

Many people who wish to get into the gym are scared away by a lack of information on fitness.

Details:

Many say that the biggest thing holding them back from going to the gym is a lack of knowledge. I know for me that was definitely the case. Afterall many people are unsure how to do the various exercises and lifts and are scared to appear like they don't know what to do, or even what to do in addition to working out to see the best progress.