

Your Free Diet Plan and Exercise Routine

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Section 1: Your Free Diet Plan and Workout Routine

Hello /

Welcome to Your Free Diet and Workout Routine by Straight Health. Today, you're taking the first steps towards starting a healthy lifestyle. In the next sections, you'll get a plan that will help you figure out how many calories are right for your body and specifically your weight goals, what kinds of foods to eat for each meal of the day, and exactly how to workout to get the body you've always wanted.

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Section 2: Your Healthy Weight Range

The first step is to figure out what your healthy weight range is by using your body mass index or BMI. [BMI - http://straighthealth.com/pages/qna/what-is-bmi.html](http://straighthealth.com/pages/qna/what-is-bmi.html) was developed to help the average person quickly figure out if they're at a healthy weight according to their height. BMI puts you into a certain category (underweight, normal, overweight or obese) depending on what your weight is compared to your height. There are certain populations such as bodybuilders that BMI doesn't work well with, but for the majority of people, BMI is a good indicator of where your ideal weight is. BMI is important because studies have shown a close relationship between overweight populations and an increased risk of several unhealthy conditions such as heart disease, strokes and diabetes. **Summary**

- Your BMI: 22.03
- Your BMI category: Normal
- Your current weight: 158
- Your healthy weight range: 133 - 179
- Your goal weight: 133 - 179

Section 3: Calories, Calories, Calories

Based on the information you have provided, your BMI is 22.03 which puts you in the normal category. A BMI between 18.5 and 24.9 is considered healthy and since you fall into that range, you don't need to lose or gain any weight. It's best to be somewhere in the middle of those two numbers. Even though 18.6 and 24.8 are both considered healthy, they are right on the edge. Don't let yourself get to either extreme. According to your height, your healthy weight range is between 133 and 179 pounds.

Maintaining weight can be accomplished by following a simple equation. When you consume the same number of calories that your body burns each day, your weight will neither go up or down, it will remain steady. Based on the information you provided, your body burns about 2773 each day. To keep your weight at 158, you will need to eat 2773 per day. If you eat more than that, you will gain weight and if you eat less, you will lose some. Don't be concerned about eating that exact number of calories everyday. As long as your intake averages out on a weekly basis, your weight will not fluctuate too much.

Even though you'd like to maintain your weight, toning up and building muscle are both still possible with only minimum changes in weight. To tone up, you need to eat less or exercise more in order to reduce your body fat percentage. Gaining healthy weight can be accomplished by combining more calories with strength training so that your body will build muscle.

Based on your daily calorie needs of 2773, to tone up without losing a lot of weight, you'll need to consume about 2273 - 2523 calories per day. This will cause you to lose about 1 pound every 1 - 2 weeks. If you want to lose weight quicker, you'll need to cut your calorie intake further or exercise more. When toning, remember that [spot reducing - http://straighthealth.com/pages/qna/spotreducing.html](http://straighthealth.com/pages/qna/spotreducing.html) isn't possible. Whether the unwanted weight sits on your thighs, stomach or arms, the process is the same.

If you want to build muscle, you'll need to eat between 3023 and 3273 calories per day. This will result in a weight gain of about 1 pound every 1 - 2 weeks. If you want to gain weight at a faster rate, you'll need to increase your calorie intake further. Gaining muscle requires that you combine more calories with exercise. Simply eating more will only cause your body to store excess calories as fat instead of using that extra energy to build muscle.

Remember that these calculations are based on a formula that isn't perfect. To make sure that these calorie intakes are right for you, weigh yourself at the same time each day to make sure you are moving in the desired direction. If after the second week you haven't gained any weight or are putting on too much weight, you'll need to adjust your calorie intake. Keep watching your weight until it starts going in the right direction.

Summary

- Calories your body burns per day: 2773
- Calories you need in order to maintain your weight: 2773
- Calories you need in order to tone up/reduce your body fat percentage: 2273 - 2523
- Calories you need in order to gain muscle: 3023 - 3273

Section 4: Your Meal Plan

Eating to Lose Weight

Note: Food group definitions and links to examples are found at the bottom of this page.

- **Daily Needs:** Losing One - Two Pounds Per Week
 - Calorie Intake: 3023
 - Fruits: about 2 cups
 - Vegetables: about 2.5-3 cups
 - Grains: about 6-7 ounce-equivalents

- Meat and Beans: about 5.5-6 ounce-equivalents
 - Milk: about 3 cups
 - Oils: about 6 teaspoons
 - Approximate Discretionary Calorie Allowance: about 267-290
- **Breakfast Suggestions**
 - 2oz-eq of grain
 - 1/2-1 cup of vegetables
 - 1/2 cup of fruit
 - 1 cup of milk
- **Lunch Suggestions**
 - 1-2oz-eq of grain
 - 2oz-eq of meat or beans
 - 1/2-1 cup of vegetables
 - 1 cup of fruits
 - 1 cup of milk
- **Dinner Suggestions**
 - 1-2oz-eq of grain
 - 1-1.5oz-eq of meat or beans
 - 1 cup of vegetables
- **Snack Suggestions**
 - 2-3oz-eq of grain
 - 2.5-3oz-eq of meat or beans
 - 1/2-1 cup of vegetables
 - 1/2-1 cup of fruits
 - 1 cup of milk
- Oils should be added to meals throughout the day by using them in salad dressings, vegetable spreads or mayonnaise and when cooking.
 - Discretionary calories can also be added into your meals throughout the day in the form of any food as long as you have filled the need for every other food group.
- **Food Group Definitions**
 - 1 cup of fruit means:
 - 1 cup of 100% natural fruit juice
 - 1 cup of fresh fruit, or,
 - 1/2 cup of dried fruit
 - [Fruits Food Gallery - http://www.mypyramid.gov/pyramid/food_library/fruit/bananas.html](http://www.mypyramid.gov/pyramid/food_library/fruit/bananas.html)
 - 1 cup of vegetables means:
 - 1 cup of fresh, frozen, canned, cooked or dried vegetables, or,
 - 2 cups of raw leafy greens
 - [Vegetables Food Gallery - http://www.mypyramid.gov/pyramid/food_library/vegetables/spinach.html](http://www.mypyramid.gov/pyramid/food_library/vegetables/spinach.html)
 - 1 ounce equivalent of grain means:
 - 1 slice of bread, or,

- 1 cup of ready to eat cereal
 - 1/2 cup of cooked rice, pasta or cooked cereal
 - [Grains Food Gallery - http://www.mypyramid.gov/pyramid/food_library/grains/brownrice.html](http://www.mypyramid.gov/pyramid/food_library/grains/brownrice.html)
 - Note: Foods made from wheat, rice, oats, cornmeal or barley (ex: bread, pasta, oatmeal, breakfast cereal, tortillas and grits) are part of this group. Half of your daily intake from the grain group should come from foods made out of 100% whole wheat.
- 1 ounce equivalent of meat and beans means:
 - 1 ounce of lean meat, poultry or fish, or,
 - 1 egg, or,
 - 1 tablespoon of peanut butter, or,
 - 1/4 cup of cooked dry beans, or,
 - 1/2 ounce of nuts or seeds
 - [Meat and Beans Food Gallery - http://www.mypyramid.gov/pyramid/food_library/meat/lean_beef.html](http://www.mypyramid.gov/pyramid/food_library/meat/lean_beef.html)
- 1 cup of milk means:
 - 1 cup of milk, or,
 - 1 cup of yogurt, or,
 - 1.5 ounces of natural cheese, or,
 - 2 ounces of processed cheese
 - [Milk Food Gallery - http://www.mypyramid.gov/pyramid/food_library/milk/skim.html](http://www.mypyramid.gov/pyramid/food_library/milk/skim.html)
 - Note: This group includes all fluid milk products and foods made from milk that retain their calcium content (ex: milk, yogurt and cheese). If a milk derived product has little or no calcium (ex: cream cheese, cream and butter), they are not part of this group. Choices from this group should be low-fat or fat free.
- Oils:
 - olive oil
 - canola oil
 - sunflower oil
 - corn oil
 - trans fat free vegetable spreads
 - certain salad dressings
 - mayonnaise
- Discretionary Calories
 - The amount of calories left after you have accounted for all the servings in the other food groups. Discretionary calories can be used on any foods but try and pick healthy choices that are low in saturated and trans fat and contain no added sugars.

Section 5: Your Workout Routine

Flexibility Routine

A flexibility routine should be done on the days you workout and can even be done on off days. While flexibility won't directly help you lose or gain any weight, it will lower the risk of injury and increase your performance. In other words, being flexible will make it easier for you to exercise. Before you begin stretching, warm up your muscles by doing a light five minute walk or jog. When your muscles are cold, they are also stiff which makes them harder and more dangerous to stretch. Stretches will be listed in the next section.

Flexibility can be done 3-6 days per week and shouldn't take too long. First, pick 1-2 stretches for each major muscle

group. You're going to take each stretch to a point where you feel a very slight discomfort but never to the point of pain. Hold each stretch for 30 seconds and do each stretch twice. Avoid bouncing as this can cause injuries.

Cardiovascular Routine

Cardiovascular exercise can accomplish two main things. It strengthens your heart while helping you burn a large amount of calories to aid in weight loss. For cardio, you can really do any activity you like as long as it's at a continuously high intensity and gets your heart pumping.

Running, jogging, biking and even walking (yes walking is good if you're not ready to do higher intensity activities) are good examples if you don't suffer any joint pain. If you do, swimming is a very low impact exercise that can also fulfill your cardio requirements. You can also play any sports such as tennis or basketball. You should be engaged in multiple activities so you don't get bored with your routine.

Cardio should be done 3-5 times per week. Since you are currently involved in little or no exercise, you shouldn't rush in and start doing 5 days of cardio per week right from the start. If you do, you'll probably injure yourself, become too sore or quit because you're pushing your body too hard too soon. By starting off slowly, you give your body more time to adjust to the changes you're making. This will greatly increase the chance that you'll stick to new exercise routine.

During your first 2 weeks, start off by doing cardio 2 times (each week). Up that to 3 times during the 3rd and 4th week and increase it to 4 times during the 5th and 6th weeks. Finally, increase your cardio to 5 times for week 7 and beyond.

Each cardio session should last between 30 and 60 minutes. Since you're not currently active, you're going to start off at 20 minutes per session for your first 2 weeks. Move up to 30-40 minutes per session during your 3rd and 4th weeks.

During your 5th and 6th week, move to 40-50 minutes per session and finally increase it to 45-60 minutes during your 7th week and beyond.

If you have a heart rate monitor, you can use it to figure out what intensity you should be working at. First calculate your maximum heart rate by subtracting your age from 220. Since you are 24 years old, subtract 24 from 220 which equals 196 beats per minute. This is the maximum your heart can beat in 1 minute. For exercise, you want to get between 60%-85% of your maximum heart rate. To do that, multiply 0.6 by 196 and 0.85 by 196 to get your range of 118 - 167 beats per minute. During cardio, you should try and get your heart rate within that range.

Strength Training Routine

A full body workout will hit all the major muscle groups of the body (chest, back, shoulders, biceps, forearms, triceps, abdominals, legs) every time you do the routine. Each session should last 45-60 minutes and should be done 2-3 times per week. Since you're currently inactive in the area of strength training, you should start off going 2 times per week for the first 2 weeks and increasing that to 3 times per week during your 5th week and beyond.

Exercises, sets and repetitions: For the weeks 1 and 2, pick 1 exercise per muscle group and do 2 sets per exercise. You'll need to find a weight that will allow you to complete 8-12 repetitions per set with your last repetition truly being the last one you can do. If you can do more than 12, move the weight up. If you can't do at least 8, move the weight down. For weeks 3 and 4, do 1-2 exercises per muscle with the same number of sets and repetitions per exercise. For week 5 and beyond, do 2 exercises per muscle and the same number of sets and repetitions per exercise.

Remember that your muscles respond to change. Doing the same exercises with the same weight week after week won't give you any results. Make sure you're going up in weights or repetitions and switch the exercises you do for each muscle every 3-4 weeks. You should keep track of the weight you do in a small notebook so you could easily track your progress. Each time you workout, you can look at what you did last time and know for sure that you're improving. Example: if you

did 10 reps on 20 pound dumbbells last week, either go up to 25 pound dumbbells or try for more than 10 reps on the 20 pounders.

Section 6: Your Weekly Workout Schedule and Exercise Examples

Weekly Schedule*Flexibility Schedule*

Week 1 and beyond

- Days this week to engage in your flexibility routine: 6
- Procedure: You first need to warm up with a light 5 minute jog, bike ride or walk. Next, pick 1-2 stretches per muscle group. Do each stretch to a point of slight discomfort (never pain) and hold each one for 20-30 seconds. Repeat each stretch twice.

Cardiovascular Schedule

Week 1 and 2

- Days per week to engage in your cardio routine: 2
- Minutes per session: 20
- Target heart rate: 60-85% of your maximum heart rate

Week 3 and 4

- Days per week to engage in your cardio routine: 3
- Minutes per session: 30-40
- Target heart rate: 60-85% of your maximum heart rate

Week 5 and 6

- Days per week to engage in your cardio routine: 4
- Minutes per session: 40-50
- Target heart rate: 60-85% of your maximum heart rate

Week 7 and beyond

- Days per week to engage in your cardio routine: 5
- Minutes per session: 45-60
- Target heart rate: 60-85% of your maximum heart rate

Strength Training Schedule

Week 1 and 2

- Days per week to engage in your strength training routine: 2
- Exercises per muscle: 1
- Sets per exercise: 2
- Repetitions per set: 8-12

Week 3 and 4

- Days per week to engage in your strength training routine: 2
- Exercises per muscle: 1-2
- Sets per exercise: 2
- Repetitions per set: 8-12

Week 5 and 6

- Days per week to engage in your strength training routine: 3
- Exercises per muscle: 2

- Sets per exercise: 2
- Repetitions per set: 8-12

Week 7 and beyond

- Days per week to engage in your strength training routine: 3
- Exercises per muscle: 2
- Sets per exercise: 2
- Repetitions per set: 8-12

Below are a few stretches for each major muscle group. Only a few examples are shown. Click on the name of the muscle for more stretches. A good routine will incorporate a wide variety of stretches rather than focusing on the same ones each week.

- [Chest](http://www.exrx.net/Lists/ExList/ChestWt.html) - <http://www.exrx.net/Lists/ExList/ChestWt.html>
 - [behind head](http://www.exrx.net/Stretches/ChestGeneral/BehindHead.html) - <http://www.exrx.net/Stretches/ChestGeneral/BehindHead.html>
 - [doorway](http://www.exrx.net/Stretches/ChestGeneral/Doorway.html) - <http://www.exrx.net/Stretches/ChestGeneral/Doorway.html>
 - [straight arm](http://www.exrx.net/Stretches/ChestGeneral/StraightArm.html) - <http://www.exrx.net/Stretches/ChestGeneral/StraightArm.html>
- [Back](http://www.exrx.net/Lists/ExList/BackWt.html) - <http://www.exrx.net/Lists/ExList/BackWt.html>
 - [fixed bar](http://www.exrx.net/Stretches/BackGeneral/FixedBar.html) - <http://www.exrx.net/Stretches/BackGeneral/FixedBar.html>
 - [overhead](http://www.exrx.net/Stretches/LatissimusDorsi/Overhead.html) - <http://www.exrx.net/Stretches/LatissimusDorsi/Overhead.html>
 - [standing side reach](http://www.exrx.net/Stretches/LatissimusDorsi/StandingSideReach.html) - <http://www.exrx.net/Stretches/LatissimusDorsi/StandingSideReach.html>
- [Shoulders](http://www.exrx.net/Lists/ExList/ShouldWt.html) - <http://www.exrx.net/Lists/ExList/ShouldWt.html>
 - [fixed bar](http://www.exrx.net/Stretches/DeltoidLateral/FixedBar.html) - <http://www.exrx.net/Stretches/DeltoidLateral/FixedBar.html>
 - [doorway](http://www.exrx.net/Stretches/DeltoidAnterior/Doorway.html) - <http://www.exrx.net/Stretches/DeltoidAnterior/Doorway.html>
 - [rear deltoid](http://www.exrx.net/Stretches/DeltoidPosterior/RearDelt.html) - <http://www.exrx.net/Stretches/DeltoidPosterior/RearDelt.html>
- [Biceps](http://www.exrx.net/Lists/ExList/ArmWt.html#anchor1910082) - <http://www.exrx.net/Lists/ExList/ArmWt.html#anchor1910082>
 - [seated](http://www.exrx.net/Stretches/Biceps/Seated.html) - <http://www.exrx.net/Stretches/Biceps/Seated.html>
 - [standing](http://www.exrx.net/Stretches/Biceps/Standing.html) - <http://www.exrx.net/Stretches/Biceps/Standing.html>
 - [wall](http://www.exrx.net/Stretches/Biceps/Wall.html) - <http://www.exrx.net/Stretches/Biceps/Wall.html>
- [Triceps](http://www.exrx.net/Lists/ExList/ArmWt.html) - <http://www.exrx.net/Lists/ExList/ArmWt.html>
 - [overhead](http://www.exrx.net/Stretches/Triceps/Overhead.html) - <http://www.exrx.net/Stretches/Triceps/Overhead.html>
- [Legs](http://www.exrx.net/Lists/ExList/ThighWt.html) - <http://www.exrx.net/Lists/ExList/ThighWt.html>
 - [quadriceps - standing](http://www.exrx.net/Stretches/Quadriceps/Standing.html) - <http://www.exrx.net/Stretches/Quadriceps/Standing.html>
 - [hamstrings - standing](http://www.exrx.net/Stretches/Hamstrings/Standing.html) - <http://www.exrx.net/Stretches/Hamstrings/Standing.html>
 - [glutes - seated](http://www.exrx.net/Stretches/GluteusMaximus/Seated.html) - <http://www.exrx.net/Stretches/GluteusMaximus/Seated.html>
- [Abdominals](http://www.exrx.net/Lists/ExList/WaistWt.html) - <http://www.exrx.net/Lists/ExList/WaistWt.html>
 - [kneeling](http://www.exrx.net/Stretches/RectusAbdominis/Kneeling.html) - <http://www.exrx.net/Stretches/RectusAbdominis/Kneeling.html>
 - [standing](http://www.exrx.net/Stretches/RectusAbdominis/Standing.html) - <http://www.exrx.net/Stretches/RectusAbdominis/Standing.html>
 - [lying bent leg](http://www.exrx.net/Stretches/Obliques/LyingBentLeg.html) - <http://www.exrx.net/Stretches/Obliques/LyingBentLeg.html>

Below are a few exercises for each major muscle group. Only a few examples are shown. Click on the name of the muscle for more exercises. A good routine will incorporate a wide variety of exercises rather than focusing on the same ones each week.

- [Chest](http://www.exrx.net/Lists/ExList/ChestWt.html) - <http://www.exrx.net/Lists/ExList/ChestWt.html>
 - [barbell bench press](http://www.exrx.net/WeightExercises/PectoralSternal/BBBenchPress.html) - <http://www.exrx.net/WeightExercises/PectoralSternal/BBBenchPress.html>
 - [barbell decline press](http://www.exrx.net/WeightExercises/PectoralSternal/BBDeclineBenchPress.html) - <http://www.exrx.net/WeightExercises/PectoralSternal/BBDeclineBenchPress.html>
 - [dumbbell fly](http://www.exrx.net/WeightExercises/PectoralSternal/DBFly.html) - <http://www.exrx.net/WeightExercises/PectoralSternal/DBFly.html>
- [Back](http://www.exrx.net/Lists/ExList/BackWt.html) - <http://www.exrx.net/Lists/ExList/BackWt.html>

- [barbell bent over row - http://www.exrx.net/WeightExercises/BackGeneral/BBBentOverRow.html](http://www.exrx.net/WeightExercises/BackGeneral/BBBentOverRow.html)
- [cable seated row - http://www.exrx.net/WeightExercises/BackGeneral/CBSeatedRow.html](http://www.exrx.net/WeightExercises/BackGeneral/CBSeatedRow.html)
- [pulldown - http://www.exrx.net/WeightExercises/LatissimusDorsi/CBFrontPullDown.html](http://www.exrx.net/WeightExercises/LatissimusDorsi/CBFrontPullDown.html)
- [Shoulders - http://www.exrx.net/Lists/ExList/ShouldWt.html](http://www.exrx.net/Lists/ExList/ShouldWt.html)
 - [barbell military press - http://www.exrx.net/WeightExercises/DeltoidAnterior/BBMilitaryPress.html](http://www.exrx.net/WeightExercises/DeltoidAnterior/BBMilitaryPress.html)
 - [dumbbell lateral raise - http://www.exrx.net/WeightExercises/DeltoidLateral/DBLateralRaise.html](http://www.exrx.net/WeightExercises/DeltoidLateral/DBLateralRaise.html)
 - [dumbbell rear lateral raise - http://www.exrx.net/WeightExercises/DeltoidPosterior/DBRearLateralRaise.html](http://www.exrx.net/WeightExercises/DeltoidPosterior/DBRearLateralRaise.html)
- [Biceps - http://www.exrx.net/Lists/ExList/ArmWt.html#anchor1910082](http://www.exrx.net/Lists/ExList/ArmWt.html#anchor1910082)
 - [barbell curl - http://www.exrx.net/WeightExercises/Biceps/BB Curl.html](http://www.exrx.net/WeightExercises/Biceps/BB Curl.html)
 - [cable curl - http://www.exrx.net/WeightExercises/Biceps/CB Curl.html](http://www.exrx.net/WeightExercises/Biceps/CB Curl.html)
 - [preacher curl - http://www.exrx.net/WeightExercises/Brachialis/BBPreacherCurl.html](http://www.exrx.net/WeightExercises/Brachialis/BBPreacherCurl.html)
- [Triceps - http://www.exrx.net/Lists/ExList/ArmWt.html](http://www.exrx.net/Lists/ExList/ArmWt.html)
 - [barbell close grip bench press - http://www.exrx.net/WeightExercises/Triceps/BBCloseGripBenchPress.html](http://www.exrx.net/WeightExercises/Triceps/BBCloseGripBenchPress.html)
 - [cable pushdown - http://www.exrx.net/WeightExercises/Triceps/CBPushdown.html](http://www.exrx.net/WeightExercises/Triceps/CBPushdown.html)
 - [dumbbell kickback - http://www.exrx.net/WeightExercises/Triceps/DBKickback.html](http://www.exrx.net/WeightExercises/Triceps/DBKickback.html)
- [Legs - http://www.exrx.net/Lists/ExList/ThighWt.html](http://www.exrx.net/Lists/ExList/ThighWt.html)
 - [barbell squat - http://www.exrx.net/WeightExercises/Quadriceps/BBFullSquat.html](http://www.exrx.net/WeightExercises/Quadriceps/BBFullSquat.html)
 - [barbell straight leg deadlift - http://www.exrx.net/WeightExercises/Hamstrings/BBStraightLegDeadlift.html](http://www.exrx.net/WeightExercises/Hamstrings/BBStraightLegDeadlift.html)
 - [dumbbell calf raise - http://www.exrx.net/WeightExercises/Gastrocnemius/DBSingleLegCalfRaise.html](http://www.exrx.net/WeightExercises/Gastrocnemius/DBSingleLegCalfRaise.html)
- [Abdominals - http://www.exrx.net/Lists/ExList/WaistWt.html](http://www.exrx.net/Lists/ExList/WaistWt.html)
 - [push crunch - http://www.exrx.net/WeightExercises/RectusAbdominis/BBPushCrunch.html](http://www.exrx.net/WeightExercises/RectusAbdominis/BBPushCrunch.html)
 - [side bend - http://www.exrx.net/WeightExercises/Obliques/DBSideBend.html](http://www.exrx.net/WeightExercises/Obliques/DBSideBend.html)
 - [lying ball crunch - http://www.exrx.net/WeightExercises/RectusAbdominis/CBLyingCrunchStabilityBall.html](http://www.exrx.net/WeightExercises/RectusAbdominis/CBLyingCrunchStabilityBall.html)

All exercises and stretches and exercises provided by [ExRx - http://www.exrx.net](http://www.exrx.net).

Section 7: Thanks

Thanks !/

Thanks for stopping by and using the Straight Health Trainer to get your free diet plan and workout routine. Remember that your journey into the world of health doesn't stop here. Starting a healthy lifestyle is more than drawing up a plan, you need to put it into practice. If you need any further help, visit the [Straight Health Forums](#) where you can join a growing community of people who care about improving their health through proper nutrition and fitness. Good luck, and again, thanks for stopping by. If you have some extra time, you can help improve this free service by filling out a [a quick survey](#).

Useful Links

- [Beginner's Guide to Dieting - http://straightdiet.com](http://straightdiet.com)
- [Beginner's Guide to Exercise - http://straightexercise.com](http://straightexercise.com)
- [Guide to Gaining Muscle - http://straighthealth.com/pages/guides/gainweight.html](http://straighthealth.com/pages/guides/gainweight.html)
- [Guide to Gyms - http://mygymsucks.com](http://mygymsucks.com)