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# UCA HPER FITNESS CENTER

## FITNESS CENTER ORIENTATION

### GENERAL RULES & REGULATIONS

- Must wear proper athletic attire to work out in the Fitness Center. No street clothes. No cut-offs below chest or shirts that expose any area below the midriff or sports-bra line (stomach, lower back, etc.)
- Personal items must be placed in a locker or cubby and not next to machines you may be utilizing to avoid tripping hazards.
- The HPER is not responsible for lost or stolen items. Avoid bringing valuables to facility that you do not feel comfortable placing in a cubby. We do provide lockers, but you must provide your own lock.
- Pre-workout must be mixed in bathrooms or before entering the HPER to avoid mess in Facility.

### WEIGHT ROOM

- Adjust seat/pad/height as recommended by placard on machines.
- Read placards on ALL equipment before use.
- Ask HPER staff for assistance on proper set-up and machine usage if help is needed.
- Always ask for a SPOT if needed.
- Add on weights need to be added before putting pressure on the movement pad.
- MUST rack weights after use. IF YOU CAN LIFT IT, YOU CAN RACK IT!
- DO NOT drop or slam weights. This causes unnecessary wear and tear on the equipment.
- Gloves must be used on punching bags
- Collars must be used on all plate loaded bars.
- Load and unload weight on bars evenly so that they do not flip.
- All equipment in weight room must remain in weight room.
- Do not put weights or feet on the benches.
- Cable cross-over must have attachments on during use to avoid injury.
- Flexibility areas and stretch trainers are available for stretching in the weight room, cardio room and mezzanine. Do not utilize machines or benches for flexibility training.

### CARDIO ROOM/MEZZANINE

- Straddle TMs on side rails before starting. DO NOT stand on the belt before starting the TM.
  - Safety clip on TMs must be worn at all times while on TM.
  - Do not read or talk on the cell phone while on the TM. This is for your safety.
  - Adjust bike seats to have a 5 degree bend at the knee joint.
  - All equipment other than TMs are self starting.
  - Please ask staff to assist with fans and changing TV stations.
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