Don’t Be “That Guy (Girl)” in the Gym

Every gym has them, but no gym wants them. They are the guys and girls who do the things nobody understands and can sometimes make you feel annoyed. This can be somebody you know or this could be you. In the latter case, pay close attention to this list.

The War Cry

This is probably the most obvious “don’t” in the list. We have all heard that guy, who is lifting an impressive amount of weight, roar out at the top of his lungs as if he were on the frontline of the Spartan Army. Once is understandable. Three times, okay, we’re still rooting for you. Eight times? You can leave with that noise. If you are able to knock out those many reps, it’s not as heavy as you make it out to be.

The Slammer

This is the person who at the end of their set will simply act like their muscles became mush and release the weights. Then everyone, thinking that the person is hurt, turns to look but the slammer feels the stares are an acknowledgement of strength. Not only can you hurt someone by dropping the weights, you can damage the equipment that way. Stop dropping those weights! If you can’t place the weight on the floor, it’s too heavy for you.

John Smith

You look around and the coast is clear so you walk up to a machine and out of nowhere comes some guy or girl that says, “Sorry, I’m using that.” Uh... no you’re not. If you were using it, you would not be 50 ft. away on your phone. This is also the person that thinks they can go establishing two or three machines as theirs for the next eight minutes. I understand that sometimes people do supersets but remember other people came to work out as well.