

# PROCEDURES FOR THE PROPER USE OF FREE WEIGHTS AND WEIGHT MACHINES

- 1- Always warm up properly before lifting.
- 2- Follow the posted weight room rules.
- 3- Do not attempt to lift too much weight. If you cannot do the assigned repetitions with proper technique you are using too much weight.
- 4- Follow proper progression procedures when adding weight to any lift. Begin with a light weight and follow a gradual, systematic progression in weight from one successful workout to the next. Workout weight increases should not exceed 5%.
- 5- Do not perform any lift that you have not been “checked out” and approved on.
- 6- Report all injuries, pain or other discomfort to the instructor immediately.
- 7- When using weight machines one should make sure that weight adjustment, seat, and position adjustment mechanisms are adjusted and secured properly.
- 8- Always use collars and spotters when lifting free weights. Always make sure that the bar is loaded properly and collars are secured before attempting to lift. Always be sure that lifting area is clear (books, people, etc.) before lifting.
- 9- Report any equipment that is not working properly to the instructor immediately.
- 10- Always make sure that spotters are ready before attempting a lift. Use verbal cues to communicate properly with spotters. Ex. “Ready, Got It, Take It”. Spotters need to know reps to be attempted, proper techniques of spotting and verbal cues used by the lifter.
- 11- Use weight lifting equipment for designed purposes only.
- 12- Always use a weightlifting belt for any lift that requires lower back stabilization.
- 13- Proper clothing, including proper footwear, are required in the weight room.
- 14- Failure to follow weight room rules and proper procedures may result in removal from the class.
- 15- Quality technique is much more important than the quantity used in the lift. Always use a weight that you can lift with proper technique. Progress (in weight and/ or reps) gradually from one successful workout to the next.
- 16- Workouts and tests may be modified for illness, injury or athletic competition days upon consulting with the instructor. Alternate workouts will be assigned by the instructor only.
- 17- Techniques will be explained, demonstrated, reviewed, and information posted for student reference. If students have any questions regarding technique or workouts they should ask the instructor.
- 18- Students are expected to engage in active training the entire period. Know the “3 minute rule”.
- 19- The big Olympic bar weighs 45 lbs.
- 20- The Little Olympic bars weigh 35.
- 21- The EZ Curl Bars weigh 20 lbs.
- 22- 1KG =2.2 lbs.

## **\*\*\*WARNING\*\*\***

**Failure to use correct lifting technique and safety procedures or follow safe workout progressions could result in severe injury to you and/or others**