

# SABERS FITNESS FLOOR

## ***RULES and REQUESTS***

### **SAFETY**

- Orientation first. *Study and learn about strength training.*
- Supervision required, or permission to lift unsupervised.
- No weights near the railing.
- Be careful of people around you.
- Spotters, please. *Help each other.*
- Collars, please. *No dropped plates.*
- Training shoes, please. *No sandals, street shoes, bare feet.*
- Use proper technique, especially keeping your back straight.
- Don't throw wall balls at windows or at the railing.

### **EQUIPMENT**

- Do not drop or bang weights.
- Set weights down carefully.
- Return all weights to their proper places.
- Don't throw wall balls at windows or at the railing.

### **OTHER PEOPLE**

- PE teachers and coaches have the right to ask you to leave the floor.
- Be quiet during PE classes and sports practices.
- Music: OK, but not too loud and appropriate for school (no swear words, including the N word, the B word, and F bombs).
- Language: No swear words, including the N word, B word, and F bombs.
- Create a sense of inclusivity. Encourage each other. Work with a partner.
- Modesty: Always wear a shirt. No bare chests.

### **TIDINESS**

- Return all equipment to its proper place.
- Each plate, dumbbell has its proper storage place; return it when done.
- Wipe up sweaty benches and floors and mats with a towel.
- No food or drink, except water, tea, sports drinks, energy gels.
- Pick up all trash or spilled liquid, even if it is not yours.

### **PHILOSOPHY, APPROACH, STYLE: SabersStrong**

- Dynamic, explosive, *intense* athletic training.
- Efficient, effective multi-joint exercises.
- Heavy, strong lifts: cleans, jerks, snatches, presses, deadlifts, squats.
- Fun, creative movements: heavy rope, heavy balls, ab roller, sand bags.
- Classics: push ups, pull ups, burpees, jump rope, calisthenics.
- Study and learn about strength training; make it a hobby, a lifelong habit.