**DO’S**

* Wear Appropriate Exercise Gear.
* Initial warm-up and cool down stretching is necessary before starting regular exercise/use of equipments.
* Exercise sincerely-diet properly-rest adequately.
* Please keep back the dumbbells, weight plates and bars on the rack and also store floor mats if provided after use.
* Carry your water bottles, towels, indoor shoes while exercising.
* Maintain Hygiene in the GYM and changing rooms.

**DONT’S**

* Please do not misuse or over use the equipment’s.
* Do not keep your soiled/sweat wet clothes and shoes in changing room
* Do not waste time & energy by talking with others while you are exercising.
* Do not overdo any fitness regimen