

RISE RX — “RAPID-FIRE” QUESTIONS

(Edits, Hot Seat, Confessions, Hot Takes etc)

Set 1

1. Morning workouts or evening workouts?
2. Coffee, pre-workout, energy drink?
3. Cardio before or after lifting?
4. Exercise that looks easy but is actually brutal?
5. Working out fasted or with a meal?

Set 2

1. Cold plunge or sauna?
2. How many cups of caffeine day? (Number only)
3. Rest between sets: strict timer or vibes (feel it out)?
4. Best post-workout snack?
5. Hype music or chill & focused music?

Set 3

1. Something that should be illegal in the gym?
2. Lift you love to hate? (gruelling but you love it anyways)
3. Leg day or upper body?
4. More shorter workouts per week or fewer but longer ones?
5. Favorite “Cheat Meal”?

Set 4

1. Hardest day to work out: Monday or Friday?
2. One artist always on your gym playlist?
3. Group workouts or solo workouts?
4. Which exercise makes time go the slowest?
5. Talking between sets or locked-in silence?

Set 5

1. Exercise you see done wrong the most?
2. Full range of motion or heavier weight?
3. Same routine or always changing it up?
4. Tracking workouts or just put in the work?
5. Lift you avoided because you thought you’d look silly?

Set 6

1. **Current workout song?**
2. **Exercise you complain about the most? (Least favorite exercise)**
3. **How many cheat meals per week?**
4. **Mirror checking: yes or no?**
5. **Gym moment that still haunts you? (Worst gym fail you've ever had)**

Set 7

1. **Lift that humbled you fast?**
2. **Exercise you now like but hated at first?**
3. **Exercise you always try to avoid?**
4. **Have you ever skipped warm-ups and regretted it?**
5. **A bad gym habit you're trying to fix?**

Set 8

1. **Biggest gym fear when you first started?**
2. **Post workout stretches: yes or no?**
3. **Would you rather do 60 air squats or a 2-minute wall sit (no support or break)?**
4. **Best benefit of gym beyond physical results?**
5. **What's one thing you used to worry about in the gym that doesn't actually matter?**