

VERONA FITNESS CENTER



- **LEAVE this room BETTER than you found it:** Respect all equipment & treat it like it's your own (because it is).
- **DO NOT DROP EMPTY BARBELLS:** Barbells have bearings in them that allow the bar to spin smoothly with plates on them. When you drop an empty barbell the bearings get damaged beyond repair.
- **DO NOT DROP A BARBELL WITH ONLY 10lb BUMPER PLATES ON IT:** While rubber bumper plates are made to be dropped the 10lb plates are not strong enough to support a 45lb barbell. The plates will bend and break easily over a short amount of reps.
- **Put all equipment where it goes:** That may not always be where you found it but please put it where it belongs.
- **Spray & Wipe down ALL equipment used:** Clean up all chalk, blood, sweat and tears.
- **DO NOT drop medal dumbbells on wooden platforms:** If you're strong enough to pick them up you are strong enough to put them down.
- **Lower all rings back down to the floor:** Their straps drag & get caught easily on things. Lowering them allows the floor to be clean & squat racks to be used safely.

PLEASE & THANK YOU!