



Hello new member!

Welcome to Inferno Fitness & Mixed Martial Arts! You had a lot of fitness facilities to choose from, so we would like to thank you for choosing us. If one of your reasons for joining Inferno is for the wide variety of state-of-the-art equipment we offer, our educational programs or our friendly, fitness minded staff, we are happy to inform you that you made the right choice. Those are the things that make us stand out from our competition. Often we hear how intimidating it is to walk into a gym for the first time:

“There’s so much equipment. Will I ever learn how to use it all?”

“Do real / regular people join this gym?”

“Will I fit in?”

“Will the staff continue to be helpful after I join?”

Let me answer these questions for you right away: yes, yes, yes, and definitely yes!

First of all, we do offer a lot of equipment. That is one of the great features of our clubs. One of the most important aspects of your fitness program should be variety, and for the best results you should always change your workout. By performing different exercises, using different machines & varying the levels of resistance and intensity, you will be able to consistently see changes in your body. We understand that not everyone who joins our facility will know how to use every piece of equipment, so as a part of your membership we have included free orientation sessions with a fitness professional. The orientation sessions are designed to teach you about resistance training; teach you proper weight lifting form and technique; and “orient” you to the gym so that “all those machines” are less intimidating. To set up your orientation sessions, simply contact the front desk. Secondly real people DO work out at Inferno. If this were not true, we would not offer our orientation program. To see that people just like you work out at Inferno, simply walk through our club and look around. You will not be able to miss the wide variation in ages and fitness levels working out around you. Lastly, fitting in is another major concern when joining a health club. At Inferno, we have such a variety of members exercising here that you’re bound to find people similar to yourself. One thing you’ll notice is that you will see the same faces every day when you work out at the same times. Within a few weeks, other members will become familiar to you, and you’ll feel much more comfortable. At Inferno, everyone from our fitness consultants to our aerobics instructors, can help you with your program. Even after you’re acclimated to Inferno and comfortable working out, if ever you need guidance or direction with your program or a particular exercise, any one of us can be counted on to give you the information that you need. The most important part of our job is keeping you on your program. So again, welcome to Inferno Fitness & Mixed Martial Arts and please let us know how we can keep you motivated!

Services offered:

Complimentary Orientation Session

All members of Inferno are encouraged to take advantage of their two complimentary orientation sessions. These sessions are designed to give you the basics needed to build a strong foundation in creating a healthy body. The information covered in these sessions will include:

- Goal Assessment – planning for success

- Starting Physical Statistics – weight and measurements
- Introduction to Cardiovascular Exercise – view treadmill, bike, elliptical and more
- Resistance Training – weight exercises on machines

Swing by the front desk to find out how to setup your two complimentary orientation sessions today!

Group Fitness Classes

Inferno offers lots of group fitness classes per month! All of our instructors are national group fitness & CPR certified and are up to date on the latest fitness trends. Classes are included in our most popular membership plans. Classes like Pilates, Boot camp, Yoga, Hot Yoga and more. Visit MyInfernoFitness.com for a current class schedule.

Sports Nutrition Products

Weight training & exercising adds stress to your body. Protein, vitamins and other supplements help you recover from this process and achieve your fitness goals. Inferno carries a full line of Advocare nutrition products, energy boosters & endurance products. For more information on our products, stop by the front desk.

Kids Room

Inferno has a kid's room available at no extra charge. Visit the front desk for more details for specific hours.

Guest Privileges

We hope you enjoy your experience here at Inferno and bring in your friends. Many of our fitness plans include guest privileges to make this easier. Your guest will have a one day access to our Basic Plan amenities. That way you and your partner can enjoy the free weight training areas, along with the cardio training areas. These Basic Options are available for you and your guest to utilize during regular hours.

There is a fee if your guest would like to utilize any of these Premium Options:

*Hot Yoga

By utilizing your guest privileges you will take advantage of the many benefits of having a workout partner: Better motivation to minimize distractions and stay on your fitness plan, makes trying new activities or workouts less intimidating and allows you to add variety to your fitness plan which makes it more interesting and fun; adds some accountability and makes staying on your fitness plan easier!

But most importantly, bringing in guests will help you to have more fun working out, staying fit and feeling better about yourself. Simply make sure they bring in their local picture I.D. and check in at the front counter.

Gym Hours

Hours are Monday-Thursday 5 a.m. to 9:00 p.m., Friday 5 a.m. to 8 p.m., Saturday 7 a.m. to 12 p.m., Sunday 1 p.m. to 5 p.m.

General Policies:

No solicitation by members or guests is permitted in the facility without prior written approval by the management.

Please scan your key card each and every time you visit the gym. Remember that your key card is your own & allowing anyone else to use it will result in immediate termination of your membership. There is a \$5.00 replacement fee for lost or stolen cards.

No photographic equipment of any kind is allowed in the gym without prior permission. This includes the use of cell phones to take photographs.

Please keep all valuables at home. We are not responsible for lost or stolen items. For your safety, we do not advise that you leave your keys or personal items where you cannot personally guarantee their security.

No gym bags are allowed on the gym floor in the locker rooms. All bags must be placed in a locker or left outside of the gym.

Lockers are available for daily use. To get a locker, simply trade in your car keys. Don't have car keys? No problem, an I.D. can be used in exchange for a locker key.

Plastic bottles are allowed anywhere in the club. Please throw away when finished. Due to safety concerns, glass bottles are not allowed.

No outside personal trainers are allowed to train clients or members without approval of gym management.

Incident Weather Policy

When Bentonville Schools are closed because of inclement weather, the Fitness Center & Martial Arts classes will also be closed. You can verify school closing by checking our Facebook page at <https://www.facebook.com/MyInfernoFitness>

The operating schedule may change in the event of an emergency or a special event with or without notice.

Inferno Fitness staff will make an announcement of the situation and direct all individuals in the Men's and Women's Locker Rooms. All individuals will remain in the locker room until the all clear is given.

Fitness center members may use the mat space as long as classes, or private lessons, or other activities are not taking place. Shoes are NOT allowed on the mats. The MMA Cage can be used by appointment only. Fees and hours are subject to change. Use of tobacco, tobacco products, alcohol, and illegal substances are prohibited on Inferno Fitness grounds. Inappropriate language will not be tolerated, no spitting or yelling. Food and open drinks are prohibited in the fitness center; however, feel free to bring water in a closed (non-glass) container. A vending machine with water will be available.

Emergency and Evacuation

911 POLICIES

Anyone in the Inferno Fitness facility who is involved in an emergency situation should respond to that situation by notifying EMS by dialing "911". The essential information should be relayed to the EMS, if possible by someone familiar with the emergency:

- (1) Location of emergency
- (2) Nature of the emergency
- (3) Number of persons needing assistance

Guest Policy:

All guests MUST check in at the front desk.

Out of town guests pay \$15.00 for a single workout.

Area residents with a valid local ID may try the club once a year on a FREE Day Pass.

Equipment & Cardiovascular Training Areas:

Please be courteous at all times. Profanity is not allowed in the gym. Allow others to share the equipment while you're resting between sets. Do not attempt to repair or adjust any equipment that has malfunctioned. Report any equipment problems immediately to the staff. In areas where cleaning sprays are not available, use your workout towel to wipe off equipment & benches after use. Rack all weights & dumbbells after each use in the appropriate spot. Dropping or slamming down of weights may injure you, other members &/or the facility and will not be tolerated. Always use a spotter when using free weights. Keep hands & feet away from all moving parts & weight stacks. Screaming during lifting is a safety issue for other members & is not allowed. No outside equipment allowed. Any practices or activities deemed unsafe by Inferno's management will not be allowed.

General Club Guidelines:

Make sure you always adequately warm up prior to beginning your workout. Warming up your muscles before exercise increases the quality & effectiveness of your workout and minimizes the risk of injury. Stretching helps control the adjustment between the muscles & connective tissue, which enables the body to meet the increased demands of a workout routine. For your safety & the safety of all of our members, our staff may make periodic recommendations on proper equipment usage & general exercise techniques. It is your responsibility to report any injuries at the time of the incident. As a member or guest, you acknowledge that you are physically able to engage in any activity, program, or training provided and agree that exercises and use of this facility are undertaken at your sole risk. You also agree to accept full responsibility for all personal belongings. Derogatory remarks involving any member of the club or club personnel will not be permitted.

Basic Rules for Dress:

For your protection, shoes must be worn at all times in the workout areas. No jeans, belt buckles or loose, dangling jewelry items can be worn in the workout area. (These items may damage the equipment or cause injury to you.) Tops must be worn while working out. Sweatshirts, T-shirts, long-sleeved shirts, tank tops or workout bras are all acceptable tops. Workout shorts must be long enough to cover the buttocks at all times. This includes times that you're bending, stretching, running, etc. No cycling shoes on workout floor. Only athletic shoes are allowed on aerobic room floors.

In the event that a member fails to follow these rules & any other rules or regulations set by the club from time to time, Inferno Fitness reserves the right to cancel the membership without advanced notice or refund of payments made or cancellation of payments due.

Guidelines for Aerobic Exercise/Cardiovascular Training

Frequency. How often to exercise. Recommended: 3-5 times per week.

Intensity. How hard to exercise. Recommended: 65-85% of your maximum heart rate (MHR) a.k.a.: Target Heart rate (THR)*. To find HR: Find pulse on wrist or neck, count pulse for 10 seconds and multiply by 6.

Time. Duration. How long to exercise. Recommended: 15-60 minutes of continuous cardiovascular work.

Type. What activity to engage in. Recommended: any large muscle activity, rhythmic; biking/cycling, walking/hiking, jogging/running, aerobics or step class, stair-climbing, etc.

*THR = (MHR X percent intensity desired) X 1.15
MHR = 220 – Your age.

Example: To determine the Target Heart rate (THR) of a 45 year old wishing to work at 80% you would subtract 45 (client's age) from 220 and multiply by 80% to get 140 BPM

Weight Training Guidelines

The following is a list of general guidelines to help you get the most out of your weight training program.

1. Make all adjustments on each machine before using.

2. DO NOT try to max out or go to muscular failure during your first few workouts.
3. Gradually progress in weights and repetitions as the routine becomes easier.
4. Do all exercises in a controlled manner.
5. Keep good posture when doing exercises.
6. Breathe as normally as possible, exhaling while exerting force.
7. If unsure how to do an exercise, please ask the staff.

Beginner Weight Training Program

- Remember to warm-up on a piece of cardio equipment for 5-10 minutes before beginning your weight training workout.
- First time through each workout do only 1 set per exercise with a weight with which you can perform 12 repetitions comfortably. Then each time through work up to the given number of sets and repetitions.
- Gradually increase the weights as you adjust to the workout. (Stay at a weight until it's no longer a challenge to perform 12 reps. When the weight is no longer a challenge, it's time to add more resistance.)
- Any questions? Please ask the staff for help!

The Five Components of Physical Fitness

Areas that directly affect reaching your fitness goals:

1. Muscle Strength. The maximal force a muscle or muscle group can exert during a contraction.
2. Muscular Endurance. The ability of a muscle or muscle group to exert force against a resistance over a sustained period of time.
3. Cardiovascular Endurance (aerobic fitness). The capacity of the heart, blood vessels and lungs to deliver nutrients and oxygen to the working muscles and tissues during sustained exercise and to remove the metabolic waste products that would cause fatigue.
4. Flexibility. The ability to move joints through their normal full range of motion.
5. Body Composition. The makeup of the body in regards to lean body mass and body fat.

Each one plays a key role in improving Performance, Appearance, and Health. By applying yourself to a Healthier Lifestyle, you can achieve the goals you set!

The Basic 8

When beginning a basic resistance training program, you should first get your muscles and tendons prepared for the stresses of weight lifting. These are the basic eight machines that will lay the foundations for conditioning the body. Even though men and women generally have different goals, this is the program that will provide the basic platform for more advanced workouts.

1)

Legs: Seated Leg Press

Have a seat on the machine and set your feet hip width apart. Place the seating to ensure that you can move through a full range of motion without allowing your knees to pass beyond your toes.

Positive Movement: While exhaling, press through your heels back to the position where your legs are fully extended, without locking your knees.

Negative Movement: While inhaling, slowly bring your knees into your chest, maintaining knee/heel alignment. Do not allow the weight stack to touch in order to maintain constant tension.

Perform a maximum of 3 sets with 12-15 reps per set

2)

Quadriceps: Leg Extension

Have a seat on the machine, aligning your knees with the pivot point, or axis of the machine. This point is usually accented with a red dot, and should be next to the edge of the seat. Place the leg pad on the lower part of the shin, where the pad can maintain a small amount of contact with your tennis shoe. Maintain good posture.

Positive Movement: While exhaling, lift your legs until they are fully extended. Do not lock the knees. make sure that feet remain flexed (not pointed).

Negative Movement: While inhaling, slowly lower the pad until you have completed a full range of motion, without letting the weight stack touch.

Perform a maximum of 3 sets with 12-15 reps per set

3)

Hamstrings: Seated Leg Curl

Have a seat on the machine, aligning your knees with the pivot point, or axis, of the machine. This point is usually accented with a red dot, and should be a couple of inches in front of the seat. Place legs on top of the padded surface that is extended in front of the machine. Make sure that the pad is adjusted to be placed on

the lower part of the calf, where the pad can maintain a small amount of contact with your tennis shoe. Maintain good posture.

Positive Movement: While exhaling, flex your feet and contract your hamstrings in order to squeeze the padded extension under you.

Negative Movement: While inhaling, slowly raise the lower part of your legs in order to extend the legs fully, releasing the weight. make sure that your knees remain soft.

Perform a maximum of 3 sets with 12-15 reps per set

4)

Back: Lat Pull down

Have a seat on the machine to make sure that knee pads are properly adjusted to ensure a snug, but comfortable fit. Stand up and reach for the corners, or bends, in the lat pulldown bar. make sure you have a secure grip and have a seat. Slightly arch your back so that your chest remains high throughout the exercise.

Positive Movement: While exhaling and looking up, pull the bar down in front on the face and let your chest rise to meet the bar, squeezing your shoulder blades together.

Negative Movement: While inhaling, slowly release the squeeze and extend your arms to let the bar rise back up. Do not let the weight snatch the bar back up. Maintain good posture—chest out, shoulders back.

Perform a maximum of 3 sets with 12-15 reps per set

5)

Chest: Chest Press

Have a seat on the machine and adjust the seat in order to align the handles to be in the center of the chest. Grasp handles, and try to maintain flat wrist. Maintain good posture—chest out, shoulders back, and head up. Use horizontal handles.

Positive Movement: While exhaling, contract the chest and press the handles out in front of you, without locking the elbows or pressing through the shoulders. Keep elbows elevated.

Negative Movement: While inhaling, slowly release the press by bringing the elbows straight back, and maintaining elbow height. Perform full range of motion, but do not allow the weight stack to hit in order to maintain constant tension.

Perform a maximum of 3 sets with 12-15 reps per set

6)

Shoulder: Shoulder Press

Adjust the seat in order to align the shoulders with the handles and have a seat on the machine.

Grasp handles firmly while maintaining straight wrists.

Positive Movement: While exhaling, press the handles straight up. Do not lock the elbows.

Negative Movement: Inhale and bring the handles back down, stopping at a chin/jaw level in order to keep the weight stack from hitting.

Perform a maximum of 3 sets with 12-15 reps per set

7)

Biceps: Arm Curl

Adjust the seat in order to align the elbows with the pivot point of the machine, while maintaining good posture when seated. Stand up to grasp the bar, and then have a seat.

Positive Movement: While exhaling, contract the biceps by lifting the bar up to approximately a 45 degree angle. maintain straight wrists.

Negative Movement: Inhale and release the bar back down slowly in order to keep the weight from snatching it out of your hands. maintain elbow alignment with the pivot point of the machine and be aware of good posture.

Perform a maximum of 3 sets with 12-15 reps per set.

8)

Triceps: Arm Extension

Adjust the seat height in order to align the elbows with the pivot point of the machine, while maintaining good posture when seated. Turn handle back up and towards you in order to perform the exercise. Be mindful of good posture.

Positive Movement: Exhale and press the handles down in order to straighten the arms, but do not lock the elbows.

Negative Movement: Inhale and release the extension, slowly bringing the handle bar back towards you. Stop at approximately a 45 degree angle.

Perform a maximum of 3 sets with 12-15 reps per set.

This program is a basic conditioning workout for someone new to resistance training. For something more specific to your needs, or if you are looking for quicker results, please see one of our Certified Fitness Professionals for further assistance. Number of sets and repetitions are GENERAL. If you feel that you cannot do the amount that is listed, please feel free to modify it to your capabilities. If you see that these reps & sets are too easy, adjust your weight accordingly. Always warm up & stretch before starting, and be sure to stretch the muscles worked before leaving the gym.

Stick to YOUR program!

Here's how!

1. Obtain the proper gear for exercise. A poor pair of shoes, for example, can make you more prone to injury, discouraging you right from the beginning.
2. Find a friend or group of friends to exercise with. *Social interaction will make exercising more fulfilling. Besides, it's harder to skip if someone else is waiting for you.
3. Set goals and share them with others. Quitting is tougher when someone else knows what you are trying to accomplish. When you reach a targeted goal, reward yourself with something like a new outfit, a piece of athletic equipment, or anything else you've been wanting for a while. Splurge! You deserve it.
4. Don't become a compulsive exerciser. Learn to listen to your body. Over exercising can lead to chronic fatigue and injuries. Exercise should be enjoyable.

5. Change your scenery. Workout in your primary gym during the week, then take your workout outside on the weekend. Both alternatives can help you fend off boredom and increase your chances of sticking to your fitness plan.
6. Keep a regular record of your activities. Keeping a record allows you to monitor your progress and compare it against previous months and years.
7. Conduct periodic assessments. Have you gained strength, increased your endurance or noticed your clothes fit better? Improving to a higher fitness category is a reward in itself.
8. If health problems arise, see a physician. When in doubt, it's better to be safe than sorry

Once again, WELCOME to Inferno Fitness & Mixed Martial Arts!!!

