

# EGYM

## **i** What is EGYM?

"EGYM is a turn-key-way to take the guesswork out of improving your fitness! With your YMCA membership you get exclusive access to EGYM equipment that focuses on making fitness easy and convenient in a quick but challenging workout! EGYM is great for all fitness levels and helps you track your progress all in one place."

- A set of 11 machines that will create a 30-minute full body circuit workout. Everyone will move at the same time so no waiting for a machine.
- EGYM uses electromagnetic resistance (No weights needed!) and will automatically adjust to the appropriate resistance for the training program you select. (You will still have the ability to manually adjust your weight/resistance settings as needed)
- EGYM App allows users to track progress of strength, flexibility and cardio.

STRENGTH  
**29%** strength  
improvement  
in 3 months.

## **+ i** Getting Started:

### Registration

- Each member will register for an orientation with a certified EGYM Coach prior to being able to use the equipment. Members will receive their [free] EGYM wristband at their orientation.
- Registrations for EGYM Orientations will be set up via the Mindbody app. Link can be found on the EGYM page on our YMCA website.

### The Orientation (60 minutes)

- YMCA staff will walk you through downloading the app, setting up your EGYM account and connecting your wristband.
- Starting at the EGYM Fitness Hub the trainer will help you record your height & weight and test your flexibility.
- The trainer will then take you to each piece of equipment to determine the appropriate settings and run through a max rep test to determine your starting point for the training programs available.

After your orientation, you're ready to use EGYM whenever you want!



# EGYM

## 🔥 Post Orientation:

- To start, you will be able to select a 6–8-week program from multiple program options. Based on your max rep test from the orientation, the resistance and seat adjustments will be set automatically for you on each machine.
- Each piece of equipment is positioned in a specific numerical order so you move through machines 1-11 (staying in order!). Rotations are set every 3 minutes which will be enough time to finish your reps, clean your machine and move on to the next. **No waiting!**
- Workouts are designed to be ~30 minutes long.
- After the initial orientation, users will be able to use EGYM whenever they'd like. To get started, members would scan their EGYM wristband at each piece of equipment.

## Bonus!

- **CARDIO** - [Coming Soon !]  
Members will be able to track their cardio workouts as well as complete specific EGYM programmed cardio workouts
- **INBODY** - results will be able to integrate with the EGYM app to keep track of their progress in one place
- **PERSONAL TRAINING** -  
Members who use PT and EGYM can have workouts assigned to them by their trainer during "off" days

WEIGHTLOSS  
**22 LB**  
weight loss  
in 3 months.

EXCLUSIVELY  
AT  
Schlossman  
YMCA

