

**THE CUBE GYM**

## WELCOME TO THE CUBE

At [The Cube Gym](#) we aspire to bring you a positive team and 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 Gym sessions to run with no interruption.

Personal Training sessions and fundamental coaching sessions are offered for all.

Full timetable can be found [here](#). This is a live and up to date timetable.

### CONTENTS:

This document includes information on the following:

- Typical sessions at The Cube Gym
- Signing into classes
- Communication and best contacts
- Social Media
- Social Events
- Allied Health Services (physio, massage etc)
- Abbreviations / glossary of commonly used terms

# A GENERAL DAY AT THE CUBE GYM

## TYPICAL DAILY SESSION OUTLINE

### WARM UP:

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

<b>WARM UP</b> (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)		
GREEN SESSION	BLUE SESSION	BLACK 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 who are unsure or not confident in performing the 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 (generally 10 – 15 reps) and less weight to allow you to focus on correct technique and help build a stronger base for future workouts.

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

The **BLACK SESSION** is for the advanced member who has performed maximal lifts in all of the fundamental exercises associated with The Cube Gym. These maximal lifts can be found 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 mixture of the below for a period of 15 – 40 minutes:

- **ATP/PC or 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.

<b>CONDITIONING</b> (EXAMPLE SESSION)	
<b>HIGH INTENSITY INTERVALS</b> (EXAMPLE)	30:30 alternate (work: rest) X3 1 min rest <b>#1</b> - Rower (4,8,12 target calories) - DB thruster 10 reps <b>#2</b> - Ski (4,8,12 target calories) - Dead front squat 10 reps <b>#3</b> - Assault (5,10,15 target calories) - Push ups 15 reps <b>#4</b> - 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

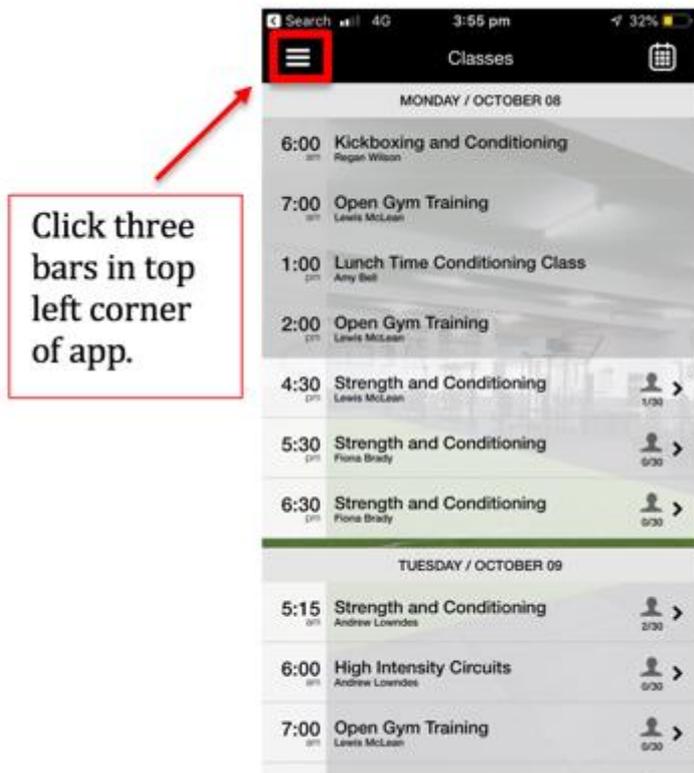
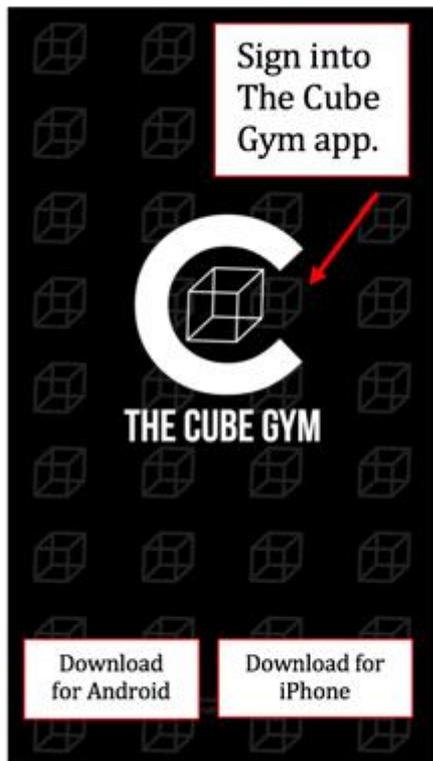
On any given day there may be an emphasis on strength or conditioning, or both. This combination allows for a complete workout in a safe and adaptable manner. Injury prevention is the number one goal at The Cube Gym. Technique is emphasised throughout and the correct exercise prescription for individual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

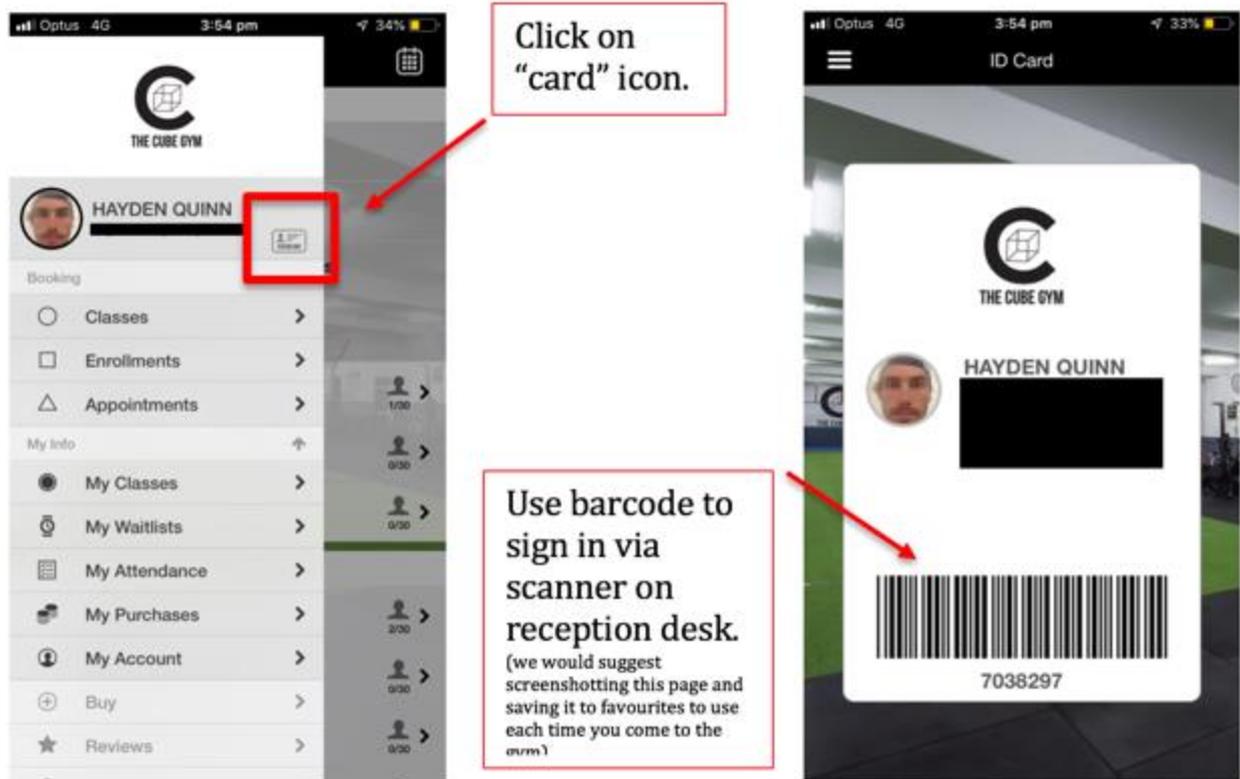
Please refer our glossary of terms on following page to explain certain abbreviations used at The Cube Gym, along with descriptions of equipment and definition of terminology.

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 INTO CLASS

You **MUST** sign in before you commence your work out. There are tablets mounted to the wall, and at the reception desk for you to sign yourself in. You can also sign in using The Cube Gym App ([download for iPhone](#) / [download for Android](#)) or by scanning your member barcode (see directions below).





## COMMUNICATION

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

Email: [Lewis@thecubegym.com.au](mailto: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 the best way to use this service is to download our app ([download for iPhone](#) / [download for Android](#)) 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.

## SOCIAL MEDIA

We have a private [Facebook group](#) for The 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 uses this page to communicate updates on the gym, social occasions and any other important information. We also have a monthly newsletter, [subscribe here..](#)

Also, give us a follow on Instagram [@thecubegym](#) showcasing any creative work by our resident photographers, or any recent gym successes.

## SOCIAL EVENTS

Social occasions are booked in throughout the year. These include, fitness challenges, fun run's, adventure races, The Cube Gym Golf Day, Christmas 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](mailto:kate@thecubegym.com.au)

## ALLIED HEALTH 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](mailto:alison@thecubegym.com.au)

### Physiotherapy

- Dr Andrew Lowndes practices out of The Cube Gym and is available for initial consultation and on going work for all your physiotherapy needs. Please contact Andrew [via email](#), or connect with him face to face in the gym.

### Massage therapy

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

### Personal trainers

Matt Abel – [mattyabel@dbarunners.com](mailto:mattyabel@dbarunners.com)

Nat Ingram – [natingrampt@gmail.com](mailto:natingrampt@gmail.com)

Dr Andrew Lowndes – [andrew@thecubegym.com.au](mailto:andrew@thecubegym.com.au)

Emy Tesoriero - [emytesoriero@gmail.com](mailto:emytesoriero@gmail.com)

Lewis McLean – [lewis@thecubegym.com.au](mailto:lewis@thecubegym.com.au)

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### Directors

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

**Instagram:** [@thecubegym](https://www.instagram.com/thecubegym)

**Facebook:** [The Cube Gym](https://www.facebook.com/TheCubeGym)

**Twitter:** [@thecubefhf](https://twitter.com/thecubefhf)

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[www.thecubegym.com.au](http://www.thecubegym.com.au)

## 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