



GYM RULES

1. Safety 1st ALWAYS!
2. Leave your EGO in the car, not the door. I don't want him stinking up the doorway.
3. Arrive early and stay late. Cheer, clap, and encourage others. Anything less and you will cheat yourself out of the experience and rob others of the gift of your presence and support as part of the community.
4. Accidents and injuries happen and usually come as a result of impatience. Don't be greedy. Slow down. Ask questions. Ask for help. Upward progression in strength, speed and ability WILL COME.
5. Don't drop empty barbells and kettlebells!! Treat equipment with respect, but don't baby it. Bars loaded with bumpers and medicine balls are meant to be picked up and dropped.
6. Keep chalk in the chalk bucket, the laminated papers are for writing workouts and tracking scores.
7. Kids are to stay off of the Black Mat area unless they are in the kid's class.
8. If you bleed, sweat, puke or cry on it, please clean it up and wipe it down.
9. Put away all of your equipment after your workout.
10. Grunting, screaming and otherwise making noise are all welcome and encouraged during a workout. Also remember that there can be such a thing as too loud, crass, gross, or rude – common sense rule applies, please be respectful.
11. We are respectful but we are not politically correct. We joke, yell, grunt, swear, scream, sweat, bleed, etc. You will too.
12. Work Hard! The harder you work, the better you'll get. Just do your best, every time.
13. This stuff is hard, have fun with it! Yes, you're going to work harder than you thought possible. Yes, it'll hurt. So what? Have fun with it.
14. Get to know everyone around you. It's a community. If you see a CrossFitter you haven't met yet, please introduce yourself, as they may need to revive your unconscious body later and "Dude, wake up..." is just so impersonal.
15. Do not cheat. Do every rep, with solid technique, no matter the time it takes. You only cheat yourself of the opportunity to become a better athlete and person. There is no honor in cheating, what joy is there in a victory you didn't earn?
16. You're allowed to cry before, during and after the workout just don't act like a baby.
17. Brag to your family and friends. You're getting in the best shape of your life. You're having fun. You're doing things you never thought possible. Be proud of this. Shout your bad-assery from the mountain tops.
18. Get your Butt in the door! A workout may suck before and during, but no one ever feels bad after they workout!!!! The hardest part is coming in and getting started, so just do it.