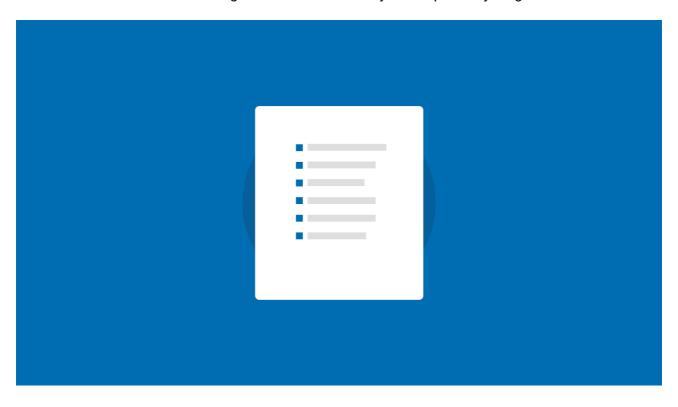
10 Stupid Mistakes to Avoid in the Gym

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.



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