

# FITNESS SUITE INDUCTION INFORMATION



- **Fitness Suite Full Induction**

New members or new to the gym? You will be required to undertake a **full Technogym** induction taking you through both our Cardio and resistance equipment.

- **Full Strength Equipment Induction**

This is for beginners or those less confident in weightlifting. This induction will cover the main lifting techniques to assist you in minimising the risk of injury that could be caused by misuse.

- **Fitness Suite Technogym Familiarisation Induction**

This option is for those people who regularly use gym equipment but have not had a *highlife* induction to date. A practical demonstration of the person's knowledge and competency is required on cardio and resistance equipment.

- **Strength Equipment Familiarisation Induction**

This is an induction for those with lifting experience who can demonstrate compliance with correct lifting techniques.

- **Fitness Suite Technogym *highlife* existing user**

If you have completed an induction at another *highlife* site, you are permitted to use all other *highlife* fitness rooms and do not require a further induction. You will however be required to complete another PAR-Q form so that a copy is held at each site you use.

- **Strength Equipment Health & Safety Induction**

This induction applies if we have a record that you have already carried out a strength and conditioning induction at Lochaber Leisure Centre, Inverness Leisure, Dingwall Leisure Centre, or Invergordon Leisure Centre.

Fitness room users who have previously completed an induction and PAR-Q are not required to undergo a further full induction, although you may find it useful to do so.

**Please note, if a record cannot be confirmed for a previous induction, you will need to complete one of the above options for each room.**

## **Do I need another Induction to use the new equipment (Olympic Flat Bench and Half Rack)?**

- Everyone will need some form of induction. Different users will require different inductions so to ensure you get booked into the correct induction please call us on 01381 621252 to discuss.