

# Weight Training Safety Rules and Guidelines

1. Horseplay or using equipment inappropriately is dangerous and not acceptable.
2. Report any missing or damaged equipment to the teacher.
3. Your goal should be 10-12 repetitions per weight machine. If you are unable to perform at least 10 repetitions, you need to decrease the amount of weight. If you are able to easily perform more than 12 repetitions, you need to increase the amount of weight. You should increase your weight by 5 - 10 lbs. until you find the appropriate weight.
4. You should lift on a 2 count and return to the starting position on a 4 count. Slow down!
5. Move the weight through the entire range of motion, but do not straighten your joints stiffly.
6. Do NOT hold your breath. Exhale as you contract your muscles and inhale as you extend your muscle.
7. When lifting free weights, such as the bench press bar, it is required that the spotter is following correct technique.
8. When you have completed a station, put the equipment back neatly. Replace weight machine pins to the lowest weight. Return weights to the weight tree.
9. Strength activities should be performed slowly for maximum benefit. Cardiovascular activities should be performed quickly for maximum benefit.
10. Stretch your muscles after circuit training to decrease muscle soreness.
11. Record your activity on your Weight Card. I will review this card. The quality and completeness of the card will determine your grade.
12. If you feel pain or discomfort during the activity, stop exercising and tell your instructor.
13. Rotate to different exercises when given the signal. Do not distract other students.