



AIOU FITNESS CENTRE RULES

1. Only members are allowed to enter the fitness center.
2. Do not bring your bag or other personal belongings onto the fitness centre floor.
3. Do not bring children onto the Fitness Centre floor.
4. Do not sit on the machines between sets.
5. Re-rack weights and return all other equipments and accessories to their proper location.
6. Ask staff to show you how to operate equipment properly.
7. Wipe down all equipments after use.
8. Stick to time limits on all cardiovascular machines.
9. Time limit on all cardiovascular training equipments is Thirty (30) minutes.
10. Before beginning your work out, wash your hands and wipe off any cologne or perfume.
11. Slamming or dropping weights (plates, dumbbells, etc) is prohibited.
12. Removal of weight pins from their machines is strictly prohibited.
13. Use exercise machines and equipments only for their intended use.
14. No food or drink is allowed in the Fitness Centre area.
15. Nobody under age of 14 is allowed in the free weights area.
16. Focus on your own work out without disturbing others.

17. The Fitness Centre offers a non-threatening environment to get healthier.
Emotional out-burst will be highly discouraged.

18. All personal things must be kept off from work out floor i.e. backpack etc should
be stored in the locker.

19. Member will not be allowed to bring his/her own fitness equipment, whatsoever is
available in the Fitness Centre.

20. Loitering, use of drugs, smoking, alcohol or any illegal activity is prohibited in
premises of Fitness Centre. Wear clean clothes, inappropriate body odor is
offensive. Dry closed-top athletic shoes are required. Dress shoes, boots or
sandals are not permitted in the Fitness Centre.

21. Use of Cell phone is not allowed in the Fitness Centre.

22. Member must exit from Fitness Centre 10 minutes before the Closing Time.

23. The lockers will be in use only while the member is present in the Fitness Centre.
No ownership of lockers is allowed.

24. Avoid defacing or destroy any property within the Fitness Centre including walls,
floor, equipment etc.

25. The Members not adhering to the policies, rules, instructions may be asked to
leave the facility. Management reserves the right to revoke the membership of
anyone who violates the rules.

26. Any other rule, instruction or order issued by the management committee will be
adhered accordingly.

SAFETY PROGRAM FOR FITNESS CENTRE

- 1) Get a complete physical checkup before you start a strength-training program. You might have to modify or avoid weightlifting if you have muscle or joint problems, seizure disorders, heart disease, high blood pressure, previous injuries or any other physical condition with potential for danger.
- 2) Be sure to always integrate warm-up, stretching, and cooling-down into your program. This will reduce your risk of injury by increasing your blood flow and preparing your muscles for the work they are about to do. Using the proper lifting form is important not only to work your muscles correctly, but also to prevent injury. Always do your exercises through a full range of motion in a slow, controlled manner.
- 3) When beginning a new weightlifting programme—or any time you try a new exercise—always start out using light weights. It is far better to start out from light to heavy. Choose a weight that you are sure is light and do a warm-up set of 15 repetitions, while perfecting the correct lifting technique. If the weight is too easy for 10 to 12 reps—in keeping with your goals add a little more weight and gradually increase that weight within the next few weeks.
- 4) Going to total muscle fatigue with a challenging weight is not useful objective in your first few weeks. When trying a new lift or starting a new routine, the objective is to practice and perfect your technique, and to learn how to concentrate on the muscle you are exercising.
- 5) Proper breathing is essential in weightlifting. If you hold your breath while lifting a weight, you run the risk of raising your blood pressure and starving your brain of oxygen. You should try to exhale during the ‘positive’, or main

exertion phase, and inhale during the “negative,” the phase in which you resist and come back slowly. If this becomes too confusing or takes away from your concentration on the lift, don’t worry about it—just remember to breathe.

- 6) Do not leave equipment lying around the weight room where someone could trip over it. Always use the collars that prevent weights from falling off the barbells. Be sure to keep your hands away from the chains, cams, pulleys, and weight plates of exercise machines when they are in use. Also, when selecting the weight for a machine exercise, be sure to push the pin in all the way. Be sure to wear a weightlifting belt on exercises that place stress on your lower back, such as bent-over lifts like squats, or barbell rows.