Workout programme

to the Gym

Gym guide to learn about the machines and how to do the exercises correctly

Corvinus University of Budapest
Physical Education Department and University Sports Centre
General information

- Always start the workout with a warm-up
- This can be dynamic and static gymnastics or cardio (treadmill, elliptical, bike) movements on a machine
- The workout can be strength training or cardio, but it should last at least 45-50 minutes
- Strengthening exercises are defined in sets and number of repetitions (e.g. one exercise is 4x15 reps)
- Cardio exercises are defined in duration (e.g. 10 minutes walking, 10 minutes running)
- The workout always ends with a rest, this can be done with dynamic stretching
- Before using the gym, please familiarise yourself with the house rules

Towels and a change of clothes are compulsory!
Seat bike
2 of them in the gym

Running machine and spinning bike
3 running machine and 2 spinning bikes in the gym

Treadmill
1 in the gym
Spinning bike
2 of them in the gym

Ellipsis trainer
2 of them in the gym

Bike
1 in the gym
Rowing bench
3 in the room

Wide back puller

Breast-pull machine
Push-up bench
4 of them in the gym

Breast-pull machine

Biceps machine
Shoulder push frame

Shoulder push frame with inclined bench

Power frame for chest and shoulder pushing, squatting
Breast muscle machine

Back muscle machine

Pull-up and abdominal muscle machine
2 of them in the gym
Leg pushing machine

Thigh tensioning machine

Thigh bending machine
Thigh removal machine

Thigh approximation machine

Calf machine
Abs bench

Abs with inclined bench

Hip rotation machine
Pull-up and abdominal muscle machine
2 of them in the gym

Hyperextensive machine
Punching bag and boxing gloves

Sandbag and kettlebells

Jumping ropes, bands and balancing boards
Fitball, gymnastics balls, arm and leg weights

BOSU unstable surface and dynair

SMR rollers
Exercises on pulley machine
Exercises on pulley machine
Upper limb exercises with bar and disc
Upper limb exercises with hand weights

1. [Diagram of exercise]
2. [Diagram of exercise]
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9. [Diagram of exercise]
10. [Diagram of exercise]
11. [Diagram of exercise]
12. [Diagram of exercise]
Upper limb exercises with hand weights
Lower limb exercises
Lower limb exercises
Abdomen and trunk exercises (plank)
Stretching exercises