

Top worst mistakes in the gym



Mistake Nr. 1

■ No goals

■ Goals

- ▶ Find a specific goal
- ▶ Set short term goals
- ▶ Set long term goals
- ▶ Take progress pictures
- ▶ Keep your goals realistic

Mistake Nr. 2

■ Not enough knowledge

■ Knowledge

- ▶ Always be learning
- ▶ Never think you know it all
- ▶ Don't be afraid to ask questions
- ▶ Fitness isn't just the gym

Mistake Nr. 3

■ Consistency

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- ▶ Plan ahead
- ▶ Get on a good schedule
- ▶ Build healthy habits
- ▶ Stick with it!

Mistake Nr. 4

■ Pacing

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- ▶ Less is sometimes more
- ▶ Don't over train
- ▶ Slow & steady wins the race

Mistake Nr. 5

■ Nutrition

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- ▶ Food & fitness work together
- ▶ Plan your meals weekly
- ▶ Don't shop on a empty stomach
- ▶ Eat more, gain weight
- ▶ Eat less, lose weight
- ▶ Food = fuel

Mistake Nr. 6

■ **Form**

■ **Form**

- ▶ Learn proper form
- ▶ Start light
- ▶ Start slow

Mistake Nr. 7

■ **Ego**

■ **Ego**

- ▶ Don't fall for peer pressure
- ▶ Lift smart
- ▶ Don't go too heavy
- ▶ Don't pressure others
- ▶ Know your limits

Mistake Nr. 8

■ **Supplements**

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- ▶ Don't rely solely on them
- ▶ There is no magic pill
- ▶ They have a place but it's alongside hard work, eating right & consistency

Guidelines for Training

- Listen to your body, and get adequate rest
- Cycle the volume and intensity of your workouts
- Try training with a partner
- Vary your activities
- Train your mind
- Fuel your activity appropriately
- Have fun
- Track your progress
- Keep your exercise program in perspective
