

Digital Reservation Board Operation

Revised: March 25, 2025

Machine Requiring Reservations

★You can only reserve during hours of operation.★

Cardio : Treadmill, Arc trainer and stepper (35 min)

Free weight : Smith machine(25 min)

- If training finishes earlier than the reserved time, please press the “End” button on the reservation screen.
- To prevent operational errors, it is recommended to set a **PIN code**.
- If there is another person with the same initials at the same time, a reservation cannot be made. It is recommended to change your initials or register with **three letters**.
- Be careful not to accidentally press the “End” button after training or the “Cancel” button for reservations.
(If you accidentally cancel someone else's reservation, please inform a staff member.)

Reservation Rules

★ Depending on the situation, the reserved time may be changed. In such cases, the staff will inform you.

- The machines listed above cannot be used without a reservation.
- If you use a machine without a reservation, your training will be interrupted to allow the next person with a reservation to use it.
- Reservations for the same machine are not allowed

<Cardio + Cardio = Not Allowed>

<Cardio + Smith Machine = Allowed>

- The reservation time includes machine setup and cleaning time.
- If you want to use the machine consecutively or extend your use, you must first finish your training and then make a new reservation.
- Reservations with changed initials or consecutive reservations for a group are not allowed.
- If a reservation slot becomes available due to cancellations, or if you wish to change your reservation time, please cancel the existing reservation first and then rebook.
- If you have not started your training within 5 minutes of the reservation start time, the reservation will be automatically canceled.

Treadmill

Reservation Time Available: 5 minutes to 35 minutes (including cleaning)

- The reservation time includes downtime and cleaning time.
- **After using the running machine, please clean up any sweat spilled on the belt, rails, and floor (use a rubber mop for cleaning).**
- Continuous use of the running machine is not allowed. Please get off the machine and make a new reservation.
 - ※ Continuous reservations by changing initials or switching machines are not allowed.
- If the previous user is still using the machine at your reserved time, please inform the staff.

Smith Machine

- **Reservation Time: 5 to 25 minutes (after cleaning, press the "End" button within the reservation time)**
- Reservation time includes machine setup and cleaning time.
- Consecutive reservations within the same group are not allowed. After finishing your training, please make a new reservation.
- When changing the reservation time, please cancel the previous reservation first and then make a new reservation.
- Use will be according to the reservation time slots, not the order of reservations.
- Please adhere **strictly to the reserved time**, as there are people waiting after your slot.

Bikes

- No reservation or time limit needed. Please use the available bikes.

Resistance Machines

- If there is someone waiting (marked with 🧑), please switch after completing 1 set (10 to 15 reps).
 - ※ There has been an increase in cases where users don't notice people waiting while using their smartphones during intervals, causing issues. Please be considerate of others and take turns accordingly.
- After using the machines, please help by wiping off sweat using the provided towels.

Stretching Zone

- Please remove your shoes before using the area.
- The grey mat area is prioritized for people with disabilities or those with physical handicaps. ※ When it's free, anyone can use it, but if someone with a handicap arrives, please quickly vacate the area for them.
- In the stretching area, the use of dumbbells, barbells, balance balls, stretch poles, or any standing training exercises (such as headstands) is prohibited for safety reasons.

Free Weights

- Dumbbells, barbells, adjustable benches, and free benches are available for use. Please share them with others.
- The area to the right of the black mat is the free area. Please train safely while considering those around you. ※ The plates (weights) for the Smith Machine are prioritized for customers using the Smith Machine.

Other General Rules

- Bringing Training Equipment: Only gloves, belts (with chains allowed), straps, bar pads, resistance tubes, arm and ankle weights can be brought in. No other equipment is allowed.

Dumbbells / Barbells

- As a rule, use one pair of each type of equipment and share with others. ※ During busy times or when other customers wish to use the equipment, staff may ask you to share.
- ※ Using light dumbbells on machine plates or using them outside the black mats is prohibited.

Adjustable / Free Benches

- If there are people waiting (marked with 🚫) or during busy times, please change after 10 minutes.
- It is prohibited to step the benches while wearing shoes, except for Bulgarian squats and triangle-foot exercises. ※ Only one bench per group is allowed