

# Gym Humor

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Ah, the gym! I can say with confidence that it truly is my second home. The only problem with it are some of the people who come there. You know the people I'm talking about, the one's that just annoy the heck out of you. That, my friends, is what this article is dedicated too.

## The Local Smiling Idiot

There's this guy who always walks around with a big freaking smile on his face and talks out loud to himself while working out. In between sets on whatever machine he's on (he only uses machines), he'll clap with his arms extended over his head and say to himself, "come on man you can do it, yeah, yeah!" Then he'll sit down and do about 60 pounds on the bench press machine for about 6 reps. This must be a tremendous accomplishment for him because when he did it the other day, he actually jumped up and down and pumped his fist in the air several times before walking over to the mirror and loudly congratulating himself. Guess what he did next? He actually gave his reflection a huge high five, screaming, "All right!" Every time I see him I am truly in awe.

## A Bench is for Bench Pressing!

So its bench press day. I begin my warm up by performing 3 sets of fly's with dumbbells. The blood is flowing now and I am definitely pumped up. Proceeding to the bench press area, like a brick to the head, I'm struck by the most ridiculous site I've ever seen in all my years at the gym. There, in front of my unbelieving eyes is this complete idiot doing bridges on the bench press. Jeeez...can't you stretch someplace else!

## The Cardio Monster

Mortermore Bringham III, all 5'8", 305 pounds of slivering, hanging, blubber. It's inevitable, when working out first thing in the morning that some fat slob will be hanging around in the cardio room. Now the cardio section is usually pretty packed in the mornings and there are always people who are obviously waiting to use a piece of cardio equipment. This guy always seems to have a bike he's taken over. It usually takes a good 15 to 20 minutes for him to actually start peddling. He's got his morning paper on the seat and his towel draped across the handle bars while he stretches for 10 minutes and then slowly walks over to fill his water bottle. Usually by this time, at least one person is impatiently waiting for a bike to become available. When he finally does get on, he pedals at about 10 RPM as he reads the paper. It's obvious when he finds something interesting because his feet slow to a complete stop until he finishes that article. Then he resumes his previously slow pace. I don't know why this guy gets under my skin so bad because I'm not even doing any cardio right now at all. I guess it's just the fact that he's hogging a piece of equipment that could otherwise be put to good use by someone who is serious about working out.

### **Is this Guy For Real?**

Mind you this is the 2nd time its happened in as many weeks. A guy whose bf% is upper 20's at least comments that I don't have on my hooded sweatshirt. This of course would be my "typical workout wear." So being polite, I tell him its in the wash and this sweatshirt (minus hood) would have to do. He goes on to tell me the funniest joke I've heard in years: "I like to cover up in the winter like you, then once summer comes, unleash and wham! 265 pounds of ripped muscle." This guy hasn't changed his figure from last summer to this past one. Not only did I hear this once, but twice. Donations for my a new gym fee can be sent to...

### **The One Inch Squat**

This one isn't so much annoying as just ridiculous. This guy was doing Smith Machine squats and asked me for a spot. I walk over there and he's got 6 plates on each side. This guy obviously isn't big enough to handle that kind of weight so I'm like great, he just wants me to lift half of the weight myself. Anyway, he gets under the bar and goes down maybe an inch. I don't think his knees even bent, he just leaned slightly forward then straightened up. This went on for 5 or 6 "reps". It was hilarious! All I could say was, "nice set".

### **People Who Give Advice but Never Workout!**

We have this guy at our gym...he's short and fat with long hair, he wears a wide weight belt so tight that for the life of me I don't know how he breathes. Since I do not know his name we will call him big gut, this is because his gut is always hanging out of his shirt. He walks around and tries to give people work out advice, oh by the way he barely works out he just gives people advice. You know the type. One day I was doing squats and I see this idiot walk up to a pretty big guy that was in a power rack. He must have tried to tell this guy his form was wrong or something, I had headphones on so I couldn't hear what they were saying...but the big guy waves his arms like he was telling big gut to get away...big gut kept bugging him and the bigger guy smacks him across the face really hard! Next thing you know, every gym employee was over there trying to save big guts life! That was one of the funniest things I have ever seen!

### **Just Ask for a Spot!**

A few months ago my partner and I were working out at the gym and this older man was working out. Now, this guy was in pretty good shape but he didn't look very strong. Anyway, he put like 205 on the decline bench and gets ready to do a set. Well a while later I look over and see him struggling. All of sudden the weights on one side of the bar start sliding to the end because he wasn't using any collars. Then all the weights on that side fall off and immediately the weights on the other side come crashing down. I was dying inside but, felt sorry for him. So he picks up all the weights and heads over to the flat bench. He puts on 185 and I'm like, oh man here we go again. He doesn't use collars this time either so I ask him if he wants a spot. He said no, but I watched him anyway and sure enough the weight comes down on him and he can't get it off. So I went over and got it off him. Moral of the story, there's nothing wrong with asking for a spot.

## **We Get the Point!**

This past weekend there were a couple of "power-lifters" working out at my gym. They were screaming at each other, dropping weights and in general being very obnoxious. Anyway, I hear one guy yell to the other (kinda hard not to as they were speaking loud enough to be heard anywhere in the gym or parking lot), "Bodybuilders just want six packs but power-lifters go for the kegs." They wanted everyone to know that they were power-lifters (as if the outfits and the fact that they were both covered in chalk wasn't indication enough). Don't get me wrong, I am a fan and a supporter of power-lifting! But these two bozos were just looking for extra attention. What made the whole spectacle even more ridiculous is that I could have worked out with the weights they were using and they had 50 pounds on me.

## **The Changing Mirrors**

Now I've done a lot of traveling and have worked out in several gyms before. At one time I worked out in a gym that had two separate rooms. One with cardio and machines, and the other with free-weights. For a month I couldn't figure out why I looked so huge in the men's iron-room but sort of scrawny when I went into the chick-cardio room. Soon I found out that I wasn't the only one who noticed this discrepancy. On close examination of the mirrors I found out that the mirrors in the free-weight room were the type that stretch you out horizontally (making everyone look as wide as a truck) and the ones in the chick room were designed to compress you horizontally, making you look thinner! I guess they wanted to make sure everybody had good self esteem.

## **Not a Gym Story but Worth a Laugh.**

I'm shopping around sports stores, trying to find some Olympic sized plates, (fat chance!). As I'm queuing up, a kid and his mother walk in. The kid is making too much noise (as they do, and you can't step on them, there's laws). As I wait in line, the mother goes to look at some aerobics gear and the kid, about 6 or 7, climbs on the biggest damn treadmill you ever saw. Now he must have pushed the button marked "Auto Button" because in a second there's a huge whine of the treadmill servos and it starts going VERY quick - the kid shoots off it like Superman, literally FLIES through the air, and smashes into a display stand full of Max's Muscle protein powders like something out of a movie. There's a second of silence, then the kid starts bawling his head off, the mother goes nuts, the line starts trying not to laugh, the clerk apologizes his be-hind off. I know its sick but it made my day.

Well this is my first installment of interesting gym stories. I hope you enjoyed them.

Keep up the great work guys and thanks for reading!

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