10 Stupid Mistakes to Avoid in the Gym

Walk onto any average joe gym floor, and you'll probably notice guys using cringeworthy exercise form or doing moves that don't really accomplish anything. But these obvious errors are just two of the many possible ways you can screw yourself in the gym.



- [ ] Waiting for equipment
- [ ] Skipping the warmup
- [ ] Not planning your routine ahead of time
- [ ] Doing cardio before your lifting session
- [ ] Always using the same machines, sets, and reps
- [ ] Not timing your rest periods
- [ ] Working your core solely at the end of your routine
- [ ] Forgetting your water bottle
- [ ] Spreading out your workout
- [ ] Using balance equipment during heavy strength exercises

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