

Weight Training Safety Tips



- Always do a proper warm up. This increases the heart rate, raises the body temperature and makes the muscles and connective tissue more pliable and resistant to injury. Also, Stretch after exercising.
- Always move the weight through a complete range of motion. There are three movements involved with each lift: the positive, where the weight moves through the full flexion of the muscle group; the hold at full flexion; and the negative when you bring the weight back to its original position. Try to avoid momentum.
- Always exhale upon effort – breathe out when doing an exercise. This relieves the pressure on the chest cavity during exertion. Never hold your breath as you are performing several repetitions.
- Use a weight you can handle comfortably in a strict lift. Cheating allows other muscle groups to come into play and defeats the idea of isolation of a muscle group. Start with light weights which you can lift comfortably 10 to 15 times. This is called a set; do two or three sets of each exercise. Once that becomes easy, you can gradually increase the weight. If you cannot repeat an exercise 10 times, the weight is too heavy.
- Always use proper lifting technique. Lift weights smoothly and under control. Weights should not be bounced or dropped.
- Keep your core muscles tight, and show good posture.
- Rest between sets for a minute or two to let muscles recover. You needn't rest before starting an exercise that stresses a different muscle group.
- If you feel any pain during a particular exercise, stop immediately. A mild burning sensation is acceptable, but pain is a warning that you are causing damage. Soreness the next day is normal when first starting to exercise or increasing the amount of weight you lift.
- Design a balanced workout. Do not overemphasize on part of the body such as chest or arms.
- Always work in pairs. Work with a partner of equal strength. This adds to the fun, adds to each other's production and promotes safety.

GENERAL RULES

- Wipe machines or benches down after you use them with a towel.
- Please ensure that pins are properly inserted into the machines and all students are out of the way before you lift the weight.
- No Horseplay.
- Put all equipment away after you are finished using it.
- See a teacher before you use any cardio equipment.
- One person on the treadmill, no crowding around.
- If you're not sure how to use something – ASK!