



# Personal Training or Adult Equipment Orientation Request

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Paid (circle one): Yes or No                      Receipt #: \_\_\_\_\_

Preference (circle one): Call or Text

Interest (circle one): Equipment Orientation or Personal Training

Do you know which trainer you want to work with? Yes or No

If yes, please indicate: \_\_\_\_\_

Availability (Select all that apply):

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Time							

Briefly describe the health and fitness goals you would like to achieve:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete this form and return to Veterans Park Community Center front desk or email completed form to [fitnessisfun@cabotparks.com](mailto:fitnessisfun@cabotparks.com).

# Adult Equipment Orientation Request

Instructors, each participant will learn the following:

- Proper use of the fitness equipment in the Fitness Center
- Safety concerns while in the weight room and common courtesies that are enforced in the Fitness Center

At the end of the class, your child will be given a practical exam. Upon successful completion of this class your child will have limited access to the Fitness Center without Adult Supervision. \*

Remind participants that failure to properly abide by all Fitness Center Rules and Regulations after completing the orientation class can result in expulsion to the use of the Fitness Center. NO REFUNDS will be given. \*\*

Participants who are actively engaged in the class and can successfully demonstrate proper use of equipment will gain access to the Fitness Center. The following exercise equipment will be covered during the fitness orientation class:

## General:

Safety	Etiquette & Proper Attire	Equipment Care
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## Cardio:

Treadmill	Pinnacle	Elliptical	Rower
Recumbent Bike	Upright Bike	Upper Body Ergometer	

## Strength:

Exercise	Weight	Reps	Sets
<b>Chest</b>			
Chest Press			
Pec Fly (face out)			
<b>Back</b>			
Mid Row			
Lat Pull Down			
<b>Low Back</b>			
Extension			
<b>Triceps</b>			
Triceps Extension			
<b>Biceps</b>			
Biceps Curl			
<b>Shoulders</b>			
Lateral Raise			
Shoulder Press			
Rear Deltoid (face in)			
<b>Dumbbells</b>			

Exercise	Weight	Reps	Sets
<b>Quads</b>			
Leg Press			
Leg Extension			
<b>Hamstrings</b>			
Leg Curl			
Leg Press			
<b>Glutes</b>			
Glute			
<b>Inner Thigh</b>			
Adduction			
<b>Outer Thigh</b>			
Abduction			
<b>Abs/Core</b>			
Ab Crunch			
<b>Obliques</b>			
Rotary Torso			
<b>Fixed Weight Bars</b>			