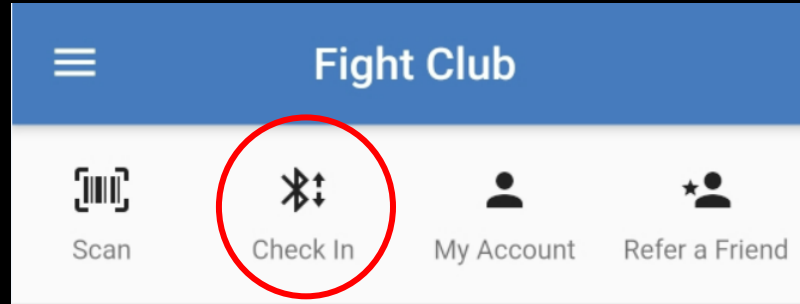




MUSCLE STUDIO

INDUCTION

# BLUETOOTH ACCESS



1. Download Gymmaster App to phone
2. Log in using email address and password from membership sign up.
3. To check in via the Member's App, click the **Check In** option at the top of the **Dashboard** as you approach the door. This will open a new page and start scanning for nearby Bluetooth readers. Members will need to be within a couple of meters of the reader for the device to be found. The reader will flash green if the member is Granted access, opening the door, or red if they are Denied.
4. There is no need to hold the mobile phone up to the reader.



# TAIL GATING CAMERAS



For the safety of Muscle Studio and all of our Members we have installed Tailgating cameras within the Facility.

Ensure that you either Check In via Bluetooth or Access Tag when entering the facility to ensure you have been registered as a 'Check In'.

Please also ensure that no one else follows you in without checking in also.

Members who are found accepting tailgating at the facility will incur a fine and their membership will be reviewed.

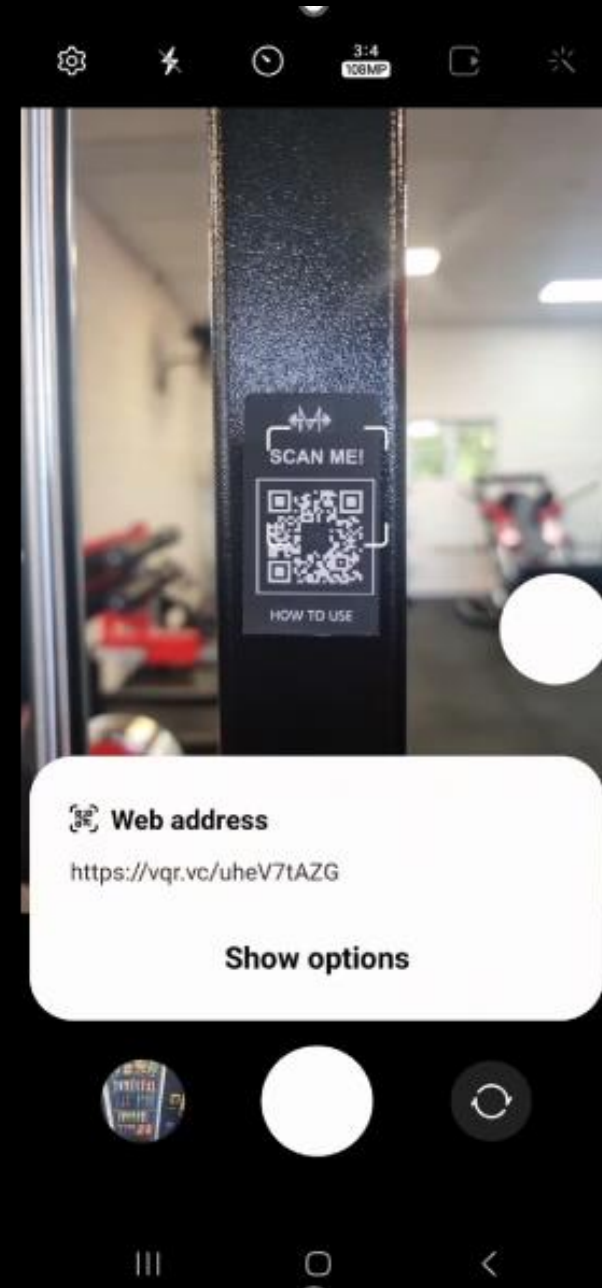
# LOCATION OF FACILITIES



# USE OF EQUIPMENT

If you are unsure on how to use a piece of equipment, please ask staff during reception hours or use the equipment that you are comfortable using.

We have installed QR Codes on machines which are linked to an instructional video on how to use that piece of equipment to try and assist.





# GYM RULES

DRESS APPROPRIATELY INCLUDING FOOTWEAR

BRING A TOWEL AND USE IT

WIPE DOWN EQUIPMENT AFTER USE

ALWAYS RE-RACK YOUR WEIGHTS

LEAVE YOUR EGO AT THE DOOR

SHARE – DON'T HOG THE EQUIPMENT

NEVER SLAM OR DROP WEIGHTS

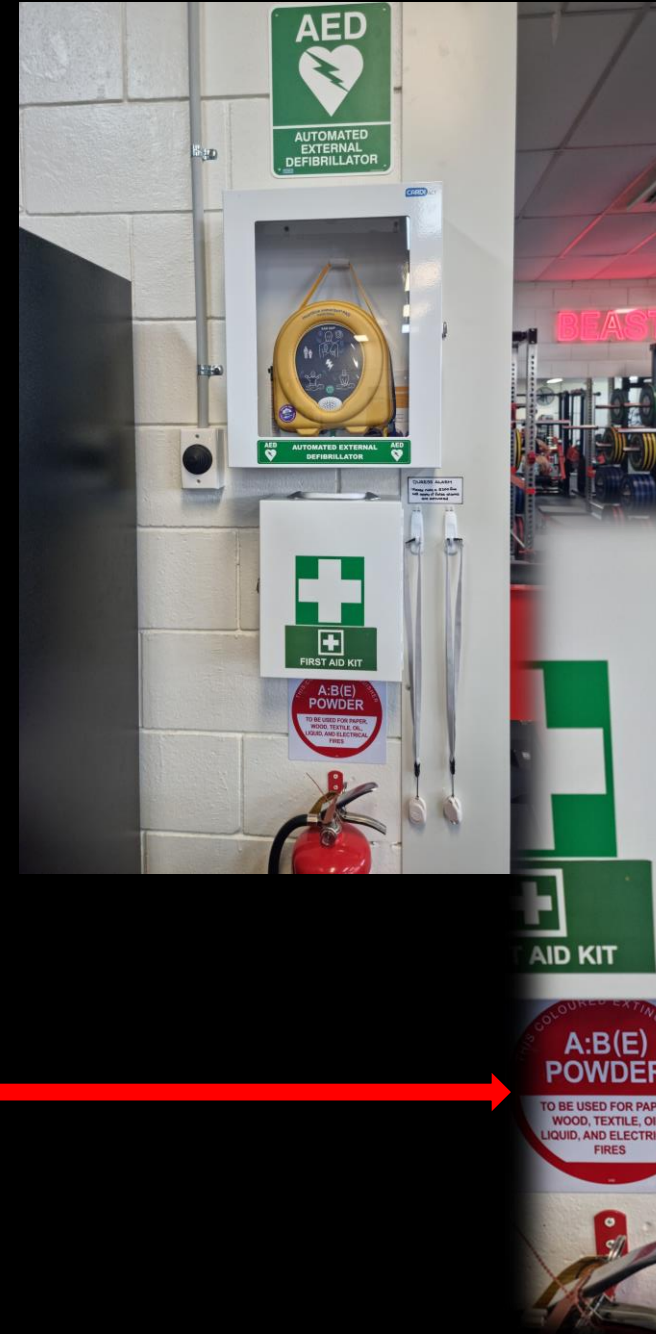
# SAFETY & FIRST AID

For the safety of our Members we have provided:

- First Aid Kit
- AED

We also have duress alarms available, which we recommend members to wear when training alone within the facility.

\* Please note that there is a \$200 Fine for false alarms



# EMERGENCIES

- For any Emergency, please call 000 for assistance.
- In case of an emergency and the facility is required to be evacuated, please make your way safely to the exit of the building and meet at the emergency evacuation point at the car parking area.





If you have any concerns or questions,  
please don't hesitate to reach out to the  
Staff of Muscle Studio

Thanks,

Mel & Ricky