



Whether you are new or familiar with the health-club drill, etiquette is just as important as it is anywhere else. Here are things you should not do at the gym.

### **AT THE GYM, DON'T...**

- **Make loud noises while exercising.** This can be anything from grunting and groaning while lifting weights to dropping dumbbells or bars on the floor with a thud instead of lowering them in a reasonable fashion.
- **"Claim" machines.** Keep in mind that other people's time is just as important as your own.
- **Use cardio machines for more than the allotted time.** Most health clubs have a 30-minute time limit on cardio equipment when others are waiting.
- **Ignore the "dress code" for working out.** The gym is not the right place for excessive jewelry, heavy perfume or hair spray odors, inappropriate or dirty clothing or street shoes. Keep in mind that working out usually requires bending, stretching, lifting, etc., so remember to wear clothes that allow for freedom of movement with discretion.
- **Spread germs.** There's nothing worse than seeing someone coughing or sneezing all over the equipment you are about to use.

### **Do not forget to prepare equipment for the next user. Specifically, do not:**

- **Leave sweat on or around equipment.** It's rare to find a gym that doesn't provide cleaning solution and paper towels, making it easy to stop and wipe down the machine.
- **Remove weights.** Weight plates added to machines, especially heavier ones, should always be removed when the user is finished.
- **Forget to put equipment back in its place.** Leaving weights on the floor for someone else to put away is not only inconsiderate, but a safety hazard, as someone may trip over them or get hurt trying to clean up after you. Health clubs have racks to hold bars, dumbbells, resistance bands, stability balls, etc., so make the time to "put away your toys" when finished.