



**A Complete
Beginner's Guide
To The Gym.**

ELITE FITNESS FIFE

10 things you should know if you've never been to a gym before

Warm up

Going to the gym for the first time can be a scary feeling for most. No one ever wants to feel out of place, no one ever wants to have that feeling of not knowing what to do when they go to a gym. The thing is remembering every single person in the gym was once in the same position as you are today. It won't be long though before you learn the tools of the trade and wonder what all the nerves were about?

I ask you to follow these simple steps and before you know it, you'll be moving through your workouts like you are a natural born gym-fanatic.

This book is short but informative on the top 10 rules for a first-time gym-goer.

**I dedicate this to my coach & friend who believed in me.
Ricky Long.**

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Chapter 1

Take an Experienced Friend

Instead of being ushered around the gym by gym staff or by the sales rep trying to give you the sales pitch and who really only wants to sign you up for an expensive membership package, so their sales figures look good at the end of the month unless you book sessions with a PT who will be totally focused on you?

If you have a friend or know some who is a member of the same gym you're interested in joining, tag along. It is likely that your friend can bring you for a workout at a reduced cost and you won't feel so overwhelmed. You'll be treated like an out-of-town guest and not some sort of an uninitiated newbie.

The one bonus of going with a friend is they will have more time to spend with you on helping with form and technique, they will not be rushed for time so they will be there as long as they have to be, whereas, gym staff are restricted to spending some time with you to show you the "how to guide" on equipment usage.

Chapter 2

Always Accept the Free Session

So, you've just signed up for that first gym membership and it comes with a free session from a trainer (some gyms you get 4 free sessions) use them to your, advantage.

Yes, this session will more than likely lead to an attempt to sign you up as a regular paying client and if this is how you want to be when in the gym then this is fantastic, be sure to ask about a free training program that you can do when your friend can't get to join you, this is far more valuable and more than worth it. At worst, this session will be an extended tour of the gym that offers you some extra workout moves to try on your own.

The free sessions are the gyms way of giving you added value to get you to sign up for a membership, be aware of this as some gyms will use this to buy and forget to provide it, you buy your membership and they forget about you. Remember not all gyms are like this you will know as soon as you walk into the gym if it is for you or not.

Chapter 3

Go During the Quiet Times

Try to avoid rush hour (or Crush hour as I like to call it) at the gym. Usually, this is the end of the workday between 5 pm & 7:30 pm when the place is crowded with folks squeezing in a workout before heading home.

Try going between midday and 4 pm or between 7:30 am and 9 am when the early gym-goers have headed off to work and before the stay-at-home parents get there after sending their kids to school.

During these “off times” you will be able to enjoy your workout without having too many people there and fighting for the use of the equipment that you have in your program. A more relaxed atmosphere, a time to build confidence in being around a gym on your own now and along with your program.

Well done on making it this far.

Chapter 4

Bring a Coin for a Locker

You may not want to shower and change at the gym, just yet! However, you will need a place to store your stuff. You may need a padlock so check when you join.

Never leave valuables in an unlocked cupboard — you'll make a perfect target for theft. Bring a coin so you can lock everything away in there to be safe, and when in the gym remember to keep safe!

The gym might be a great place to be for health, meeting new friends and more, however, there is always a small minority who will try to take advantage and make you a target for theft. Not all gyms or people who go to them are like this though.

Chapter 5

Carry a Towel

Gyms make people sweaty. One of the major things you will soon find out in a gym is the not all people will wipe down the equipment after they use it.

You don't want to go on any equipment and it still be all sweaty, the next person on after you don't want to share your sweat either, this is called basic gym etiquette, place a towel wherever you lay down your head, this will help with your sweaty head, remember to still wipe down the equipment after you are finished with the cleaning spray provided by the gym.

Gyms are a haven for germs. You'll notice most have paper towel and sanitizers spread throughout. If someone leaves you sweaty equipment, do yourself a favour and wipe it down and then do everyone else a favour by leaving it cleaner than you found it!

Chapter 6

Leave Your Phone

This one follows on from chapter 4 keep your phone locked up. Checking your phone can completely ruin the intensity of your workout, it always bugs the life out of others when you sit on your phone between sets.

Gym selfies and texting are mood killers (don't be one of "them"). If you find you must have your own music to train, invest in a small music player or just bring your headphones.

Maintaining focus is the key here!

Most would be so happy for you to allow them to "jump in with you" meaning can they use the machine while you are resting. I shall leave the information on super-sets until another time or book.

Chapter 7

Have A Plan

If you don't have a friend with you and don't want to deal with the salespeople, come equipped with a written workout plan. Email davie@elitefitnessfife.co.uk for one if you need a starter pack. It doesn't have to be complicated, list all your workouts you'll be doing and moving through. It will help you keep track of where your training has progressed also, where you are going once the sweat starts to pour but most of all enjoy it.

A good friend said to me one- time do one new thing every day for 365 days and you will have completed 365 new tasks, The same can be said for your workouts start of with 1 set of 20 reps (lift one weight 20 times until you feel confident to increase the weight and repeat).

Thank you for this Ricky!!

Chapter 8

Be Considerate

Remember the quiet time we mentioned back in chapter 3? This will help you with that, I also mentioned in an earlier chapter about “jumping in”.

If you are doing multiple sets on a specific piece of equipment and someone is waiting for it, ask them if they can ‘jump in’ alternating sets with you, maximising your workout and reducing the time you are on your phone between sets.

If you are on any equipment like a treadmill and the gym is busy, please adhere to the time limits — usually, 30 minutes, however, not all gyms implement this time limit, after all, you are paying your membership to use this equipment the same as the others.

If you find this disruptive to your workout, adjust things so you can come to the gym in the off hours.

Chapter 9

Take A Class

One major recommendation I can give you is before you jump into the gym, take a class, taking a class will help you with technique and form and this can be carried over into the gym I would highly recommend BODYPUMP for your weightlifting class.

Taking a BODYPUMP class is a great way to workout at a set pace helping you to control your speed of movement working in a safer manner. The instructor will be at the front of the class and give you directions about speed, weight selection and effort. Use these as a guideline. Bring a towel and a water bottle and set up shop at the back of the class. It will prevent you from feeling self-conscious.

BODYPUMP will set you up perfectly for that first venture into the gym on your own if you have no friends available to come along with you this will also build confidence for you knowing you can handle your weights safely.

Chapter 10

Dress Appropriately

Gym fashions have changed and gone crazy recently. Choose a something that will help keep you cool, and whisk sweat away (you know it's coming). Aim for comfort. Too tight is a no go, too loose isn't any better something halfway is perfect.

Wear what will reasonably allow for a full range of motion this means jeans are out of the question! Oh yes, this does happen. There is little that ruins intensity more than constantly fussing with your clothes!

Back Yourself.

You are the best at being you.

Walk, no, STRUT into work tomorrow knowing you are the absolute best at being you.

Nobody can do what you do.

Back Yourself. BACK YOURSELF.

Cool-down

Thank you for reading our very first eBook "A complete beginners guide to the gym"

I hope you have just as much fun reading this as I have had writing it, I would be honoured if you could leave a review on the Elite Fitness Fife Facebook page. Stay tuned for our next book.

Thank you.

Davie.