

**Lynnwood High School
Weight Room Expectations**



I. Absolutely No Horseplay!

II. Keep It Clean: No food or drinks (except water)

III. Make sure collars and clips are on Snug

IV. Make Eye Contact with those near you before Lifting

**V. Protect Your Lower Back: Head Up, Butt Down,
Spread the Chest, Lock in the Lower Back, Use a Belt.**

VI. Never interfere with the Lifter

**VII. Be Attentive when Spotting! Concentrate on the
Lifter**

VIII. Return weights to appropriate rack when finished

IX. Help and Encourage each other

X. Make your lifting partners great!

Weight Training Safety Precautions

General:

- 1. Always check with your class instructor. Each instructor may have different guidelines and expectations. Dead Lift is not performed in Mr. McMains' class. The Jerk is not performed in Mr. McKinnon's class or during Tutorial.**
- 2. Wear proper clothing and attire.** Jeans, hats, sandals, slippers etc are not allowed.
3. Make sure the area around you and your spotters is clear of objects that would interfere with your lifting.
4. Move around the weight room carefully. Stay out of the way of others who are lifting.
5. When lifting bars and dumbbells, wrap your thumb around the bar. Make sure your hands are equal distance from the end of the bar so that the weight is balanced.
- 6. Proper Breathing: Inhale to start your lift. Exhale as you perform each repetition of the exercise.** Do not hold your breath when performing a complete repetition.
- 7. Never bounce the bar off your body or the floor.** Injury to yourself or the equipment may occur.
8. Crash/Safety bars. When performing any lift that requires crash/safety bars, adjust the safety bars so they are parallel to the floor and to each other. Place them in the highest position possible for the lift that is being done. Make safety bar adjustments without the lifter using a bar.
9. Monitor your body's signals of stress, injury, or fatigue. Drink water as needed. Give yourself time to recover between lifts. **Inform your instructor if you have any pain, injuries or concerns.**

Adding/Removing Weight Plates:

1. When adding and taking weight plates off the bars, do so at both ends of the bar at the same time to prevent the bar from flipping off the rack.
2. When plates are being placed on a bar or are being placed on the combo rack, hold the protruding lip away from you. Use your fingers and thumb as leverage. When the end of the bar passes through the width of the weight, lift fingers out of the way and push the plate until you feel contact. Look to make sure all the weights are snug and the inside weight is touching the collar of the bar. Secure a clamp against the last weight.
3. To remove weights from a bar, take off the clamps. Use the same procedure in reverse, making sure you have thumb and fingers on the weight before the weight slides off the bar.
4. Do not place your feet directly under the ends of the bar when loading or unloading weights.
5. Use clips on all bars when weight plates are added. Check the clips for a secure fit.

Safety Belts:

1. Wear a properly fitted weight lifting belt when performing Parallel Squats, Box Squats, Power & Hang Cleans, and Jerk.
2. If you're wearing a lifting belt, keep the belt buckle in the abdominal area. **Use the three finger rule:** If you cannot get three fingers between your stomach and the belt, then the belt is too tight. More than three fingers means the belt is too loose.

Athletic Stance:

When performing any type of squat or power/hang clean, there are some very important techniques needed to protect your lower back:

- Feet should be at least shoulder width apart and parallel to each other.
- Spread the chest out and up.
- Butt is down
- Lower back is locked in.
- Head and eyes should be looking up at approximately a 45 degree angle.

Spotting - General:

1. **A minimum two spotters are required any type of squat or bench press (both bar and dumbbell) exercises.** Spotters stand at the end of the bar with your hands and elbows under the bar.
2. If needed, both the lifter and the spotters take the bar off the rack and/or place the bar back on the rack together.
3. Spotters are needed behind the lifter when lifts are above the head as well as for power/hang cleans and jerk.
4. The lifter must communicate verbally with the spotters that he/she is ready to lift. The spotters are required to verbally respond to the lifter that they are ready.
5. Stay alert and attentive. Know the number of repetitions your partner is doing. Count out loud or to yourself.
6. The lifter never takes his/her hands off the bar until the bar is securely returned to the rack. If a set/rep cannot be completed, all participants lift the bar up and re-rack the bar as a group.

Spotting - Bench/Incline:

1. Check bench position.
2. The lifter must communicate verbally with the spotters that he/she is ready to lift. The spotters are required to respond to the lifter that they are ready.

3. Help lift the bar off the rack for your partner. At the start of the set, hold onto the bar until:
 - The Lifter's arms are straight and locked
 - The Bar is balanced and under control
 - The Lifter verbally says "ok" or something similar
4. Follow (escort) the bar down and back up with your hands under the bar & in a ready position (hands open).
5. If the bar starts to stall, help keep the bar moving.
6. After the last repetition, assist the lifter in racking the weight properly & securely. Spotters do not let go until certain both sides of the bar are secured properly. The lifter does not let go of the bar until the bar is secured on the rack.

Spotting - Parallel and Box Squats:

1. Check Crash/Safety Bars for correct height.
 - **Adjusting for a box squat:** Adjust the height of the box squat bench so when you are sitting down your hips are about 3 inches above parallel. While sitting without a bar on your shoulders, adjust the safety bars 1-2 inches below the height of the lifters shoulder.
 - **Parallel squat:** The lifter demonstrates a parallel squat with no bar. Adjust the safety bars 1-2 inches below shoulders for that lifter.
2. Check lifter's grip on the bar and bar position on the lifter's back.
3. If needed, assist your partner in lifting the bar off the rack.
4. Escort lifter backward to the correct location inside the rack.
5. Watch your partner's technique and offer encouragement. Make sure your partner's head and eyes stay up.
6. After the last repetition, assist your partner in securing the weight back onto the rack.

Spotting – Power/Hang Cleans:

1. Stand close behind your partner.
2. Pay attention to your partner's technique: head up, feet shoulder width apart, knees bent, back straight).
3. Never let your partner fall backwards. Offer hand support at the waist or back until they regain/correct their balance.

Lifters: If you are unable to complete a repetition while performing a hanging clean or power clean, push the weight away from your body and step back from the bar in order to prevent it from contacting you.

Care of Equipment

1. Check all equipment before using it. Inform the instructor/supervisor IMMEDIATELY if anything seems to be broken, loose, sticking, or not working properly. DO NOT USE IT!
2. Do not set bars, dumbbells, plates, pins, or clips on any of the benches. This helps protect the vinyl covering from being cut. A bench is not a weight rack!
3. Set dumbbells and EZ bars on the floor between sets. If you are in the combo racks, place the bar on the J Hooks or safety bars.
4. Never wear a belt while on your stomach on a bench or a mat. This helps prevent damage to the material.
5. Return all equipment to the proper area when finished. This includes weights, bars, belts, neck pads, towel bench tubes, etc.
6. Weight Plate Locations: When returning weights on the combo rack, place the metal 45#'s on the top outside peg and the 35# weights on the lower outside peg. On the inside of the stand, start with the 2.5# on the top peg, the 5# on the 2nd peg, the 10# on the 3rd peg and the 25# weights will be on the bottom peg. Clamps not being used can be on the top peg. Place the rubber plates in the appropriate slot by weight, using the same hand techniques as placing them on the bar.
7. The mirrors and walls are not benches to lean on. Let's keep them clean.
8. When you are finished using a bench, spray and wipe it down before moving on.
9. When finished, place all bars and dumbbells in or on their appropriate stand. In the combo racks, use the J Hooks. If you are using accessories on the rubber pads return your equipment and place any bars in the vertical rack stands.
10. If a person damages any part of the weight room, he/she will be charged the cost of repair and/or replacement.

Strength Training Tips

1. **Wear a properly fitted weight belt for any type of squat, power/hang clean, and dead lift.**
2. Warm up using lighter weights and higher repetitions. Do not try to max out or lift heavy weight without warming up.
3. Learn the correct posture and technique for each exercise you perform. A proper lift is more important than the amount of weight lifted.
4. **Do not attempt a lift that you have not been taught the correct technique for or do not understand the technique.** Ask the instructor for assistance if you do not know or understand the correct lifting technique.

5. There are several informational posters in the weight room. Pay attention to form and proper technique.
6. Follow a rhythm for lifting: Maintain the same speed as you return to a starting position as you did pushing.
7. Perform all lifts in a slow and controlled manner. Control the weight. Fast/uncontrolled repetitions can lead to injuries.
8. Alternate your exercises. To reduce injury, fatigue and boredom, don't do the same exercises/lifts on consecutive days.
8. If you are injured, use the word RICE for recovery.
 - R = Rest
 - I = Ice
 - C = Compression
 - E = Elevation
9. If you have a concern, inform your instructor.