



# THE CUBE GYM

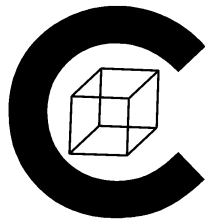


[WWW.THECUBEGYM.COM.AU](http://WWW.THECUBEGYM.COM.AU)

## WELCOME PACK

# TABLE OF CONTENTS

<b><u>WELCOME</u></b>	4
<b><u>COVID SAFE</u></b>	5
<b><u>A GENERAL DAY</u></b>	7
SESSION OUTLINE	7
STRENGTH SESSIONS	8
CONDITIONING SESSIONS	9
<b><u>SIGNING IN</u></b>	10
<b><u>COMMUNICATION</u></b>	11
DIRECT	11
MINDBODY ONLINE	11
SOCIAL MEDIA	12
NEWSLETTER	12
<b><u>MEMBERSHIP</u></b>	12
PAUSING MEMBERSHIP	
CANCELLING MEMBERSHIP	
<b><u>BATHROOMS / AMENITIES</u></b>	13
<b><u>TCG MERCHANDISE</u></b>	13
<b><u>CHILD MINDING</u></b>	13
<b><u>LOST PROPERTY</u></b>	13
<b><u>HOT DESK</u></b>	14
<b><u>OUTSIDE AREA</u></b>	14
<b><u>GYM LAYOUT</u></b>	15
<b><u>PARKING</u></b>	16
<b><u>OTHER SERVICES</u></b>	17
EXERCISE PHYSIOLOGY	
NUTRITION	
PHYSIOTHERAPY	
MASSAGE THERAPY	
PERSONAL TRAINING	
<b><u>ABBREVIATIONS / GLOSSARY</u></b>	18



**THE CUBE GYM**

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 the timetable online or download our TCG App via your app store.



# COVID SAFE

## HOW WE PLAN TO MANAGE YOUR HEALTH AND SAFETY...

### **RULES AND REGULATIONS FOR MEMBERS**

- Everyone must bring their own towel and water bottle (no towel, no session, no questions!)
- Water fountain is to be used to fill your drink bottle only - do not drink from bubbler.
- Respect everyone's personal space and allow 1.5m distancing at all times - no high fives, not handshakes, no contact.
- Hand sanitiser to be used on entry, during class and when exiting the gym. Hand sanitiser is located at numerous points throughout the gym including reception desk & bathrooms.
- If you have any symptoms of a cold, sore throat or cough etc. stay home. You are not permitted to attend the gym.
- If a trainer or member of staff notices anyone displaying any of the above symptoms you will be kindly asked to leave the gym immediately. No exceptions.
- All trainers, PT's and staff have undergone Government COVID-19 Infection Control Training which covers the fundamentals of infection control and prevention of COVID-19.
- TCG has been registered with NSW Gov as a Covid-Safe Business.

### **GROUP SESSIONS**

- Everyone must sign in to classes via The Cube Gym App ([iPhone](#) / [Android](#)). The iPads are currently out of action to reduce further touch points. This is not an option but a government requirement to allow us to remain open and provide information for contact tracing.
- Sharing of equipment will be limited, with the aim of each member having their own erg etc to use. If sharing does take place, equipment must be spray and wiped between each member use.
- We have spaced everything to allow adequate social distancing (we have over 800m<sup>2</sup> of space and this is a real benefit and allows us to adhere to the 4m<sup>2</sup> per person rule.)

## **GYM ACCESS ONLY / DIY / PT CLIENTS**

- All people entering the gym (DIY / PT / Trainers) must sign in using Service NSW App and QR code located at the entry to the gym.
- When there is a scheduled class on the timetable, the group class area is out of bounds. You can use the PT/DIY area.
- Outside of scheduled classes, the complete gym is accessible.
- Social distancing must be maintained at all times.

## **CLEANING REGIME**

- EACH SESSION - self cleaning of all equipment before and after use by members and clients.
- DAILY - touchpoint clean and disinfection of all surfaces
- MON / WED / FRI - total gym commercial clean
- MONTHLY - fogging service - total gym disinfectant fogging / spray



# 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” section of the digital display a 5 – 12 minute session will be provided for members to go through. It may look something like this:

<b>WARM UP</b> (EXAMPLE)
Choose 1: 500 m row, 500 m ski, 1km assault or 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.



<b>STRENGTH</b> (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 the 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.

<b>CONDITIONING</b> (EXAMPLE SESSION)	
<b>HIGH INTENSITY INTERVALS</b> (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
<b>ANAEROBIC / AEROBIC INTERVAL</b> (EXAMPLE)	Partner Work Time based on Ski group <b>1.</b> Ski 1 km 3x Deadball toss after each effort. <b>2.</b> 7/10 cal (ski or row) OH Plate Hold <b>3.</b> 10x 2KB C+P 5x Burpees <b>4.</b> Prowler U + B 5 x Deadball toss
<b>AEROBIC SESSION</b> (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

Each and every member of TCG must sign in before each class.

This is a legal requirement for contact tracing. PT clients + Gym Access Members must sign in using the Service NSW App + QR Code.

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)
- **Service NSW App:** PT clients + Gym Access Members ensure you have downloaded and use this app to sign in each and every time you enter the gym. Paper sign in's will only be used as a last resort.

**ALL MEMBERS MUST SIGN IN PRIOR TO STARTING CLASS**

# COMMUNICATION

## DIRECT COMMUNICATION

Please feel free to get in contact with customer service manager, Kayley Cauvin for any concerns regarding the gym, your membership or if you have any feedback (positive or negative).

Periodically we will send you emails to check in, touch base and see how you are going with your membership / training. Please reply to these emails if you have any questions or queries or if there is anything we can help you with.

Email: [contact@thecubegym.com.au](mailto:contact@thecubegym.com.au)

Phone: 02 8068 9796

Mobile: +61 413 559 051

### Reception Hours

**Monday to Thursday** - 6:00 to 11:00am then 4:00pm to 6:30pm

**Friday & Saturday** - 6:00 to 11:00am

## FEEDBACK

Throughout the year you will receive emails asking for a rating and any feedback you may have for our coaches and staff – this feedback assists in ensuring that you have the best experience when training with us and is used for staff training and improvement.

You will on receive an email if you train with a new staff member (someone you have not been in class with before) or every 3 months for the same staff member

Please take the time where possible to respond to these surveys as they are extremely helpful to ensure we continue the high standard we expect at The Cube Gym.

## 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](http://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. We look forward to seeing you there!

## NEWSLETTER

We have a regular 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 here...](#)

## MEMBERSHIPS

Depending on your membership choice, there will be differing ability for you to pause, suspend or cancel your membership.

**Results** – 6 month minimum lock in contract – you can not cancel this membership before the 6 month term.

**Freedom** – cancel anytime.

## 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 blocks of four weeks or greater.

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](mailto:lewis@thecubegym.com.au)) and Kayley ([contact@thecubegym.com.au](mailto:contact@thecubegym.com.au)) to notify them of when you wish to cancel.

## BATHROOMS / AMENITIES

We have 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.

## THE CUBE GYM MERCHANDISE

Each new TCG Member will receive a piece of TCG Merch. Be sure to grab yours from Kayley at the front desk on your first session.

Throughout the year we have TCG “Merch Drops” where new (and classic!) TCG Merch will be released to the members on an “order upfront” basis.

We will not have any stock on hand, so if you want more gear, you need to order it when you see the next drop go LIVE (stay tuned via social media, FB Group and email newsletter!)

## CHILD MINDING

Monday to Friday 9:30am to 10:30am

5 spots (children) ONLY at any one time.

Child must be over 6mnths

Must sign in via TCG App.

1 x child FREE for all Unlimited Memberships (Each additional child is \$5/wk per child)  
Please chat to us about fees for other memberships

Train with peace of mind knowing that your child is being looked after off the gym floor, but always within 40 metres of you.

## LOST PROPERTY

Look after your belongings! Each fortnight any lost property not claimed will be collected and donated to charity.

The lost property bin is located in the black cubes next to the warm up blue matting.

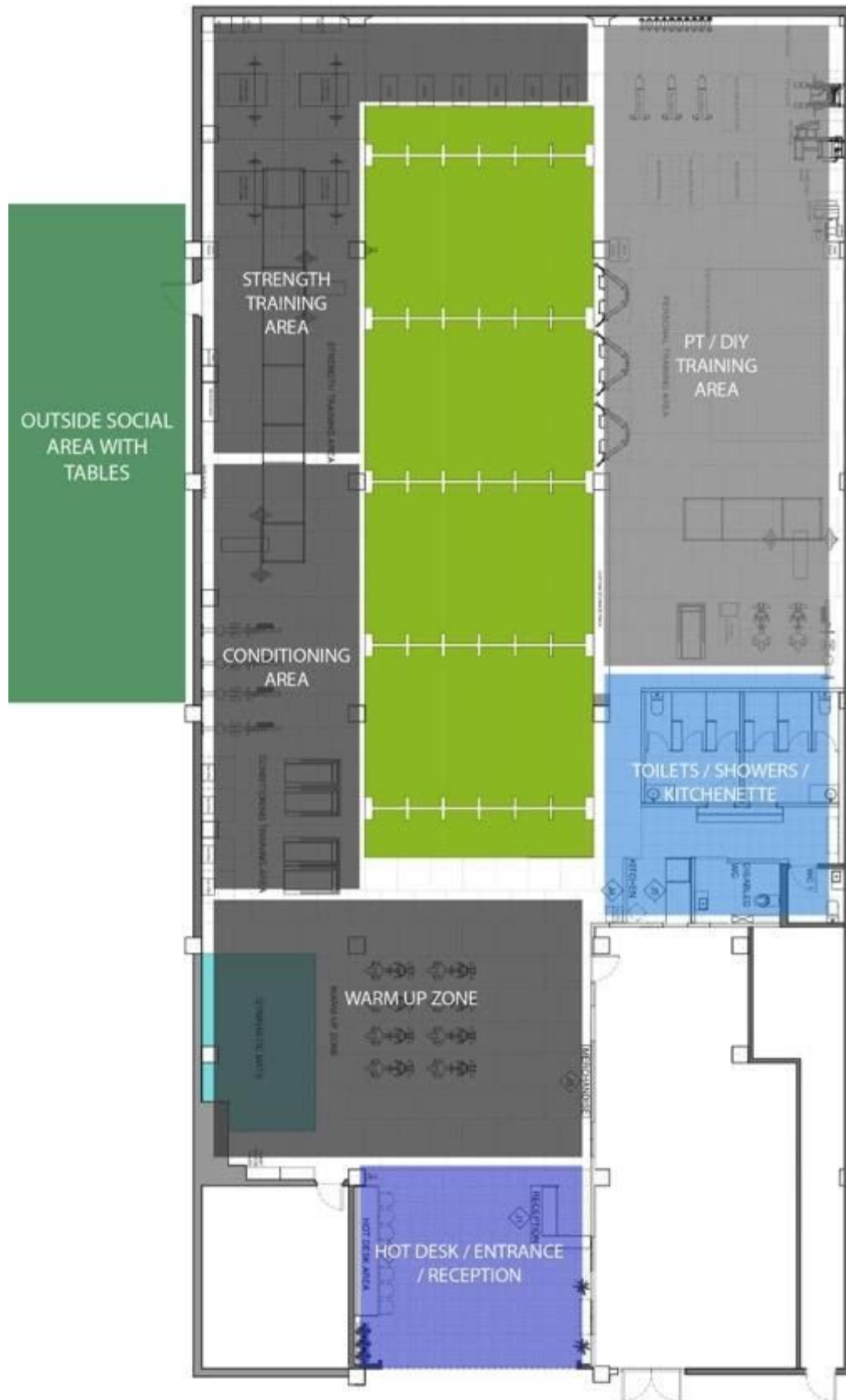
## **HOT DESK AREA**

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.

# QUICK GUIDE TO GYM LAYOUT



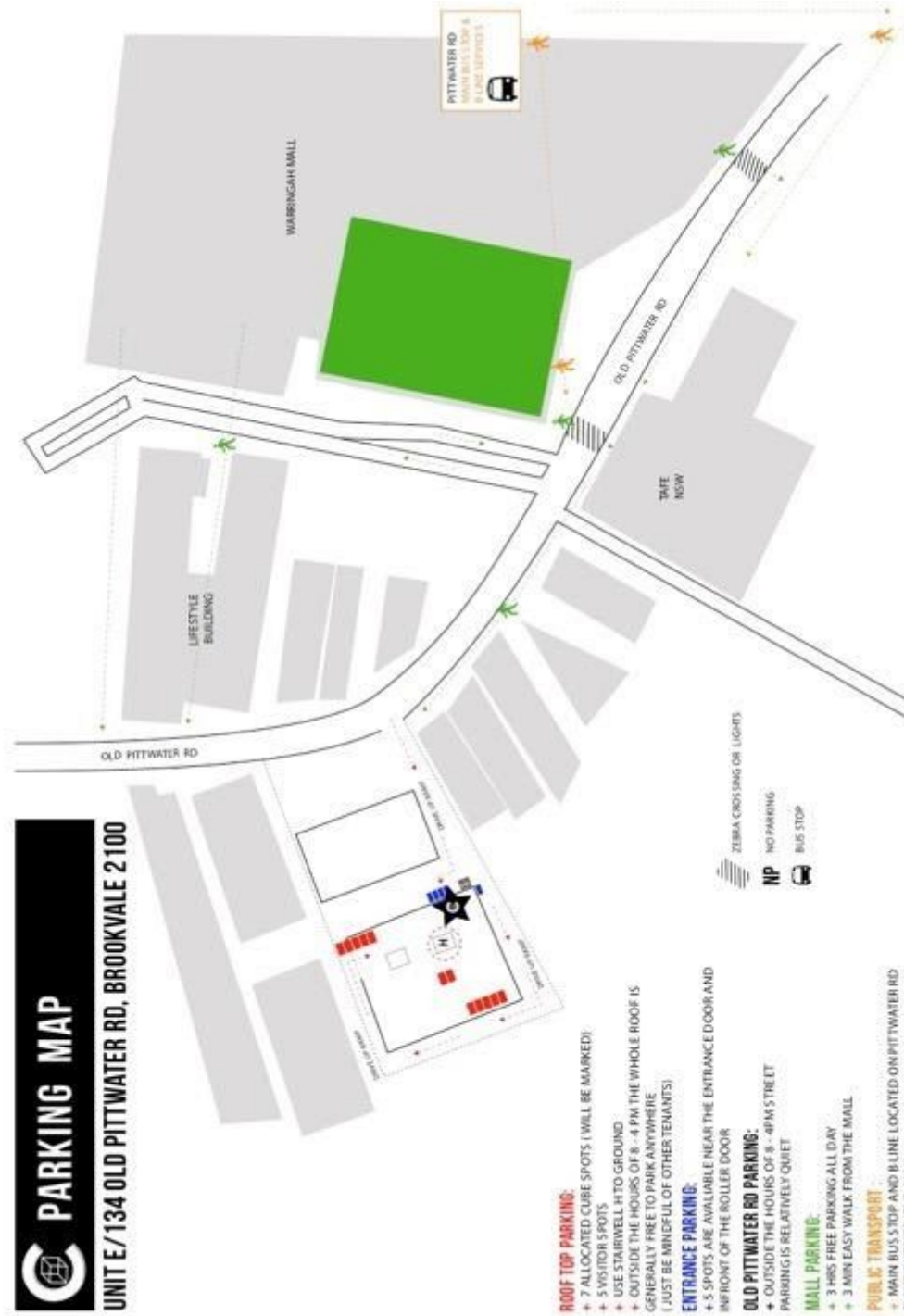
# PARKING

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 accredited Exercise Physiologists (EP) and Sports Scientists (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](http://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.

### Physiotherapy

- Acute or chronic injuries, we have Physiotherapy services available with three inhouse. You can book your appointment at [www.thecubealliedhealth.com.au](http://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