**KINESIOLOGY CLASSES-**

**SAFETY/ TRAINING GUIDELINES/ INJURY PREVENTION:**

**SAFETY FACTORS:**

1. Complete a Client Intake/History Form
2. Wear appropriate clothing and footwear
3. Keep your training space clean and clear
4. No glass or open containers
5. Use a sweat towel
6. Unload barbells after exercise (weight room)
7. Use barbell collars on the barbells (weight room)
8. Return dumbbells to the rack (weight room)
9. Use a spotter if benching, squatting, or pressing heavy (weight room)

**TRAINING GUIDELINES OF WORKING OUT:**

1. Warm Up and Cool Down
2. **Proper Technique**: Concentrate, Focus, and Use Perfect Form
3. **Dynamic Postural Alignment**: Maintain Spinal Length with Movement
4. **Breathe correctly**: Inhale with opening, exhale with compression
5. **Balanced tension and relaxation**: move from tight to relaxed to tight to relaxed appropriately
6. Never move into pain
7. If pain, slow it down or decrease range of motion
8. Be aware of your surroundings
9. Listen to your body