

AWGFITNESS

STARTING THE GYM IN THE NEW YEAR:

Overcoming Fears and Achieving
Your Fitness Goals

Including an Example Weekly
Workout Programme to get
You Started

ADAM GLADING - AWGFITNESS

Starting the Gym in the New Year: Overcoming Fears and Achieving Your Fitness Goals

Introduction

The new year is a time for fresh starts and new goals. For many people, getting in shape and starting a regular exercise routine is



a top priority. However, the thought of going to the gym can be intimidating for some. Maybe you're worried about not knowing what to do or feeling self-conscious about your fitness level. Or perhaps you're just not sure where to start.

If these fears are holding you back from achieving your fitness goals, know that you're not alone. Many people feel the same way. But the good news is that with a little bit of preparation and planning, you can overcome these fears and start enjoying the many benefits of regular exercise.

In this eBook, we'll explore some of the benefits of going to the gym, provide tips for overcoming common fears and concerns, and give you some helpful information on getting started. By the end, we hope you'll feel more confident and ready to take the first step towards a healthier, more active lifestyle.

Benefits of Going to the Gym

The benefits of regular exercise are numerous and well-documented. Some of the top benefits of going to the gym include:

- **Improved physical health:** Regular exercise can help lower the risk of chronic diseases such as heart disease, diabetes, and obesity. It can also improve cardiovascular health, increase strength and endurance, and improve flexibility and balance.
- **Mental health benefits:** Exercise has been shown to improve mood, reduce stress and anxiety, and increase self-esteem and overall well-being.
- **Weight management:** If weight loss or maintenance is a goal, exercise can be an effective way to burn calories and increase muscle mass.
- **Social connections:** Going to the gym can provide an opportunity to meet new people and form social connections. Working out with a friend or joining a group fitness class can make exercise more enjoyable and provide motivation and accountability.



Tips for Overcoming Gym Fears

If you're feeling intimidated or hesitant about starting the gym, here are some tips to help you overcome those fears:

- Start small: It's okay to start with just a few days a week or shorter workouts. Gradually increase the frequency and duration as you become more comfortable.
- Find a gym that fits your needs: Consider factors such as location, cost, equipment, and class offerings when choosing a gym. It may be helpful to try out a few different gyms before committing to one.
- Bring a friend: Having a workout buddy can make going to the gym more enjoyable and provide motivation and accountability.



- Hire a personal trainer: A personal trainer can provide guidance and support as you learn proper form and techniques for different exercises.

Don't worry about what others think: Everyone has to start somewhere and it's okay to be a beginner. Focus on your own progress and goals, not what others may be thinking.

Getting Started at the Gym

Once you've overcome your fears and are ready to start going to the gym, here are some tips to help you get started:

- Choose a workout plan: Consider your goals, preferences, and schedule when choosing a workout plan. You may want to consult with a personal trainer or do research online to find a plan that works for you.
- Make a schedule: Plan out which days and times you will go to the gym. It may be helpful to schedule your workouts in advance to make it a regular part of your routine.
- Pack a gym bag: Bring everything you need for your workout, including comfortable clothes, sneakers, a water bottle, and any necessary equipment or accessories.
- Stay hydrated: Drink plenty of water before, during, and after your workout to stay hydrated and optimize your performance.
- Warm up and cool down: Take a few minutes before and after your workout to stretch and prepare your body for exercise. This can help prevent injuries and improve your overall performance.



Your Example Workout Plan

Day 1: Full-body workout

- Bodyweight squats: 3 sets of 12 reps
- Lat pulldowns: 3 sets of 12 reps
- Lunges: 3 sets of 12 reps (per leg)
- Leg press: 3 sets of 12 reps
- Push-ups: 3 sets of 12 reps (from knees or against a wall if needed)
- Seated row: 3 sets of 12 reps
- Plank: 3 sets of 30 seconds

Day 2: Cardio/ab workout (circuit format)

- 20 minutes of steady-state cardio (e.g., jogging, cycling, rowing) Russian twists:
- 2 sets of 8-12 reps Bicycle crunches:
- 2 sets of 8-12 reps (per side) Leg raises:
- 2 sets of 8-12 reps Plank variations (e.g., side plank, plank with alternating leg lifts): 2 sets of 30 seconds each

Day 3: Rest Day

4: Full-body workout

- Deadlifts: 2 sets of 8-12 reps
- Bench press: 2 sets of 8-12 reps
- Leg press: 2 sets of 8-12 reps
- Bicep curls: 2 sets of 8-12 reps
- Tricep dips: 2 sets of 8-12 reps (from a chair or bench if needed)
- Seated row: 2 sets of 8-12 reps
- Plank variations (e.g., side plank, plank with alternating arm lifts): 2 sets of 30 seconds each

Starting the Gym in the New Year

Day 5: Cardio/ab workout (circuit format)

- 20 minutes of high-intensity interval training (e.g., sprints, mountain climbers, jumping jacks)
- Russian twists: 2 sets of 8-12 reps
- Sit-ups: 2 sets of 8-12 reps
- Leg raises: 2 sets of 8-12 reps
- Plank variations (e.g., side plank, plank with alternating leg lifts): 2 sets of 30 seconds each

Day 6: Rest Day

7: Full-body workout (circuit format)

- Squat jumps: 2 sets of 8-12 reps
- Burpees: 2 sets of 8-12 reps (without the push-up if needed)
- Push-ups: 2 sets of 8-12 reps (from knees or against a wall if needed)
- Lunges: 2 sets of 8-12 reps (per leg)
- Leg press: 2 sets of 8-12 reps
- Bicep curls: 2 sets of 8-12 reps
- Plank variations (e.g., side plank, plank with alternating arm lifts): 2 sets of 30 seconds each

Remember to start with a warm-up and stretch after each workout. As a beginner, it's important to focus on proper form and gradually increase the intensity and difficulty of your workouts over time. Consult with a healthcare professional or certified fitness instructor if you have any concerns or injuries before starting a new exercise program.

Conclusion

Starting the gym can be intimidating, but it can also be a rewarding and fulfilling experience. By overcoming your fears and taking small steps, you can begin to enjoy the many benefits of regular exercise. With a little bit of preparation and planning, you can make going to the gym a regular part of your routine and achieve your fitness goals in the new year.

Remember, everyone has to start somewhere. Don't be too hard on yourself and don't compare yourself to others. Focus on your own progress and goals, and be proud of the effort you put in. With time and dedication, you'll see results and start feeling the benefits of regular exercise.

We hope this eBook has provided you with the information and motivation you need to get started at the gym in the new year. Don't let fear hold you back from achieving your fitness goals. Take that first step and start enjoying the benefits of regular exercise today!

Starting the Gym in the New Year

Starting the Gym in the New Year By Adam Glading

Are you feeling intimidated by the thought of starting the gym in the new year? Do you worry about not knowing what to do or feeling self-conscious about your fitness level? If so, you're not alone. Many people feel the same way. But the good news is that with a little bit of preparation and planning, you can overcome these fears and start enjoying the many benefits of regular exercise.

In this ebook, you'll learn about the numerous benefits of going to the gym, get tips for overcoming common fears and concerns, and find out how to get started. With helpful information and practical advice, this ebook will provide you with the confidence and motivation you need to take the first step towards a healthier, more active lifestyle.

So if you're ready to overcome your gym fears and achieve your fitness goals in the new year, this ebook is for you. Don't let intimidation hold you back any longer. Start enjoying the benefits of regular exercise today!