



# Freedom Strength Gym Rules

1. **EVERYONE** signs a Waiver and Release of Liability and must have a one on file.  
**NO EXCEPTIONS!**
2. Equipment must be used and handled in a safe manner AT ALL TIMES.
3. Remember: the bench press is the deadliest exercise in the gym. ALWAYS use the pin & pipe safeties and don't use collars if you don't have a spotter.
4. When someone is warming up, or doing work sets, don't talk to them. Let them concentrate.
5. Set a timer between sets to stay on track with your workout time and schedule.
6. USE CHALK! Unlike over gyms, using chalk is encouraged.
7. Plates must never be leaned against the wall.
8. We are not a BRO gym. Don't use or bring powerlifting gear like suits, bench press shirts, etc.
9. Be mindful of noise. Try to set the weights down in a controlled fashion. Never intentionally drop weights or have loud conversations.
10. After training, make sure you put away all barbells, weight plates, collars, and anything else you used during your training session. Wipe down any pads or benches you used.
11. Abuse of equipment will be considered cause for termination of membership.
12. Not responsible for lost or stolen items.