

WEIGHT ROOM RULES

- ✦ Absolutely NO horseplay!
- ✦ Keep it clean – wipe down your machine after use.
- ✦ Make sure your area is clear before lifting.
- ✦ Make sure your collars are snug.
- ✦ Pick a weight that allows 1-3 sets of 15-20
- ✦ Make eye contact with spotter before lifting.
- ✦ Spot carefully!!!
- ✦ Never interfere with the lifter.
- ✦ Return weights to racks when finished.
- ✦ Protect your lower back—Head up, chest out, core tight.
- ✦ No food...no drink...no gum.
- ✦ No jewellery.
- ✦ No profane music...no profanities.
- ✦ Never lift alone.
- ✦ Encourage each other...make each other great!