



FITNESS CENTER EXPECTATIONS

DO NOT ENTER WITHOUT AUTHORIZED ADULT SUPERVISION

**PROPER DRESS IS REQUIRED:
TENNIS SHOES, SHORTS OR SWEATPANTS, SHIRT WITH HEMMED
SLEEVES - CUT-OFF OR OTHERWISE**

**SAFETY IS A TOP PRIORITY:
SPOTTERS AND COLLARS ARE USED ON FREE WEIGHTS AT ALL
TIMES**

MUST BE INVOLVED IN AN ACTIVE WORKOUT

NO FOOD OR DRINK OTHER THAN WATER

PUT ALL ITEMS BACK IN THEIR PROPER PLACE WHEN FINISHED

WIPE DOWN YOUR WORKOUT STATION WHEN FINISHED

ONLY ADULT SUPERVISORS MAY OPERATE THE SOUND SYSTEM

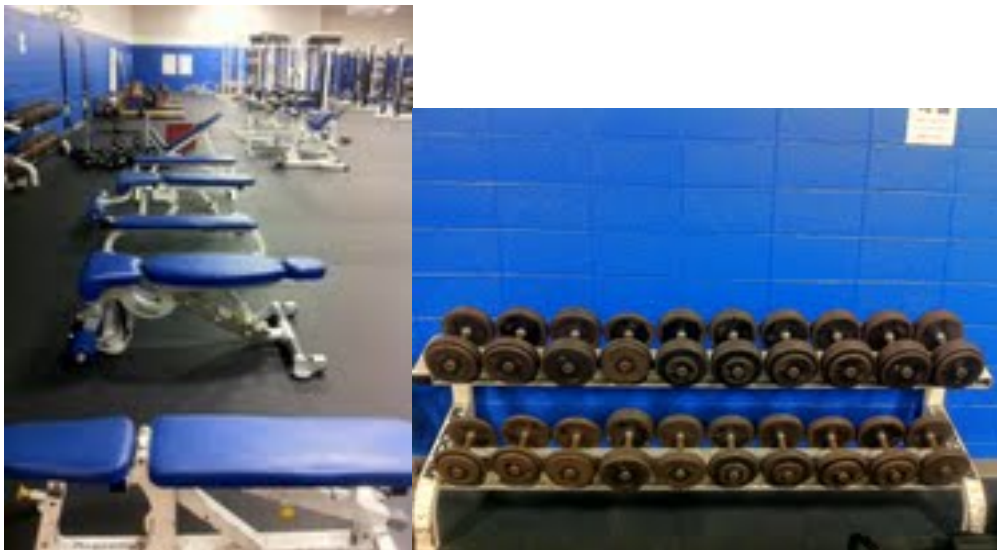


FITNESS CENTER ARRANGEMENT & CLOSING INSTRUCTIONS

Teachers, coaches, and community groups should all ensure the following expectations are met for the fitness center before dismissing any students.

DUMBBELL AREA

- BENCHES FLAT AND LINED IN A ROW
- ALL DUMBBELLS NEATLY STORED ON THE WALL RACK
- LARGE DUMBBELLS PLACED IN ROWS AND UNDER RACKS WHERE POSSIBLE
- KETTLE BELLS NEATLY STORED ON OR NEAR STORAGE RACK



PLATFORM AREA

- BARBELLS STORED ON THE WOOD BOXES OR BLACK STANDS, NOT ON THE PLATFORM
- WEIGHTS ARRANGED BY SIZE AND STORED SECURELY IN HOLDERS
- BELTS HANGING ON BLACK STANDS OR PLACED ON WOOD BOXES
- COLLARS PLACED ON TOP OF WOOD BOXES



GLUTE-HAM/BACK EXTENSION AREA

- CHECK ALL SCREWS AND PINS FOR SECURITY
- NO ITEMS SHOULD BE ON THE FLOOR, INCLUDING BARS, DUMBBELLS, ETC

WHITE RACKS AREA

- ALL BAR HEIGHTS SET AT ROUGHLY 5 FEET, PREPPED FOR SQUAT
- SAFETY BARS ALWAYS ATTACHED AT ROUGHLY 2.5 FEET
- STRAIGHTEN/SQUARE OFF RACKS TO THE PLATFORMS
- BARBELLS CLEAR OF ALL WEIGHTS

TREE STAND AREA

- ALL WEIGHTS PLACED ON APPROPRIATE PEG, FOLLOW LABELS
- EXTRA COLLARS PLACED ON TOP OF TREE STAND
- ONLY STANDARD, NON-IGX WEIGHTS SHOULD BE STORED ON TREE STANDS NEAR RACKS



BLACK RACKS AREA

- BENCHES FLAT AND STORED NEATLY IN THE RACK
- BLACK SAFETY BARS ATTACHED TO RACK AT THE LOWEST SETTING
- BAR HEIGHT SET TO #11 WITH BARBELL IN PLACE
- EXTRA BARBELL PLACED IN HOLDER
- COLLARS PLACED ON 2 ½ LB PEG



- ALL WEIGHTS ON APPROPRIATE PEGS FOLLOWING LABELS
 - 2 ½ (1), 25 (1), 35 (1), 45 (3), 10 (2), 5 (2)
 - EXTRA WEIGHTS SHOULD BE PLACED ON TREE STANDS
 - ONLY STANDARD, NON-IGX WEIGHTS SHOULD BE STORED ON RACKS



HAMMER STRENGTH AREA

- ALL WEIGHTS STORED ON NON-ACTIVE PEGS
- MOVE MACHINES FOR BETTER ALIGNMENT/SPACING AS NEEDED
- HAMMER STRENGTH AREA TREE STANDS MAY HAVE IGX WEIGHTS STORED ON THEM

PLYO/AGILITY AREA

- ALL PLYO BOXES SHOULD BE STACKED IN THE CORNER
- ALL ROPES, LADDERS, MATS, AND OTHER EQUIPMENT SHOULD BE STORED IN THE CLOSET

TREADMILL/CYCLE/ELLIPTICAL/ROW AREA

- PULL EMERGENCY CARD OUT OF SLOT ON TREADMILLS
- CHECK FOR UNSAFE OR BROKEN PARTS OF MACHINES



GENERAL

- ALL MATS, ROPES, BOXES, ETC. THAT DO NOT HAVE A SPECIFIC STORAGE CORNER IN THE WEIGHT ROOM MUST BE RETURNED TO THE CLOSET
- STEREO VOLUME SHOULD BE RESET TO 40.0 TO AVOID ACCIDENTAL DAMAGE TO OUR SPEAKERS
- CHECK THAT BOTH DOORS ARE CLOSED AND LOCKED
- LIGHTS OFF WHEN FINISHED

(More pictures to be added as further samples are noticed)