

# My Gym Nightmare Come True

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It had finally happened, my worst nightmare had finally become a reality. I began to believe that all the gym idiots and morons were plotting against me! Upper body man was doing his normal 2 hour bench press routine. 130 pound lat man walked around with his puny arms expanded, somehow imagining that he had a pair of wings! Three people talked busily on their cell phones. Hysterical man screamed at the top of his lungs while performing barbell curls with a total of 45 pounds. And to top things off, a fat, hairy, overweight slob, with a huge weight belt and expanded lat syndrome was walking around giving people advice! It was horrible. I felt surrounded, as if there was no place to turn! I grabbed a dumbbell in case I had to do battle with these creatures!

Then it happened. Out of all this turmoil I would find solace! As if a beacon shone from an endless sea of darkness. There, on the other side of the gym, untouched and clear as crystal stood the almighty squat rack! Yes, I had almost forgotten. Like a vampire is repelled by a crucifix so too are gym morons repelled by the squat rack! In it I found relief from the madness as I had done so many times before!