

Working Out is Great

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You know what? Working out is great when you actually know what you're doing in the gym. Otherwise, you're left looking like a fool secretly watching what other people are doing. Then once you copy them, something doesn't feel right or you just do it wrong. Working out is great when you have someone to go to the gym with. They're your accountability partner. They're someone to get you to the gym and force you to stay there instead of leaving after you stretch. They're someone to talk to and, more importantly, someone to complain to about being tired and sore and how much you don't want to be at the gym. They're someone to push you to lift heavier, jump higher and run faster. Otherwise, the only person you can rely on is yourself. If you lack self-discipline, you'll end up never stepping into that gym again because the gym is intimidating, and working out sucks.

Working out is great when you have a routine to follow that includes exercises you actually enjoy doing while still targeting specific muscle groups. It's even better when you're not the one who comes up with the routine but a friend, such as the one I mentioned earlier, or a sibling does it for you. Otherwise, you wander around the gym doing random exercises that you enjoy, but in the long run, you're not going to see any progress. Randomly doing exercises that hit different muscle groups for no rhyme or reason surprisingly doesn't benefit you. Working out is great when you actually know the names of different exercises. Otherwise, you act out the motion since you don't know the name and your friend has no clue what you're doing. They might even proceed to mock you for the rest of the workout session because of your ignorance. Working out is great when no one else is in the gym. Having free rein of all of the equipment, weights and machines is the best. Otherwise, you can't find the stupid cable attachment to do your tricep pull-downs and walk around aimlessly trying to figure out what to do instead. I'm not speaking from experience of course.

Working out is great when you actually feel like working out. Sometimes you're in the mood. You wake up at the crack of dawn feeling strong and wanting to run five miles. Otherwise, you're not in the mood, every muscle in your body aches and all you want to do is

climb back into bed. Oh wait, that's every day, but you can't go back to bed because your friend is waiting for you. And you can't skip today—although they'd let you—because today is leg day and you love leg day. And if you skip leg day, that messes up your weekly routine that your younger brother made you promise to follow. And if you break that promise, somehow your brother will know. And if your brother knows, he's either going to beat you up or make fun of you because he works out and you don't. And to prevent that from happening, you work out because...working out is great.