



JWL Baseball Weight Room Rules

- Any minor must have an adult in the building to use the Weight Room
- Anyone 13 years of age and under must have their own Personal Trainer to use the Weight Room
- Must wear clean and proper shoes
- No throwing of any weight
- No intentionally dropping/slamming any weights
- Clips needed when using any barbell
- Ask for a spot
- Return Weights and Equipment to proper locations
- Wipe down benches when done
- No Food or Gum allowed
- Limit your Equipment use
- Get swole