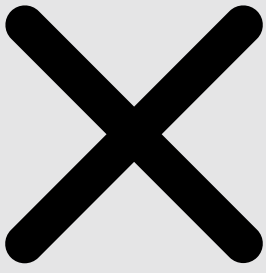# RETURNING TO THE GYM POST COVID
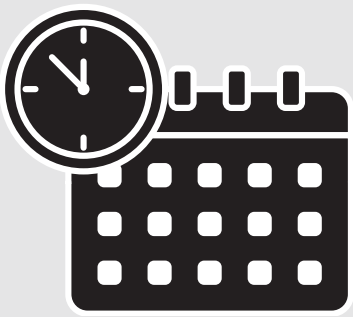
Top tips

1 **YOU DO NOT HAVE TO RETURN.**

First and foremost, just because other people are returning, doesn't mean you need to.
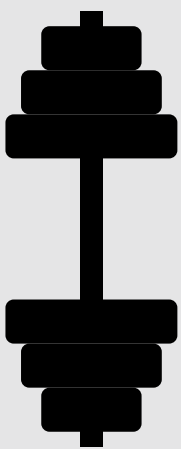
2 **TEST THE WATERS**

Try going for a day or two before sgoing back to your full routine. If you can try different times of day to get usean idea of how busy your gym is

3 **HAVE A PLAN (WITH MODIFICATIONS)**

If you want to be in and out with as little wandering as possible you need to know where you're going and what you're doing.

4 **KEEP THINGS LIGHTER THAN PRE-LOCKDOWN**

Your focus early on should be about form, reconnecting to movements you've not done in months, I suggest you drop your weights down and keep reps low.

6 **DISTRACT YOURSELF FROM UNCOMFORTABLE THOUGHTS**

If you start to feel uncomfortable or begin to worry try to distract yourself through listening to music or a podcast. Try to give all your attention to the exercise you're doing. Use your breathing to focus yourself.

5 **SLEEP AND REST. RESPECT YOUR RECOVERY**

You may not be able to recover as quickly as you once did. Prioritise getting quality sleep and give yourself an extra rest day or two. Further be sure you give your body the nutrients it needs to recover from the sudden increase.