

# 8 Things Not to Do at the Gym

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You probably already know what to do at the gym, but do you know what *not* to do?

Fitness expert [Mike Donovanik](#), CSCS, CPT and creator of Extreme Burn: Total Body Interval Training DVD gives us his take on the top 8 don'ts of gym etiquette:

## 1. Don't hog the machines

Remember, the gym is a communal place. If someone wants to work in with you, let him/her. They're not trying to cramp your style, they're just trying to get their workout in and better themselves – just like you!

## 2. Don't leave the machine dripping

Nothing is grosser than coming across a machine with someone else's sweat on it. It's also unsanitary! Take the extra second to place a towel down on your machine/bench **BEFORE** you start using it. If you forget, take the extra time to wipe it down after you're done using it. Many gyms will provide wipes just for this purpose!

## 3. Don't forget to put your weights in their proper place

You know how annoying it is when you can't find something around your house? That's exactly what you're doing to others if you just leave your weights wherever you want. Be considerate and place your weights in the appropriate place you're when finished with them.

## 4. Don't drop your weights

Be considerate of others around you — when you drop your weights after you're finished completing an exercise, the sound and vibration can cause other people to lose focus. Plus, by dropping your weights, you are more likely to injure yourself and those around you.

## 5. Don't be mean

The gym is already an intimidating place for a lot of people. It magnifies people's self-perceived flaws and can make them very self-conscious. The last thing people want to hear is someone making snide remarks, making fun of others, or snapping at people when they ask a question.

Understand that everyone is at the gym to get healthier – be nice and treat others the way you would want to be treated.

### **6. Don't invade someone's private space**

The gym can get packed at times, especially in the early morning or after work. There may not be a ton of space for you to do what you want, and if that's the case, don't be selfish and invade someone else's space. Try to find a spot of your own; and if you can't, improvise and pick another exercise, or patiently wait.

### **7. Don't have a conversation on your cellphone**

Nothing disrupts the gym's energy more than when someone takes a call on the gym floor. If you know the call is important or going to be a long one, kindly grab your belongings and step off the gym floor to take the call. This way you can focus on your call and you'll free up gym space, allowing other people to use the equipment.

### **8. Don't be the 'know it all'**

For the most part when people are working out, they get into their own groove. Don't be the guy or girl that interrupts someone's workout to tell them they are doing the exercise wrong, or that there is a better way of doing it. If you are concerned about someone doing something dangerous, seek out a trainer and tell them about the situation. It's not your job to be the gym police.

**Plus:** [13 Things Your Personal Trainer Won't Tell You](#)

Source: Mike Donovanik, CSCS, CPT, creator of [Extreme Burn: Total Body Interval Training DVD](#)