

GYM



RULES

LEAVE YOUR EGO AT THE DOOR. Be safe and smart. There is no winner at the end of the day. You win by showing up and giving it your best. You are your own competition.

ARRIVE ON TIME. The Coaches WOD Brief begins at class time and is an important part of giving you the best experience each day.

LET THE COACHES COACH. We encourage you to cheer on your fellow athletes and give an “elbows up, knees out” reminder to your lifting partner on occasion, but leave the coaching on form and mechanics to the trainers.

NO KIDS ON GYM FLOOR ONCE CLASS BEGINS. All kids must remain in Kids Club. They are not allowed on any equipment except the rings unless approved by coach.

RESPECT THE EQUIPMENT. It’s expensive, please help us take care of it. NEVER drop an empty barbell or a barbell with less than 10lb plates.

CLEAN UP. Put equipment back NEATLY where it belongs. If you bleed, sweat, and/or cry on something wipe it down. Do not leave water bottles, clothes, trash, etc. behind.

GIVE IT YOUR BEST EVERY DAY. And know that your best may change from day to day.

DO NOT CHEAT. No rep, your no reps. No one cares what your score is. Everyone cares if you cheated. You will never reach your goals by shorting yourself reps or not completing the full range of motion. Effort earns respect.

BE PATIENT WITH YOUR PROGRESS. CrossFit is not a magic bullet. Some things take time. If you focus on form and mechanics, the heavy weight will come. If you eat right and train consistently, the physical changes you are after for will come.

INTRODUCE YOURSELF to your fellow athletes. The **COMMUNITY** is what makes CrossFit unique and special.

HAVE FUN! Leave with your head high and be proud that you showed up and did your best. Remember, this is just exercise. And this stuff is hard!