

Workout Etiquette

At the gym these days, most of the New Year's Resolution crowd has died down, however, there are a few people that have managed to maintain their newly acquired fitness regimes. Unfortunately, not all of these new gym buffs have picked up the proper etiquette that goes with getting buff. Whether you are completely new to the workout scene or you are an experienced gym attendee, it's always nice to be reminded of a few simple habits that help make the gym a safer and more enjoyable place to be. Here are a few key ideas...

Mirrors – Contrary to popular belief, mirrors are not placed in the gym so you can check out your bulging muscles. People use the mirrors to monitor their form while doing certain exercises. Mirrors also serve as a visual aid for stability when people are training with balance tools such as a Bosu or Swiss ball. Therefore, do not walk between a mirror and a person who is facing it – take the long way around.

Music – No one wants to hear 80's pop or death metal music blaring from your headphones. It's also bad for your hearing in the long run to listen to such loud music. For sure, music can be a great motivator during a workout but keep the tunes playing at an appropriate volume.



Resistance training machines – Be mindful that there is usually only one of each machine in the gym. If you are using it, great, otherwise, don't sit on it while you chat with others or stare aimlessly into space in between sets.

Let others 'work in' – When you are resting, step aside if someone wants to complete a set on the resistance machine you are using. They will then step aside so you can complete another set of that exercise while they rest. Keep alternating in that manner until you have completed your sets.



Cardio machines – If you are on a cardio machine and the gym is super busy, please observe the maximum time limits (usually 30 minutes). Unless you are training specifically for a long distance event such as a marathon or triathlon, there is no need for your cardio training to exceed this amount of time anyways. Interval training is a more efficient and effective way to burn calories and improve your cardio and can easily be accomplished in less than 30 minutes.

Clean-Up – When you are done with a machine, clean up. Replace bars and free weights to designated racks and use a towel to wipe off benches, seats, and handles.

In summary, make an effort to be mindful. Watch that you are not in the way of others and take care of the equipment and the space you are using. Enjoy your workout!

Kathryn McKenzie - B.H.Kin, B.Ed
Certified Sport Conditioning Specialist & Personal Trainer
Phone - (204) 802-3131
Email - kate@surefirefitness.ca
Website - www.surefirefitness.ca

