

THE CUBE GYM

WELCOME PACK

WWW.THECUBEGYM.COM.AU

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

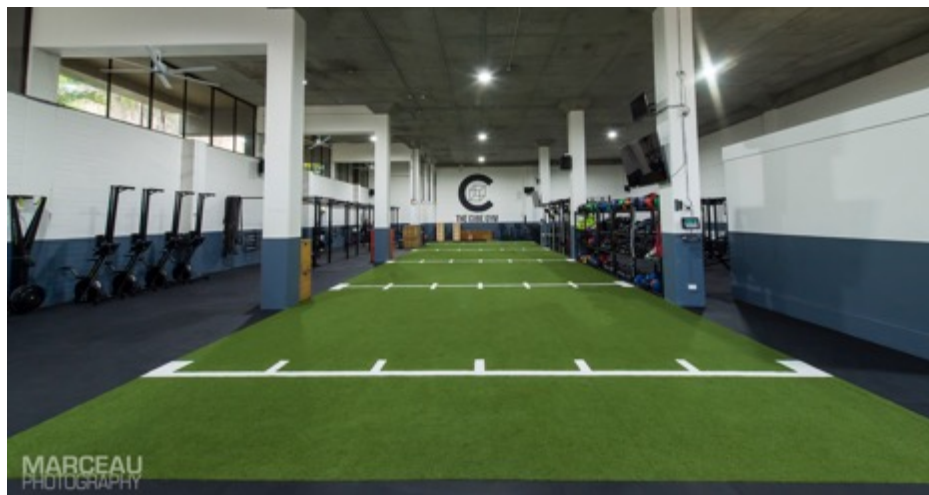
What is Functional Health and Fitness?

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 Gym sessions to run with no interruption.

Personal Training sessions and fundamental coaching sessions are offered for all members and casuals visitors. Check out our timetable online or download our TCG App via your app store.



A GENERAL DAY AT THE CUBE:

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.

Ladies, don’t let the words STRENGTH or POWER scare you ladies, you will not “beef” up doing this, rather with correct diet, 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.

NOTE there is a full glossary of terms and abbreviations at the end of this document.

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 math 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 where 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, concept bikes, assault bikes, ropes, own body weight, running track, curve treadmills, med balls, plus much more.

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 - Malcolm's 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 or 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 at the end of this document 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:

It is imperative that each and every member of TCG sign in before each class.

There are a number of ways you can do this:

- TCG App ([iPhone](#) / [Android](#)) please download our app, you can use this to sign in for classes in your own time, book in your week of training, check the timetable, plus book any of our other services (Physio / Ex Phys / Massage etc)
- Sign in at iPad on entry – at the gym entry there are two iPads for you to sign in, all you need to do is select the class you are attending and then click the “Add Yourself” button and type your name and register.

ALL MEMBERS MUST SIGN IN PRIOR TO STARTING CLASS

COMMUNICATION:

DIRECT COMMUNICATION

Please feel free to get in contact with manager and director, Lewis McLean for any concerns regarding gym, your membership or if you have any 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 Mind body 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 TCG members, search “The Cube Gym Members Page” and ask to be added. We use this page to communicate updates on the gym, social occasions and any other important information.

Also, for all the instagrammers, we have an account: @thecubegym showcasing our members in action by our resident photographers, plus highlighting any recent gym successes. You can also find us on Facebook and Twitter.

We have a number of social occasions throughout the year, along with fitness challenges, The Cube Gym Golf Day, Christmas parties, barefoot bowls and other local outings.

Our Social Co-ordinator, 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. (Or if you have an idea for a social occasion for TCG Members, please let us know).

Email: kate@thecubegym.com.au

NEWSLETTER:

We have a fortnightly newsletter which will land directly in your inbox covering off all gym news, events, workshops, social occasions and general info.

Add yourself to TCG Newsletter via our website.

BATHROOMS / AMMENITIES:

We are providing brand new showers, toilets and a kitchenette for members and staff. We ask that you take care of the new space, clean up after yourself and report any incident / mess to any staff member.

We ask that members / staff bring their own towels if using the showers and leave the space how you found it after each use.

Soap will be provided, along with a hair dryer and straightener for the ladies.

LOST PROPERTY:

Look after your belongings! Each fortnight the lost property will be collected and given to charity.

HOT DESK AREA:

This area will be a little community hub, with notices, community information, member posts, and a space where you can work, socialise and spend time before or after your session.

Free WiFi available.

OUTSIDE AREA:

There beautiful tree filled communal space right beside the gym, there are bench seats and tables which are free for your use at any time.

MEMBERSHIPS:

All Memberships at The Cube Gym are no lock in contract and you can cancel any time.

PAUSING MEMBERSHIPS:

If you wish to pause your membership for any reason (holiday, illness etc.) we are able to do so, however this must be for a block of time greater than four weeks.

Unfortunately we are unable to pause your membership for any time periods shorter than this.

CANCELLING MEMBERSHIPS:

If you wish to cancel your membership, please email Lewis (lewis@thecubegym.com.au) or Hayden (hayden@thecubegym.com.au) to notify them of when you wish to cancel.

QUICK GUIDE TO GYM LAYOUT:



PARKING:

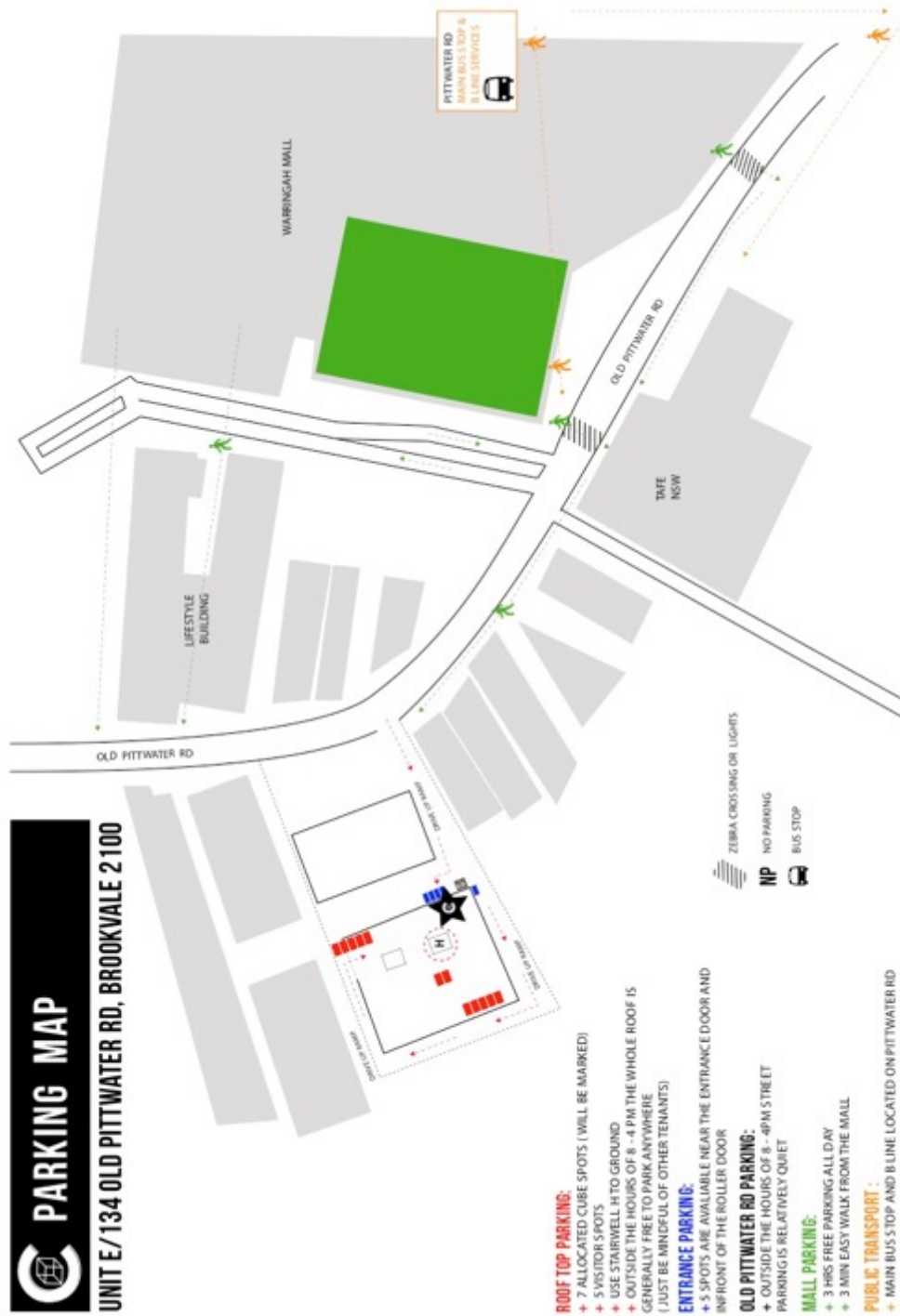
We ask that you respect our neighbors and their allocated parking. Any parks that are not marked “THE CUBE GYM” are not to be parked in.

We advise parking on the street. If you see a space, take it and then just walk up the ramp.

Alternatively Warringah Mall always has parks and is only a short walk (see map).

It is a very busy area with lots of trucks, cars and machinery so PLEASE take care when driving, walking and entering the new gym space.

PLEASE DO NOT PARK IN CAR SPOTS TO THE LEFT OF THE GYM ROLLER DOOR.



OTHER SERVICES:

The Cube Gym is also home to The Cube Allied Health, where we offer the following services:

Exercise Physiology:

- We have Lewis McLean, Ellen Masson & Nat Ingram who are accredited Exercise Physiologist (EP) and Sports Scientist (ESSA). An EP can help with musculoskeletal, metabolic and specific programming and can create a program for you dependent on situation; injury prevention or performance based programming. You can book your appointment at www.thecubealliedhealth.com.au, or talk to one of our staff or trainers. These services may be claimable through Medicare or your private health provider.

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. You can book your appointment at www.thecubealliedhealth.com.au, or talk to one of our staff or trainers. These services may be claimable through Medicare or your private health provider.

alison@thecubegym.com.au

Physiotherapy

- Acute or chronic injuries, we have Physiotherapy services available with three inhouse Physiotherapists; Dr Andrew Lowndes, Hamish Le Compte and Leigh Egger. You can book your appointment at www.thecubealliedhealth.com.au, or talk to one of our staff or trainers. These services may be claimable through Medicare or your private health provider.

Massage therapy

- Carla our massage therapists is also on site to work on any niggles or ailments you may have. She is available for: remedial, Swedish, Pregnancy, Postnatal, Lymphatic Drainage, Myofascial Release and Sports Massage You can book your appointment at www.thecubealliedhealth.com.au, or talk to one of our staff or trainers. These services may be claimable through Medicare or your private health provider.

Personal trainers

- We have a number of highly experienced PT's at TCG. If you are looking to take any one-on-one sessions, please let us know and we will be able to align you with the most suitable trainer for your needs / goals.

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)
- MC – mountain climber
- 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
- SH – shoulder
- e/l – each leg
- 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