

Ten Mistakes People Make in The Gym

1. Not Stretching Enough

2. Lifting Too Much Weight

3. Not Warming Up

4. Not Cooling Down

5. Exercising Too Intensely

6. Not Drinking Enough Water

7. Leaning Heavily on a Stair-Stepper

8. Jerking While Lifting Weights

**9. Consuming Energy Bars or Sports
Drinks During Moderate Exercises**

10. Not Exercising Intensely Enough

