



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WORKOUT ETIQUETTE

- While performing workout sets, be mindful of others waiting. Refrain from talking on your cell phone while working out. Do not text, email or rest on the machine between sets. Allow others to perform a set while you are at rest.
- Always use headphones when listening to music on your phone or music player.
- Please do not use machines or benches for sitting or anything else besides their primary purpose
- Please raise and lower weights in a smooth, fluid motion. Avoid 'banging' weights.
- Please maintain control of free weights and dumbbells. Do not carelessly drop them to the floor.
- Exercise balls have recommended weight limits. Do not use dumbbells, barbells, hand or plate weights when using them.
- Always return weights to their proper storage area when finished.
- Please wipe off machines and equipment when you are finished.

WHAT TO DO IF SOMEONE IS USING A MACHINE OR PIECE OF EQUIPMENT YOU WANT TO USE

- Ask if you can perform a set while they are at rest between sets.
- Ask them how many sets they have remaining on the bench or machine they are using.
- Please wait your turn. Avoid hovering or pressuring the person who is working out to hurry or to stop.
- If you need help, please contact the Y staff on duty.

