

# Weight Room/Fitness Balcony Policies

All equipment must be used in a safe, appropriate manner. Users who abuse the equipment, use equipment inappropriately, or do not follow safe practices may be asked to leave the facility.

- Do not rest on weight machines between sets. Allow other participants to “work in” between sets.
- Limit cardio workouts to 30 minutes during peak usage times. When people are waiting, machines must be vacated to the next user at the end of 30 minutes.
- Orientation sessions are recommended for those unfamiliar with the Weight Room and/or its equipment. Check with the staff for information. If you have any questions or concerns, please inform the staff on duty.
- Proper utilization of free weights and resistance machines is required. Fitness Center staff can only provide guidance for the correct use of the equipment and machines. The staff cannot provide exercise prescription. Personal trainers are not employed by the Fitness Center. If you wish to learn more, enroll in a PHED class.
- Do not drop weights. Return selectorized weight stacks to the starting position without slamming them down.
- Store weight plates, dumbbells, barbells, mats, and other items in their appropriate storage areas immediately after use. Failure to do so may result in revocation of Fitness Center privileges.
- Weights are not to be left on the floor or leaned against walls, mirrors, or equipment.
- Collars and spotters must be used for barbells at all times.
- Failure to follow these guidelines may result in removal from the Fitness Center and possible revocation of Student Fitness Center privileges.

