

# Do your part in preventing the spread of the Coronavirus!



## Practice good hand hygiene and washing

- Wash hands with soap for 20 seconds before and periodically during exercise
- Use hand sanitizer after washing your hands and during training

## Train thoughtfully

- After training, wipe the cardio device handgrips with disinfectant
- For neck training devices (160 and 140), wipe hand grips and cheek pads with disinfectant
- Use your own training towel



## Cough or sneeze properly

- Use a handkerchief/paper tissue when coughing or sneezing
- If you do not have a tissue, cough or sneeze at the top of your sleeve, not directly into your hands
- Immediately dispose of used tissues
- Wash hands afterwards



## Good to know:

- Wearing face shields and gloves does not replace good hand hygiene