Determine Your Aerobic Ability

# AEROBIC FITNESS MASTER LIST

| CARDIO STATION | QUANTITY | Determine Your Ability | WEBSITE Links | VIDEOS (HOW TO USE LINKS) | PICTURE AND LOCATION | MANUAL AND CLEANING |
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| **MACHINES** | | | | | | |
| **Stages SC3 The Ultimate Studio Bike with the most accurate PowerMeter on the Market. Bluetooth enabled** | **3** | Beginner (moderate)<br>Intermediate (somewhat hard)<br>Advanced (hard) | **Website Stages SC3 Exercise Bike** | **VIMEO Videos**<br>*Overview of the Stage SC3 *How to use Stages Powermeter Console *How to adjust seat *How adjust for/aft *Stages SpringShift | **LOCATION: CLASS ROOM AREA**<br> | **User Manual**<br>**Cleaning**: Daily:Wipe down all bikes using mild soap and water or a mild cleaner. Do not use products with ammonium chloride to clean the bikes, as they will cause the glue to come off |
| **Gauntlet G8 StairMill with Embedded 15" Console- Not the Original released over 30 years ago, because it is so much better. People love to hate this machine . The original HIIT machine.** | **1** | Advanced (hard) | **Website: Gauntlet Stairmaster** | **Youtube Videos:**<br>*StepMill Ad<br>*Example of some exercises on StepMill | **LOCATION: MAIN FITNESS AREA**<br> | **User Manual Service Manual Gauntlet Stairmaster**<br>**Bluetooth Device Pairing with Bluetooth Button:** Pushing the button puts the console into discover mode. The console will be available for pairing for up to 60 seconds to pair with a compatible App. The button will flash while searching for pairing, and the display will show the unique console code. Once a device is paired with the console, the light will stop flashing and remain on to indicate the connection. Visit our website for a list of compatible Apps. airing with Apple Watch: OpenHub consoles marked with this icon have the capability to connect using Near Field Communication (NFC) with Apple Watch (must be running WatchOS 4.2 or later).<br>**Cleaning -** Use only a soft, slightly damp lint-free cloth to clean the console lens of your elliptical. Abrasive cloths, towels, paper towels, and similar items may cause damage to surface. Do not use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasive cleaners, as they, too, may damage the lens. |
| **Octane MTX Max Trainer HIIT Machine - The Newest and Best in High Intensity Cardio training** | **1** | Intermediate (somewhat hard)<br>Advanced (hard) | **Website: Octane MTX Max Trainer HIIT Trainer** | **Youtube Videos:**<br>*See What it is.<br>*How to use it.<br>*Demo at Trade Show | **LOCATION: MAIN FITNESS AREA**<br> | **Manual Octane MTX Max Trainer 4700** **Cleaning -** Use only a soft, slightly damp lint-free cloth to clean the console lens of your elliptical. Abrasive cloths, towels, paper towels, and similar items may cause damage to surface. Do not use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasive cleaners, as they, too, may damage the lens. |
| **Octane Premium Elliptical with Smart Technology XT4700** | **2** | Beginner (moderate)<br>Intermediate (somewhat hard)<br>Advanced (hard) | **Website: Octane Elliptical XT4700 Website** | **Youtube Videos:**<br>* How you Octane 4700<br>* How to use Octane Smart Console<br>*Demo Explanation | **LOCATION: MAIN FITNESS AREA**<br> | **Manual Octane 4700**<br>**Cleaning -** Use only a soft, slightly damp lint-free cloth to clean the console lens of your elliptical. Abrasive cloths, towels, paper towels, and similar items may cause damage to surface. Do not use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasive cleaners, as they, too, may damage the lens. |

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| **Star Trac 8 Trx Treadmill Embedded 19" Display Open Hub Technology - Star Trac's Best Treadmill Ever** | **3** | **Beginner (moderate)**<br>**Intermediate (somewhat hard)**<br>**Advanced (hard)** | **Website: Star Trac Treadmill Website** | **Youtube Videos:**<br>* Open Hub Console Treadmill How it Works.<br>* Star Trac 8Trx Treadmill the best in treadmills | **LOCATION: MAIN FITNESS AREA**<br> | **Manual Star Trac Treadmill**<br>**Bluetooth Device Pairing with Bluetooth** Button: Pushing the button puts the console into discover mode. The console will be available for pairing for up to 60 seconds to pair with a compatible App. The button will flash while searching for pairing, and the display will show the unique console code. Once a device is paired with the console, the light will stop flashing and remain on to indicate the connection. Visit our website for a list of compatible Apps. airing with Apple Watch: OpenHub consoles marked with this icon have the capability to connect using Near Field Communication (NFC) with Apple Watch (must be running WatchOS 4.2 or later).<br>**Cleaning -** Use only a soft, slightly damp lint-free cloth to clean the console lens of your elliptical. Abrasive cloths, towels, paper towels, and similar items may cause damage to surface. Do not use |
| **Cyber Arc Trainer - This machine still works perfectly. Will be replaced in 2021.** | **1** | Beginner (moderate)<br>Intermediate (somewhat hard)<br>Advanced (hard) | **LOCATION: MAIN FITNESS AREA**<br> | | **LOCATION: MAIN FITNESS AREA**<br> | |
| **Star Trac Recumbent Bike - This machine still works perfectly. Will be replaced in 2021.** | **1** | Beginner (moderate)<br>Intermediate (somewhat hard)<br>Advanced (hard) | **LOCATION: MAIN FITNESS AREA**<br> | | **LOCATION: MAIN FITNESS AREA**<br> | |
| **True Treadmill - This machine still works perfectly. Will be replaced in 2021.** | **1** | Beginner (moderate)<br>Intermediate (somewhat hard)<br>Advanced (hard) | **LOCATION: MAIN FITNESS AREA**<br> | | **LOCATION: MAIN FITNESS AREA**<br> | |
| **NON MACHINES** | | | | | | |
| **Battle Ropes:**<br>**These long, thick ropes work your cardio levels to the max while enhancing your grip, strength, conditioning, and overall level of work capacity. They're great for cardio and general physical fitness. When maneuvering battle ropes in a variety of both linear and circular motions, the idea is to elevate your heart rate to higher and peak levels. Using Battle Ropes for an extended workout is a form of vigorous exercise.** | **4** | **Intermediate (somewhat hard)**<br>**Advanced (hard)** | **See Torque Website** | **Youtube Videos:**<br>*How to use<br>*Common Mistakes | **LOCATION: MAIN FITNESS AREA AND CLASS ROOM AREA ATTACHED TO XCREAT SYSTEMS**<br> | **How to use a battle Rope:**<br>There are many ways to use a battle rope. Please consult the Functional Trainer List for several versions. Also here is an article from **Ace Fitness.**<br>**Cleaning -** Please wipe down your step(s) after use and return to proper location. |
| **Jumping Ropes:**<br>**These ropes have been a mainstay aerobics conditioning exercise of athletes for decades. They are simple to use and understand. Just a couple of minutes of hopping can get your heart rate up. It is often employed in exercise classes with intervals of rest and work. Boxers use it in their training where there is 3 minutes jumping with 1 minute recovery. Jumping ropes is a form of vigorous exercise.** | **15** | **Intermediate (somewhat hard)**<br>**Advanced (hard)** | | **Youtube Videos:**<br>*How to use correctly | **LOCATION: MAIN FITNESS AREA AND CLASS ROOM AREA ATTACHED TO XCREAT SYSTEMS**<br> | **How to use a Jumping Rope:**<br>There are many ways to use a jumping rope. Here is an article from **Ace Fitness.** **Cleaning -** Please wipe down your step(s) after use and return to proper location. |
| **Steps:**<br>**Steps have been a mainstay aerobics conditioning exercise of group X class exercisers and athletes for decades. They are simple to use and understand. Just a couple of minutes of stepping up and down can get your heart rate up. It is often employed in exercise classes with intervals between other exercises. They also can be used for plyometrics and athletic conditioning. Stepping exercise is a form of moderate to** | **20** | **Intermediate (somewhat hard)**<br>**Advanced (hard)** | **See Torque Website** | **Youtube Videos:**<br>*How to do a simple step routine | **LOCATION: MAIN FITNESS AREA AND CLASS ROOM AREA ATTACHED TO XCREAT SYSTEMS**<br> | **How to use a Step for Aerobic Conditioning:**<br>There are many ways to use an aerobic step. Here is an article from **Ace Fitness.** And here is another article **Ace Fitness.**<br>**Cleaning -** Please wipe down your step(s) after use and return to proper location. |

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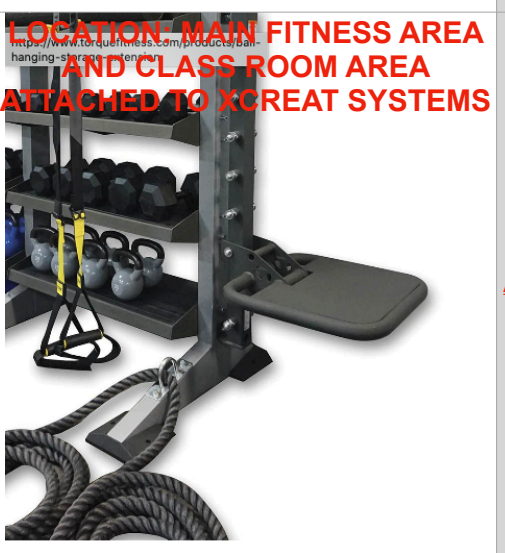
| vigorous exercise. | | | | | | |
| **Plyo Step:** A Plyo step is a heavy duty step designed for plyometrics and athletic conditioning such as a step up with weights. It is attached at the far end of our Functional training Bridge System. | 1 | Intermediate (somewhat hard)<br>Advanced (hard) | See Torque Website | **Youtube Videos:** See XCreate System in action for step and all below. | LOCATION: MAIN FITNESS AREA AND CLASS ROOM AREA ATTACHED TO XCREAT SYSTEMS<br>  | **How to use a Plyo Step for Aerobic Conditioning:** There are many ways to use a Plyo step for an overall body workout. Here is an article from Ace Fitness. **Cleaning -** Please wipe down your step after use and return to proper location. |
| **Endless Rope Drum:** Climbing ropes has been another great overall body exercise for athletes for decades. But there has always been a danger with it because you have to leave the ground. The endless rope takes care of this. Through a drum system you can keep pulling and climbing with no end. You can even increase the resistance. It is attached at the middle of our Functional Training Bridge System in the main fitness room. | 1 | Intermediate (somewhat hard)<br>Advanced (hard) | See Torque Website | See Above for **Torque Youtube Video** | LOCATION: MAIN FITNESS AREA AND CLASS ROOM AREA ATTACHED TO XCREAT SYSTEMS<br> | **How to use an Endless Drum Rope:** Please visit the endless rope website for more information. Endless Rope **Cleaning -** Please wipe downtime rope after use. |
| **Heavy Bag Training:** Working the heavy bag has been another great overall body exercise for athletes for decades. Punching a heavy bag is an overall body exercise, but there is more you can do with a heavy bag than punching, such as shadow boxing around the bag and rotational exercises (see trainer). It is attached at the middle of our Functional Training Bridge System in the main fitness room. | 1 | Advanced (hard) | See Torque Website | **Youtube Videos:** *How to punch a Heavy bag *This is another video on how to work a Heavy Bag **DO NOT PUNCH BAG UNLESS YOU HAVE GLOVES AND KNOW HOW TO PUNCH** | LOCATION: MAIN FITNESS AREA AND CLASS ROOM AREA ATTACHED TO XCREAT SYSTEMS<br> | **How to use a Heavy Bag:** Must use gloves. MUST CONSULT A TRAINER ON PROPER USE. **Cleaning -** Please wipe downtime bag after use. |
| **Ball Target/Wall Training:** Throwing a medicine or wall ball against a target or wall is a great overall body conditioning exercise and if done without stopping is a form of vigorous aerobic conditioning. We have 3 Targets in the Fitness Class Room and a Wall Ball Target in the main fitness room. All of which are attached xCreate Systems. | 1 | Advanced (hard) | See Wall Ball Target | **Youtube Videos:** *Wall Ball Standard Exercise *Med Ball Target *PLEASE WATCH VIDEO ON HOW NOT TO PICK UP MED BALL | LOCATION: MAIN FITNESS AREA AND CLASS ROOM AREA ATTACHED TO XCREAT SYSTEMS<br> | **How to use a Wall Ball:** MUST CONSULT A TRAINER ON PROPER USE. Should pass functional ability test before use. Please See Article Wall Ball Target **Cleaning -** Please wipe downtime ball after use. |
| **AEROBIC CLASSES** | | | | | | |
| Fun Aerobic Fitness Class | | Beginner (moderate)<br>Intermediate (somewhat hard)<br>Advanced (hard) | | TIME: SEE SCHEDULE LOCATION: CLASS ROOM AREA | **This moderate level class will leave you happy and if you like sweating. You can do as little or as much activity as you want; you could even do it in street clothes. Participate for just 10 minutes if time is tight or the full 30. We will try to do it outside to enjoy summer or inside if weather is bad. The class goes by fast. You have the option to stand in place, shuffle in place, march in place, move side to side, run in place, etc.** | |
| Body Flow Aerobic Class | | Beginner (moderate)<br>Intermediate (somewhat hard)<br>Advanced (hard) | | TIME: SEE SCHEDULE LOCATION: CLASS ROOM | **This moderate level class will leave you feeling great and somewhat sweaty using a variety of large body motions and moves that just feel good. ,** | |
| Cardio Jazz, Hip Hop and Zumba, Bollywood Like Class | | Beginner (moderate)<br>Intermediate (somewhat hard)<br>Advanced (hard) | | TIME: SEE SCHEDULE LOCATION: CLASS ROOM AREA | **Cardio Hip Hop, Jazz, and Zumba like classes are dance-based cardio class designed to get you moving to a variety of hip hop, Jazz, and Latin songs. In this moderate level class you will sweat out your stress with fun hip hop and Zumba moves. You'll use dance to tone your body all while having lots of fun!** | |

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| Jab, Punch, Kick (Kickboxing) Cardio Class | | Beginner (moderate)<br>Intermediate (somewhat hard)<br>Advanced (hard) | | TIME: SEE SCHEDULE LOCATION: CLASS ROOM AREA | This is a group based moderate level boxing class which is optimized for time and max work production. Boxing is a powerful alternative to cross-training workouts. This empowering exercise often quick motions that exert lots of force, such as punching, kicking, hopping, skipping, and jumping — to maximize calorie burn and increase lean muscle mass. Participants focus on improving speed, mental and physical strength, coordination, and endurance with this combat-based, total-body workout that only draws the line at full-contact sparring. | |
| Power Training with Indoor Cycling (HIIT) | | Intermediate (somewhat hard)<br>Advanced (hard) | | TIME: MAKE AN APPT. OR DO LOCATION: CLASS ROOM AREA | This is another form of high-intensity interval training (HIIT is considered a superior form of aerobic conditioning when trying to develop aerobic ability). This session is all about building up your aerobic power numbers in other words your functional threshold power (FTP is the highest power an individual can sustain steadily for a prolonged period of time—say, 60 minutes). Power measures how hard (or how forcefully) and how fast (at what pace or cadence or at what velocity) a cyclist is applying pressure to the pedals to keep them turning. Measuring and tracking your own power output can tell you how hard you're working and what you've already accomplished during a given workout, whether your performance and progress are improving over time, and what you should do next to keep getting stronger. It is a great personal measuring tool. When trying to compare to others is not as good because body weight needs to be factored in. In others words if both my wife and I were working at 100 WATTS that does not mean we are facing the same aerobic demand because I weigh more than her even though we are burning the same amount of calories her oxygen demands would be higher. | |
| Indoor Cycling (HIIT) | | Intermediate (somewhat hard)<br>Advanced (hard) | | TIME: MAKE AN APPT. OR DO LOCATION: CLASS ROOM AREA | This session will also build up your functional threshold power (FTP is the highest power an individual can sustain steadily for a prolonged period of time—say, 60 minutes), but it is also designed to be lower intensity compared to our power training class. This class is longer in nature 45 minutes to 60 minutes compared to our power class and incorporates all facets of indoor riding such as flats, upright hills, and seated hills. Go at your own pace and intensity while trying to burn calories and build and aerobic base. | |
| Sprint Interval Training with Running Class | | Advanced (hard) | | TIME: SEE SCHEDULE LOCATION: CLASS ROOM AREA | Sprint Intensity Interval Training is a 20-25 minute intense workout where you burn as much calories as doing 2-3 x longer doing the same exercise.This class is done outdoors and requires people to walk or run very fast. Not only does it burn calories it increases your aerobic ability far more than conventional aerobic exercise. Suited for all abilities where some walk while others run the difference is the intensity during intervals (ie walking really fast or going 25-100% faster than normal running). Intervals are 20-30 seconds of all out speed walking or sprinting. (25-30 minutes) | |
| Tabata HIIT Training with Step and Ropes Class | | Intermediate (somewhat hard)<br>Advanced (hard) | | TIME: DO ON OWN OR SEE SCHEDULE LOCATION: CLASS ROOM AREA AND FUNCTIONAL TRAINING AREA OF MAIN FITNESS AREA | This is a group based Step and Ropes (Battle and Jumping) Class is optimized for time and max work production. The cross between ropes both jumping and battle and steps makes the class go by fast. HIIT Training or High Intensity Interval Training is a 20 minute intense workout where you burn as much calories as doing 2-3 x longer doing the same exercise. Not only does it burn calories it increases your aerobic ability far more than conventional aerobic exercise. Suited for all abilities where some walk while others run the difference is the intensity during intervals (ie speed using Step or Ropes or climbing steps). The class includes a 5 minute warm up and cold down period. | |
| Tabata (Revised) also include Boxing Tabata | | Intermediate (somewhat hard)<br>Advanced (hard) | | TIME: SEE SCHEDULE LOCATION: CLASS ROOM AREA | Supervised Cardio Tabata is under the direction of a trainer. These exercises are more cardio based than muscular. Typically each exercise in a given Tabata workout lasts only four minutes and there are typically four exercise, but the trainer can alter it anyway. The same structure of 20 second all out effort with 10 seconds of rest will remain the same. Sessions last 16-20 minutes not including a warm up and cool down. The structure of the program is as follows for one exercise:<br>• Work out hard for 20 seconds<br>• Rest for 10 seconds<br>• Complete 8 rounds | |
| Cardio Self-Directed Tabata | | Intermediate (somewhat hard)<br>Advanced (hard) | | TIME: DO ON OWN LOCATION: CLASS ROOM AREA AND FUNCTIONAL TRAINING AREA OF MAIN FITNESS AREA- SEE BOARD FOR DIRECTIONS | Non-supervised Self Directed-Written Weekly Orders on the Board allows members to follow a safe Tabata program that is more Cardio based. See above | |
| TOTAL FITNESS | | Advanced (hard) | | TIME: SEE SCHEDULE LOCATION: CLASS ROOM AREA | This class combines all aspects of fitness including dynamic warmup, stretching, strength and functional training, with a majority of cardiovascular moves, with cool down and recovery stretching and releasing. | |