

Gym Humor 2 - Revenge of the Gymbacells!

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Introduction

Morons, they are the plague of our gyms, and every time you see one you just want to reach out and smack them. Unfortunately, thinking like that leads to revoked gym memberships. So we will take our frustrations out here, in Gym Morons 2-Revenge of the Gymbacells!

Master Blaster

A while back in a gym I used to work at, there was this complete weirdo that would come in with his 9 year old son. This guy was European and couldn't speak a word of English. We called him the "Master Blaster" because of the way he used to push his son. This kid probably weighed 70 pounds soaking wet. He would come into the gym with his shorts pulled all the way up to his stomach, and would have to train his guts out for 2 hours at a time. I am talking hardcore training here! If the father felt that his son was slacking off he would threaten him with the back of his hand as if he was going to beat the heck out of him! Needless to say the poor kid never got any results.

Form Above All Else You Fat Moron!

When I think of improper form, there is one particular retard who immediately springs to my mind. He was this huge old guy that went to my old college gym at night. He's was very big...about 6'4 and 260 pounds (mostly fat) and had with out a doubt, the worst exercise form I have ever seen! He only used machines/cables and every exercise was a total body work out! For example when he did cable preacher curls his whole body would leap back and forth while his arms were locked at same angle. Hopefully you get the picture. This guy was a complete and total loser! To compound the situation he also shaved his head and armpits, wore biker shorts and never, and I mean never trained legs! I remember I had to avoid eye contact at all costs with him.....

Well, one day this fat guy decides to actually pick up a pair of dumbbells for the first time in his sad, sorry life! He was doing lateral raises with a pretty light weight (about 15lbs), but was doing them bent over a fair way, with his elbows bent way too severely. His technique as always was horrible, and towards the end of his set, he was throwing his entire torso back and jerking the weight up.... then I just glanced over when I'd sat up from my bench, and saw the weight fly out of his left hand and smash a mirror. I don't believe I have ever laughed that hard in my entire life!

Leave Your Cell Phone At Home!

We've all talked about the preppy guy, and the cell phone guy at the gym. Unfortunately, a few weeks ago, I met a combination of the two. There was actually an idiot working out in the gym, while wearing khakis and a polo shirt, with a big cell on his belt. He was doing curls when the phone rang. This complete moron, answered the phone and proceeded to talk and do curls with one arm. He stayed on the phone and worked out the rest of the time I was there (about 40 min). What a an absolute moron. I mean Jeez, leave your cell phone at home man!!!!

Gym Justice!

This one is more gym-justice than funny; although, it's got a little of both. These two fairly large meatheads who thought they were just freaking huge were eyeballing this kid who was about 17, had pale skin and wore dorky glasses. This kid had literally just joined the gym, the ink on his check wasn't dry yet. He's trying to do alternating dumbbell-bell curls, and using 10lbs. dumbbells. Well these two morons are looking at him and laughing as they pull plates off the bench bar. It's down to two plates a side and one of them must have said something they thought was hilarious because the other drops a 45plate on his foot, yells and bends over grabbing at his foot! As he does this, he hits the bar so hard that it slides on the rack and the other end stabbed his buddy just above the belt, sending him down cursing as well...this is when I started laughing!

Funniest Gym Accident Ever!

You know, over the years, I must have seen a good dozen people have humorous accidents involving treadmills. One of the funniest I can remember involved an older gentleman (60's). He made the all too common mistake of stepping onto a moving treadmill. Needless to say he went flying, which was hilarious in its own right! However, this particular guy managed to hold on to one of the machine's rails. So, he's laying across the treadmill, screaming as the moving rubber pulls down his sweatpants and starts going to work on his hip area. The worst part is that there was a guy maybe three feet away and he just laughed (incredibly loud) and pointed. It probably lasted no more than a few seconds, but by the time he let go, half the busy gym had run over to help. So there he was, big red mark on his hip, sweatpants around his knees, and half the gym surrounding him. I can't even imagine how embarrassed he must have been. But it was without a doubt one of the funniest gym accidents I have ever witnessed in my life!

Fat Chiropractor Accident!

There was an overweight chiropractor who we nicknamed the "Crunchy Blue Guy" cause he wore a matching blue sweatshirt/pants outfit his first day at the gym, which happened to be when this story takes place. It was 5:00 am and the owner/trainer there was putting him through a normal circuit, just to get the hang of lifting in general and a feel for the machines/weights. Nothing strenuous or that should kill him right? Wrong. He nearly passed out and they needed to call an ambulance for him because he couldn't breathe. He was so not used to lifting and doing anything, that this must have sent his body into shock. So 6 am and there's an ambulance for this obese guy. I thought it was funny, so did my partner. He continued to go to the gym till we left last summer, but still looked the same as he did the first day we saw him.

If I Can Be Serious For A Minute...

This guy works out at the gym I go to and he is obsessed with having all the weights just right. Some kind of psycho or something. He is fat as heck and walks around telling people how to work out. He wears a tank top and his belly flesh hangs out the sides, it is quite a disgusting site. I thought about saying something to him but decided against it. Oh yeah he can squat 500 lbs, for about 2 inches. This is in full power gear, knee wraps, power suit etc. What a wussy! Anyway, this guy will use 5 machines at once and just to let you know, he has a little tag that he puts on each piece of equipment that says "in use". What a complete and total jabroni!!!! I have to use all my will power just to stop myself from smacking him!

The Top Five Retards In My Gym!

1. There is this lady who rides the stationary bike, but never actually sets it to start because she can't figure it out -- just starts pedaling.
2. This one piece of trash came in this week, got all dressed up in his exercise outfit, did 10 sit-ups, then changed back into his business clothes, and left. Wonder if he showered too. I mean, what is the point???? What a complete waste of a gym membership!
- 3 I cannot stand the people who come in, wander from station to station like tourists, do about 3 reps on each with no weight, then leave. These are the same people who never wipe their nasty sweat off of the equipment!
- 4 There is moronic trainer at my gym. He is semi big, except he has glasses and wears pink, yes, pink spandex short shorts...he walks around like he is bad; sorry buddy, I don't care how bad you think you are-or how big you are, you're wearing freaking PINK spandex shorts...what a loser....I laugh at this guy every time I see him training someone.
- 5 Everyday, this fat 290 lb piece of donut eating, 3 chins wearing, pizza for breakfast, piece of slime that swears he knows everything comes into the gym. I mean this guy is a fat, hairy, regular sack of trash. He thinks he's king of the gym. Anyway, he goes up to one of the most hardcore bodybuilders in the gym. This guy is doing barbell rows with 315 and here comes fat man! He starts giving him advice and the guy racks the weight and yells, "listen you fat slob, you don't even do rows, your fat, huge gut would get in the way!" It was hilarious. Anyway, the next day, fat man was in the cardio room helping the over 60 crowd. Man he is annoying!

note: I think he is related to Big Gut from gym morons I???

Conclusion

It's lucky for us the morons described above are good for a serious laugh, because they are essentially good for nothing else. All kidding aside, no matter what shape you find yourself in, if you're at the gym, this is a good thing. Take the time to learn good gym etiquette and get the most out of your workouts. I hope you enjoyed this humorous installment and look forward to hearing from you!

Sincerely

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