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Thread: [Questions about the gym](#)

norde - May 22, 2022, 9:14 pm

Greetings, i've been thinking about going to the gym but, is there anything i should keep in mind before i go ?

OnlyFans_Profit - May 22, 2022, 9:40 pm

There's a lot you need to know. I recommend watching BroScienceLife on YouTube for all your gym related questions. He'll pretty much be able to answer all of them better than anyone else.

norde - May 22, 2022, 9:48 pm

Do you bring headphones to your gym?

Swordsman - May 22, 2022, 11:07 pm

(May 22, 2022 09:14 PM)norde Wrote: [\[CITE\]](#) Greetings, i've been thinking about going to the gym but, is there anything i should keep in mind before i go ?

You should make a list about what do you want to achieve with going to the gym, and focus on it.

blackrose_x0x0 - May 23, 2022, 7:46 am

(May 22, 2022 09:14 PM)norde Wrote: [\[CITE\]](#) Greetings, i've been thinking about going to the gym but, is there anything i should keep in mind before i go ?

Yes, take it slow in the beginning. Do you have any goals like wanting to build muscle, increase endurance, or more generalized wanting to just get in shape? If you can narrow it down you can find training programs online that are more aligned with your goals. Obviously you wouldn't be rocking Chris Bumsteads training routine if your goal is to improve your mile run time for example.

Komodo - May 23, 2022, 7:49 am

(May 22, 2022 09:48 PM)norde Wrote: [\[CITE\]](#) Do you bring headphones to your gym?

Hell yes.

I either watch movies when I'm on the treadmill or I jam out to music doing anything else. It's extremely boring if you don't have something in the background.