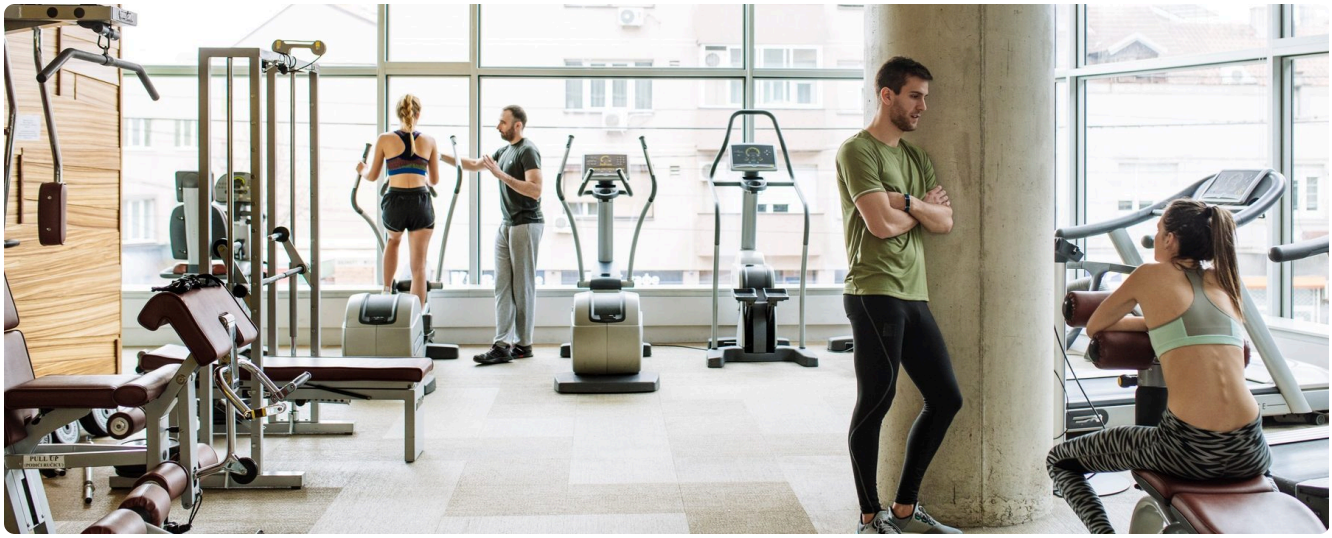
Gym etiquette

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Share equipment, clean up after yourself, and give people space. Most gym friction comes from a few habits that are easy to fix.

Why it matters: Feeling unsure about the unwritten rules keeps many people out of the weights area. Knowing them makes the gym easier for you and everyone else.

Sharing equipment

- **Ask before you use something nearby.** "Are you using this?" or "How many sets do you have left?" is normal.
- **Work in.** If someone is resting between sets on a machine you need, ask "Can I work in?" You do a set while they rest, then swap. Most people say yes.
- **Training with a friend** works the same way: one lifts while the other rests.
- **Rest away from the machine** when others are waiting, especially in a busy gym. Your rest time is yours, but the machine isn't.
- **Phone breaks happen off the machine.** A rest that turns into five minutes of scrolling is the most common way people tie up equipment. Time your rest; if you need longer, step away and let someone work in.
- **Don't save equipment** with a towel or bag while you go elsewhere.
- **Supersets in a busy gym:** pair exercises that use the same station or nearby equipment, or skip supersets at peak times.

When someone is camping on a machine

- **Ask, don't hover.** "How many sets do you have left?" or "Mind if I work in?" Most people say yes, and many don't realize anyone is waiting.

- **If they're on their phone,** the same question works. Keep it friendly.
- **Use your backup exercise** if they're mid-workout and staying. A chest press and a dumbbell press train the same muscles.
- **If it keeps happening,** tell the front desk. Staff deal with it so you don't have to.

Cleaning up

- **Wipe down** seats, pads and handles after you use them.
- **Put weights back** on the rack where they belong, plates off bars and machines.
- **Return attachments** such as cable handles and bars.

Space and safety

- **Give lifters room.** Don't walk close behind or in front of someone mid-set.
- **Don't stand between someone and the mirror** they're using to check form.
- **Lower weights under control** instead of dropping them, unless the area is set up for it.
- **Ask before offering advice,** unless someone is about to be hurt.

Phones and noise

- **Take calls off the gym floor.**
- **Use headphones** for music and videos.
- **Film only yourself,** and keep other people out of the frame.

Peak times

- **Check busy times** in a map app, and train off-peak if you can.
- **Have a backup exercise** for each movement in case the equipment you want is busy.

Etiquette checklist

1. Ask before using equipment, and work in when needed.
2. Rest away from the machine when others are waiting, and take phone breaks off it.
3. Wipe down what you use.
4. Put weights and attachments back.
5. Give lifters space.
6. Take calls off the floor.
7. Know your backup exercises.

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