

# 6 tips to get **CONFIDENT IN THE GYM**

1. go to the weight section
2. learn as much as you can
3. have a plan
4. check out the weight room before you go
5. wear your favorite outfit
6. tune people out

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## 1. go to the weight section

I know, I know... it sounds counter-intuitive right?

Well, think about it this way: we as women compare ourselves to... other women right? If you go to the weight section, you distance yourself from a LOT of women and thus remove a LOT of comparison.

And, if you do happen to see another woman in the weight section, embrace it! You might have just made a new BFF!

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## 2. learn as much as you can

"Knowledge is power."

Yes, by moving to the weight room we are removing our deeply ingrained "constantly-comparing-syndrome", but there still is the intimidation factor of guys being there... It's almost like they can smell unfamiliarity. So, just don't be unfamiliar and do your research. Be the girl who knows what she is doing. Once you show the bros that you do, **THEY** will be the ones who are intimidated... by YOU.

PS: I have exercise videos and form tips in my [blog](#)!

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## 3. have a tested workout plan

"If you don't prepare, you prepare to fail." Even if you have good form, do not go in the weight section without a real plan! Just like being able to smell unfamiliarity, guys can also smell "Pinterest workouts". I'm talking about the plans that say to do 100+ air squats in a row, 50+ crunches and way too many jumping jacks. Use a tried a true workout (preferably from someone certified) that gets results, and soon you'll be giving those gym bros lessons yourself. And hey, if one of them comes up to you wanting to "give advice", you can simply say, "sorry but I want to stick with what my personal trainer told me to do..."

The other perk of a plan is that they keep you on schedule, moving through exercises with minimal annoyance to others. To put it bluntly, don't be the dude that leans up against the squat rack checking Instagram while he waits for inspiration to hit... We all hate him.

PS: my tried and true workout plans are on the "continue training" section of my website!

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## 4. check out the weight room before you go

Another vote for being prepared! Even if you have the perfect plan and perfect skill-set, it can still be intimidating stepping foot into a new weight room, let alone if it's your first time ever! My advice? A day or two before your weight session, find a cardio machine that is close to the weight area and spend about 20 minutes on it, taking note of where everything is. How many benches are available by the dumbbells? Where are the mats stored? Is there room for supersets? While you are scouting out all this info on the elliptical, pull out your workout plan and actually go through each exercise on your list, visualizing yourself doing the workout in that specific space.

If there's no cardio equipment near the weights, try going at a really slow time and take a picture of the space that you can reference to later!

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## 5. wear your favorite outfit

Do you have a power color?

A favorite pair of leggings?

A tank that makes your shoulders look especially great?

Make sure to wear it that first day (first day ever, first day of new routine, etc) and any others days that catch you feeling a bit less than awesome. Other things you can plan into your day to help you along are your favorite most tasty pre-workout snack and post workout meal! Basically you just want things to get you excited!

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## 6. tune people out

I definitely used this trick when I worked out at my college gym. I mean seriously, can you get any more bros in one place? To tune them out I had a great play list that got me excited and in a great mood. I put my ear buds in and used it as an excuse to not listen to or pay attention to anyone else while I was there.

Another thing I wish I had done then is wear a hat! Nothing flashy of course, but a simple ball cap. It keeps any haters out of sight and it hides your face, the perfect way to get in and get out without being noticed!

**So that's it! Those are my 6 tips to gain confidence at the gym! If you liked this guide and want more confidence building knowledge, please check out my [confidence coaching](#) program, it was designed for women just like you!**

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