

Burpee Laws

Here are the updated burpee laws of the gym. These rules are in place to help encourage a rise in the standards that we hold our gym to. Our aim is to have a nice, clean gym that we can be proud to show those that we refer, to have fully functioning, safe equipment that last for a long time, and a community of members and coaches that motivate and encourage each other, no matter the level of ability.

You are a paying customer and Joe and I are here to provide the best service that we can provide. We feel that in order for this to occur, we would like to ask your help in the following, specific areas and in good nature put burpee penalties at the end of law to help with enforcement.

Burpee Law #1 – Our community is based upon a togetherness that is often imitated but never duplicated. We also strive to provide the highest quality coaching available as well but the overriding factor of why people love CFO is the encouragement and motivation that they receive from members and coaches every time they step foot in this gym. It doesn't matter the level of ability, what matters is that we suffer together and thus no equipment gets put away or no one leaves early. We stick it out until every last one of us is through the WOD. **Penalty = 100 Burpees**

Burpee Law #2 – One of the most expensive pieces of equipment we have in the gym but most often used other than our own bodies, are the barbells. Joe and I take great pride in the use of barbells and the teaching of barbell lifts. It is a true passion of ours. In saying that, we are also happy to provide you access to enough barbells so that no one is without one during any size class. This holds true for our dumbbells and kettle bells as well. Because these items cost and are used quite a bit more, we'd like to get full use out of them and would please ask that you help us in doing so. Empty barbells, barbells with training plates, and kettle bells were not intended to be dropped from any height (even when removing plates from the bar) as this damages them and the flooring underneath it. Dumbbells can be dropped but were not intended to be dropped from waist high or above. Thank you for helping us. **Penalty = 40 Burpees**

Burpee Law #3 – Speaking of equipment, our pull up bars are pretty cool, our barbells are excellent, the bumpers are truly functional, and all the other equipment we have that we use on a day to day basis. We would like to ask all of you to help us maintain our equipment by cleaning up the mess you leave behind. If you would kindly wipe down the pull up space you used, the barbells you used, and/or any other piece of equipment we used for the day that may have gotten sweat, chalk, or possibly blood on it plus mop over any chalk marks on the rubber flooring, it would be greatly appreciated. **Penalty = 35 Burpees**

Burpee Law #4 – Everyone has taken fairly well to the sock rule. We added this rule because there are a few of us that bleed easily and on occasion, this blood and/or skin was being left on the bar. This is very unsanitary and discourteous to the next member that uses the bar. Unfortunately, because of this happening on more than one occasion, we decided to require all members to wear knee high socks on days that the workout required repetitive pulling of a barbell from the ground. We also understand that

some do not read the blog, are at times forgetful, or are new to the gym. In this case, we have agreed to provide a compromise. If you do not have access to **knee-high** socks, we would still love for you to work out but as a friendly reminder: **Penalty = 25 Burpees**

Burpee Law #5 – Here is the most controversial law but I hope to more clearly define our intentions so that it may help to merit its inclusion. I understand that you are the customer and that you are paying for a service. I understand that occasions arise causing us to be late that are out of our control. I also understand that because you are the customer, it doesn't work both ways. Joe, Amanda, Jon, and I must strive to always start class on time, no excuses allowed. All this being said, I would kindly like to ask everyone to make their best effort to be ready to go at the top of each class time as this helps Joe and I to provide all members, new and seasoned, the same, high-end service they deserve. Some are not as seasoned as a lot of you and are still learning the ropes, if we have to wait for you, it may take away from the learning of these newer members. At the same time, just because you are late, it does not change the fact that you are a paying customer and deserve our attention as well. We would like to give you that attention. All that we ask is that you try and make it on time and/or if you are already in the gym, try to be in the socks, shoes, and attire you are going to working out in so that we are not waiting on you. As a friendly reminder, if you are late: **Penalty = 10 Burpees**

Thank you for understanding and obliging these laws and helping us to hold our wonderful gym to a higher standard. I have, on purpose, listed these rules in order of importance as you have noticed by the amount of burpees attached to them. Encourage and motivate at all times those that suffer with you, take care of the equipment you use, clean up after yourself, please try and remember to wear socks, and finally, if you can, please be on time.

Thanks,

CrossFit Omaha Staff