

THE 5 SIMPLE RULES OF GYM ETIQUETTE

1

KEEP IT CLEAN

Rerack your weights, attachments, and keep all personal belongings off the floor in a locker or cubby

3

KEEP IT FRIENDLY

Wear closed-toe and closed-heel shoes at all times, do not drop weights, do not come to the gym sick or under the influence of any substance, do not record or take pictures of anyone, do not bring kids under 13 upstairs, use collars, clips, and spotters

5

KEEP IT QUIET

Your equipment (use a towel when working out and wipe all equipment down when done), your mouth (no profanity), and your hygiene (no offensive body odor)

2

KEEP IT TIDY

Share equipment, let people work in between sets, don't reserve equipment by leaving your water bottle or towel on it, ASK if someone is done using a piece of equipment before jumping on it, limit time on cardio equipment to 30 minutes when people are waiting, workout with no more than 3 people at a time

4

KEEP IT SAFE

Do not slam your weights, shout, or talk on the phone, use headphones when listening to music