

Forum:[Hack Forums](#)

Thread: [Gym or no Gym?](#)

MovieCritic - July 1, 2020, 10:18 am

I been debating if its worth and safe going back to the gym since the pandemic and corona virus is rising. Curious on your opinions. A couple months ago i heard movie theaters and gyms are one of the worst places to go to. Im still paying for my gym membership but debating if should cancel my membership or try and go back to the gym. Safe or not safe?

Method - July 1, 2020, 10:29 am

IMO that's only a decision you can decide. I know over here, they're taking steps and measures into assuring the safety of people who do go to the Gym. I think currently only a set of 10-20 people are allowed in (depending on the gym) and you have to book sessions. Then after the next stage takes effect, they'll space out the equipment more and leave marks on the ground for people to make sure they keep a certain distance. Not sure if they're doing that everywhere, but I think it's safe enough to go back if that's the case. Also, I know most gyms are currently hiring a lot more cleaners to try efficiently clean the equipment after each session.

Gary Clark Jr. - July 1, 2020, 10:32 am

Take the proper precautions and keep your distance from people. Make the gym accountable if they don't properly sanitize equipment regularly.

Syome - July 1, 2020, 10:47 am

My gyms taken precautions by requiring mask and assigning sanitizers to each person who comes in. Sad to say tho that no one wears the mask or keeps the "6ft" apart.

MovieCritic - July 1, 2020, 10:49 am

The Gym i go to is a chain one, Its LA Fitness in dallas/fort worth

StayPlural - July 1, 2020, 10:55 am

It's a tough one, if you have equipment at home I say stay home even though it's extra easy to get distracted at home. Otherwise I would go for it, I would just wipe down anything that I saw get used recently if the staff didn't already clean it.

Gary Clark Jr. - July 1, 2020, 11:02 am

(Jul 1, 2020 10:47 AM)Syome Wrote: [\[CITE\]](#) My gyms taken precautions by requiring mask and assigning sanitizers to each person who comes in. Sad to say tho that no one wears the mask or keeps the "6ft" apart.

Yeah well sweat + masks = not fun

6 ft rule is hard to apply sometimes

Artisan - July 1, 2020, 11:05 am

I dont think its a good idea yet. Even if you are able to maintain social distancing (which will be really tough at a gym), other people will be using the same machines you will use. It will not be possible for you to disinfect everything. This is worsened by the fact that you might put your gym towel on a surface just once that contains the virus that would be enough for you to get infected. Not to mention, its really tough exercising wearing a mask and its not healthy either.

Absolutist - July 1, 2020, 11:06 am

I do a lot of outdoor biking but have considered doing indoor when I get back in the gym because this heat is killing me.

Manks - July 1, 2020, 11:21 am

(Jul 1, 2020 11:05 AM)Artisan Wrote: [\[CITE\]](#) I dont think its a good idea yet. Even if you are able to maintain social distancing (which will be really tough at a gym), other people will be using the same machines you will use. It will not be possible for you to disinfect everything. This is worsened by the fact that you might put your gym towel on a surface just once that contains the virus that would be enough for you to get infected. Not to mention, its really tough exercising wearing a mask and its not healthy either.

I agree

I miss the gym so much; I bought some cheaper weight equipment but I am not risking my health (the point of going to the gym) to go to the gym it's counteractive, doesn't make sense.

L0RE - July 1, 2020, 11:23 am

Dont think you should just yet. I would wait it out and work out at home.

Artisan - July 1, 2020, 11:29 am

(Jul 1, 2020 11:21 AM)Manks Wrote: [\[CITE\]](#) I agree

I miss the gym so much; I bought some cheaper weight equipment but I am not risking my health (the point of going to the gym) to go to the gym it's counteractive, doesn't make sense.

I have this friend whom Ive known for over 2 decades now, hes like a gym freak. Tried my best to persuade him not to go but he didnt listen. Everytime he posts photos and videos of his workout sessions on social media, I get worried that hes gonna catch it and that worries me a lot ?

Manks - July 1, 2020, 12:47 pm

(Jul 1, 2020 11:29 AM)Artisan Wrote: [\[CITE\]](#) I have this friend whom Ive known for over 2 decades now, hes like a gym freak. Tried my best to persuade him not to go but he didnt listen. Everytime he posts photos and videos of his workout sessions on social media, I get worried that hes gonna catch it and that worries me a lot ?

I read a situation that a marathon runner contracted CoVid-19, and her left lung collapsed. nope sorry, Ill stick to my running and body workouts for now. benching just isnt that worth it

??????????Michael Kors - July 1, 2020, 1:04 pm

Exercise at home, it's safer.

Beherit - July 1, 2020, 1:19 pm

Personally, I find it more possible to efficiently workout at home. More focused, and less anxiety. Depending on what your goals are, you can just make a little gym of your own at home.

A + - July 1, 2020, 1:28 pm

I'll be honest, some of the folks at the gym were funky even before Corona. I've been to some gyms that smelled like a bucket of sweat as soon as you walk in, and people very rarely cleaned the equipment, and NEVER cleaned the dumbbells. I've been a couple of times since Corona but I was extra careful. If you don't think it's worth the risk, you could look into some equipment for home.

Hackt00lz - July 1, 2020, 1:55 pm

(Jul 1, 2020 10:18 AM)MovieCritic Wrote: [\[CITE\]](#) I been debating if its worth and safe going back to the gym since the pandemic and corona virus is rising. Curious on your opinions. A couple months

ago i heard movie theaters and gyms are one of the worst places to go to. Im still paying for my gym membership but debating if should cancel my membership or try and go back to the gym. Safe or not safe?

You can still do your gym and take safety precautions.....

.TEN - July 1, 2020, 2:26 pm

I find it easier to work out in a gym than at home. At home there's too many distractions. It's a shame that gyms here are closed, I'm busting to get back once they're allowed to re-open. I've been doing 50 pressups a day, sit ups until failure and the same with squats. Just rying to retain the muscle that I've developed, although I must say the pressups have toned my shoulders a lot more than what I thought.

FX Kire - July 1, 2020, 4:21 pm

I'm personally trying to start gym this summer hopefully but somehow I ALWAYS end up being lazy.

Silkroad - July 1, 2020, 4:28 pm

I started going back to the gym a week ago.

Where I live we need to be extremely cautious tho, we have to clean/disinfect everything we touch.

Tbh, I doubt that it really protects us against anything but I was sick of staying home for months so it feels fucking good to be back.

NoneStar - July 1, 2020, 11:18 pm

If you can just working out from home is probably the best option right now. All it takes is one person that's sick to use a machine and that can go from machine to machine through different people really easily.

Eagle 95 - July 1, 2020, 11:58 pm

I wouldn't go if I were you. You can keep you in decent enough shape with body weight exercises and for cardio, you can always run or ride a bike as it's summer.

Method - July 2, 2020, 1:28 am

did you end up going back op?

Vichenzo - July 2, 2020, 4:50 am

I don't think going to the gym will get you COVID 19. That's all bullshits mate

Level - July 2, 2020, 7:52 pm

There's many ways you can still stay in shape without losing too much progress if you are afraid to return to the gym. People often get too used to gym machines and forget human bodies are the original machines.

TOM - July 2, 2020, 9:00 pm

I being working out without going to a GYM during covid , but i started going to the GYM again .