



WORK RIGHT REVIEW

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NAVIGATING A BUSY GYM

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The first part of the year is one of the busiest times of the year in a gym, and a busy gym can be intimidating! Try these tips to make your trip less overwhelming, more productive and eventually, a consistent part of your routine.

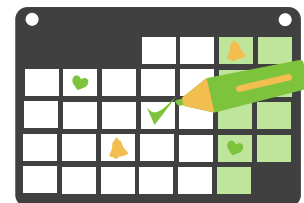
1 Have a Game Plan

First and foremost, **arrive at the gym with a plan!** This doesn't mean you *must* keep a fitness journal, but have an idea of what you want to accomplish! Devise a plan and stick to it the best you can.



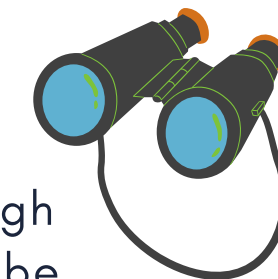
2 Break Up Your Days

Break up your workouts into some splits (i.e. biceps/back, leg day, triceps/chest, etc.). This will help shorten the list of equipment to use and utilize your time efficiently!



3 Scope Out Equipment and Acceptable Swaps

Don't be afraid to take a week or so to work through the gym and learn the layout, how equipment can be used, and how to quickly substitute other options if what you need is taken by other gym-goers. **Remember there are likely multiple options to achieve the same objective!**



4 Quality Over Quantity

Pick 4-5 main movements, learn them, and execute them WELL. Performing the movements safely and proficiently will lead to greater gains than any poorly done and rushed movement ever will.



WANT TO READ MORE? SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



SUPER SECRET GYM TIP

Focus is one of the greatest tools you can bring to get you in and out of the gym without sacrificing hours of your day. Go in with a plan, execute with confidence, and you'll be returning for the next one in no time!

