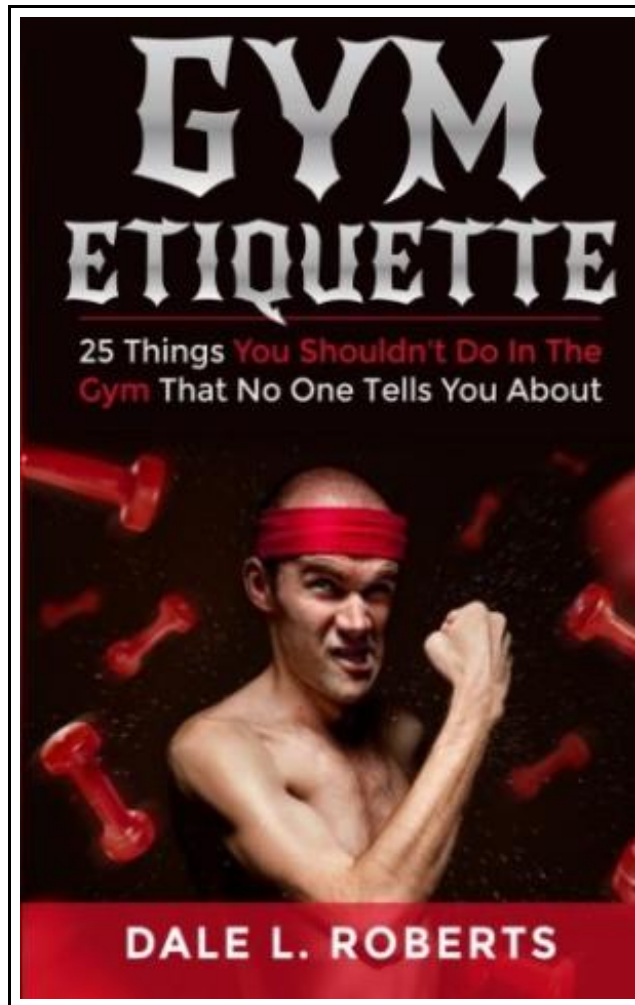


Gym Etiquette: 25 Things You Shouldn't Do in the Gym That No One Tells You about (Paperback)



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GYM ETIQUETTE: 25 THINGS YOU SHOULDN T DO IN THE GYM THAT NO ONE TELLS YOU ABOUT (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Laugh Out Loud Fun The Truth About the Gym. ***Get this book by personal trainer author Dale L. Roberts*** Seriously, how many times have you entered the gym only to leave frustrated because of meatheads, stinkpots and glorified prostitutes? Gym Etiquette: 25 Things You Shouldn t Do In The Gym That No One Tells You About covers what a lot of gym patrons have been thinking, such as: Common sense issues - where is it in the gym?!Temporary paralysis amnesia - 2 common side effects of weight lifting Body odor ridiculous amounts of body spray Treating the locker room as a nudist resort Spitting in the water fountain on the floor Gymtimidation - how people are trying to scare you out of their gym Singing Out Loud - when has a workout needed to be an American Idol audition?! Excessive screaming and recklessly dropping weightsTaking gym selfies videos of other people And so much more high-jinx, shenanigans and other issues plaguing the common gym these days To help preserve the integrity of your workouts, safety and personal space included, the unwritten code of gym etiquette exists. This is a customary code of polite behavior, an unwritten set of rules that essentially is common sense. However, common sense isn t always common practice, so Gym Etiquette: 25 Things You Shouldn t Do In The Gym That No One Tells You About points out the glaring issues and states what many hardcore fitness enthusiasts and truly dedicated people say, think and feel about gym etiquette. When these rules are broken, people create small disturbances and mild annoyances. Other violations may cause serious injury to hapless, unsuspecting victims...

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