



## Exercise Equipment Utilization [video transcript]

### Exercise Equipment Utilization

Fitness facilities have a wide variety of machines and equipment to use. It's important to use this equipment effectively and safely. This Quick Guide Card section will identify ten to twelve different machines and modalities, with brief instructions for each. There are a number of action steps that are common to all of these machines that are worth mentioning briefly here.

All machines, for example, should have written instructions on the machine or nearby the machine that should be read by the user of the machine especially for first-time use. Always use cross-ventilation. In other words, use a fan or similar source of ventilation when using the stationary aerobic exercise device—like a stationary treadmill or a stair stepper. This will prevent overheating. The path immediately behind a stationary machine—for instance, a treadmill—should be free of power cords or other tripping hazards. Avoid the use of defective or broken exercise equipment, for instance treadmills, stair steppers, elliptical machines, and stationary cycles. Defective equipment can often be the source of over-use injuries as well as ineffective workouts. Finally, heart rate sensors and displays are part of many of these exercise machines. Frequently, there is also posted target heart rate ranges. It's to consult your health care provider and/or certified exercise specialist as to what, if any, heart rate range you should exercise within. Note that heart rate is just one of several means that you adjust your exercise intensity. Your perceived effort or simply how you feel maybe as important as heart rate or even more important than heart rate.

### Exercise Machine LCD Displays

Most computerized exercise machines have the following displays: work level, estimated energy expenditure in Calories, user-specified preset workouts, elapsed time in minutes and seconds, and most—not all—have a heart rate sensor and display.

The 'work level' display is usually very straightforward. For example, this is the speed and grade on the treadmill, or the cycling rate on a stationary cycle.

'Estimated energy expenditure in Calories': This caloric expenditure is an estimation based on workload. Know that this display of caloric expenditure is not actual measured energy expenditure, but is usually within about 90% of what you actually expend for that amount of time on a treadmill, elliptical machine or stationary cycle.

### Preset Workouts

For most stationary exercise machines I would recommend that you start with a manual preset so that you can control the duration and work level, especially for a first-time user. Some preset workouts should be contraindicated for patients with diabetes or cardiovascular disease, at least during early stages of the patient's training program. Here I am referring to some of the higher-intensity hill and interval workout presets.

One important recommendation, ensure that you have cross-current ventilation, for example, a fan, if you are performing any exercise on a stationary device longer than about ten minutes.