

INDIANA UNIVERSITY SOUTHEAST Weight Room Rules & Regulations

- Jeans and cut-off shorts are not allowed in the Fitness Center.
- Sandals, flip-flops, open toe shoes are not allowed.
- Shirts must be worn at all times.
- Wipe off equipment when finished.
- **DO NOT** drop or throw down the weights.
- Keep equipment off the floor and return it to its proper rack when lifting is completed.
- Using a spotter when lifting weights is recommended.
- You may be dismissed from the facility immediately if you misuse any equipment or facilities.

