

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

Training Center

How to use

Days and hours of use

Monday-Friday 10:00-17:45 (last admission 17:30)

12:20-13:20 is a priority time for staff. (Also available for general students)

Saturday 10:00-14:45

The training center is also used for wellness classes.

In such cases, it is not available for general use.

closed day

Sundays and holidays Closed.

Temporary closing for machine maintenance once a month.

The library may be temporarily closed for school events such as common exams, facility inspections, etc.

Subject of use

Students, faculty and staff enrolled at the University

*Not available to residents of the area or those who are not enrolled in the University.

usage fee

free

time limit

No restrictions

what to bring

- In Shoes

No outside shoes, sandals, socks only, barefoot, etc. are allowed in the room.

- Sweat towels (required in summer)
- Clothing appropriate for exercise (e.g., T-shirts, shorts)

(No jeans (denim), jeans-type stitching, jeans-like products, pants with rivets or belts, or Y-shirts.

Rules

- Fill out the roster in front of the Trescen office before entering (student ID number, name, time of entry, etc.)
- Bring your own shoes (green laces required).

(No sandals, slippers, bare feet, or socks only)

In-shoes are not available for rent.

- Change into clothing suitable for exercise (jeans (denim) or jeans with denim-type stitching, jeans-like products, etc.).

(Jeans (denim material), or pants with jeans-type stitching, jeans-like products, pants with rivets, etc.)

No belts or Y-shirts are allowed.)

- Eating and drinking are not allowed in the training center (refuel at designated areas).
- Clean up in the designated area after use.
- After using machines, etc., disinfect seats, etc. with disinfectant solution using the designated towels.
- Do not shout, monopolize the area or machines, or otherwise cause disturbances to others.
- Do not take any items from the training center out of the training center without permission.
- Do not take items from the training center out of the training center without permission.

Usage Procedure

1, Change into clothes for exercise (wear in-shoes).

There is a 100 yen locker in the changing room. Please put your belongings in the locker.

2, Fill out the list in front of the office.

(We report the number of users to the university every day. This helps us maintain the operation of the center.)

3, Enter the training center

4, After training, disinfect the machines with a rag and disinfectant spray nearby.

5, If dumbbells, plates, etc. are used, put them away in the designated place.



caution

- If you do not change your clothes, you will be asked to leave the training room.
If you do not have a change of clothes, we will stop the training and ask you to leave the room.
- If we judge that you are wearing outside shoes, or if you do not have shoes, the staff will ask you to leave the room. If you do not have shoes, we will ask you to leave the room.
- If you damage the machines or cause harm or inconvenience to others, you will be asked to leave the room immediately.

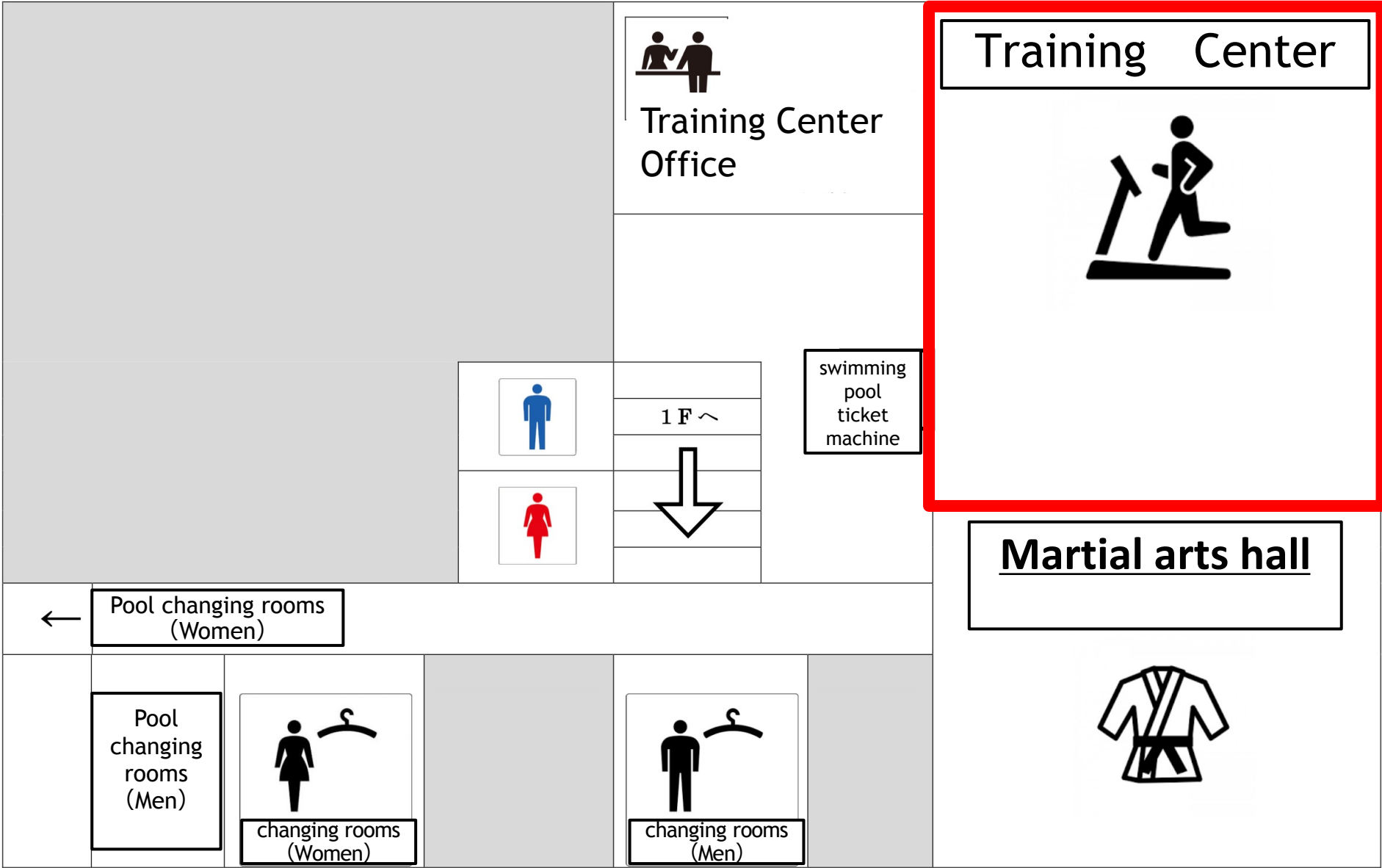
The entire gymnasium, including the treasuries, is not basically accessible with outside shoes.

(During entrance and graduation ceremonies, a sheet is laid out for outside shoes. In those cases, you can wear outside shoes.)

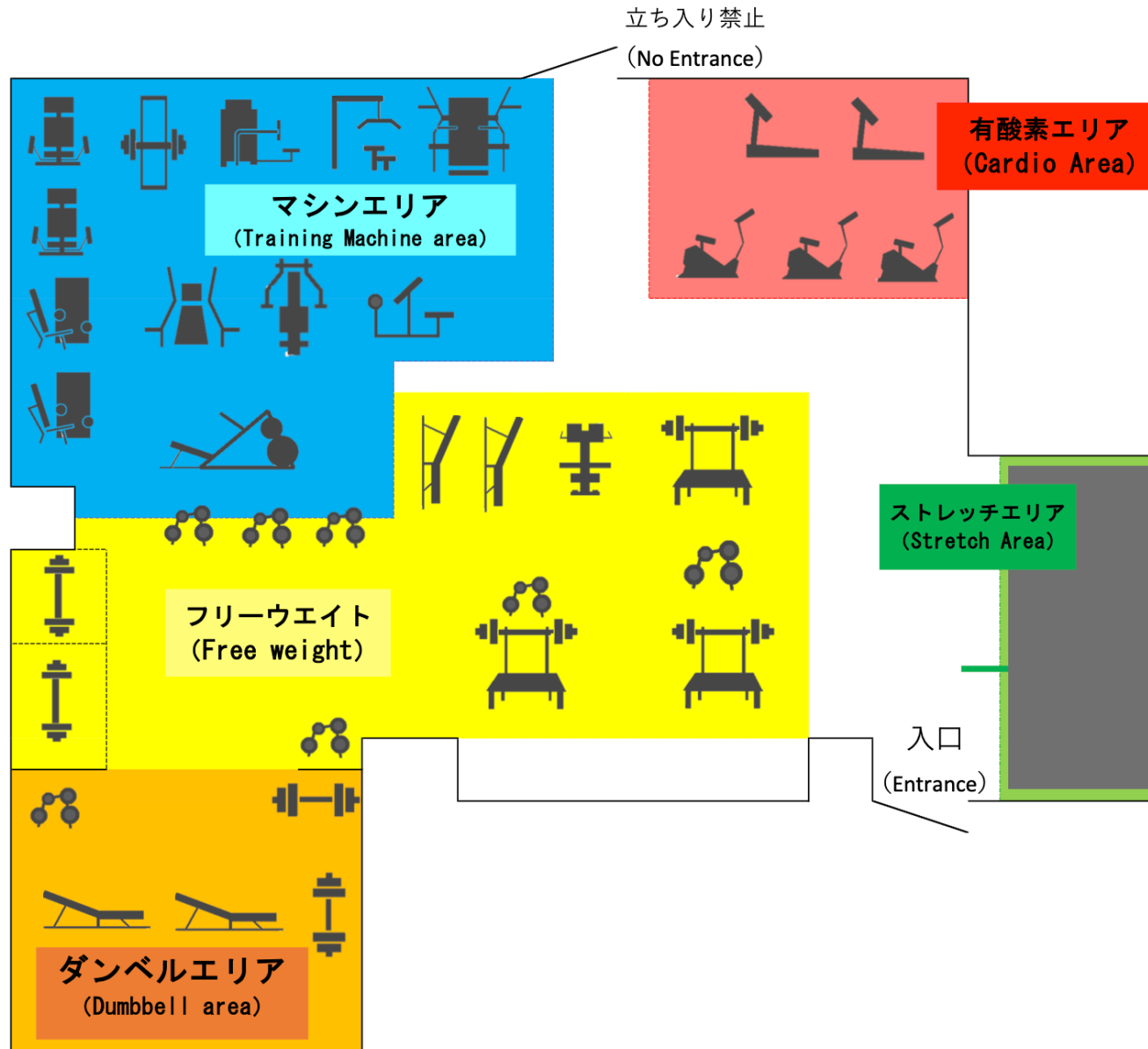
Be sure to bring in-shoes inside the training center.

Sports Center B1

Map of the first basement floor



Training Center



★ Training Equipment

Leg Press Machine
Leg Curl Machine
Leg Extension Machine
Inner-Sai Machine
Outer Sai Machine
Calf Raise Machine
Lat pull down machine
Rowing Machine
Shoulder Press Machine
Chest Press Machine
Pec Fly/Rear Delt Machine
Bench Press Bench 3 Benches
Sit-up bench
Back Extension Table
2 Squat Racks
Straight barbell
EZ barbell
Dumbbells 1-30 kg
Two running machines
2 ergometers
Power Max
Tubes
Abdominal roller
Push-up bar
◎ Body composition analyzers



Training machine area



BenchPress area



Dumbbell area



Free weight area



Cardio machine area



Stretch area

information

Home Page for Training Center

<https://tokyotechtoresen.wixsite.com/toresen>

<https://lit.link/toresentokyotech>



Account for Training Center

- Home page
- Twitter
- Instagram
- LINE

We will give out information on dates and closings.