

Gym

etiquette

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DON'T MONOPOLISE/HOG EQUIPMENT

I'm talking to you, person that sets up a circuit of 15 pieces of equipment across 50 square metres and 2 floors of the gym. Or person that rules over a single piece of equipment for 30 minutes at a time. The only time this is maybe an acceptable scenario is at 3:27am when it's just yourself in the entire facility (and maybe one murderer).

BE RESPECTFUL OF SPACE

Must you occupy the very next treadmill? Is it necessary to do bicep curls in the squat rack? Dump your towel on the bench you aren't using, train 30cm from the dumbbell rack so no one else can access weights, monopolise the mirror taking selfies, scatter your bag and random contents all over the floor (seriously you're at the gym, not an overnight wellness retreat)? Be aware of your surroundings and respect the space that others need to use, not only for safety reasons, but because you're a courteous human.

DON'T TALK TO A PERSONAL TRAINER THAT HAS A CLIENT

That client is paying very good money to be with their PT for a limited amount of time, so keep the chitty-chat and disruption to zero or 10 words or less. While we're at it...

DON'T TALK TO THOSE WEARING HEADPHONES

This is an unwritten rule in general life, but unless you are asking headphone-person when they will be finished with their 15 station circuit, just leave them alone. Even the rare person without the headphones in the middle of a gym session, don't interrupt them with long conversations either. They could be time pressed and/or they'll start to cool down if they stop and chat for too long.

THE GYM CHANGE ROOM IS NOT YOUR PERSONAL DAY SPA

If you are using this public facility to get ready for the day after your gym session, it is purely for functional readiness: shower, dress, face, hair. This is not the time or place for plucking, shaving, picking, trimming or squeezing.