

PLEASE READ & INITIAL

Use of the fitness room and any equipment within the fitness room is at the member's own risk. The _____ City of Miami Springs and its employees assume no liability for your use of the facility.

City of Miami Springs' employees **will not** be available to provide any weight lifting assistance or _____ training guidance.

_____ Always consult with your physician before beginning any weight-training or exercise program.

Do not over-exert yourself. Know your limits and work within them. Don't try to lift more than you are _____ capable of lifting, just because your friends can do it, or because someone has challenged you.

The American College of Sports Medicine (ACSM) recommends that most people complete two or three sets of 8-12 repetitions of each exercise for maximum strength results. (This means you should feel pretty fatigued by rep number five or six and be struggling to lift that last repetition.) However, if you have been sedentary or are over 50 years old, only two sets of 10-15 repetitions at a lighter _____ weight may be more appropriate.

Prior to any kind of weight lifting, perform an 8-10 minute cardio warm-up to prepare your muscles for lifting, which increases circulation and prevents lifting injuries. A solid warm-up is as simple as walking in place or jumping rope. If you choose to jump rope, please move outside the weight room _____ into the gymnasium, but away from other program activities.

Perform smart weight training exercises three days a week but don't do the same routine two days in a row because muscles need time to rest and repair. You can perform upper body exercises on Monday, for instance, but do not repeat them on Tuesday. (You can, however, lift for your lower body _____ or your back on Tuesday.)

When you weight train, breathe deeply and rhythmically, and lift slowly both during the upward and downward motions. According to ACSM, participants should avoid using short, jerky movements and try to lift smoothly through a full range of motion. _____

When returning weights to a starting position, weights should be lowered smoothly, without being dropped. This is better for your workout, will prolong the life of the equipment and keep membership fees down. _____

After weight training, be sure to thoroughly stretch the areas you've just worked. This increases blood flow to the area and decreases muscular tension, which helps prevent muscle soreness and joint discomfort. _____

Always be sure that retaining pins are properly positioned in the weight rack to prevent slippage _____ during lifting.

Proper attire including shoes, shirt and shorts or pants, should be worn at all times. Clothing should not _____ restrict free movements, but must also not get entangled or caught in the equipment.

Please do not bring food into the weight room. Drinks may be brought in, but must be in a sealed container – sport bottle, thermos, etc. and must be kept on a shelf away from the equipment. _____ **ALCOHOLIC BEVERAGES ARE NOT PERMITTED AT ANY TIME.**

Please do not bring valuables into the weight room. The City of Miami Springs will not be responsible _____ for lost or stolen articles.

_____ Each member must provide his/her own towel to wipe down seats and benches following each use.