

LUCKY THIRTEEN RULES AND TIPS FOR THE WEIGHTROOM

General:

1. Always wear proper clothing and footwear
2. No horseplay in the weight-room
3. Put your weights away when you are done.

When lifting weights:

4. If unsure how to use a piece of equipment, ask.
5. Always use a spotter when doing the bench press, squats, or any exercise where a weight is being lifted above your head.
6. Concentrate on what you are doing – do not talk while lifting weights
7. Use proper technique in a controlled motion – only use weight amounts that you can lift with proper form, pausing at each end of the motion.
8. Breathe *out* during the positive movement of the exercise, and breathe *in* on the negative movement.

When spotting:

9. Concentrate on what you are doing
10. Do not distract the weightlifter
11. Encourage the lifter
12. Help the lifter use proper technique and form
13. Unless there is a risk of injury, do not take the weights away from the lifter, simply help them complete the motion.