

## **WEIGHT ROOM RULES AND SAFETY GUIDELINES**

- 1. Absolutely no horseplay or goofing around.**
- 2. Always be aware of others around you.**
- 3. Always use collars on the barbells.**
- 4. Always use a spotter when a lift calls for it. (Bench Press, Squat, etc...)**
- 5. Always lift with proper technique and solid form.**
- 6. Always return your weights when finished working.**
- 7. Always spray and wipe down benches and mats when finished working.**
- 8. Do not drop the weights.**
- 9. Train with your brain, not your ego. Use weight amounts that are suitable and safe for your ability level.**
- 10. Work hard, train smart, and be safe.**

