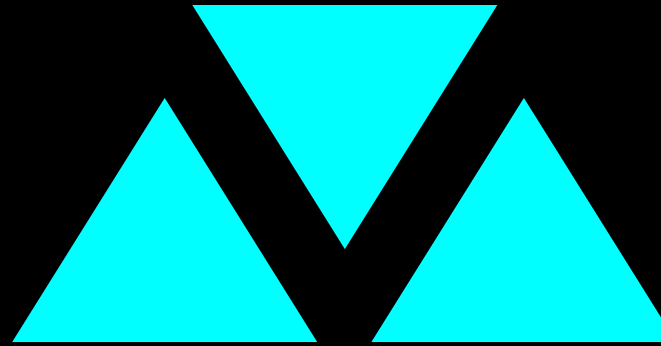


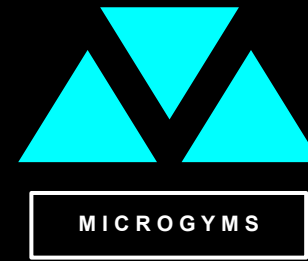
Liverpool Road Studios Virtual Gym Induction



MICROGYMS

Your workout. Your experience. **Your space.**

www.microgymsuk.com



Disclaimer

Please note that it is your responsibility to read, acknowledge and adhere to the information and instructions set out within this Virtual Gym Induction, as well as local Liverpool Road Studios procedures prior to making any bookings into a MicroGyms space.

Every attempt has been made to make this induction as detailed as possible, however the content is not exhaustive and MicroGyms reserves the right to add-to or remove any sections in this induction at any point.

Should you, at any point, not feel physically prepared or well to use the space, please refrain from booking and contact contact@microgymsuk.com to see if we can help in anyway.

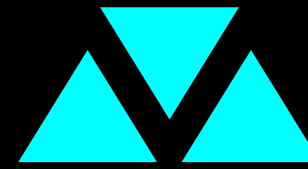
Thanks for joining the community, and Happy Gym-ing!

www.microgymsuk.com



Gym Induction Contents

1. Location
2. Entering the Gym
3. Air cooling and Ventilation
4. Using Equipment
5. Leaving the Gym
6. Emergency Procedures
7. Facilities
8. Accident reporting and final points



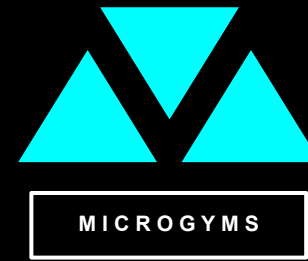
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Location

Your MicroGym site is located in room 02, Liverpool Road Studios, L23 5TD



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Locating the Gym - Step 1

You need to enter from Liverpool Road Studios and go through two keypad doors before locating the gym, which is on the ground floor, room 02, on the right hand side..



Locate the entry keypad on the right hand side of the main doors on Liverpool Road. Enter **the code emailed to you** on the main door keypad, on the right hand-side. Walk through to a second set of doors.

Locating the Gym - Step 2



As you enter the building, walk straight ahead and pass through the next set of double doors, again using code emailed to you on the bottom keypad.

The gym is the first door on your right



Access

To get into the gym, you'll need to follow the below AND push down the manual door handle



Locate Yale lock



To wake, apply your palm to the lock as above



Input your personalised code followed by *



Upon bleep confirmation, turn **clockwise**



Entering the Gym



If you are having trouble getting in, please ring the remote doorbell for support.



Once inside, ensure the door is properly closed and not left on the latch

Ventilation and Fans



Please feel free to use the air cooling and ventilation system- simply flick the main control to on; please turn off when you leave.



There are fans provided, and can be operated from the dials on the top. Please ensure these are turned off upon exit of your session.

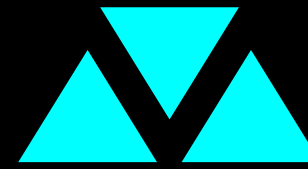


Weights Equipment and Storage

Please ensure the weights and storage are returned after use, as pictured below*:



**If the weights are not left in this state upon your entry to the space, please email contact@microgymsuk.com so we can contact the previous member and discuss.*



Using Equipment - Olympic Bar Clips



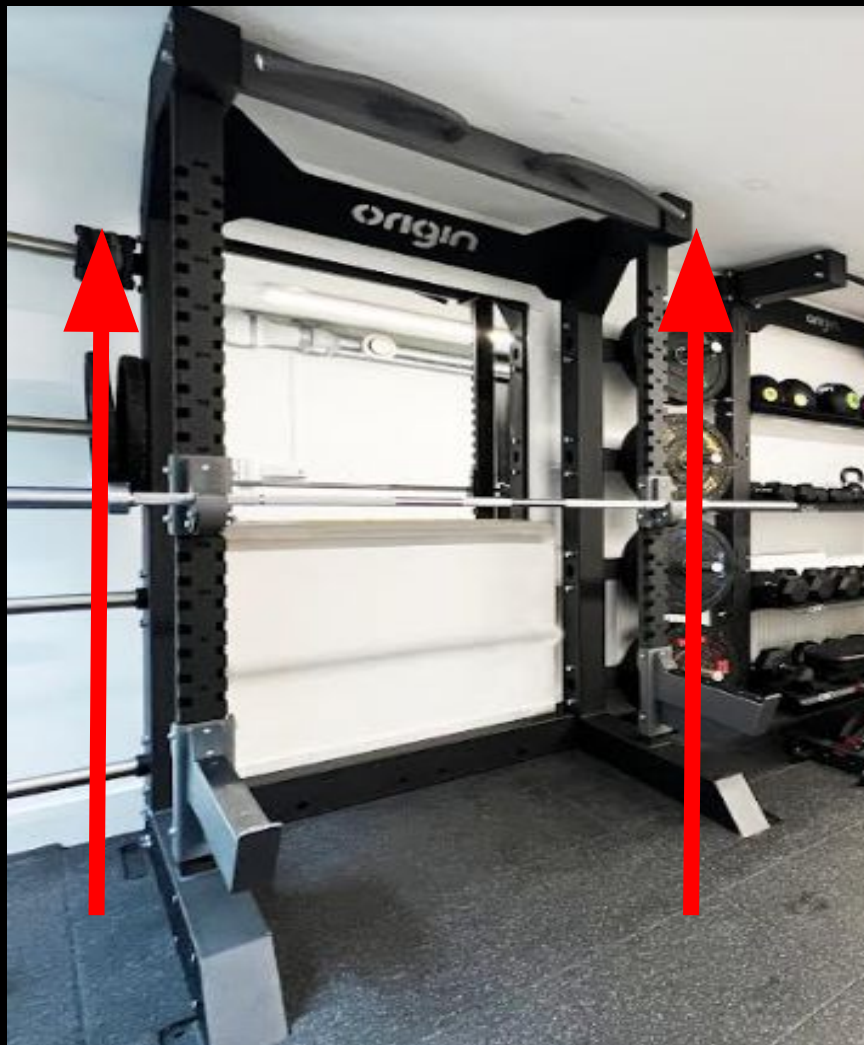
Open (unsafe when loaded)

When using weights plates provided to increase the weight on the bar, please ensure the clips provided are used at all times. Left image shows them in the open position, and right image in the closed (safe) position.



Closed (safe when loaded)

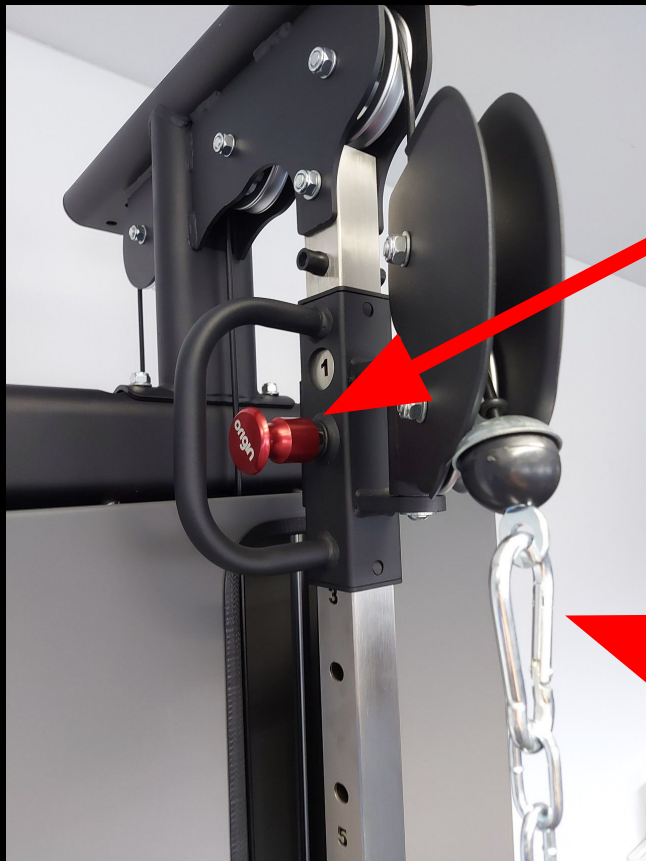
Using Equipment - (Overhead)



Please be mindful when using weights above head, ensuring you test the movement and remain clear of any impact to ceilings, lighting or equipment.

Please do not drop any weights from height; please place down with care

Using Equipment - Cable Machine



To operate the cable machine, you can adjust the desired height by pulling the red adjustable handle and moving up or down

There are various attachments available you can use and change simply by opening and closing the carabiner clip attached to the machine

To change the resistance / weight of this machine, simply pull the corded adjuster within the machine and place it into the slot of the desired weight.

Using Equipment - Cardio



To operate the running machine, ensure the display is turned on and follow the instructions on the screen (after placing the emergency cord to your waistband)

Should you see “EA07” (as pictured), simply push the red emergency cord back into place and commence your workout



Emergency Procedures



Should you need any emergency assistance at any time, please ring the virtual doorbell on the outside of the gym for assistance, or call 999 from your mobile.

As reassurance, please note the space will have cameras inside and outside of the gym operating and this will be monitored regularly



Facilities

All toilets are located on the ground floor as you walk through the entrance on the left hand side.



!!!! PLEASE NOTE !!!!

A showering facility is
not yet available.



Final Points to Note...

If you do injure yourself and it is deemed an emergency, please ring the Arlo doorbell or call 999. If injury occurs and is not deemed an emergency, please email details to contact@microgymsuk.com

No loud music

Please leave your slot at the right time

Be respectful of the gym and surrounding members / offices

Enjoy your time in #YOURSPACE!