THE RULES OF THE WEIGHT ROOM

Train hard. Respect the room. Leave it better than you found it.

01 RERACK YOUR WEIGHTS. EVERY TIME.

Put dumbbells, plates, and bars back where they belong. The next athlete shouldn't have to clean up after you—or hunt for equipment.

02 WIPE IT DOWN.

Sweat happens. Leaving it behind is a choice. Wipe benches, seats, pads, and other contact surfaces after use.

03 DON'T CAMP ON EQUIPMENT.

Finish your sets, then move on. During busy workouts, let others work in when it's safe and practical, and don't occupy a machine while scrolling your phone.

04 RESPECT THE LIFT. RESPECT THE LIFTER.

Give people space to lift. Don't walk in front of a moving bar, distract someone mid-set, or crowd their lifting area.

05 USE SPOTTERS. USE GOOD JUDGMENT.

Know when a spotter is needed, use proper collars where required, and ask a coach for help if you're unsure how to set up or use equipment. No reckless max-outs.

06 PUT THE SMARTPHONE AWAY.

Focus on your workout, not your phone. Controlling your music playlist is fine but save the videos and scrolling for later. And no filming unless it's coach approved.

07 SHARE THE SPACE.

Don't hoard dumbbells, benches, or multiple stations. Take what you need, let teammates rotate in, and keep the workout moving.

08 CONTROL THE WEIGHT.

Lift with good technique. Don't throw dumbbells, drop weights unnecessarily, or slam equipment in a way that risks injury or damages the room.

09 NO FOOD, NO MESS, NO EXCUSES.

Keep food out of the training area, use designated trash and recycling bins, and put bottles, towels, and personal gear where they belong.

10 LEAVE THE ROOM BETTER THAN YOU FOUND IT.

Pick up what you see, help your teammates, report damaged equipment, and take pride in the space. This is your weight room. Act like it.

Consider upping your athletic storage game with GEARBOSS®