



## **FREEWEIGHT AREA GUIDELINES AND POLICIES**

- 1 Engaging in any form of physical activity carries an increased risk of experiencing an event, such as rapid heartbeat, dizziness, orthopedic injury, and in rare instances, stroke, sudden cardiac event or even death. To minimize these risks, we encourage you to meet with one of our fitness professionals and receive the proper screening and orientation prior to engaging in any exercise.
- 2 If you have any health condition that would compromise your ability to participate in exercise, please see a fitness professional before participating.
- 3 General guidelines for engaging in resistance and//or free-weight training are as follows:
  - a. Choose a mode of movement that is comfortable.
  - b. Perform movements for all the major muscle groups for the body. This will normally, involve 8 to 10 separate exercises that work the hips, buttocks, thighs, legs, back, chest, shoulders, arms, and abdomen.
  - c. Perform 1 set of each exercise to the point of volitional fatigue. Recommendations are to perform between 3 and 20 repetitions depending on the results you desire.
  - d. Resistance and or free-weight exercises should be performed 2 to 3 days a week, with at least 1 day's rest between workouts.
4. The resistance area is supervised by a fitness professional during peak usage periods.
5. In the event you need assistance, please talk to one of our fitness professionals during staffed hours.

We encourage the use a spotter whenever you are performing a movement that involves exposing yourself to the possibility of a weight device falling on you.
6. In the event that you witness and/or experience an event that places you or another user in harm's way, please initiate the facility's emergency response system by using the panic buttons located throughout the gym.
7. No food or drink other than water or sports performance drinks in plastic containers are allowed in this area.
8. Please respect your fellow members by wiping down the equipment when you have finished using it.
9. During peak usage periods, please limit yourself to a maximum of 2 sets per piece of equipment. If you need to perform more than 2 sets, please share the equipment with other users in a manner that allows everyone an equal opportunity to pursue their fitness program.
10. Please be courteous to your fellow members and replace weights to their stacks or racks.
11. The use of chalk is not permitted.