



STANLEY HOUSE  
HOTEL & SPA

# GENERAL SAFETY RULES FOR THE STANLEY HOUSE HOTEL & SPA GYM

Below users will find basic safety information for the equipment in this gym. In addition to this information, users should be sure that they read and understand all warning and safety warnings on every machine. Failure to do so may result in serious injury.

## GENERAL SAFETY RULES

There is a risk assumed by all individuals who use this type of equipment. To minimise risk, users must follow these rules:

- Inspect equipment before each workout. Check that all nuts, bolts, screws, and pop pins are in place and fully tightened and inspect cables for wear and tear.
- Keep clear of cables and all moving parts when the equipment is in use. It is recommended that long hair is tied back and loose jewellery is removed.
- Always ensure all snap links are closed when doing any cable/pulley/strap exercises.
- Exercise with care. Perform your exercises at a smooth, moderate pace. Never perform jerky or uncoordinated movements that may cause injury.
- It is strongly recommended that users work out with a training partner.
- If unsure about correct use of a piece of equipment please read the manuals provided or seek advice.
- For the user's safety, do not begin any exercise program without proper instruction.
- The safe use of equipment requires the user to carefully read and follow the manufacturer's user recommendations and warnings.
- Do not use any equipment in any way other than designed or intended by the manufacturer.
- When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.
- Injuries may result if exercising improperly or excessively. If at any time the user feels faint, dizzy or experience pain, stop and consult your physician.

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