

BOX RULES

BURPEE PENALTIES FOR NOT FOLLOWING MANDATORY BOX RULES

- 1. LEAVE YOUR EGO AT THE DOOR!**
- 2. TREAT OTHERS AS YOU WISH TO BE TREATED.**
- 3. KEEP THE GYM CLEAN! If you bleed, sweat, and/or cry on something wipe it down. (25 Burpees)**
- 4. CHALK IS A PRIVILEGE! Do not abuse the privilege by getting crazy with the chalk. (25 Burpees)**
- 5. DO NOT DROP UNLOADED BARBELLS! (50 Burpees)**
- 6. DO NOT DROP THE KETTLEBELLS! (25 Burpees)**
- 7. No food on the BLACK MATS! Please eat outside! (50 Burpees)**
- 8. If you take something out, put it back when you're done. If you move something, put it back when you're done. (50 Burpees)**
- 9. ARRIVE ON TIME FOR CLASS. (10 Burpees/Minute)**
- 10.NO BAGS ON BLACK MATS! We don't want any unnecessary injuries so please use the lockers. Don't leave any items behind when you leave. (25 Burpees)**
- 11.RESPECT THE COACH. No talking while the coach is talking. (10 Burpees)**
- 12.HAVE FUN. High five other members, introduce yourself to new members and enjoy yourself!! (10 Burpees)**