



GYM RULES

- Use disposable shoe covers, provided upon entry, and use a separate clean pair of shoes for the rubber flooring
- Leave your ego at the door. Nothing good comes out of that
- Be kind, greet others and treat them with the same kindness and respect you would like to be treated as well
- Share the equipment. Either you're a pro or a beginner there's no reason to not work out together
- Feel free to ask. There's no shame in asking how a machine works, how a movement is performed or anything else
- Kindly put the bars, plates, dumbbells, kettlebells, bands and any other equipment back to its place. If the person before you didn't put it away where it belongs, be the better and stronger person and do the right thing, then tell the offender to do it right next time
- DO NOT drop empty barbells. They are meant to be dropped only when loaded with bumper plates (15kg, 20kg, 25kg)
- DO NOT drop loaded barbells with steel plates or barbells only loaded with 5kg bumper plates
- DO NOT drop or throw dumbbells and kettlebells



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- DO NOT leave loaded barbells in the rack or loaded machines
- DO NOT leave blood on the barbell. Sharing can be great, but not when it comes to blood borne pathogens. You wouldn't like to take a bloody bar, don't you?
- DO NOT step on the tatami mats with any kind of shoes
- Load/unload one plate per side. When you're (un)loading a bar in a rack, do it one plate on one side, then one plate on the other side. Alternate in this way until all plates are on or off
- Keep chalk where it belongs. Chalk all over the floor won't help you hold onto your bar. And don't slap your freshly chalked hands together like an emotional slow-motion montage in a lifetime gymnastics movie
- Clean up your spills. Accidentally kicked your coffee or favorite pre-workout beverage? Clean it up - this isn't astrophysics. If you don't know how to clean it up or what to clean with, find a responsible adult and ask
- Use deodorant. For some this sounds childish and for some impossible. It's a gym, sweating is a normal consequence, but the last thing everyone needs is to throw up because of the smell. Leave your beliefs behind and have respect for yourself and for others