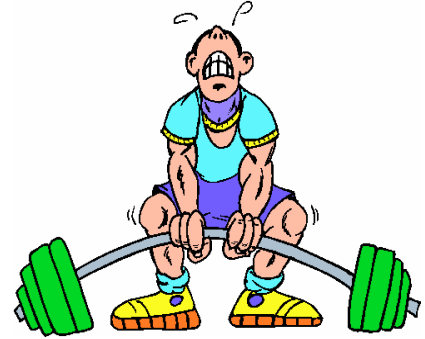


WEIGHT ROOM ETIQUETTE, RULES & KEY TERMS

RULES/ETIQUETTE

- The **NUMBER 1** concern in the weight room is **SAFETY**. Don't ever put yourself or any other students at risk at any time.
- There is absolutely **NO HORSEPLAY** in the weight room.
- Be **AWARE** of those around you, particularly when working with any free weights.
- Keep all hands away from machines when they are in use. Weights falling on your hand or fingers can easily break bones.
- Always **RACK** your weights when you are done using them. Others should never have to clean up after you.
- Always use proper **TECHNIQUE** and **NEVER** lift more than you can handle. Using heavy weights when you are not used to them can cause serious injuries.
- Never **DROP** or **THROW** weights on the floor.
- Please wipe down benches after use.
- Cover up any cuts or abrasions on your hands. If you have any open wounds, you should put athletic tape or band aids over them, since you are sharing fitness equipment with others. You will not be able to participate if a cut is not bandaged.
- If you don't know how to use a piece of equipment, **DO NOT ATTEMPT TO USE**. Do not use equipment without proper knowledge.
- Your partner is to act as your **SPOTTER** at all times and be available to help you at any time. A **SPOTTER** can not talk to another group while their partner is working out.



SPOTTER RESPONSIBILITIES

- Provide **ASSISTANCE** and **MOTIVATION** to your partner at any time while working out.
- Keeping your partner **SAFE** by knowing what/who is going on around them at **ALL** times.
- Helping your partner with proper **TECHNIQUE** and **FORM**.
- Counting the number of reps for each set

GLOSSARY

- **Resistance Training:** a type of exercise that strengthens your muscles. Some examples include exercises with free weights, weight machines, or resistance bands. Also known as strength training.
- **Spotter:** spotting, in weight or resistance training, is the act of supporting another person during a particular exercise.
- **Free Weights:** weights not connected to a machine or driven by chains or cables. Barbells and dumbbells are free weights.
- **Sets:** the number of times you do a main exercise (ie., bench press).
- **Reps:** the number of times that you do the main exercise (bench press 12 times).
- **Dumbbell:** a short bar with weights on each end that can be held in one hand. Comes in different weights and designs.
- **Medicine Ball:** a large, heavy stuffed ball used in conditioning exercises. Often found in different weight increments.
- **Stability Ball:** also referred to as the Swiss ball is made of elastic soft PVC with a diameter of 38-85 centimeters that is often used in physical therapy or exercise.
- **Plyometrics:** type of exercise designed to produce fast, powerful movements. Many plyometric exercises are performed as jumping exercises.

Sources:

Google dictionary

http://www.clipartheaven.com/clipart/fitness/cartoons/weight_lifting_07.gif