. These maximal lifts will be located on the 1RM white board and members performing these sessions must work off the given percentage (%) of their personal record for the given exercise, repetitions and sets. Exercises will range in reps and sets depending on timing of annual plan.

CONDITIONING COMPONENT:

Conditioning will be similar for everyone with slight variations in exercises, reps and duration throughout if needed. Sessions will consist of either one of the below for a period of 15 – 40 minutes:

- ATP/PC / Anaerobic: High Intensity Intervals with body weight and/or added weight. (10 – 60 sec efforts)
- Anaerobic / Aerobic intervals (1- 6 minute efforts)
- Aerobic sessions (6 – 40 minute efforts)
- Equipment used: kettlebells, dumbbells, ski ergs, row ergs, assault bikes, ropes, own body weight, running track, med balls etc.

CONDITIONING (EXAMPLE SESSION)	
HIGH INTENSITY INTERVALS (EXAMPLE)	30:30 alternate (work:rest) X3 1 min rest #1 - rower (4,8,12 target calories) - DB thruster 10 reps #2 - ski (4,8,12 target calories) - Dead front squat 10 reps #3 - assault (5,10,15 target calories) - Push ups 15 reps #4 - Malcoms 1-2 - Body row 15 reps
ANAEROBIC / AEROBIC INTERVAL (EXAMPLE)	Partner Work Time based on Ski group 1. Ski 1 km 3x Deadball toss after each effort. 2. 7/10 cal (ski or row) OH Plate Hold 3. 10x 2KB C+P 5x Burpees 4. Prowler U + B 5 x Deadball toss
AEROBIC SESSION (EXAMPLE)	10 – 8 – 6 – 4 – 2 Deadball SH step up (e/l) Burpees Cals (rotate machines) DB C+P (e/s) MC Pushups

On any given day there may be an emphasis on strength or conditioning but mostly a combination of both. This combination allows for a complete workout in a safe and adaptable manner. Injury prevention is the number one goal at The Cube Gym. Technique is emphasised throughout and the correct exercise prescription for members is enforced

Please refer to glossary on following page to explain certain abbreviations used at The Cube Gym, descriptions of equipment and definition of terminology.

The order of programming is consistent when combining strength and conditioning. Warm up, followed by the most demanding movements (strength / power) and finishing with conditioning, using reduced risk movements / loads.

SIGNING IN TO EACH CLASS:

We would greatly appreciate it if you could make it a routine of signing in before each class. There is an Ipad mounted to the wall, you can find the class you intend on participating in, search for your name under "register client" and click. Simple as that. Otherwise, you can yourself on your iphone or android phone you can download the "mindbody connect" app, search for The Cube Gym and the class.

COMMUNICATION:

Please feel free to get in contact with manager and director, Lewis McLean for any concerns regarding gym, membership or feedback (positive or negative)

Email: Lewis@thecubegym.com.au

Phone: 02 8068 9796

Mobile: 0421 664 876

MINDBODY ONLINE:

At The Cube Gym we utilise the software Mindbody Online for payment processing, purchases, class timetable, class bookings and a general database for clients and members. As a member you can log into your personal account and view class times, check your account, change payment details and purchase items or tickets to upcoming social events. To create your account, simply go to: www.mindbodyonline.com, search for "The Cube Gym" and enter your details as prompted. If you have already signed in at the gym you will be recognised and you will simply have to confirm your details, otherwise you can create your profile and log in.

SOCIAL:

We have a private Facebook group for Cube Gym members, if you haven't already been added, please send through an email to Lewis with details of your social account. The Cube Gym use this page to communicate updates on the gym, social occasions and any other important information. We will also use email for important notices. Also, for all the instagrammers, we have an account: @thecubegym_ showcasing any creative work by our resident photographers, or any recent gym successes.

Social occasions are booked in throughout the year with fitness challenges, The Cube Gym Golf Day, Chrissy parties, barefoot bowls and other local outings. Our Social Coordinator, Kate Whittaker is in charge of these events so please pass on any questions or queries and look out for contact regarding invitations and information.

Email: kate@thecubegym.com.au

OTHER SERVICES:

Exercise Physiology:

We have Lewis McLean who is an accredited exercise physiologist and sports scientist (ESSA). Lewis can help with musculoskeletal, metabolic and specific programming and can create a program for you dependent on situation; Injury, prevention of injury or performance based

Nutrition

Alison Hoy is a qualified nutritionist who takes consultations in our treatment rooms and can help design a nutritional plan specific to you. Nutrition is considered the vital key in regards to health, body shape, aesthetics and mental state.

alison@thecubegym.com.au

Physiotherapy

Acute or chronic injuries, we have Physiotherapy services available, please enquire with staff

Massage therapy

We have massage therapists on site to work out any niggles you may have, please enquire with staff

Personal trainers

Matt Abel – mattylabel@dbarunners.com

Nat Ingram – natingrampt@gmail.com

Andrew Lowndes – lowndes.andrew@gmail.com

Emy Tesoriero - emytesoriero@gmail.com

Directors

Lewis McLean – lewis@thecubegym.com.au

Sam Whittaker – sam@thecubegym.com.au

Hayden Quinn – hayden@haydenquinn.com.au

AS A NEW MEMBER DON'T FORGET TO GRAB A NEW CUBE TSHIRT OR SINGLET

www.thecubegym.com.au

Instagram: @thecubegym_

Facebook: The Cube Gym

Twitter: @thecubefhf

Phone: Lewis - 0421 664 876

Email: lewis@thecubegym.com.au

TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM Cardio / Boxing class	5:15AM Strength and Conditioning	6AM Cardio / Boxing class	5:15AM Strength and Conditioning	6AM High Intensity Circuits	7AM Female conditioning class	3PM Strength and Conditioning
7AM-430PM gym open for all	6AM High Intensity Circuits	7AM-430PM gym open for all	6AM 3min AMRAPs	7AM-430PM gym open for all	8AM Volume Strength training	4PM Yoga (rehab room)
4:30PM High Intensity Interval Training	9:30AM Mid morning session (strength/conditioning)	4:30PM Daily Program session	9:30AM Mid morning session (strength/conditioning)	4:30PM Strong Man class	8AM 60 min Advanced class Conditioning	
5:30PM High Intensity Interval Training	7AM-430PM gym open for all	5:30PM Daily Program session	7AM-430PM gym open for all	5:30PM beginner Strong Man / Strong Woman class		
6:30PM High Intensity Interval Training	4:30PM Daily Program session	6:30PM Daily Program session	4:30PM High Intensity Interval Training			
	5:30PM Daily Program session	6:30PM Fundamentals class	5:30PM High Intensity Interval Training			
	6:30PM Yoga (rehab room)		6PM 5km Thursdays			
	6:30PM Female weight training		6:30PM High Intensity Interval Training			
			7:30PM Yoga (rehab room)			

ABBREVIATIONS / GLOSSARY

- KB – kettle bell
- BB – barbell
- DB - Dumbbell
- 85% eg – 85% of your 1RM for that exercise (only refers to black and blue programming)
- ea – each side
- 1RM – 1 repetition maximum of a strength exercise, tested or estimated during testing week
- Reps – repetitions of an exercise
- TTB – toes to bar
- LLL – lying leg lowers
- 5010 – tempo of an exercise in seconds (eccentric/bottom phase/concentric/top phase)
- TGU – Turkish get up
- Cals – calories burnt on a machine (ski, row or assault bike)
- 30:30 eg – work effort: rest
- Move on – one set of an exercise and move on to the next
- Stay on - repeat the same exercise for the given number of sets
- EMOM – every minute on the minute: at the start of each minute, you perform the given reps/cals/distance of an exercise and then you rest the remainder of that minute and either move on or stay on the same exercise dependent on program (stay on or move on)
- AMRAP – as many rounds/reps as possible of a given circuit or set in a set time
- u/b – up and back, generally used for work on the running track
- BW – body weight exercise
- Sets – number of times through each set of reps
- TABATA – 20:10 for 8 sets
- C2B – chest to bar chin ups
- SDHP – sumo deadlift high pull
- G2S – ground to shoulder, generally in relation to medicine ball or barbell exercise
- OHS – overhead squat
- 1LDL – 1 legged deadlift