DAVID O'SHEA

STRENGTH & NUTRITION

BEGINNER GYM GUIDE

What to bring, how to behave, and how to feel confident in the gym

A proper starter guide for your first few visits.



What to bring



Gym etiquette



Safety & standards



Confidence on day one

SHOW UP. LEARN. IMPROVE.

GYM ETIQUETTE

RESPECT. AWARENESS. RESULTS.

Everyone is here to improve. A little respect goes a long way.
Follow these simple standards and help keep the gym an elite environment for all.

1. BE CONSIDERATE
Think of others. Keep noise down, avoid dropping weights and grunting loudly.

2. DON'T HOG EQUIPMENT
Use equipment efficiently and avoid excessive rest times, especially during busy periods.

3. CLEAN UP AFTER YOURSELF
Wipe down equipment and benches after use. Leave the area cleaner than you found it.

4. PUT WEIGHTS AWAY
Return all plates, dumbbells and attachments to their proper place. It's not someone else's job.

5. LIMIT PHONE USE
Keep your workouts focused. Minimal phone use – no long calls or scrolling.

6. RESPECT PEOPLE'S SPACE
Avoid crowding others. Be aware of your surroundings and keep conversations and distractions to a minimum.

THE BOTTOM LINE

Respect the gym, respect the equipment, respect each other.

Great environments create great results.

BE THE REASON SOMEONE ENJOYS TRAINING TODAY.

EVERYONE WAS A BEGINNER ONCE.
KEEP LEARNING, KEEP RESPECTING, KEEP GROWING.

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WHAT TO BRING

Keep it simple. Bring the basics and you'll be ready to train.



1. ESSENTIALS

- Water bottle
- Small towel
- Comfortable gym clothes
- Supportive trainers
- Your workout plan or notes



2. USEFUL EXTRAS

- Headphones if you like them
- A small lock if your gym uses lockers
- A light snack or protein shake for after training
- A spare top or layer



3. GOOD TO KNOW

- You do not need fancy gear to get started
- Keep your bag out of walkways
- Bring only what you need



The basics are enough.
You do not need to look perfect to start training.

PREPARED. COMFORTABLE. READY TO TRAIN.

USING THE GYM SAFELY
GET IT RIGHT. STAY SAFE.

The gym is a great place, but it's important to use the equipment correctly, be aware of your surroundings and look after yourself.

1. MACHINE SETUP

TAKE A MINUTE TO SET IT UP CORRECTLY.

- Adjust the seat, pad and handles to suit your height.
- Make sure the pin is fully inserted.
- Check the machine moves smoothly.
- If you're unsure, ask a staff member – it's what they're there for.

2. WEIGHT SELECTION

START LIGHT. FOCUS ON FORM.

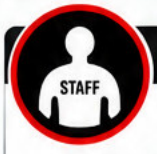
- Choose a weight you can control with good technique.
- It's better to do fewer reps with good form than more with poor form.
- You can always increase the weight later.
- If in doubt, ask for guidance.

3. COLLARS & SAFETIES

SMALL DETAILS MAKE A BIG DIFFERENCE.

- Use collars on barbells so the plates don't move.
- Always set up safety bars on squat racks.
- Check the pins, cables and attachments are secure.
- Don't try to lift heavy without the correct setup.

4. ASK FOR HELP



THERE'S NO SHAME IN ASKING.

- Staff are there to help with technique, setup and any questions.
- If you're unsure about an exercise, ask.
- Don't be afraid to get a quick demo.
- It shows you're committed to doing it right.

5. DON'T COPY BLINDLY

WHAT WORKS FOR THEM MAY NOT WORK FOR YOU.

- Everyone has different goals, experience and mobility.
- What you see someone else doing might be too advanced (or too heavy).
- Focus on your own plan and progression.
- Build your confidence step by step.

6. BE AWARE OF YOUR SURROUNDINGS

RESPECT THE SPACE AND THE PEOPLE.

- Keep an eye on where others are working.
- Don't drop weights or slam equipment.
- Be mindful of noise (especially music).
- Give people space and be considerate when moving between stations.

SAFETY BUILDS CONFIDENCE.

USE THE EQUIPMENT CORRECTLY.
BE AWARE. LOOK OUT FOR YOURSELF AND OTHERS.
A SAFER GYM IS A BETTER GYM FOR EVERYONE.



YOUR FIRST FEW SESSIONS START SIMPLE. STAY CONSISTENT.

The first few weeks are about learning, building confidence and creating habits that last. Keep it simple and enjoy the process.

1. WARM UP EVERY TIME

Spend 5–10 minutes warming up.
Raise your heart rate, mobilise your joints and do a few light sets before your main lifts.

2. START WITH THE BASICS

Focus on a few key movements that work your whole body.



3. REST WITH PURPOSE

Rest 60–90 seconds on most sets.
2–3 minutes on heavier compound lifts.
Use rest time to reset, not scroll.

4. TRAIN AT THE RIGHT EFFORT

Aim for 1–3 reps left in the tank on most sets (RPE 7–9). Leave your ego at the door.
Progress comes from consistency, not maxing out.

5. DON'T CHASE SORENESS

Soreness is normal when you're new, but it's not the goal. Focus on getting stronger, sleeping well and eating well.

6. CONSISTENCY OVER INTENSITY

2–4 quality sessions per week is plenty to start.
Show up, do the work and let time do its job.

EXAMPLE BEGINNER FULL BODY WORKOUT

2–3 SETS | 8–12 REPS
REST 60–90 SECS

1. GOBLET SQUAT
2. DB BENCH PRESS
3. SEATED ROW
4. DB SHOULDER PRESS
5. RDL (DUMBBELLS)
6. PLANK

Adjust the weight so the last 1–2 reps are challenging but with good form.

FOCUS ON THE PROCESS, NOT PERFECTION.

- ✓ LEARN THE MOVEMENTS
- ✓ BUILD GOOD HABITS
- ✓ GET STRONGER OVER TIME
- ✓ HAVE PATIENCE AND TRUST THE PROCESS

Small steps.
Big progress.
You've got this.

CONFIDENCE. AWARENESS. SHOW UP. DO YOUR THING.

Everyone started where you are now.
Use these tips to feel confident, stay aware and enjoy the journey.

1. EVERYONE STARTS SOMEWHERE

No one knows you. Everyone is focused on their own workout. Be kind to yourself and stay consistent.

2. BE AWARE OF BUSY TIMES

Early morning, lunch and evenings are peak times. Be patient, plan your workouts and expect to share equipment.

3. SHARE & WORK IN

Ask if you can work in during rest periods. Be friendly, rotate fairly and keep your workouts moving.

4. TRACK YOUR PROGRESS

Write down your sets, reps and weights. Small improvements add up to big results over time.

5. FOCUS ON WHAT YOU CAN CONTROL

- Your effort
- Your mindset
- Your habits
- Your recovery
- Your consistency

Let the rest take care of itself.

6. ENJOY THE PROCESS

Training is more than reps and sets. It builds confidence, discipline and strength for every area of life.

FINAL REMINDERS

Show up consistently. Results come from repetition.

Respect the gym, the equipment and the people around you.

Keep learning. Ask questions. There's always more to learn.

Focus on progress, not perfection. Better than yesterday.

You've got this. Be patient, trust the process and enjoy the journey.

THE GYM IS A TOOL.
YOU ARE THE DIFFERENCE.

KEEP SHOWING UP.
KEEP LEVELING UP.