

The *I Have No Idea What I'm Doing* Gym Survival Guide

A simple, no-overwhelm guide to walking into any gym,
knowing what to do, and actually enjoying your workout —
even if you've never stepped foot on a gym floor before.

ROOTS
FIT & WELLNESS



Hi, I'm Lexy!

I created Roots Fit & Wellness to encourage women to build a healthier, more intentional life one habit at a time. Through realistic fitness, nourishing food, and practical routines, my goal is to make wellness feel achievable for every season of life. I'm so glad you're here 💕



You don't need to overhaul your whole life today. You just need one plan you can walk in and follow.

"I go to the gym, but I spend half my workout wondering if I'm even doing the right exercises."— If that's you, you are so not alone. Most women feel this way the first (and fifth, and tenth) time they walk into a gym. This checklist is here to take the guesswork out, so you can walk in with a plan and walk out feeling strong.

How To Use This Guide

- ☐ *Read through once before your next gym session, then keep it saved on your phone.*
You don't need to memorize it — just reference it.
 - ☐ *Start with the "Walking In" checklist every single time until it becomes second nature.*
 - ☐ *Use the Machine Guide to learn 1-2 new machines a week, not all of them at once.*
- Remember: everyone at the gym was a beginner once. Your only job is to show up and keep showing up.*
- ☐

What To Do When You Walk In

Your body is something to build, not something to punish.

- ☐ **Check in and drop your things.**
Scan in at the front desk, use a locker if available, and keep only your phone, water, and headphones with you.
- ☐ **Do a 5-minute warm-up.**
Walk, bike, or row at an easy pace to get your body ready — this alone will calm pre-gym nerves.
- ☐ **Pull up your workout on your phone.**
Never wander the floor deciding what to do. Know your plan before you walk in.
- ☐ **Locate the section you need.**
Free weights, machines, or the stretching area — knowing the layout removes 90% of the anxiety.
- ☐ **Give yourself permission to look at your notes.**
No one is watching you check your phone between sets. Everyone does it.
- ☐ **Start light.**
Your first set of any exercise is a chance to check your form, not to lift heavy. Add weight once it feels easy.
- ☐ **Re-rack your weights when you're done.**
A small habit that instantly makes you look (and feel) like you know what you're doing.

The Beginner Machine Guide

You don't need to know all of them. You need to know these.

Lower Body

- ☐ **Leg Press**
Sit, feet shoulder-width on the platform, push through your heels.
- ☐ **Hip Thrust Machine**
Upper back against the pad, squeeze your glutes at the top.
- ☐ **Leg Curl**
Targets hamstrings — control the weight on the way down.
- ☐ **Hip Abductor**
Push your knees outward against the pads for outer glutes.
- ☐ **Smith Machine**
A guided barbell — great for squats when you're still building confidence.

Upper Body & Core

- ☐ **Lat Pulldown**
Pull the bar to your collarbone, squeeze your back, don't lean too far.
- ☐ **Chest Press Machine**
Push straight out, keep shoulders down and back.
- ☐ **Seated Row**
Pull toward your stomach, squeeze shoulder blades together.
- ☐ **Cable Machine**
Most versatile machine in the gym — used for dozens of exercises.
- ☐ **Assisted Pull-Up/Dip**
The more weight selected, the more assistance (easier) it is.

Confidence tip: Every machine has a diagram on the side showing exactly how to use it. Reading it isn't cheating — it's smart.

A Simple Workout Flow

Structure creates confidence. Confidence creates consistency.

1. Warm-Up (5–8 minutes)

- ☐ Light cardio (walk, bike, or row) to raise your heart rate.
- ☐ A few bodyweight movements (bodyweight squats, arm circles, hip openers) tied to what you're training that day.

2. Main Lift (3–4 sets)

- ☐ The biggest, most demanding movement of the day (squat, hip thrust, chest press, deadlift pattern).
- ☐ Do this first, while your energy and focus are highest.

3. Accessory Work (2–3 exercises, 3 sets each)

- ☐ Smaller, targeted movements that support the main lift (machine work is perfect here).

4. Cool Down (5 minutes)

- ☐ Stretch the muscles you trained. This is where recovery — and results — actually begin.

Gym Etiquette & Confidence Tips

Small habits that make you feel — and look — like you belong.

Gym Etiquette

- ☐ Re-rack weights and wipe down equipment after use.
- ☐ Ask before "working in" on a machine someone else is using.
- ☐ Keep rest times reasonable if others are waiting on equipment.
- ☐ Headphones in is completely acceptable — you don't owe anyone conversation.

Confidence Tips

No one is watching you as closely as you think. Most people are focused on their own workout — not judging yours.

Progress over perfection. Your first month is about learning the routine, not lifting heavy.

Film your form (privately). Watching yourself back is one of the fastest ways to build confidence in your lifts.

Go at the same time each week. Familiar faces and a familiar routine make the gym feel like less of an unknown.

WHAT'S NEXT

Ready To Build Real Strength?

This checklist gets you walking into the gym with confidence. But if you're ready for a real plan — one that grows your glutes, tracks your progress, and takes the guesswork out completely — I built something for you.

The Rooted Glute Growth Blueprint

An 8-week program with full workouts, exercise demos, and a built-in progressive overload tracker — just \$37.

Follow along @RootsFitWellness for more free tools, or DM me "GLUTES" for the link.