

Field notes ^{#1 on the} ^{2 on the} ^{3 on the} Gym and Naveem's Interview.

Sun, 02/25/18 7:00^{PM} - 8:00^{PM}

- ~~Person~~
- Schedule on door
- Lockers ^{black} ^{grey} - 12 w/ 2 umbrellas
- 3 ellipticals, 4 treadmills, 2 bikes
- 1 person - Ca, ^{BLK} Sweets, G T
- 1 person - S Asian, BLK Sweets, blue T - first treadmill, study ↑
- 1 person - Ca, sleeveless T, shorts, long socks
stretch warm up bet workout
- Jumping jacks → stretch ^{thighs} ~~knee~~ & arms.
- 1 person - brown T, gray sweets, w/ headphones
- 1 ~~w/~~ person - ^{1 mex} white T, blk sweets
- 1 person - ^{assists mex} gray sweater, blk ^{sweets} w/ red stripe, cap
- 1m - ^{Ca} red T, blk sweets, ^{earphones} dusting hands w/ powder before using grips.
- 1f - ^{Ca} blk sleeveless shirt, tight blk sweets, glasses
- ^{at square w/ bar} talking
- 1m - ^{BLK} red T, blk sweets, glasses, on phone
- ~~1m~~ long blk socks
- 1m - ^{Ca} yellow T, blk sweets
- 1m - SA, bk swit shirt, blk sweets w/ white stripes, ear phones
- ~~1m~~ - 1m - ^{blk} hat, ~~1m~~ purple shirt, blk sweets
- 1f - purple sleeveless, black bloomers, ~~deadlifts~~ blk knee protectors

talk



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- Above doorway, AC, & cross & horse shoes
- 4 TV screens - 2 in front of treadmills on
 - 1 middle - off
 - 1 back - off

- 1 blk(m) - red & sweater & blue sweater

→ Refrig - Good brew, water, ^{sweater} buy energy drinks
labrade's lean body protein
shakes,

- Ppl hang sweaters on coat hanger & park belongings in locker, lock the locker
- Various flags on walls in back.
- Receptionist ~~des~~ w/ desk, c mptr
- Mirrors all around.

What surprised me? The gym had ^{much fewer} a lot

ppl in the gym. For those in ~~there~~
ppl in terms:

- One person wait for another to fin. One person 2

Complains that its difficult. Person 1 provides

input. "Yeah". They then move on to next ~~to~~
machine to workout & take breaks when needed.

- HD 1800 works on outer & inner thighs.

- When taking breaks ppl walk around w/ phone ^{using} in hand, listen to music, talking w/ others, walk around
- Ppl carry ~~out~~ around H₂O to cool off.
 - It helps ppl by...
 - Personal
- When equipment not available in open part of gym, I f goes to other part grabs ^{moved to other part of open part} rod, ~~works out~~, prac s using it.
 - I m ^{puts back} takes weights from 1 location after using them k takes he
- I m, Mex, blk T, blk shorts
- I m, Mex, blk T, gray sweats, earphones water,
- Basement
 - 2 member - RR
 - 1 employee - RR
 - ~~for~~ 4 posters of ^{both men} ppl showing off their physique.
- Surprised - not everyone only minority carry water bottle.
- Eggs
- Disturbed - ^{some} equipment moved around.
- ~~best time~~ Uncomfortable cuz not used to it.

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- Surprised me - No smell,

- ~~Assump~~ ^{Subj Assump} A: Open area gym in 1st floor
w/ not many ppl working out.

m-Basem + fan may be blowing ^{air} water out
or only 3 ppl work out in Basem's tent

- Disturbs me - no H₂O fountain, ^{every person I talk to} private
gyms ~~almost~~ always have it.

- Personal

- I am annoyed I have to buy H₂O if
I did not bring it. This limits
how long I would stay in the gym.

- Disturbs me - ppl do not always clean
the equipment after using them.

- Personal

- I only clean it if my sweat is ~~all~~ drenching
it.

- I think other ppl may not always
wash their hands like me.

So I am not worried about always
cleaning equipment

Disturbs me:

- Equipment takes up too much room.
- Fire extinguisher by window.

There is little space to meel around wallbrushing against other

- Disturbs me:

- Not many type of sawe equipm t leads to lines. I don't want to wait for some t else. I like maintaining the order of my ^{severntial} ^{work out} schedule.

Disturbs me.

- Gym membership so expensive, but they don't offer other services aside from equipment use.

- Disturb me:

- Cost is higher than other 3 gyms nearby, which offer more.

- Disturb me:

- They ~~can~~ ^{could} expand the building to include backyard, but they refuse to do so. This could increase space for ppl to walk around.

- Disturb me!

- Refuse to offer part ^{time} membership

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- Naalem

① What do you think of the gym? in general?

~~③ ② Is there any (Other) reason you go ^{to the} ~~there~~ gym?~~

② What do you think of Elite Gym?

- Management

- Staff

- Other members

- Gym's conditions.

~~2.5 Why do you workout at~~

③ What ~~is~~ your purpose ^{for working out in} ~~are your goals~~ ^{Elite} ~~for going to the~~ Gym?

What ~~is~~ are your end goals?

④ What do find annoying about Elite gym?

⑤ //

~~2.1 What gyms do you~~

2.1 Where do you go to exercise?

2.2 How long much time do you spend in

2.3 How often do you go to the Elite gym?

① Place to ~~work out~~ ^{bulk up}, exercise, & stay in shape.

② Good small gym. Most basic equipment. Decently average priced.

- Management

- Nothing personal inquiries.

- Wants price lowered.

- Used to attend couple yrs ago when it was cheaper.

- Conveniently located

- Staff

- Helpful w/ ques or ^{willing} ~~some~~ to spot you.

- Other gym men

- Don't talk to a lot, but some I got to know. We are all doing the same thing.

- A group of bodybuilders, in back.

I see ^{that} some find them intimidating.

Some these ppl stay away from using same equipment.

- Counter

- We do it all time.

- I don't find bodybuilders intimidating.

2.1 I work out at home to warm up.
I exercise in the (Elite) gym.
I also play ball outside.

2.2 ^{avg} 2-3 hr. "4 hrs w/ you (jokingly).

2.3 6 days a week.

- Rest every 4th day.
- Each day workout a ^{particular} group of muscles.
- 1st day: back + abs + cardio
- 2nd day: legs + cardio
- 3rd day: chest + abs + cardio
- 5th, 6th & 7th days you repeat?
(Nods yes).

3) Why? Stay Healthier, & get stronger,
~~perk develo~~ and as a bonus
look better.

4) I don't really have a good diet
" Okay I do^{nt} eat well.

5) ~~Process~~ How did you set
your work out schedule?

Trial-and-error. You I have been doing a # of diff types of routines & I found the ones that I believe are most efficient for my body weight.

⑥ How Often change workout? As needed. ~~If~~ Say lets so I am doing a certain # of exercises w/ certain # of sets and I am exceeding my goals. Then, I will ~~sets~~ ^{sets}, ~~reps~~. Then ↑ weight until I cannot do it anymore.

- ④ - There's not enough space for
 - Not enough chicks go there.
 - No ^{free} water.
 - ~~Even though they have the equipment~~
- ⑤ ~~Equi~~ Too many ppl at ~~cer~~ specific times prevent me from using the equipment I would.
- The price is too expensive for the services they provide.

(5.1) How would you like it change?

Like it was 2 yrs ago.

It was cheaper.

Try to expand the building to include

An improvement: ~~basement~~ ^{add} holds the backyard, to create more space.

(6.1) What do you do before your back workout?

1) I start out on the elliptical ~~treadmill~~ treadmill, ellipse, or exercise bike for 8-10 min.

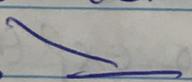
2) Then 26 sets pull ~~sets~~ ^{ups}

How many reps? As many as I can

but at least 10 ^{reps} ^{of 6 sets} ^{in bet sets} I

Sometimes combine it w/ perform

3-4 sets bent-over rows.

3) Super-sets ^{of latent pull} ~~lat~~ machine down machine, ^{4 sets of rows} ^{4 sets of rows} ^{rear delt}
 What is ? When you combine multiple workouts in ^{one set} ^{in flgs.}

- ~~But I fix my form~~

- I try to maintain a proper form

as I exercise at all times to reduce pain & injuries.

- Bet supersets & sets of diff 't workouts
Regardless of whether or not I am tired. I take a 30sec to 1 min to rest & take a sip of water.

⑦ I always have enough water to last me throughout my workout to prevent dehydration, but ~~some~~ rarely I do not bring enough H_2O .

⑧ Would you stop exercising if you did not have H_2O ^{to keep yourself} ~~to stay~~ hydrated ~~your~~ for the next workouts?

It depends if I feel like I am going to faint; which I did.

⑨ ~~Did the ev~~ ~~Did the where~~ ~~did~~ ~~you faint & what were you~~ ^{I cannot continue the work} ^{I will leave} ^{my} ^{early} ^{workout}

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(6.1) 4) Then I head downstairs I do 4 supersets of dumbbell rows & preacher curls of 8-10 reps.

5) 4 Supersets ~~feet~~ reverse flys, & dumbbell curls bicep curls, & hyperextensions.

In bet I do ^{diff + types of} ~~crunches~~ ^{each day} ~~crunches~~ ^{back} ~~crunches~~ back & chest days, like cruches, leg ^{ups} ~~triset~~.

~~10~~ Then I would leave. I would take my stuff from lockers & leave. If I feel like I can do more then I would repeat routine.

(9.5) How long does this routine take?
2-3 hours.

you fin a using certain equipment

10 After a workout, ~~if you leave~~ how do you treat the machine?

I would return equipm + back to location by racking weights.

How many sweat on the equipm +?

11 If I leave any sw + on equip ment I would clean it.

12 How would you clean it?

I would use the ^{cleaning} sprays provided by gym then I would wipe it w/ a ~~napkins~~ ^{paper} towel.

13 How do you prefer to work out alone or someone else?

me - I know I am...

14 I have been lifting a lot more w/ you.

15 What are perks of working out w/ someone else?

Spotting & motivation, Having someone else w/ you. You will be motivated to do more. If I did n't tell you to stop being a pussy? you would have done less.

Q15 What ~~are~~ is a downside of having a partner?
 - Extra time wasted because ~~we're~~ ^{we're} is distracted by ^{talkin'} or he's a shitty partner.

Q16 Who are you basing your answers in regards to the disadvantages of a partner?
 Obviously you.

Q17 Despite If you have a good partner, then you can improve.