



Weights Room

You MUST complete the Induction Programme before you can use the Weights Room



Book in an Induction with;
Mr Martin



ENJOY YOUR WORKOUT

WEIGHTS ROOM RULES

PLEASE RESPECT THE EQUIPMENT AND OTHER USERS

USE THE EQUIPMENT AS INTENDED

Do not let untrained students inside

Wear PE kit and footwear

NO FOOD OR DRINKS

Follow ALL normal school rules

Tidy up when you are finished

