



Top 10 Mistakes You Don't Want to Make as a Beginner at Planet Fitness

A cheat sheet guide for faster results, more gym confidence, and avoiding unwanted or dangerous Mistakes.

CREATED BY: TRAINER STEVE



Learn from the mistakes of others. you can't live long enough to make them all yourself."

-Eleanor Roosevelt

8PM meant it was time to eat ice cream. As a former fat kid, the only exercise I knew was running for dessert. When my mom shouted that ice cream was served, I came running like the Terminator.



I was the kid that got made fun of in P.E. The bullies scooped my man-boobies and would fake wheeze at me as I tried to hobble through running 'the mile'.

UC San Diego
Biological Sciences



I went on an obsessive mission absolutely determined to make a change. I went off to UCSD to get a human biology degree, where I learned everything I could from the best that I could find. I studied NCAA coaches, e-mailed renowned dietitians, read hundreds of books, and listened to more educational podcasts than the average person listens to in a lifetime.

After countless failures, mistakes, and money wasted, I finally felt like I had it *somewhat* figured out. From there I got certified to be a personal trainer, in which **I have worked with thousands of people** which has led to amazing and drastic changes. One of my favorite clients Beth has lost over 100 inches off her body. How did she do it? She learned to avoid the following 10 mistakes.

**Don't Make
These
Mistakes!**

BETH YOUNG | AGE 59 | LOST 49 POUNDS

Excerpt from Beth's Facebook feed: "Weekly weight loss update: Lost 2.8 pounds for a grand total of 49 pounds. I lost 2.5 inches for a total of 92.5 inches. YIPPEE!!!!!! THANK YOU TRAINER STEVE I OWE IT ALL TO YOU

EMMA GREY | AGE 32 | LOST 46 POUNDS

"Hi Steven, you know how sometimes people come into your life for one reason or another? Well today I realized what a gift it was yesterday to have this opportunity to speak with you. Remember how you explained how my body works and how it's important to love my body. I clearly didn't, and by default that made me set myself up for failure. Well, I have really learned from that. That is an incredibly valuable lesson. Thank you :) Just wanted you to know that I am forever changed - for the better- by your sharing your perspective with me. Warmly, Emma

ABS AND CARDIO, BACK TO THE CAR WE GO

MISTAKE 1

ONLY DOING ABS AND CARDIO

"Women who lift weights burn about 100 more calories in the following 24 hours than women who only do cardio." #fitquickfitness

THREE REASONS WHY BEGINNERS MIGHT OVER-FOCUS ON CARDIO AND ABS

Reason #1) Fear of bulking - Now men may not identify with this one, but women certainly might. I've heard it time and time again at the gym, *"I don't want to get big and bulky so I don't lift weights."* **Lifting weights because you are afraid of looking like a bodybuilder is like not driving your car because you fear becoming a NASCAR driver.** You won't blow up as soon as you touch a a weight. It takes years of hard work, protein, and some questionable 'extra stuff' to really have a blow up effect.

Reason #2) They think crunches are how you lose belly fat and get a six pack - People always ask what is the best machine to work off your stomach fat, I always tell them that if such a machine existed there would be a line out the door and around the Starbucks around the corner because of how many people would want to use it. Sadly this doesn't work.

Reason #3) They don't know how to use the equipment, create a program, and are afraid to fail. When I started working out I at least had Men's Health Magazine and Muscle and Fitness to gain some incite, I don't know where I would have started if I didn't read anything first. Probably doing abs, cardio, bicep curls, and bench pressing. If you have anxiety about starting, don't know how to make a program or are afraid of doing something wrong, don't worry you are not alone.

ABS AND CARDIO, BACK TO THE CAR WE GO

MISTAKE 1

ONLY DOING ABS AND CARDIO

"It is a shame for a woman to grow old without ever seeing the strength and beauty of which her body is capable." —Socrates

WHAT SHOULD YOU DO?

There are always exceptions, but in general if your goal is to age well and be able to move well then you have to have a comprehensive approach to training your body.

Areas of Focus

- Strength training with multi-joint movements
- Flexibility through full ranges of motion
- Explosive Athleticism
- Breathing and Stability

Doing weighted carries, lifts from the ground, squats/deadlifts, torso/hip rotations, high tension movements, and anything with cables that cause you to brace your abs are more likely to be effective at training the abs than doing boring old crunches anyway.



Do some research, read a book, ask someone in the gym, see the **TRAINER!**

MISTAKE #2

NOT WORKING WITH THE FREE TRAINER

"Everyone needs a coach. It doesn't matter wether you're a basketball player, a tennis player, a gymnast or a bridge player."

—Bill Gates

There are lots of ways around paying top dollar for help.

Now more than ever information is free.

Grab as much of it as you can get!



Where are my favorite places to get help?

- **Planet Fitness** (Look on Google Maps they are everywhere). Trainer are free, results may vary. My advice, get the black card membership and then go to multiple locations and schedule a "design-your-own program".
- **Youtube** - There are too many to list, just dig in and watch for patterns amongst them, usually they seem obsessed with what they are teaching.
- **Books:** Starting Strength, 4 Hour Body, Becoming a Supple Leopard, The Habit Factor. ***Those alone will save you multiple life-times of failure.***
- **Ask someone who looks like they know what they are doing.** People love to help because it makes them feel valuable.
- **Ask Trainer Steve** Feel 103% free to send me an e-mail. You don't want to miss the opportunity to work with a high-end trainer for absolutely free. My mentors made their time available to those in need, so now its my turn.

FREE TRAINER! NO BRAINER!

MISTAKE #2

NOT WORKING WITH THE FREE TRAINER

"Nothing is more expensive than a missed opportunity." — H.Jackson Brown JR.

THE **FASTEST** WAY POSSIBLE TO GET **ANYTHING YOU WANT GUARANTEED**

One of the fastest ways to getting what you desire is to find someone that has done what you want to do, and figure out the **habits** it took for them to get there. What were the **routines and actions** that they took daily to get them there? What are your habits like compared to theirs? Find the best coach you can, the most successful mentor, and then soak in and replicate their process.



- Choose your heroes carefully: are they genuine role models you want to emulate?
- Choose your associates: everything about your life will closely reflect the lives of your five closest friends.
- Sometimes you need to let go and disassociate.
- Form and use a mastermind: two minds are better than one, and five are even better. GET COACHING EVERYWHERE
- Michael Jordan, Tiger Woods, and Oprah all have coaches. No matter your level, you can always benefit from a coach.

CANT LOSE WEIGHT WITHOUT FOCUS ON THE PLATE

MISTAKE #3

TRYING TO LOSE WEIGHT WITHOUT
FOCUSING ON FOOD INTAKE

"Food is not just food, it is information that contains the paint of life. Every bite you eat is a brush stroke for your body and mind." —Trainer Steve

"You Cannot Exercise Your Way Out Of A Bad Diet" —Mark Hyman MD

A BETTER WAY TO GET IN SHAPE

- During coaching consults I often quickly find out that the client knows they should work on their diet, but they don't and instead feel that they can exercise away their troubles. While exercise is a powerful medicine, it will be your nutrition that delivers weight loss and toning.
- According to Samuel Klein, MD at Washington University's School of Medicine, "decreasing food intake is much more effective than increasing physical activity to achieve weight loss. If you want to achieve a 300 kcal energy deficit you can run in the park for 3 miles or not eat 2 ounces of potato chips.
- Back when I was in college I binge drank and ate pizza and Chipotle all weekend, no matter how hard I trained I still had flab. It wasn't until I got my diet under a strong control that I saw my abs for the first time. I had to hang up the booze and burritos, but I gained pride, confidence, and health.

CANT LOSE WEIGHT WITHOUT FOCUS ON THE PLATE

MISTAKE #3

TRYING TO LOSE WEIGHT WITHOUT
FOCUSING ON FOOD INTAKE

"You can't expect to look like a million bucks if you eat from the dollar menu" — Trainer Steve

WHAT TO FOCUS ON

- * Knowing what to eat before its time to eat
- * Removing 80% of your sugars
- * Eating carbs as fuel for intense activity, nothing else.
- * Eating stuff from the ground or stuff that ate stuff from the ground.
- * Getting accountability!



**Diet is 80% of how your body
looks**

MISTAKE #4

LACK OF SELF-BELIEF

"Our beliefs are like unquestioned commands telling us how things are, what's possible and impossible, and what we can and cannot do. They shape every action, every thought, every feeling that we experience. As a result changing our belief systems is central to making any real and lasting change in our lives"

*-Tony Robbins
Success Coach, CEO, Philanthropist*



PROBLEM:

As a beginner at the gym sometimes its a little intimidating. You see other fit people using equipment you may not understand, you might feel like people are staring at you, and you don't quite believe in yourself yet.

The real truth is that almost everyone at the gym is actually thinking about themselves, not you.

SOLUTION:

1. Keep consistent with training so that you last long enough to see results. Once you take enough action to get results you'll have a freight-train of momentum on your side.
2. Set your goals with small measurable progress markers. If your goal is 10,000 steps everyday, maybe start with 7,500 and work your way up. Each time you progress you will be more motivated to beat the day before.
3. Educate yourself on the basics of machines and weight-lifting movements before going in. There are millions of fitness videos on Youtube, as well as the FREE trainer that was mentioned in mistake #2.

MISTAKE #4

LACK OF SELF-BELIEF

"Whether You Think You Can, Or Think You Can't. You're Right."

-Henry Ford

"If you believe you can lose weight, you probably can. If you believe you can't lose weight, you most assuredly won't. Belief is the ignition switch that gets you off the sofa and into your gym shoes." - Felicity Luckey

SELF-EMPOWERING QUESTIONS

- 1) **Do you live through a victim mentality?** If not how are you going to take responsibility?
- 2) **Do you believe you can make a fitness transformation?** What commitments are you making to show yourself you are serious?
- 3) **Do you look for reasons why you can?** Or Why you can't? If you look for reasons why you can, what can you do to never forget that?
- 4) **Have you practiced self-discipline today?** Do you witness an increase in self-esteem when you have exercised discipline?

Self discipline ➡ Increased self-esteem ➡ Increased well being ➡
Increased self - Belief ➡ Increased persistence ➡ Goal Achieved

The mastery of our own thoughts and decisions are responsible for our happiness. You must believe the destination is possible in order to want to keep traveling toward it. You wouldn't set a destination on Google Maps that didn't exist as real in your mind. Set reminders to stay committed:

***Hire a Coach**

***Do Affirmations**

***Use Self-Hypnosis**

***Cherish Small Wins**

***Read Personal Development Books**

***Create a Contract With Yourself and Sign It**

***Take Small Actions Toward the Goal Daily**

***Persistently Practice Habits Until 100% Belief**

Stick to your routine to get to your groove-thing

MISTAKE #5

NOT DEVELOPING/STICKING TO A ROUTINE

“Any time you see what looks like a breakthrough, it is always the end result of a long series of little things, done consistently over time.”

— Jeff Olson, *The Slight Edge*

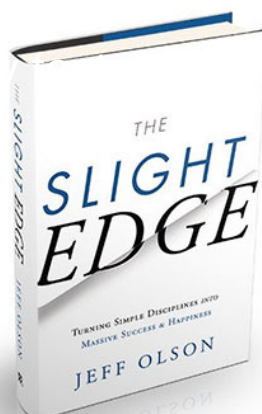
“You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.”

— Darren Hardy

THE POWER OF CONSISTENCY

- You could get the greatest program in the world, but it won't work if you don't come back on week 2. The **best exercise routine is the one you'll stick with.**
- If you quit before exercise and eating right becomes automatic, you will be destined to fail. **Stay focused on sticking to a routine of positive habits, and you'll win.**

3 BOOKS THAT WILL MOTIVATE YOU TO HARNESS THE POWER OF CONSISTENCY



Stick to your routine to get to your groove-thing

MISTAKE #5

NOT DEVELOPING/STICKING TO A ROUTINE

-Habits are cobwebs at first, cables at last —Chinese Proverb

"Chains of habit are too light to be felt until they are too heavy to be broken" —Warren Buffett

The Persistence Plan and Consistency KEY

The way to happiness is the road to mastering personal thought through consistent and diligently crafted choice and habit. Winning depends less on a brilliant plan than on consistent action. The more consistent you are to taking consistent action, practicing self-discipline, and doing those things you don't want to do, you will gain confidence, self-esteem, and belief,



MISTAKE #6

NOT USING THEIR HEART AND BREATH INSIDE/OUTSIDE OF THE GYM

"If you know the art of breathing you have the strength, wisdom and courage of ten tigers." —Chinese adage

NOT USING THEIR HEART AND BREATH INSIDE THE GYM

- Learning how to maximize your breath puts you at a much better athletic output
- During bench press, inhale before lowering the bar to the chest, and exhale when you are pushing the weight away from you.

The lungs are the primary excretory organ in weight loss, according to the researchers. According to researchers from the University of New South Wales in Australia, when weight is lost, the majority of it is breathed out as carbon dioxide. The heavier and more consistently you breath the more weight you you will lose and the more energy you will have.

NOT USING THEIR HEART AND BREATH OUTSIDE THE GYM

With the standard American lifestyle their isn't much time dedicated to increasing the heart rate or working on our breathing. Its a lost art. You drive to work, sit in an office, drive home, sit in front of the tv, then sleep. Breathing deeply more frequently has been shown to aid in weight loss as well as have calming effects.

RELAXATION BREATHING EXERCISE

1. Pay **attention** to your breathing. Take **deeper inhales** and slow the rhythm of in/out.
2. **Relax** and **elongate** the duration of exhale
3. Keep your **attention** to the breath for a **60 second count**.



MISTAKE #6


NOT USING THEIR HEART AND BREATH INSIDE/OUTSIDE OF THE GYM

A tracker can serve as great reminder tool. They also let you know your heart-rate and how much activity you get. Are you getting that heart-rate up?!



Getting your heart-rate up rapidly at once can increase energy levels, stimulate creativity, and improve overall well-being.*

**Lunges
Push-Ups
Long Jumps
Kettle-Bell Swings
Bodyweight Squats**

**TOP EXERCISES FOR
QUICK HEART-RATE** 

Health 4-MINUTE FAT-BLASTING **TABATA** WORKOUT

SQUAT JUMPS 20 Seconds

REST 10 Seconds

PUSH-UPS 20 Seconds

REST 10 Seconds

BURPEES 20 Seconds

REST 10 Seconds

SIT-UPS 20 Seconds

REST 10 Seconds

SQUAT JUMPS 20 Seconds

REST 10 Seconds

PUSH-UPS 20 Seconds

REST 10 Seconds

BURPEES 20 Seconds

REST 10 Seconds

SIT-UPS 20 Seconds

REST 10 Seconds

Research published by the European Association for the Study of Diabetes showed that short bursts of intense exercise before meals can control blood sugar better than 1 continuous 30 minute session.

ALONE, ON THE PHONE, AND ALWAYS IN THE COMFORT ZONE

MISTAKE #7

NOT GETTING OUT OF YOUR COMFORT ZONE

"If you know the art of breathing you have the strength, wisdom and courage of ten tigers." —Chinese adage

CHANGE THE WAY YOU LOOK AT NORMAL

Your "normal" is only normal because that is what you are used to. If its normal for you to quit working out after a few weeks, re-train your brain to look at the circumstances differently. Change your normal to a place where missing the gym would be abnormal.

Learn to love fitness and eating well.

Accept that its normal for you to dedicated er than fear (fear of pain and failure make us hate diet and exercise, those who learn to love it succeed. Rich Fronning, the "most fit man in the world", trains multiple times a day. Its the love, focus, and competency that allows him to push himself out of his comfort zone all the time.

NORMAL

IS JUST A
SETTING
ON THE
WASHING
MACHINE!



“The only way to set a high goal is to not be afraid of failure. The more risk that you take the higher the reward there is at the end... The key to success is to not be afraid of failure. The people that get up are the ones that are the winners.”
-Arnold Schwarzenegger



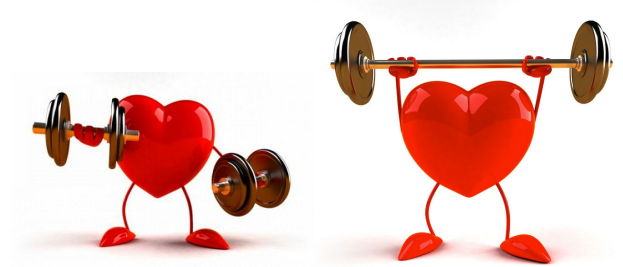
ALONE, ON THE PHONE, AND ALWAYS IN THE COMFORT ZONE

MISTAKE #7

NOT GETTING OUT OF YOUR COMFORT ZONE

"If you know the art of breathing you have the strength, wisdom and courage of ten tigers." —Chinese adage

**THE SOONER YOU STEP
AWAY FROM YOUR
COMFORT ZONE; THE
SOONER YOU'LL REALIZE
THAT IT REALLY WASN'T
ALL THAT COMFORTABLE.
-EDDIE HARRIS JR.**



**TRULY FALL IN LOVE AND ENJOY
A HEALTH FILLED LIFE**

What do you see and feel when you drive by the gym? Do you feel sick in your stomach about the guilt for not going? Do you feel love and admiration for what the gym is doing for the health of all its users? **If you love yourself, you should love health and get comfortable with it.**



GOING ALL-OUT WILL MAKE YOU FALL-OUT

MISTAKE #8

GOING TOO HARD WHEN STARTING A PROGRAM

"You Can't Rush Something You Want to Last Forever"

"Be not afraid of going slowly; be afraid of only standing still." -Chinese Proverb

A SLOW START IS A SMART START

According to John Higgins, MD, Director of Exercise Physiology at the University of Texas Health Science Center in Houston, you should **"Start low and go slow... The current recommendation is 2-3 days per week, for at least 30 minutes per day.** But for someone who is just starting out, we recommend that they start at 1-2 days per week and ramp it up from there." **If the goal is weight loss, The days should move up to 3-5 times per week with around an hour of activity.**



WEIGHT TRAINING: Start with lighter weights and fewer sets and reps, once you feel comfortable push yourself to do more of each. The amount of weight you should start with should be chosen based upon how many repetitions of the movement that the program calls for. If you are required to do 12 to 15 repetitions, you should feel a fatigue set in at around 9 or 10 reps; after that you should be pushing yourself to get to 12 to 15.

ONE OF YOUR EYES SHOULD CLOSE UP ON YOU DURING THE LAST REPS OF A WEIGHT LIFTING SET, THATS HOW YOU KNOW YOU'RE WORKING HARD ENOUGH.

START SMALL



GOING ALL-OUT WILL MAKE YOU FALL-OUT

MISTAKE #8

GOING TOO HARD WHEN STARTING A PROGRAM

"I walk slowly, but I never walk backward" - Abraham Lincoln



Cardio Mistakes Revealed

Only using one style of cardio machine over and over leads to repetitive-use injury.

Running too frequently or too hard out of nowhere can cause fatigue, lack of motivation & make you quit.

Not warming up properly can cause strains, sprains, and tears that will lead to failure.

Stick-To-It Solutions For Cardio

Split your cardio routine up by doing 10 minutes on each cardio machine

1st week do 10 min, 2nd week do 20 minutes, 3rd week do 30 minutes. Ramp your effort and duration up until program requirements are met.

Do 3 sets of 10 reps dynamic high kicks and swings as warm-up before cardio

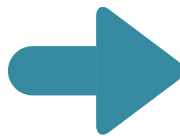


ASK WHY YOU CAN, NOT WHY YOU CAN'T

MISTAKE #9

LOOKING FOR REASONS WHY YOU CAN'T SUCCEED

***"Successful people ask better questions and as a result, they get better answers."
..."Focus on where you want to go, not what you fear." —Anthony Robbins***



***"Do You Look at the glass half-empty, half-full, or do you fill
that b**** up!" — Trainer Steve***

ASK WHY YOU CAN, NOT WHY YOU CAN'T

MISTAKE #9

LOOKING FOR REASONS WHY YOU CAN'T SUCCEED

"There is always going to be a reason why you can't do something; your job is to constantly look for the reasons why you can achieve your dreams" —Shannon Miller

"In order to be a winner, you have to look for ways of getting things done and not for reasons why things can't be done. People who live with excuses have things that can't be done hovering around them all the time." —Mike Krzyzewski



The ability to ask the right question is more than half the battle of finding the answer

Learn the habit to get the goal. Do the habit to get the gold.

MISTAKE #10

SETTING GOALS WITHOUT SETTING HABITS

"Habits are a Vehicle to Achieving Your Goals" —Martin Grunburg

"We are what we repeatedly do. Excellence, then, is not an act, but a habit"

—Will Durant

"Setting goals without setting habits is like putting your destination in google maps without getting in the car and driving" — Trainer Steve

5 Powerful Eye-Opening Questions

1. Are you tracking habits on paper everyday and week?
2. Do you continually question both your negative and positive habits?
3. Do you stay away from people, places, things that sabotage you?
4. Do yo consciously craft your habits? Do you design them?
5. Do you or does the monkey inside you create your habits?

There are two kinds of habits: *those that serve you, and those that don't.*

Beginning with your ultimate goal, reverse engineer the outcome by asking what habits and skills you would need to get you there.

Real, enduring success, is cultivated through consistent actions taken over time (habits). Question your habits, do they serve you?



Learn the habit to get the goal. Do the habit to get the gold

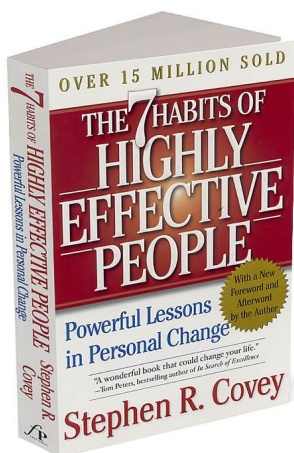
MISTAKE #10

SETTING GOALS WITHOUT SETTING HABITS

"We first make our habits, and then our habits make us." —John Dryden

"Motivation is what gets you started. Habit is what keeps you going." —Jim Rohn

3 BOOKS TO EASILY CREATE SUCCESS HABITS (AND DESTROY THE BAD ONES)

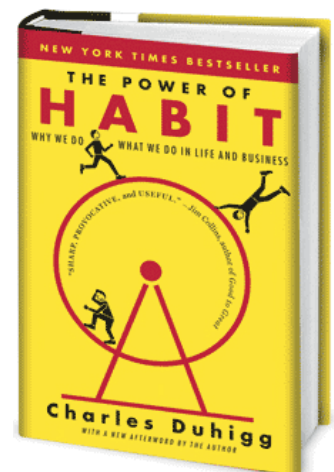


"Powerful. Practical. Certain to super-charge your success!"
—Brian Tracy, Author of 35 books in 34 languages

The HABIT factor

All men's natures are alike—
it's their habits that carry them far apart.
—Confucius

MARTIN GRUNBURG
Special Foreword by Ron Savage



HOW TO START A HABIT IN 3 SIMPLE STEPS

- 1. Identify ONE single action** that will initiate the good habit. If its to go to the gym on the regular, perhaps the action could be to pack your gym bag the night before.
- 2. Set reminders** in your environment to let you know its time to do that action as a new habit. **Link it to other habits you have already** like eating breakfast, driving home from work, or going to bed. This will build an **automatic association** to the automatic old habit and the newly desired positive habit.
- 3. Commit to doing the action in a public way and with something on the line**, a competition, a wager, a Facebook shaming, whatever it takes. "Get clear on what you want, then find the people to support you to get it" Lewis Howes



THANKS FOR READING



YOU ARE NOW READY TO START YOUR FITNESS
JOURNEY FOR THE LAST TIME - NO MORE RESOLUTIONS

"The moment you lose site of the vision is the moment that separates reality
form the dream"

Resources:

https://www.eurekalert.org/pub_releases/2014-05/d-sss050614.php