

Training with TYTAX - General safety information

TYTAX machines are multifunctional. With every model, one can perform hundreds of exercises. Due to that fact, before you start to exercise, please get to know how to use our equipment. Pay attention to warnings and safety information.

1. Read before using all the below information. If you are older than 35 years old, or you are below that age but you have any existing health problems, please consult a doctor. There might be a reason for you to restrict or quit strength training.
2. If you have a certain health condition, consult your training routine with a doctor or personal trainer.
3. Be prepared for a workout – do a proper warm-up before.
4. If you have not trained regularly before, start with less intensity. Remember that you do not have to make up for all the time you have not trained during your first workouts.
5. If you haven't trained regularly before, your body is not used to exercising. You should know, that after your first workout, or after you activate new muscle groups you may feel stiff and sore. Restrain yourself, if the pain is too much to handle and get back to workouts after the pain is gone.
6. If you ever feel pain or dizziness during your workouts, consult your doctor without delay.
7. If you can train every day at the same time, that's great. It helps to create your routine.
8. Perform every exercise for its intended purpose. Do not use other techniques than those shown in the instruction video, unless you are experienced in the field of exercising.
9. Perform exercises with the full range of motion and in a controlled way.
10. Remember to breathe properly during your workouts.
11. With TYTAX you can perform high-intensity and interval training (HIT) with additional equipment like options RM, PRM, PR, PR-B, and SKI. During high-intensity workout remember to control your heart rate. Young people can perform such workouts with 85 to 90% of maximal heart rate. Older people should restrain to 50%. However, it is an individual matter and should be consulted with a doctor.
12. Plan your TYTAX workout routine to use the same muscle groups alternately no more than every second day.
13. TYTAX you have a huge exercise database to choose from. In the beginning, choose exercises that are easier and quicker to set up rather than those that are popular.
14. The good training program consists of aerobic workout, endurance workout and stretching. With TYTAX you can perform all of these. When preparing a training program try to choose many multi-joint exercises. Such exercises are very beneficial for the muscular system, ligament, and joints. It also reduces the risk of injury.
15. With TYTAX you can train all year, you are weather-independent. But pay attention to what temperature you have in your home gym, and dress accordingly.
16. TYTAX machines have security solutions so you can safely train alone. Yet, it is fine to train with a training partner, wife or kids. Remember to adapt the weight for the individual needs of each person.
17. Never exceed your capabilities! Do not train with loads you cannot handle. It is safer to train with less weight and perform more reps.
18. Avoid working out until loss of strength, or lack of breath during cardio training.
19. During exercises, remember to keep a proper posture.
20. Try to not wear loose outfits and jewelry during exercises.
21. Drink water during and after training!
22. If there are kids in your home, keep them away from the machine when you are working out!

23. If you are an athletic person and you train with wife or children, give a good example and help with exercises.
24. Take care of hygiene in your gym, even in the case when a limited number of people use the machine, for example in a fire department or submarine, or your home. When you have your gym you should pay attention to hygiene to reduce the risk of bacterial infection or virus in contrast to public gyms. It is one of the main reasons to have a personal home gym.
25. The basic security principle when training on TYTAX is to keep everything in place. Keep order. After workout put all elements back to their place.
Watch video: <https://youtu.be/s05Bg2l8LvQ>
26. When you set up your machine for an exercise using our database, watch out for your head when you bend down.
Watch video: <https://youtu.be/S0xMDjCOeFA>
27. TYTAX machines allow performing many valuable exercises, but sometimes require some time to learn how to have them set up. You do not need to learn every exercise right away. Perform easier exercises that are quick to set up. Create a process to get to know the machine's systems. Our video series "Learn TYTAX in 30 minutes" surely will help! Every machine has individually prepared get-to-know video series. Check here: <https://bit.ly/34bZmGI> , and here <https://youtu.be/voMLb6ohMOM>
28. Every exercise that you can perform on a TYTAX model is presented on video. When you pick the exercise, watch the video and try to imitate the movement on your machine to see if everything goes well. Try to do a test set with minimal weight. Try to repeat this process when you try out new exercises.
29. Many exercises have their instruction inside the exercise database on our website. Always use instruction to set up the machine for the specific exercise.
30. If you do not understand how to prepare a specific exercise, even with video, do not perform it. Ask us for help first.
31. Do not perform exercises that are hard for you, or if you feel any pain during it.

Warnings and information about setting up the machine to perform exercises with TX series

32. Before the workout check condition of cables and other moving parts. Damaged or broken parts should be replaced immediately. Only original parts, delivered by the manufacturer or distributor guarantee the proper and safe operation of the device.
33. Exercise elements which are placed inside sockets should be secured with nut or ratchet.
Watch video: <https://youtu.be/SS8ba-2vONE>
34. Remember to always use a barbell security system when training with a barbell.
Watch video: <https://youtu.be/p88mRglMYP4>
35. Balance your weights on the left and right side when training with the barbell and secure with clamps.
Watch video: <https://youtu.be/svNLXnixjmE>
36. Balance your weights on the left and right side when training with a smith machine.
Watch video: https://youtu.be/H4kfK-r9_e0
37. Bench smoothly slides on wheels and should be used to quick and precise it to perform an exercise. Remember to block its movement before performing an exercise!
Watch video: https://youtu.be/_1ryzrPLhT0
38. Always use additional cable blockade when training on the TYTAX TX series with cables connected to the smith machine. Watch video: <https://youtu.be/Sxpb1c9TNbY>
39. When training your back using upper cable or with a smith machine, use body blockade. It improves the comfort and safety of this exercise.
Watch video: <https://youtu.be/V4Bjvey60Fg>

40. When exercising with press handles on the smith machine, firstly place handles in proper sockets, and raise the smith machine to block it with handles on hooks. Only then load weights on weight cases.
Watch video: <https://youtu.be/8alsF3qcwI0>
41. When using the smith machine and press handles, firstly raise slightly the smith machine and twist-grip to unhook handles.
Watch video: <https://youtu.be/tNsXBcnkVWY>
42. For optimal comfort and safety, when using press handles while lying or seating, you should place handles on a different level. They should be inserted in a way, so in the down phase of movement smith machine's frame won't touch spring, and in the upper phase, you should have full extension of the movement. You should place handles in a way to have the full range of motion during exercise.
Watch video: <https://youtu.be/ybtwDPPeOAo>
43. When training with smith machine and press handles, you can put them back on hooks on every step during exercise.
Watch video: <https://youtu.be/M3gGquKPNRY>
44. Our smith machine press handles do not cross with your body. Even if you faint or do not feel well during exercise smith machine will fall on spring. It is a vital safety system.
Watch video: <https://youtu.be/ySX4XW-Yjvw>
45. When using a handles connector please pay attention to what load you use. A connector joins two separate handles and can harm you if you lose strength during a bench press or other exercise. Remember that you can put off handles on hooks at any moment.
Watch video: https://youtu.be/K3Qfr919_5w
46. When you exercise with dumbbells, use our safety handles for comfort.
Watch video: <https://youtu.be/ou9rN2QnFjk>
47. When using lower pulleys use our safety system to hang handles on hooks. It is important when training with bigger weights. <https://youtu.be/YZGiaAqn4kY>
48. Train in sport's shoes which won't slide on the floor or elements on which you stand or place your shoes during exercises.
49. Do not leave accessories with which you perform the exercise without control.

If you have any questions concerning using the machine, you can receive quick help from TYTAX.

Information about TYTAX M series (M1, M2, MX)

1. The basic security principle when training on TYTAX is to keep everything in place. Keep order. After workout put all elements back to their place.
<https://youtu.be/qXX2-plsxlI>

2. Exercise elements placed inside sockets should be secured with nut or ratchet.
<https://youtu.be/Rhgwr1mRiZ0>
3. Balance your weights on the left and right side when training with a barbell and secure with clamps.
<https://youtu.be/o3NudQXiclg>
4. The bench slides smoothly on wheels and should be used to quick and precise move it to perform an exercise. Remember to block its movement before performing an exercise! It is crucial for safe use.
<https://youtu.be/Vele2j6oBIQ>
5. When training your back using an upper cable or with arms pulling them, use body blockade. It improves the comfort and safety of this exercise.
<https://youtu.be/cuuaaB6BI5Q>
6. For optimal comfort and safety, when using press handles while lying or seating, you should place handles on a different level. Arms with handles should be placed on bumpers on different levels, according to the exercise you want to perform. Arms should not touch bumpers in the down phase of the movement, and the upper phase should have a full extension.
https://youtu.be/_H1CUHffCpl
7. Handles placed in exercise arms do not cross with your body. Even if you faint or do not feel well during exercise arms will fall on bumpers. It is a vital safety system.
<https://youtu.be/rwp8oerK7Rw>
8. When using handles and arms connectors please pay attention to what load you use. A connector joins two separate handles and can harm you if you lose strength during a bench press or other exercise. Try doing a test move before performing the exercise with less load. Check if there is no risk of hurting your head during the exercise.
<https://youtu.be/2tbio0kBL7Q>
9. When you exercise with dumbbells, use our safety handles for comfort.
10. When using lower pulleys use our safety system to hang handles on hooks. It is important when training with bigger weights.
11. Train in sport's shoes which won't slide on the floor or elements on which you stand or place your shoes during exercises.
12. Do not leave accessories with which you perform the exercise without control.