

Gym Etiquette

**TOP
SECRET**

Wear appropriate clothing for exercise. This mainly refers to shoes (no flip-flops, casual shoes, sandals) but can include things such as wearing casual clothing such as jeans in the gym.

Always have a towel with you when you are working out and always make sure that you **wipe down the machines** after you have finished using them. It's even better to put down a towel before you use the bench. You don't want to lie in other peoples sweat so extend them the same courtesy.

Return or remove weights when you are finished with them. This is a simple matter of courtesy to whoever is using the equipment after you. Unload your bar when you're finished and ask others to do the same. Place dumbbells back on the rack where they belong and always remove your weights from the machines unless the next person specifically asks you to leave them on.

Don't drop weights. Weights make a loud noise when dropped, which can throw others off their workouts. Not only is dropping weights disrespectful to others but dropping the weights can (1) damage the equipment or floor and (2) they can roll or bounce and injure passers-by's.

Do not talk to someone in the middle of a set. This is very distracting and they are probably not listening to you anyway. Don't be offended if and when they ignore you. Wait until they're done.

Don't talk excessively to people. It's a gym and not a bar or restaurant. You are here to exercise, not to socialize with friends or pick-up.

Please avoid the use of perfume or cologne at the gym. It doesn't mix well with perspiration, not to mention that overdosing it is offensive to others. It does not replace deodorant.

All trash goes immediately into trash bin.

Do not Bring young Children to the Gym.

The gym is not a playground and can be extremely dangerous.

Don't walk on the mats

Nobody wants to lie on the dirty mat. When you are finished with it, store it in the corner.

Working in with others

Always ask before you work in. It is very rude to just sit down on a machine or bench the instant someone gets off. Don't ask to work in on a machine or bench if the other person is using a lot more or a lot less weight than you as it may take too long to change weights in between sets. Just wait until they're done or find something else to do.

Working in with you

By the same token, it is rude not to let someone else work in with you. The exception to this is when it would interfere with your own workout, e.g. lots of weight changing or very short rest periods.

Don't ask someone to spot you if you can't lift the weight yourself in the first place. If your spotter gets a lower-back workout while you are bench pressing then you need to reevaluate the amount of weight you are using.

If you work in on a machine, reset it back to where the other person had it after you've done your set.

Cell Phone Use.

There is nothing more annoying than ringing cell phones or someone yapping on the phone rather than using the equipment. If you need to make a call, get off the gym and make your call. If you are expecting an important call keep your phone on and put it on vibration mode.

Try not to yell and scream unnecessarily. This can distract other gym members. Sometimes it is necessary but if you scream during a set of wrist curls, something is wrong.

Music.

There's absolutely no problem with listening to music while working out, but don't have it blasting so loudly through your headphones that (1) those around you can hear the noise and (2) that you cannot answer others when they need to ask you if you are using a piece of equipment.