

# HEALTH & WELLNESS CENTER

## EXERCISE RULES

- Appropriate workout attire only. This includes: rubber soled, closed-toe athletic shoes (absolutely NO CLEATS). Shirts must be worn at all times.
- During peak hours, time on cardio equipment is limited to 30 minutes or less.
- Wipe down all machines after use, with approved cloths or spray bottles. DO NOT use wipes on weight lifting bars. Clean the bars with the wire brushes provided.
- Practice proper exercise form at all times. If you are unsure how to perform a certain movement please see the Director.
- Keep hands and feet away from all moving parts and weight stacks. All barbells must be used with weight clips when lifting. No purposeful dropping of equipment under any circumstance.
- Be considerate of other participant's time. Share the equipment when resting.
- If you take it out, put it back. Failure to do so can result in discontinued use of the Health & Wellness Center.
- You must use a spotter when performing resistance training exercises.
- Students are not permitted to workout unsupervised at any time.
- ALL chalk messes must be cleaned up after your workout. Failure to do so may result in revocation of Health & Wellness Center privileges.
- All broken equipment should be reported to the Director immediately.

