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Mrs. Small

Humanities

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How To Be A Gym Bro: It's Gains SZN

With gains SZN approaching, wouldn't you like to reach the peak physique you've always wanted while also releasing the bottled up masculinity inside you? Do you need something to dedicate yourself towards until it becomes an unhealthy obsession? Here is a comprehensive guide to help you become a gym bro:

1. Make sure to grunt as loud as possible when you finish your set. How else will people know that you are the toughest in the room?
2. Find whatever weight you can lift safely and double it, even if it might cause a muscle tear. It is important to establish the fact that you can lift heavier than the next guy over.
3. Be sure to throw your weights on the floor after sets and avoid re-racking your weights. Being the gym bro you are, you should expect that the inferior newcomers will pick up after you and respect your alpha status.
4. Be sure to purchase an XXS muscle t-shirt to show off all your gains. Along these lines, be sure to go shirtless at the end of your workout. Everyone knows that if you are not comfortable taking your shirt off, you don't belong at the gym.
5. Once you are shirtless, we suggest you pose in front of the mirror to capture that sick pump. Whether or not you finish your workout, your five instagram followers are dying to see you flexing.

6. Find the protein powder with the highest protein value and be sure to shove four scoops down your throat bone-dry, before and after every workout. It is important to eat only pure protein to show casual gym-goers who is serious and who is not.
7. Along these lines, be sure to take five times the recommended amount of pre-workout to get those muscles going. From here, screaming unnecessarily loud and showing your ego should come naturally.
8. Consider the possible benefits of other supplements, such as steroids, testosterone, and dangerously caffeinated pre-workouts. Whether or not you are killing your body in the long run, remember the short-sighted goal of looking massive to daunt smaller gym members.
9. Be sure to hit your PR every single day with all your other fellow gym bros. Hog all the benches for two hours, while you all lift a weight that is far too heavy to be done with correct form.
10. Most importantly, continue the traditions of intimidation and judgement in the gym.
Recall the motivation you felt when you first saw a gym bro and how it is important to establish the alpha mentality to a beginner.

Well here you have it. By following these ten simple guidelines, you will be well on your way to being a proper gym bro. Be sure to embody these mindsets in your daily actions and if anyone points out the absurdity behind your actions, remind them that it's gains SZN.