Fitness

## Get social with us!

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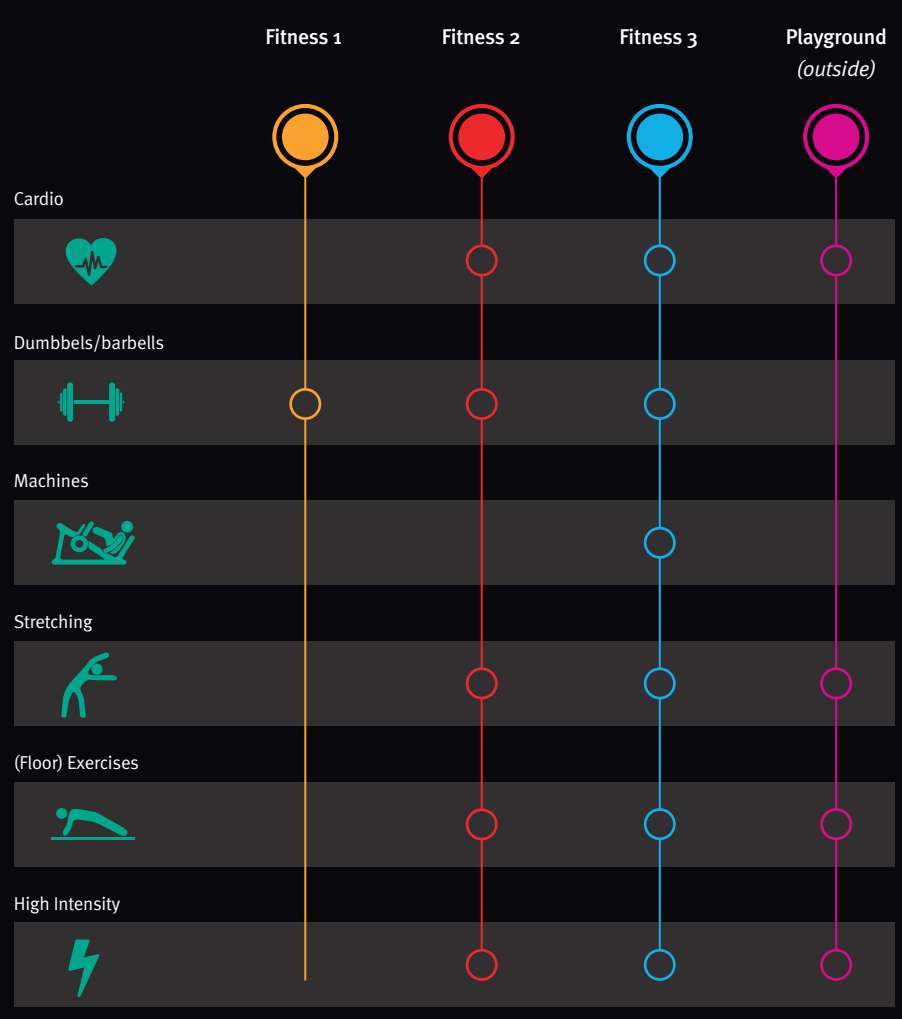
# Fitness: if you can believe it, your mind can achieve it!

Our goal is to help achieving your goals! We have three modern fitness halls and an Outdoor Playground where you can work out and achieve your goals all year long, 7 days per week.

## Where can you reach your goals?




## SSC Fitness offers you (personal) support in several ways!

| | | |
|---|---|---|
| **Basic Fitness Course** | New to it all? Learn the basics and how to safely handle the machines. | *Sign up via the SSC website: log in → course registration → Fitness Course* |
| **Ladies Fitness Course** | Getting a fine body shape, developing strength endurance and, most important, improving your health. | *Sign up via the SSC website: log in → course registration → Ladies Fitness Course* |
| **Fitness Advice** | Control your weight, tone up and get fit with your free personalised fitness plan. | *Sign up via the SSC website: log in → consultation hours → Fitness Advice* |
| **Personal Training** | Fitness made easy with your personal training plan. | *Contact Daan Guldemond: d.j.c.guldemond@tue.nl* |
| **Instructors on the floor** | Free ongoing fitness support and advice during opening hours from trainers that care. | *Always on the gym floor to help you out.* |

## House rules

To keep fitness fun for everyone, we have set up house rules. Thanks for your cooperation and have fun!

## Contact

SSCFitness@tue.nl / A.E.Allouche@tue.nl | (040) 247 4182 | /SSCEFitness

## Opening hours Fitness:

Mon-Fri 7h30-23h00, Sat 08h30-21h00, Sun 09h00-17h00

# Fitness Route

Of je nu wel of geen ervaring hebt, je kunt jouw SSC Fitness journey starten in iedere zone. In welke zone je begint en door welke zones je beweegt is afhankelijk van jouw doel(en). Hieronder kun je lezen wat je in iedere zone kunt doen.

*Whether you have experience or not, you can start your SSC Fitness journey in any zone. In which zone you begin or through which zones you move all depends on your goal(s). Below you can read about what you can do in each zone.*

### GROEN

Vergroot je uithoudingsvermogen, verbrand je vet of verzet lekker je gedachtes in de groene zone. Train je hele lichaam en daag jezelf uit op een hometrainer, Arc, loopband of één van onze andere cardio-apparaten.

### GREEN

*Increase your stamina, burn fat and clear your mind in the green zone. Train your whole body and challenge yourself on a home trainer, Arc, treadmill or one of our other cardio devices.*

### BLAUW

De blauwe zone is onze circuit zone. De fitness apparaten zijn laagdrempelig en voor alle niveaus geschikt. Zowel voor de getrainde als niet-getrainde en ervaren of beginnende sporter.

### BLUE

*The blue zone is our circuit zone. The fitness equipment is easily accessible and suited for every level. Even for the trained or untrained, advanced or beginning athlete.*

### PAARS

In de paarse zone kun je dankzij onze krachtapparaten met steekgewichten iedere oefening perfect uitvoeren en zelf bepalen hoe zwaar je het maakt.

### PURPLE

*In the purple zone you can execute each exercise to perfection and decide the intensity thanks to our power machines with adjustable weight stacks.*

### GEEL

De gele zone is de vrije bewegingszone. Werk aan je stabiliteit, doe je rek- en strekoefeningen en maak gebruik van alle accessoires. In deze multifunctionele zone werk je onder andere met dumbells en stangen.

### YELLOW

*In the yellow zone you are in the open zone. Work on your stability, do your stretching exercises and make use of all the accessories. In this multifunctional zone you can work with dumbbells, barbells and a wide variety of equipment.*

### ROOD

Op zoek naar spiermassa, spierkracht én een betere conditie? Combineer cardio en kracht in de rode high intensity zone en haal het beste uit jezelf.

### RED

*Looking for more muscle mass, muscle strength and better stamina? Combine cardio and strength in the red high intensity zone and get the best out of yourself.*

### ORANJE

Deze zone is voor het kweken van pure kracht. Verbeter je kracht, spiermassa en spiergroei door jezelf uit te dagen met de zwaardere gewichten.

### ORANGE

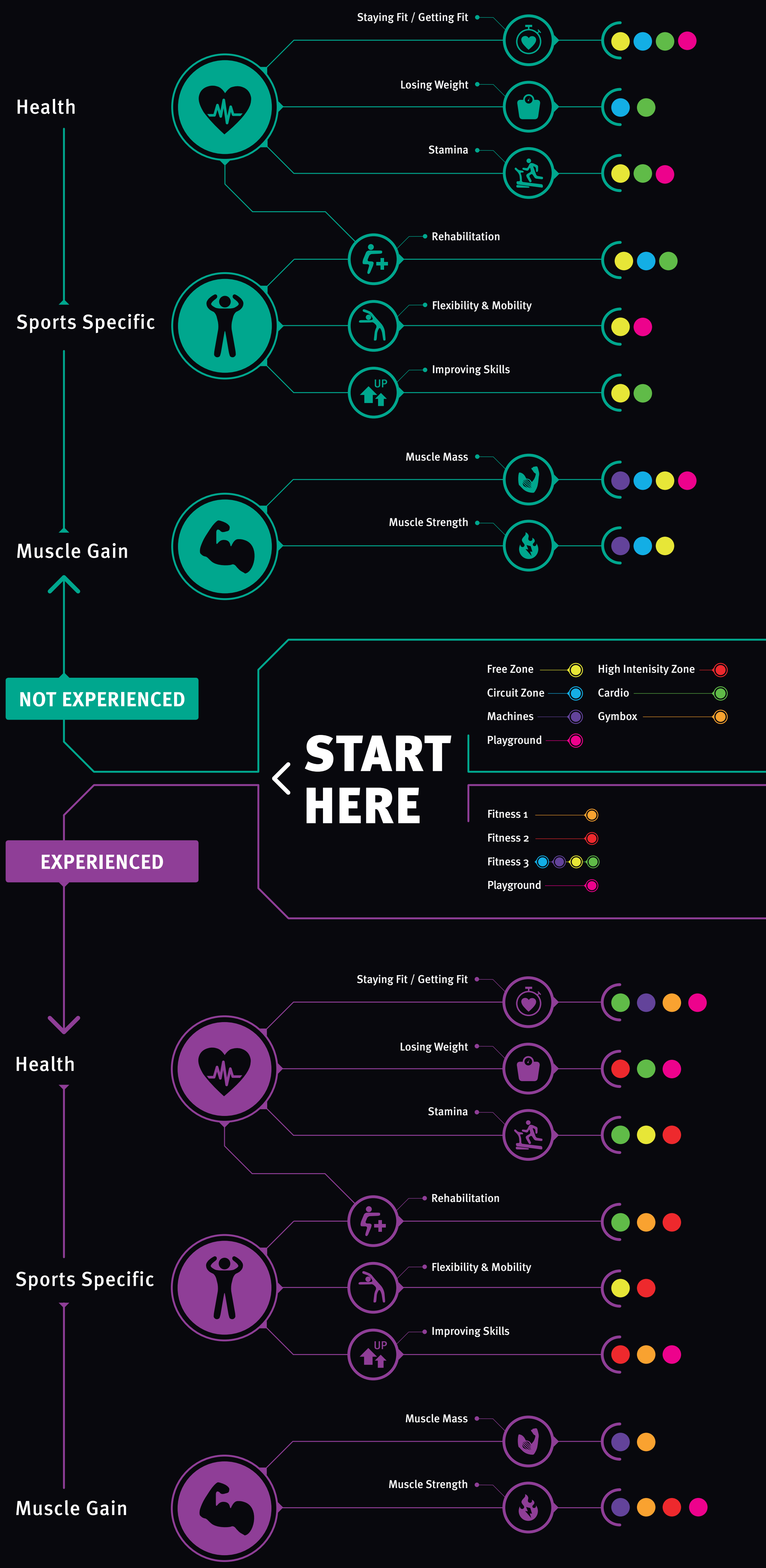
*The orange zone is all about pure power. Improve your power, muscle mass and muscle growth by challenging yourself with heavier weights.*

### ROZE

Op de Playground kun je in de frisse buitenlucht trainen. Train met je eigen lichaamsgewicht of train met de accessoires van de FUSE cursus.

### PINK

*On the Playground you can work-out in the fresh outdoors. Exercise by using your own bodyweight or the accessories of the FUSE course.*


Health
Staying Fit / Getting Fit
Losing Weight
Stamina
Sports Specific
Rehabilitation
Flexibility & Mobility
Improving Skills
UP
Muscle Gain
Muscle Mass
Muscle Strength
NOT EXPERIENCED
Free Zone
High Intenisity Zone
Circuit Zone
Cardio
Machines
Gymbox
Playground
START HERE
EXPERIENCED
Fitness 1
Fitness 2
Fitness 3
Playground
Health
Staying Fit / Getting Fit
Losing Weight
Stamina
Sports Specific
Rehabilitation
Flexibility & Mobility
Improving Skills
UP
Muscle Gain
Muscle Mass
Muscle Strength