

## GYM TOP TRUMPS

### *The Bro*



- *Strength: Infinite.*
- *Cardiovascular Fitness: None existent.*
- *Rep range: 1 rep max.*

Always starts the day with a chest pump. Focuses on strength over form, because who cares about injuries? Often found hogging the barbell section. What is leg day again?

Although a natural human response to cry out sometimes when pursuing our fitness goals, the Screamer takes it to the extreme. The most vocal of all the gym stereotypes. You will most definitely hear them before you see them. No, you're not imagining things, there really is someone screaming 'YEAHHHHH' as they hit their deadlift PB. How to avoid them? Crank up the volume on your headphones, don't be intimidated and enjoy your session.

### *The Screamer*



**Strength: Unlimited lung capacity**  
**Favourite equipment: Vocal Chords**  
**Special Ability: Gruntiny**

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### *The Model*

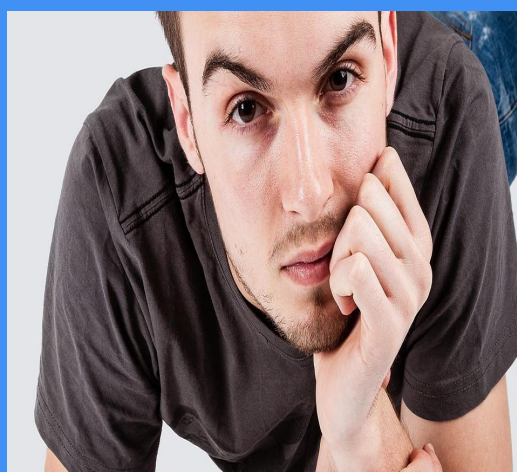


- *Strength:* Strong glutes.
- *Favourite equipment:* Gym floor mirrors.
- *Special ability:* Snapchat.

Not referring to a 90's supermodel. Talking about the individual that snaps a million mirror selfies and videos before participating in even 15 minutes of working out. Because if you didn't snap it, it didn't happen right? Usually caught posing on the squat rack. Always armed with a pair of gym shark seamless leggings.

There is always that one guy on the gym floor, no matter where you move, will always ensure he has his eyes fixed on you. With a top ability to complete a HIIT training session, yet obtain absolute focus on his prey, he's hard to ignore. For whatever reason you are looking, even if it is just genuine interest in our workout routine, please stop.

### *The Gazer*



- *Strength:* 20/20 vision
- *Favourite Equipment:* The one closest to you.
- *Special Ability:* Multitasking.