

Forum:[Hack Forums](#)

Thread: [Do you like training alone or with a team?](#)

sharn - June 11, 2025, 1:12 pm

I like having a balance.

I enjoy solo training for personal focus, but training with a team helps me stay engaged and we push each other to do better.

Do you like training alone or with a team?

skull - June 12, 2025, 1:30 am

I used to train with my buddies, which is fun, but it's more hanging out and less workout.

I train alone 3 times a week, and one time a week with my buddies.

Nostre - June 12, 2025, 2:58 pm

Alone... until I need a spotter. ?

OGSatoshi - June 19, 2025, 11:25 am

Training with a buddy is nice, but depends on what buddy you have around you, I've had a few that are lazy and skip workouts etc etc.

You can get 'attached' to be training with someone that it takes a bit to get used to working out alone after that, at least for me.

So I just go alone.

Warmth - October 10, 2025, 6:06 pm

I go alone, I don't like when I feel like I need to go at others pace.

RangoWorld - October 11, 2025, 7:04 am

While motivation helps. At the end of the day. Training is something that you do and if you can't do it alone, you won't go far.

jajameme - November 16, 2025, 8:41 am

Alone - all the time

Wilmer - December 1, 2025, 1:26 pm

Have had a mix of many different gym buddies over the past 5 years and it can be nice. Sometimes like others said it's more hanging out and less lifting. Have to herd them if in a group and for whatever reason I'm the one expected to provide the workout regardless of who comes with me. So yeah I prefer alone I think. I get more done and can wear my headphones just staying in my zone. Had one group a few years ago where we all did our own thing and I loved that. My friend, his girlfriend and my girlfriend would all come together. We all did our own workouts just saying a few words or spotting each other when needed. I miss that group for the gym specifically.

MoOne - January 23, 2026, 12:48 am

I find it better to train with one friend who is as focused as you, especially weight lifting you can really push each other

Cosa Nostra - January 27, 2026, 12:51 pm

Solo training is where I focus 100% on the Muscle itself.

Training with a team or with some Friends is also nice. You naturally push harder, rest less, and show up even on days you'd probably skip if it was just you.