

5 GYM MISTAKES THAT ARE HOLDING YOU BACK (& HOW TO FIX THEM FAST)

Starting your fitness journey can feel overwhelming, but trust me—you don't have to make the same mistakes I did. Here are five common gym mistakes that hold people back and exactly how to fix them!

1. SKIPPING STRENGTH TRAINING & JUST DOING CARDIO

🚩 The Mistake: Many beginners think they need endless cardio to lose weight or get toned. But cardio alone won't build the strong, lean body you want.

✅ The Fix:

- Prioritize strength training at least 3x a week.
- Use progressive overload—increase weights or reps over time.
- Add compound movements like squats, deadlifts, and presses to build muscle & burn fat effectively.

💡 Tip: Muscle boosts metabolism—so you'll actually burn more calories at rest!



3. LIFTING TOO LIGHT (OR TOO HEAVY) WITHOUT PROPER FORM



2. NOT FOLLOWING A STRUCTURED PLAN

🚩 The Mistake: Walking into the gym without a plan leads to random workouts & slow progress.

✅ The Fix:

- Follow a structured workout program that aligns with your goals.
- Track your workouts—don't just guess what to do next!
- Stick with a plan for at least 4-6 weeks before switching things up.

💡 Tip: Fierce First Fit programs are designed for real progress without the confusion—DM 'CONFIDENT' to get started!

🚩 The Mistake: Either not challenging yourself enough or going too heavy without control.

✅ The Fix:

- Find a weight where the last 2-3 reps feel challenging, but doable with good form.
- Focus on controlled reps, not just moving weight.
- Use mirrors & videos to check your form—bad form = no gains (or injuries).

READY TO BUILD STRENGTH & CONFIDENCE? 💪

Stop guessing & start making real progress! I help women like you feel stronger, more confident, and actually enjoy the gym.

4. NEGLECTING NUTRITION & RECOVERY

🚩 The Mistake: Thinking "I work out, so I can eat anything" or not eating enough to fuel progress.

✅ The Fix:

- Prioritize protein at every meal to build & repair muscle.
- Drink enough water—dehydration kills performance!
- Get 7-9 hours of sleep—muscles grow when you rest, not in the gym.

💡 Tip: Strength gains happen outside the gym as much as inside! Recovery = Progress.



5. EXPECTING INSTANT RESULTS & LOSING MOTIVATION

🚩 The Mistake: Wanting fast results and quitting when progress feels slow.

✅ The Fix:

- Set realistic goals—strength & body changes take time.
- Track non-scale victories (energy levels, clothes fitting better, feeling stronger).
- Stay consistent—even on low-motivation days, show up anyway.

💡 Tip: Small progress adds up—focus on what you can control today!



DM 'FIERCE' for a FREE consult call!