



**CORVINUS  
UNIVERSITY**

of BUDAPEST

PHYSICAL EDUCATION  
DEPARTMENT AND  
UNIVERSITY SPORTS CENTRE

# Workout programme TO THE **Gym**

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

# 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!



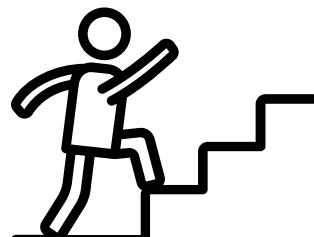
Seat bike  
2 of them in the gym



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

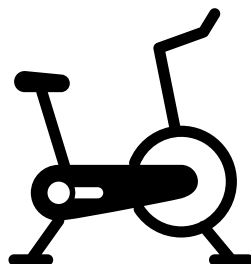


Treadmill  
1 in the gym





Spinning bike  
2 of them in the gym



Ellipsis trainer  
2 of them in the gym



Bike  
1 in the gym

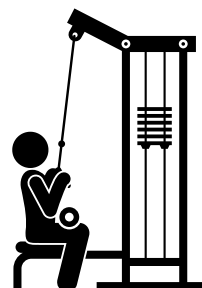
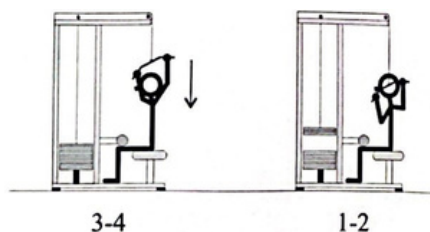




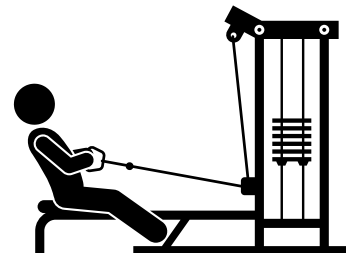
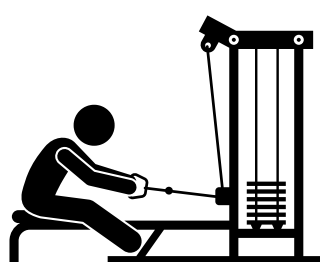
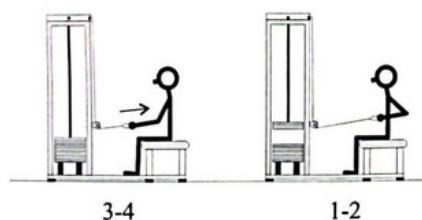
Rowing bench  
3 in the room



Wide back puller



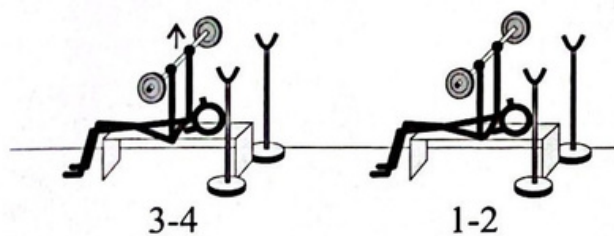
Breast-pull machine



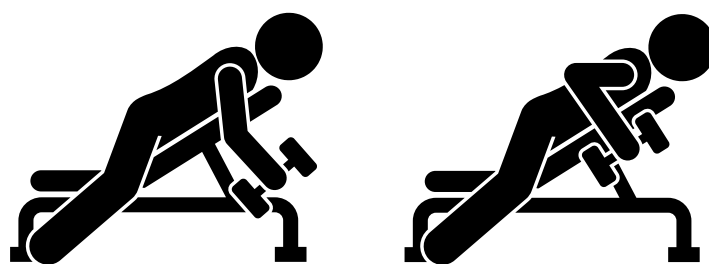




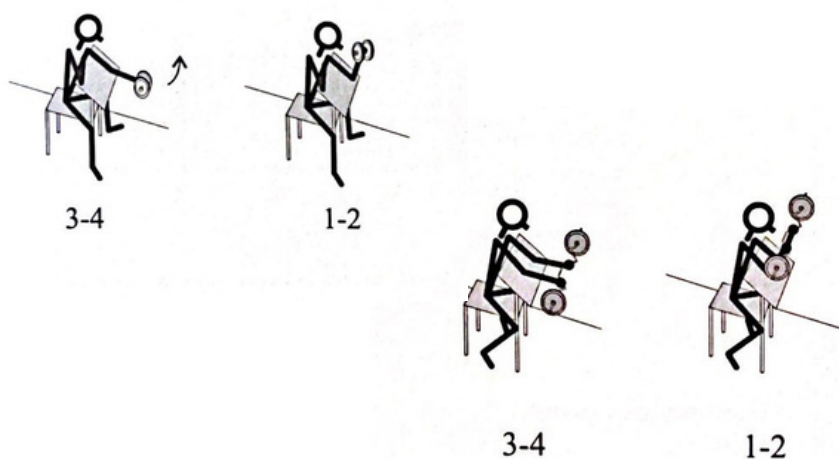
Push-up bench  
4 of them in the gym



Breast-pull machine

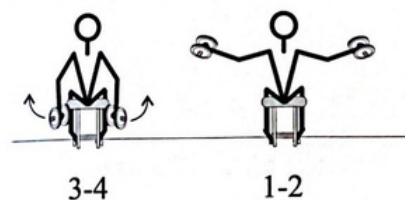
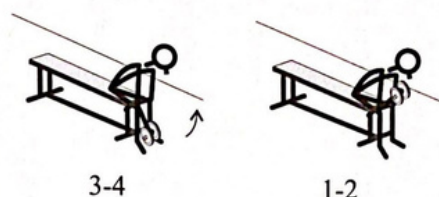


Biceps machine

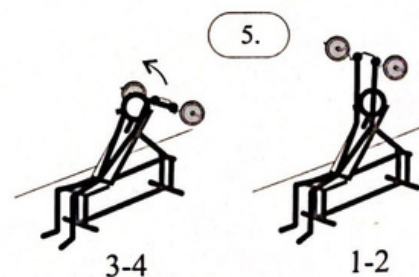




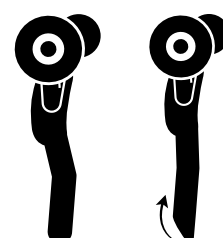
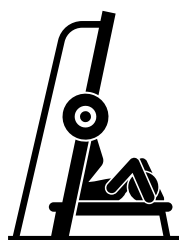
Shoulder push frame



Shoulder push frame with inclined bench

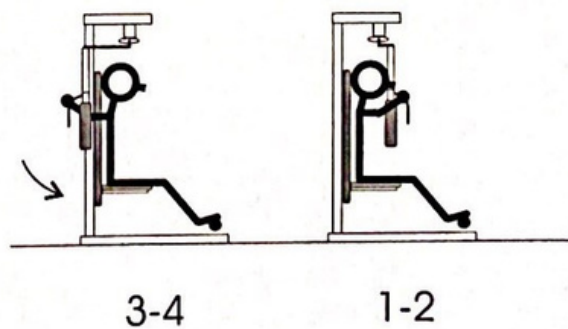


Power frame for chest and shoulder pushing, squatting

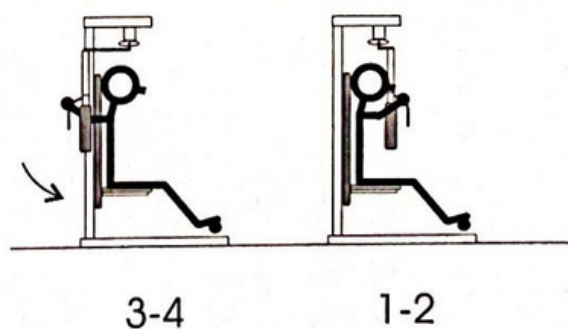




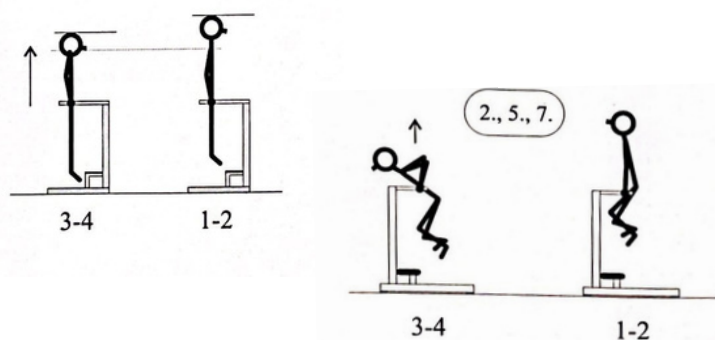
Breast muscle machine



Back muscle machine



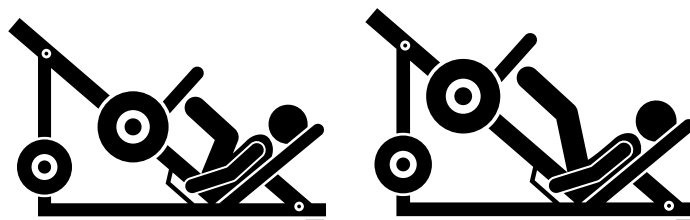
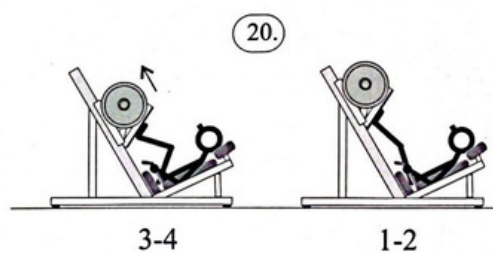
Pull-up and abdominal  
muscle machine  
2 of them in the gym



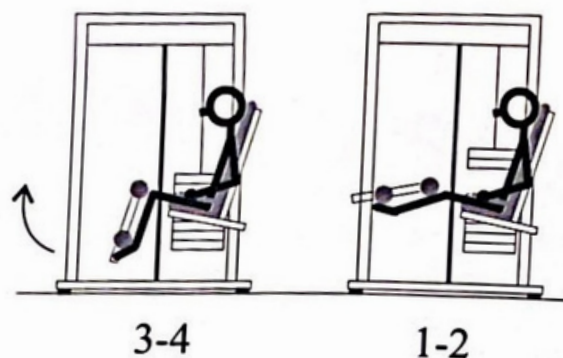




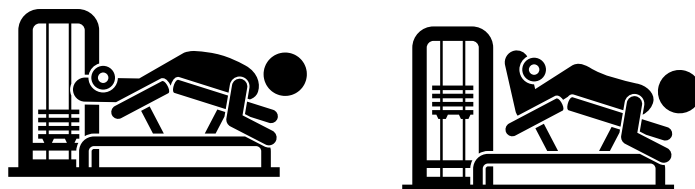
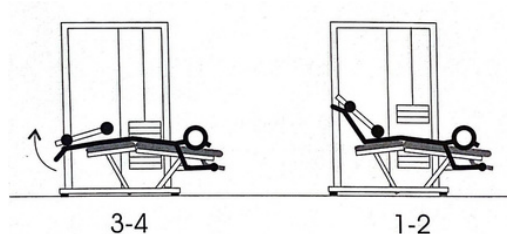
Leg pushing machine



Thigh tensioning machine

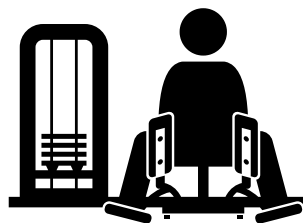


Thigh bending machine





Thigh removal machine

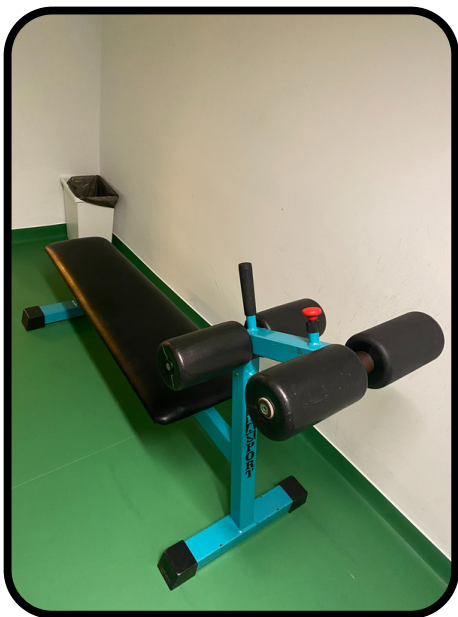


Thigh approximation machine

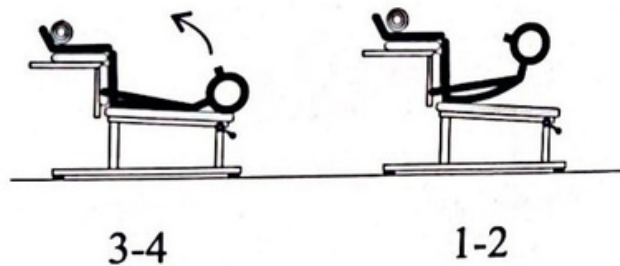


Calf machine

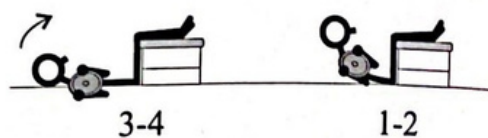




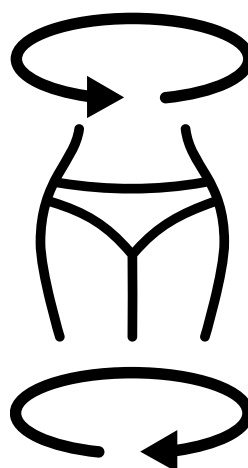
Abs bench



Abs with inclined bench



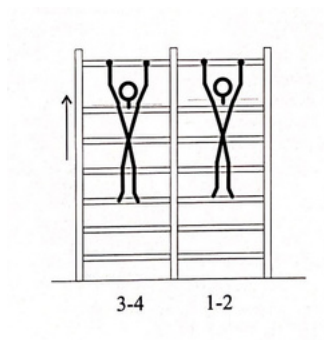
Hip rotation machine



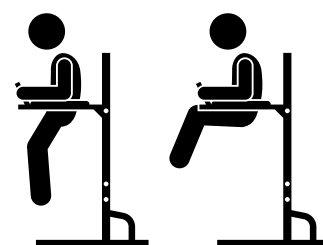
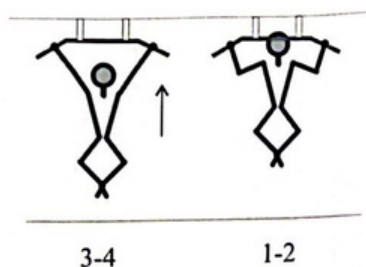




Pull-up and abdominal  
muscle machine  
2 of them in the gym



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



Hyperextensive machine







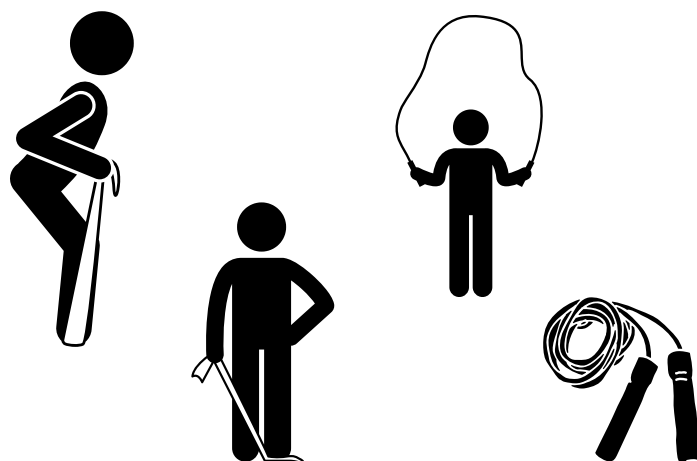
Punching bag and boxing gloves



Sandbag and kettlebells

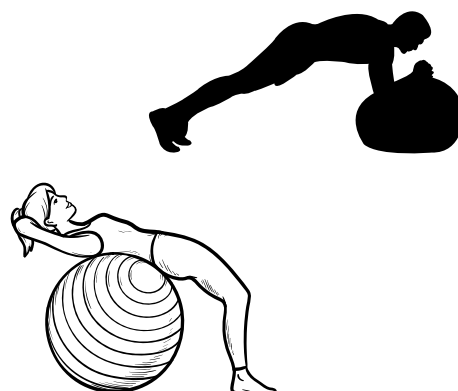


Jumping ropes, bands and balancing boards

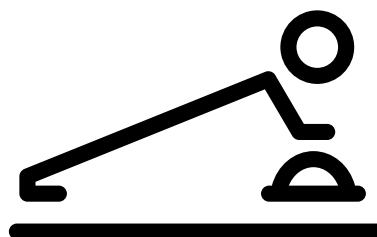




Fitball, gymnastics balls,  
arm and leg weights

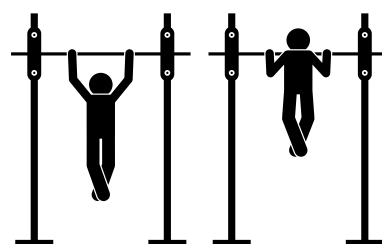
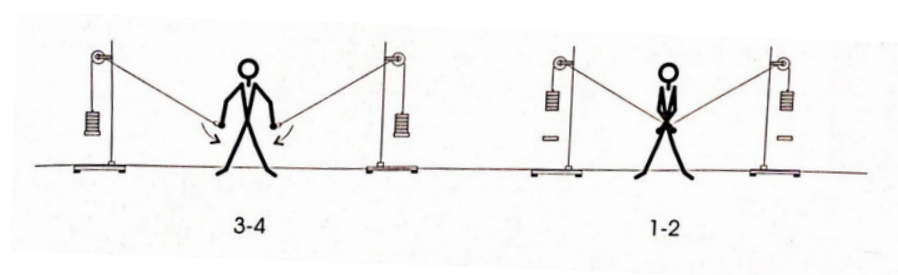
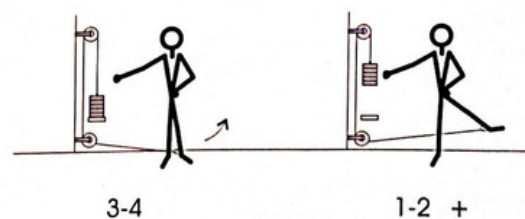
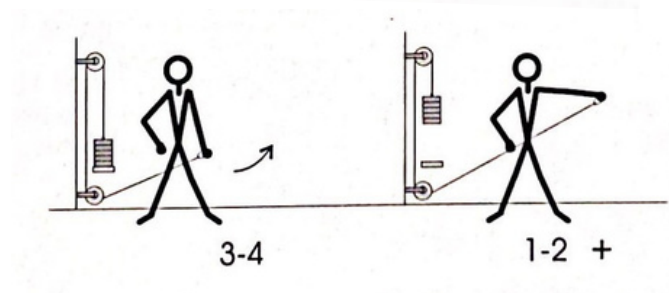
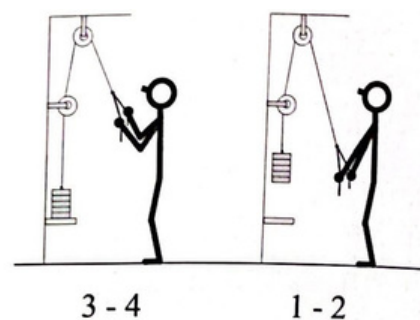
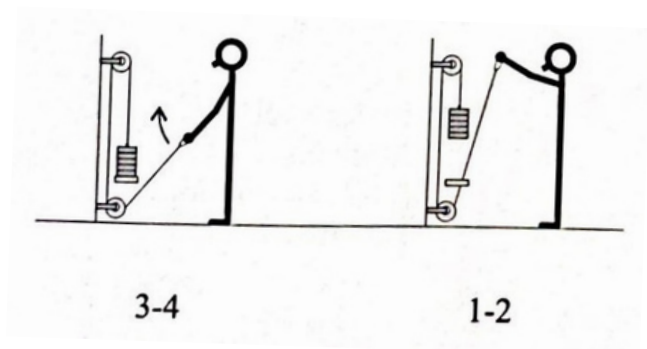


BOSU unstable surface  
and dynair



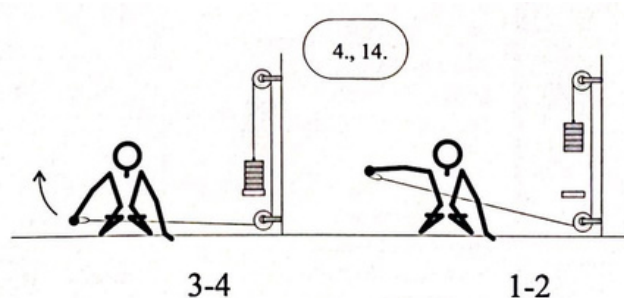
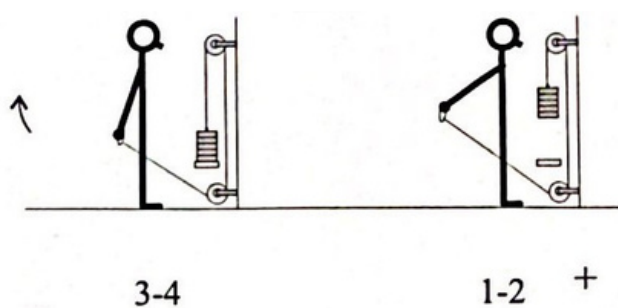
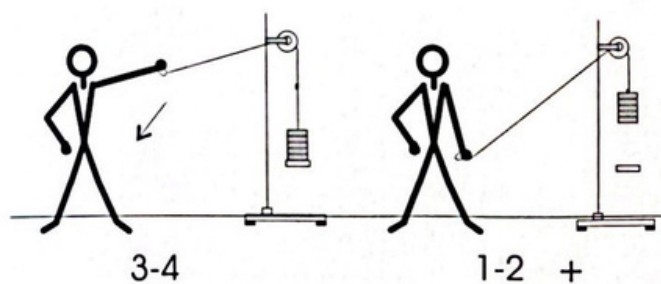
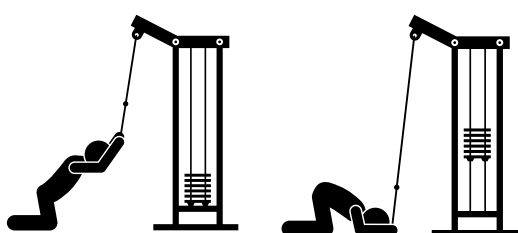
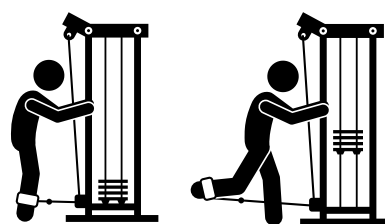
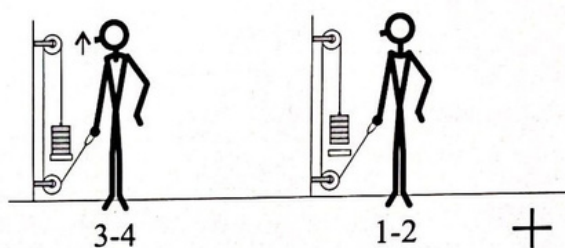
SMR rollers

# Exercises on pulley machine



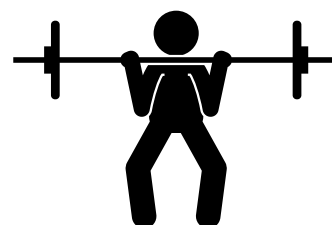
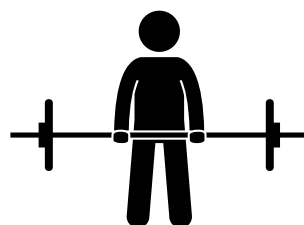
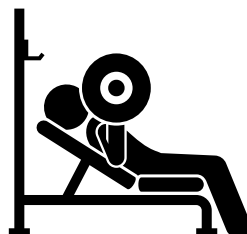
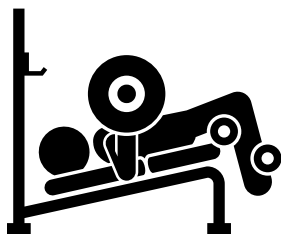
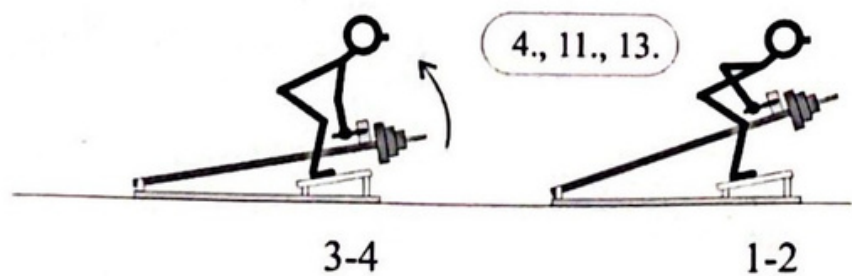
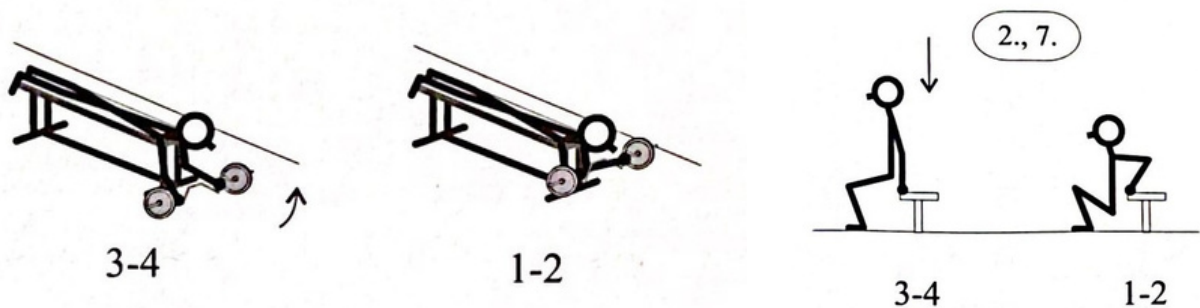
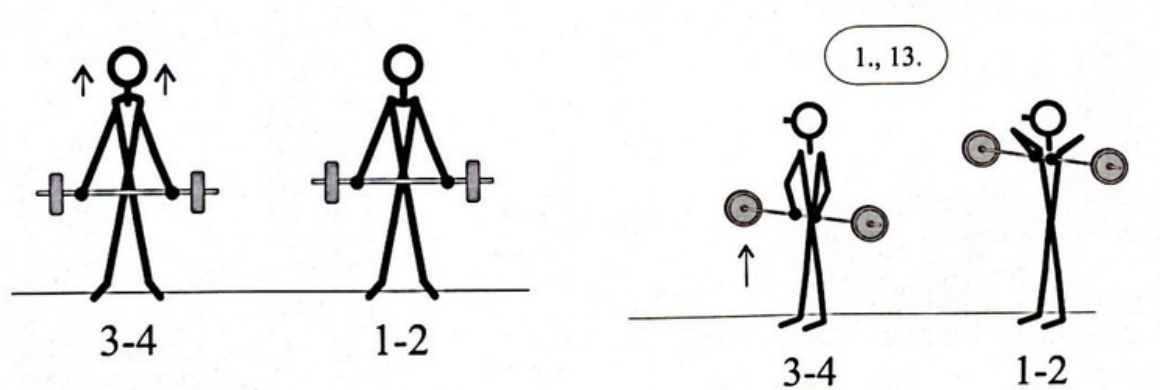


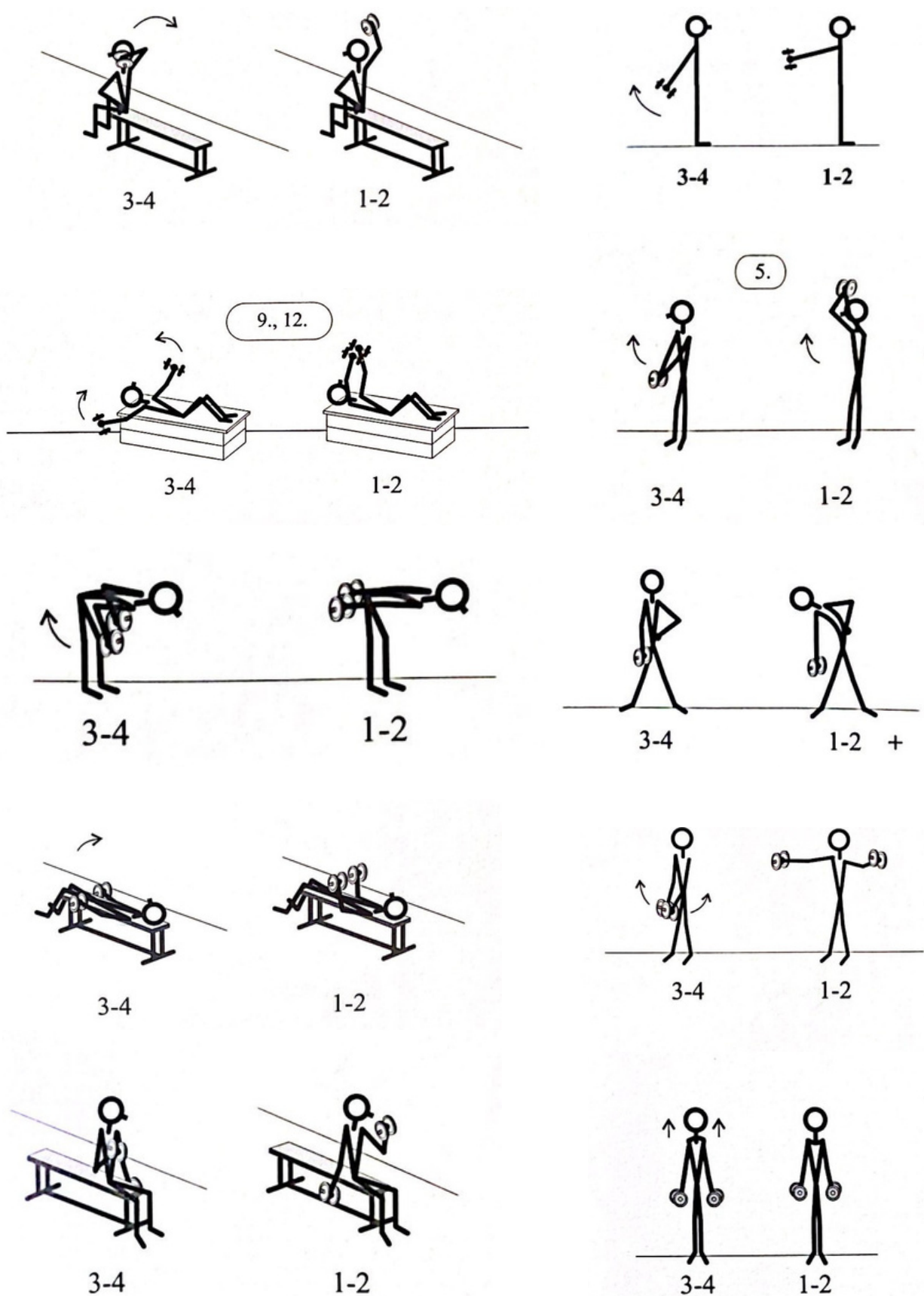
# Exercises on pulley machine



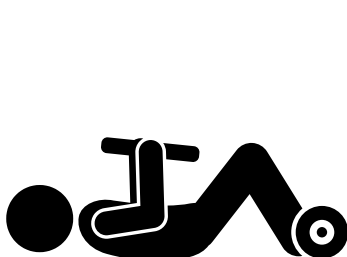
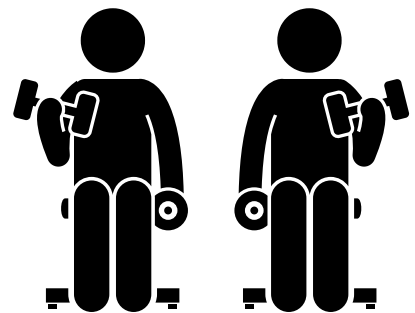
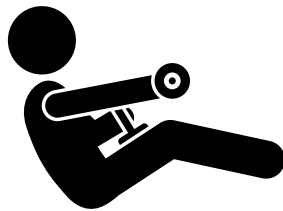
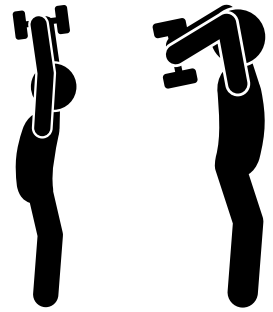
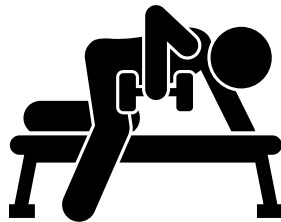
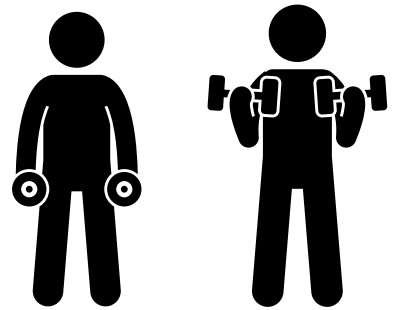
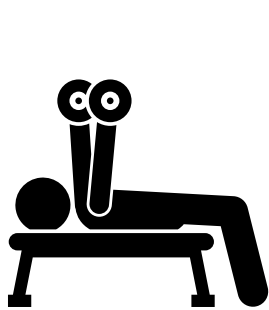


# Upper limb exercises with bar and disc

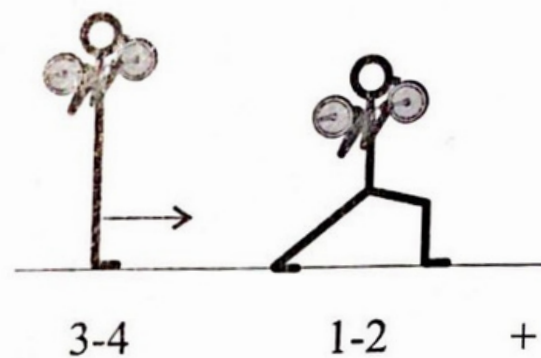
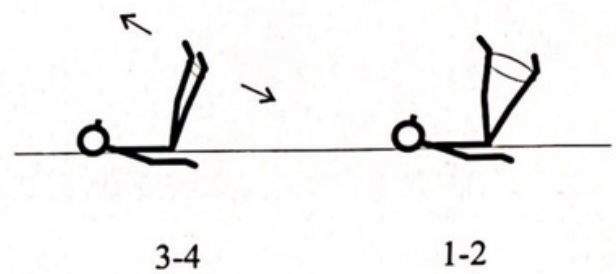
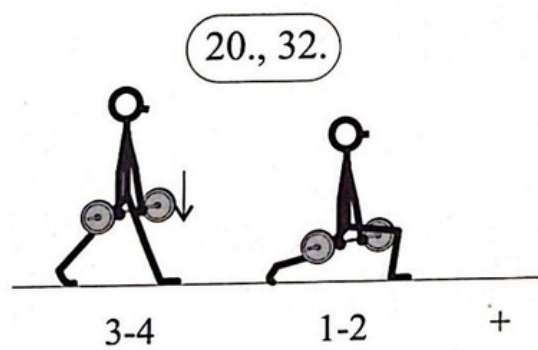
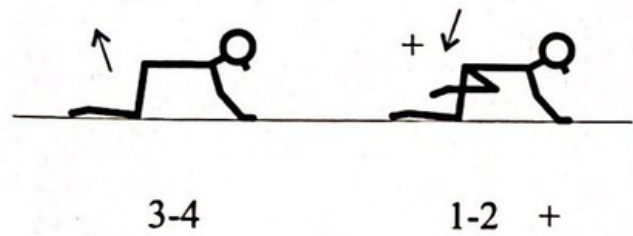
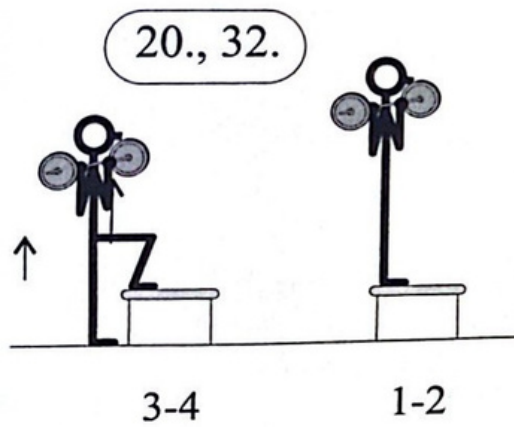
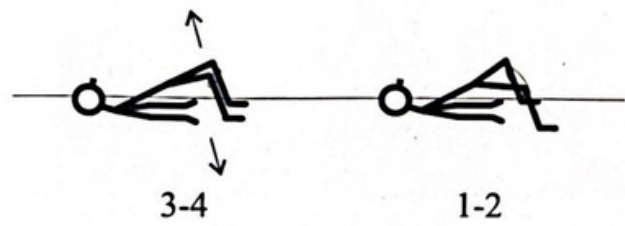
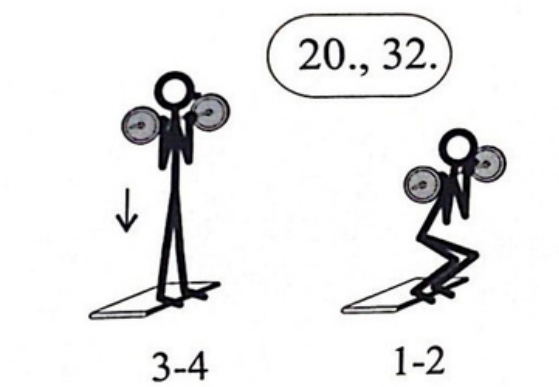




## Upper limb exercises with hand weights

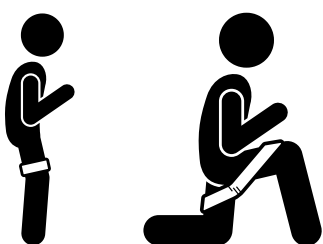
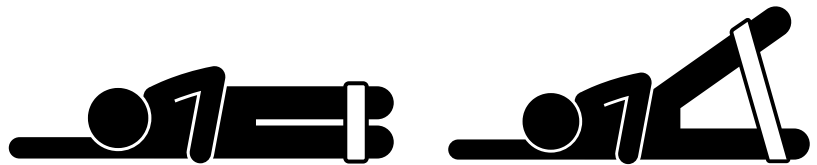
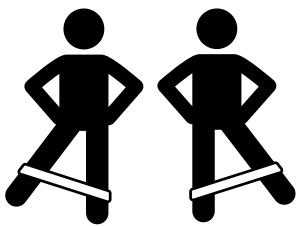
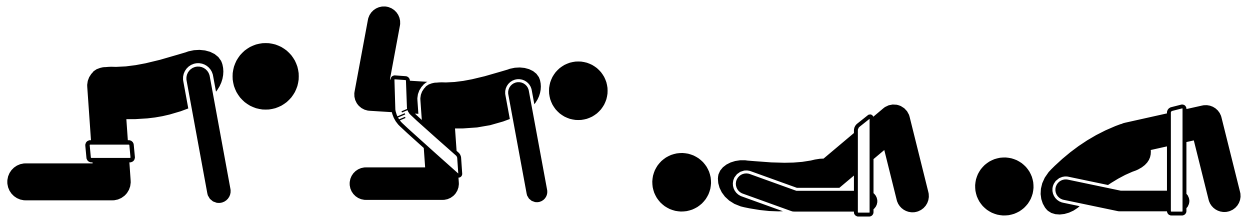
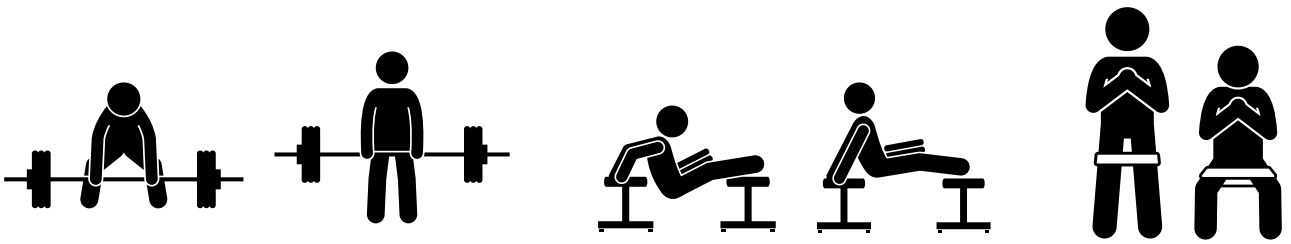


# Lower limb exercises

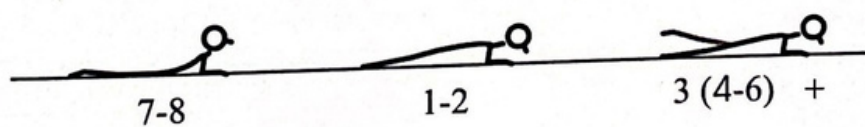
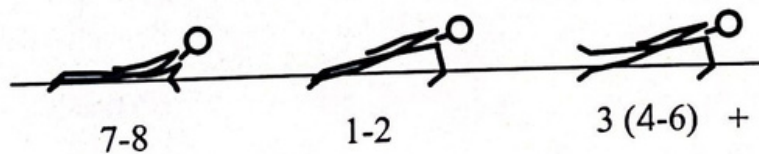
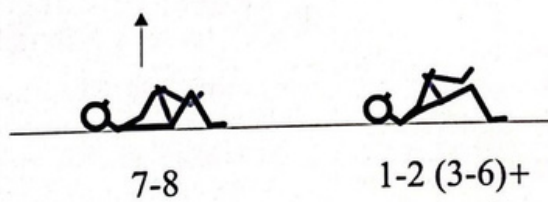
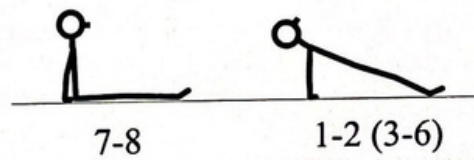
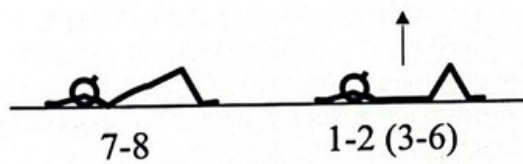
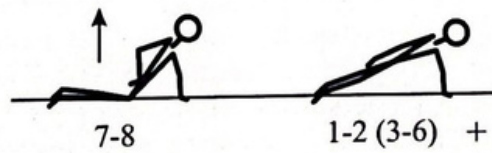
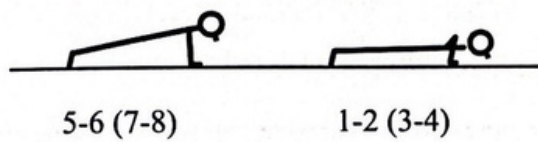
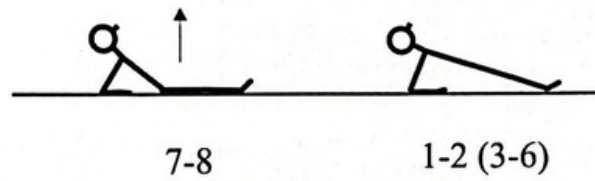
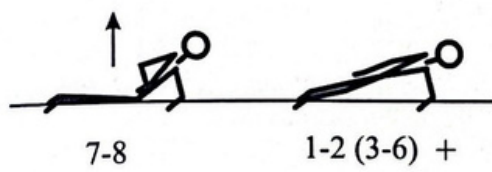
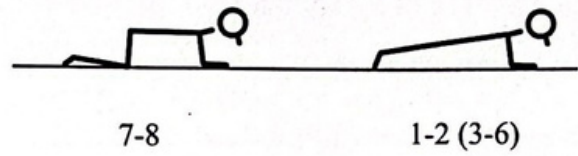
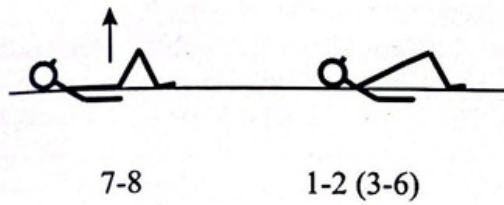




## Lower limb exercises



# Abdomen and trunk exercises (plank)



# Stretching exercises

