

LBE Fitness Center Rules

- Members must sign in
- Shirt & clean athletic shoes are required, no work boots or flip flops
- Personal music must be played through headphones
- Respect other members
- No profanity or loud noises
- 30 minute max on cardio equipment
- 3 minute max rest time between sets or allow others to work in.
- Rack weights, don't lean weights against walls or equipment
- Members must wipe down equipment when finished, please bring your own towels, there will be towels provided too.
- Save phone calls and texting until after your workout
- No spitting in the drinking fountain
- Children under 14 must be supervised by an adult
- **No child sitting**, children who don't have a membership are not allowed in the fitness center.
- Food is not allowed in the fitness center
- Drinks must be in a sealed container
- Do not drop weights on the floor, lower dumbbells slowly on to the rubber mats
- Circuit training is allowed, but you can only occupy 1 piece of equipment at a time. Simply allow others to work in.
- No Olympic style lifting (dead lifts). No overloading the barbells.
- Using a spotter is recommended anytime you are using free weights.
- Do not stand on the belt of the treadmill when you are starting the treadmill in motion.
- The Fitness Center isn't always supervised; please lift at your own risk.
- Barbell collars are required.
- Aerobic classes are free to members; non members must pay an aerobic class fee.
- At times the aerobic classes may be circuit training, when possible please let them work in or you are welcome to join them.
- Don't cheat yourself out of a complete workout, **RACK YOUR WEIGHTS!!**

General Fitness Guidelines

- Make sure you have the proper health. When in doubt, see a physician.
- Start slow, be persistent. Set a schedule, log and track your progress and have fun.
- Drink lots of water, eat healthy, and develop a smart routine that meets your needs.
- Always warm up and stretch and then after your workout cool down and stretch.
- Always use a spotter when working with free weights.
- Make sure your routine addresses all body parts, remember core training.
- Give each muscle at least 48hrs to recover between workouts.
- Seek help whenever in doubt.
- Remember, results aren't visible overnight. Choose easy attainable goals at first.