**Please fill out the table below and review with Mr. Hall prior to beginning your fitness routine. Your exercises and weights must be approved before you will be permitted to use the equipment. Every two to three weeks you should adjust your routine; change the exercise *or* increase the weight or reps. Please remember that only indoor training shoes will be permitted in the weight room.**

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| NAME |  | | | |
| Exercise | | repetitions | sets | weight |
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| Cardio Training | | Time |  |  |
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1. All equipment is to be shared, if someone is using the piece of equipment you wish to use, you have two options; wait for them to finish or work with them so that you exercise during their rest periods. Please ensure that you wipe down equipment after use. If you are using a piece of equipment be mindful that others may want to use it too, don’t skip back and forth from one thing to the next… do your sets and move on to your next exercise. Ensure that all equipment is put back where it came from after each use.
2. All exercises done with free weight require spotters, do not use free weights without a partner there to assist.
3. Cardio equipment needs to be used properly and fairly… please limit each cardio session to 20 minutes maximum and no less than 5 full minutes. The heavy bag is considered cardio equipment and users are expected to use the bag properly. Students may wish to use gloves for the heavy bag, however, for hygienic reasons the school will not provide gloves.
4. Horseplay and behavioral concerns will not be tolerated. Supervisors have the right to ask students to leave if they are not following the specific rules and guidelines of the weight room.