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Down-To-Earth Training For Your Ideal Body

Being An Ambassador In Your Gym

To be “hardcore” also means that you treat your gym and the business with respect. You understand that your ability to train intensely is a privilege and that you will reciprocate by being what many call an “ambassador.” This means that you serve as an example of how to conduct yourself in the gym. Here are some examples:

- Offer to give somebody a spot when they look like they need one
- Let someone use your chalk/belt, if appropriate
- Help someone on with his bench shirt, knee wraps, etc.
- Clean up after yourself (towel down machine seats/benches)
- Put your weights away
- Encourage and congratulate other gym members when they make a breakthrough on a personal goal
- If you are the “big man” in the gym, offer to take pictures with people when they succeed in accomplishing one of their goals, especially if a picture is going to be put on the gym wall, etc.
- You conduct yourself in a way which prevents you from becoming part of “gym drama” – something almost every major gym or health club has.
- If you are a recognized athlete, bodybuilder, etc. conduct yourself with class in your gym – the members will likely be your biggest fan base with whom you interact often!
- Sign autographs if requested
- Volunteer to help your gym if appropriate
- Be known as someone who contributes in the community. Whether you contribute time or money to a religious organization, charitable organization, nationally-recognized private organization (Boy Scouts, Rotary Club, etc.), or mentor through your local high school or university be sure to give back to your community. It will add positive energy and people will take you more seriously if you are someone who can be above the “selfish” mentality which stereotypes many bodybuilders and strength athletes

Excerpt from “Metroflex Gym’s Down-To-Earth Guide To Your Ideal Body” which is available at:
<http://www.metroflexgymtraining.com>