



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

9 GYM ETIQUETTE MISTAKES THAT MAKE YOU AN ASSHOLE



Working out is hard but gym assholes make it so much harder. And every gym has assholes. Thanks to them, many people, and many women in particular, are too intimidated to start weightlifting. Many others quit or seriously consider it.

Simply put, people with good gym etiquette aren't assholes. People with bad etiquette are.

Gym etiquette is easy to learn and follow. It boils down to being respectful and treating fellow gymgoers the way you'd like to be treated. Here are the 9 most egregious gym etiquette mistakes people make...

01. Smelling Like Shit

Don't smell like shit. Please.

Sure, we all can get a little smelly when we train, but be a normal human and bathe regularly and clean every nook and cranny with soap... wear clean gym clothes, socks, and deodorant...don't fart on people...you know, the little things.

02. Smelling Like Perfumed Shit

I'm not sure what's worse—people that smell like actual shit or people that douse every square inch of their bodies with Axe body spray. I've experienced it so bad that my eyes and sinuses were burning from the chemical assault.

Nobody will complain about light fragrance, but don't wear so much that you turn the gym into a gas chamber.

03. Leaving Greasy Sweat Everywhere

Our sweat may not seem gross to us but it's pretty damn disgusting to everyone else. To us, it's just water with some ammonia and salt, but to them, it's bacteria-infested slime. If you sweat a lot while you train, please don't snail trail all the equipment.

A towel is the most massively useful thing a clammy fellow can have. Get one and wipe your sweat away after you use each machine, bench, etc.

04. Are Those Workout Clothes or Body Paint?

Nobody can tell you what you can and can't wear in the gym, but have some decency. We're just here to work out, not choose partners for an orgy.

And if tact doesn't come easily to you, let the ol' newspaper test guide your clothing selections: if you were to be featured on the front page of tomorrow's newspaper, would you wear that outfit you're considering? If your answer is something like "hell no" or "maybe if I were drunk," then please, step back from the ledge...

05. Hoarding a Bunch of Equipment

Claiming multiple pieces of equipment—benches, weights, machines—is like parking in two spots or cutting in front of old people in the grocery store line because they're walking too slowly. It's just a dick move.

If some lame WOD calls for supersetting nine different machines, don't flip out when people want to work in.

06. Not Re-Racking Your Weights

Come to my gym during peak hours and you'll feel like you've been transported back to the Nazi occupation of Stalingrad. Dumbbells are strewn around like corpses. Plates are haphazardly piled next to machines. There isn't a single barbell that has been fully stripped.

It's like the slobs are going out of their way to make the place as much of a shithole as possible. So...yeah it's pretty cool you can leg press ten plates. But it's not cool if you leave it all for others to unload. When you're done with dumbbells, put them back in the right spots. Strip barbells and put plates away.

07. Offering Unsolicited Advice

Every gym has at least one clueless asshole that won't stop telling people how to work out. He watched this YouTube video once and now he's on a mission to inform the great unwashed. If you make eye contact, he's going to come in hot.

Here are a few simple rules of etiquette to observe:

- ✓ Don't give workout advice to strangers unless they ask you for help.
- ✓ When someone's headphones are in, don't disturb them. For any reason.

08. Ogling at Women Like a Lecherous Pedophile

If we could read people's minds, the gym would be a horrible, horrible experience. Once a girl starts squatting, all hell would break loose. Stare all you want—she's not going to have sex with you. Ever.

Oh, she made eye contact? It was an accident that she immediately regretted. That's why her headphones are in, her eyes are down, and her lips are whispering "please don't come f&\$king bother me." The reality is staring and dreaming about "what you would do to her" just make her really uncomfortable. So just stop.

The rule here is simple: Save the girl gawking for your incognito browsing. If a woman wants to get to know you, she will say something. Leave her alone otherwise.

09. Naked in the Bathroom...Why...Dear God Why!?

When I walk into the men's locker room, I follow a strict protocol:

- ✓ I move as quickly as possible. No chatting or selfies. The less time I spend in there, the less of a chance I'm going to see things that can't be unseen.
- ✓ I look at the tops of heads only and try my best to "block out" peripheral vision.
- ✓ If I hear a blow dryer going, I avoid the source at all costs.

Please. Can't we just wear towels in the locker room? Can't we groom ourselves at home? Can't we save the cologne bath for the car?

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