

Mullen Bronco
Weight Room
Rules and Procedures

1. **Respect the equipment and the weight room. Why? This is your weight room and it is here to help YOU!!!! Please respect everything in here like it was your personal property.**
2. **Re-Rack your dumbbells, weight plates and other free weight equipment at all times. Do not lean bars or weights against other equipment. Why? You should know how to pick up after yourself by now. When things are left on the floor, it creates hazards. It is just common courtesy to re-rack your weights so someone doesn't have to do it for you. Plus everything has its place in the weight room.**
3. **Wear appropriate athletic attire at all times. Jeans and khakis are not allowed on the weight room floor. Why? Loose fitting, breathable, wicking and stretchable athletic attire provides for a safe workout experience. Jeans, khaki's and other constricting attire can limit range of motion, which is a safety hazard. Some non-athletic attire can also potentially damage the equipment.**
4. **Wear closed toe shoes at all time. Socks, bare feet, sandals or flip-flops are prohibited on the weight room floor. Why? Closed toe athletic shoes protect the user's feet from equipment that might be dropped, such as dumbbells and weight plates. You wouldn't want to ruin that pedicure.**
5. **Take all Exercises SERIOUSLY!! Please no horseplay when a person is lifting weights. Why? While I realize the weight room is a place of both work and play, it is of utmost importance that we are serious at all times when a person is lifting.**
6. **We recommend that you use a spotter when training with free weights. Why? This will ensure that you have a safe workout experience. By the way, our fitness staff knows how to spot properly, so just ask.**
7. **We recommend that you use clips or collars when using any bar. Why? Just being straight up, "Don't Be That Guy". Without using clips or collars, weight plates sometimes can slip off the end of the bar and injure the user. Sorry guys, we have never seen a lady make that mistake.**
8. **Please lower and raise your weight in a controlled manner and refrain from tossing weights to the floor. The only area that it is acceptable to drop your weights is when you use the appropriate bumper plates. Why? To be quite frank, the equipment isn't designed to take that type of beating and you risk damaging the equipment and/or yourself.**
9. **Try to use a workout towel at all times and/or wipe down equipment when you are done with it. Why? No one else wants to workout in your sweat. It also improves the cleanliness of the facility and prolongs the life of the equipment.**
9. **Stereo Volume needs to be remain at the set Volume on the instructions above the stereo. Why? Volume level of the stereo has been determined by the manufacturer and will not be increased to protect the function of the speakers.**