

A Customized Workout With Every Visit!

Take the guesswork out of your workout.

We've all been there before wondering **what** exercises to do, **when** to do them, or simply been confused with **how** to put a good workout together. That's why we created ActivTrax! This revolutionary web-based workout partner understands your wants, needs and goals. It's simple to use and very effective.

An online tool with real world results.

ActivTrax keeps things fresh and interesting for you by providing a new workout with every visit to the gym. ActivTrax tells you which equipment to use, how to set the weights and how long to rest between each set. There's even an online exercise library to show you how to perform the exercises correctly.

For all the days you are not with a Personal Trainer.

ActivTrax is a perfect supplement for the days you are not working out with a personal trainer. You simply perform the prescribed exercises using the weights and reps on your workout. ActivTrax guides you, tracks your progress, and challenges you on your terms.

1 Get Started: Take Your Strength Test.

Record your results in the gray boxes below. Once you do, we'll be able to calculate a workout plan based upon your wants, needs and goals.

Please note: Your objective is to choose a weight that you **cannot** perform more than 15 repetitions. See details below.*


Exercise Name	Equipment Name & Manufacturer	Test Range	Your Reps	Weight	Seat	Other
Seated Chest Press	(#09) Chest Press - Life Fitness	1 - 15 Reps		(lbs)		
Wide Grip Pulldown (front)	(#11) Lat Pulldown - Life Fitness	1 - 15 Reps		(lbs)	N/A	
Seated Leg Press	(#15) Seated Leg Press - Life Fitness	1 - 15 Reps		(lbs)		N/A
Seated Shoulder Press	(#10) Shoulder Press - Life Fitness	1 - 15 Reps		(lbs)		N/A
Seated Back Extension	(#17) Back Extension - Life Fitness	8 - 25 Reps		(lbs)	N/A	
Crunch	Floor	#		N/A	N/A	N/A

Member's Coach		**Resting Heart Rate	(bpm)
----------------	--	----------------------	-------

2 Enter Your Results (one of two ways):

 Click the Activate My Account button on your club's kiosk.

-or-

 Go to activtrax.com/enroll.php to enter your results online from any web-based computer.

3 Print & Workout.

Every time you finish a workout, just enter what you did online.

We automatically create your next workout. All you have to do is hit "Print".

*The objective of the Strength Test is to determine the number of times (reps) you can PROPERLY perform each of the exercises listed above. We want you to push yourself, but please be careful to perform each exercise using PROPER form and technique. Don't be shy about asking the fitness staff for help. In the event that you can lift your selected weight more than 15 reps, wait a few minutes before attempting the exercises again using a heavier weight.

**How To Take Your Resting Heart Rate:

Place the tips of your index, second and third fingers on the palm side of your other wrist, below the base of the thumb, and count the number of heart beats in 15 seconds. Multiply this number times 4 to determine your resting heart rate's Beats Per Minute (bpm).