

Weight Room Rules

1. No food or drinks are allowed in the weight room.
2. Employees must have proper clothing on at all times: shirt, shorts, AND shoes. Tops must be worn at all times. Workout shorts must be long enough to cover the buttocks at all times. This includes times during bending, stretching, running, Etc.
 - a. Jeans, belt buckles, and loose dangling jewelry should not be worn while exercising.
3. Return weights and other equipment to its proper place when finished.
4. Do not lean plates against machines or walls.
5. Respect other work areas. Don't make them alter or stop their exercise. Do not ask questions to someone who is lifting.
6. Use strict form on all exercises. No bouncing or improper arching. Every rep should be performed through a full range of motion. This will not only strengthen the muscle but will also add functional flexibility.
7. Report any equipment problems/malfunctions to the staff immediately. Refrain from use of this equipment.
8. Dropping or slamming down of weights may injure you, other members and/or the facility and will not be tolerated.
9. No video or photographic equipment is allowed in the weight room without prior permission/approval from the Superintendent.

SPOTTER AND GENERAL SAFETY GUIDELINES:

- ▶ Exercises in which a bar or dumbbell(s) move across the face or above the head need to be spotted.
- ▶ Exercises in which a bar is placed on the back/neck or racked at the front of the shoulders or clavicles need to be spotted.
- ▶ Power/explosive exercises are typically not spotted. If a repetition cannot be completed, push forward on the bar to move the body backward and let the bar fall to the floor. Do not attempt to "save" a missed or failed repetition.
- ▶ Power rack pins or hooks should be set to position the bar at armpit height.

- ▶ Face the rack when preparing for the squat exercise. Don't back into it.
- ▶ Fully insert the selectorized pin into the weight stack for machine exercises.
- ▶ Make sure the seat is adjusted to the proper setting when using machine exercises.
- ▶ It is recommended that a weight belt be worn for exercises that place a stress on the lower back and during sets with near-maximal or maximal loads. If you have high blood pressure or any other cardiovascular condition wearing a weight belt could be dangerous.