

Mixed gyms

Posted by aryehtahor - 27 Jan 2010 04:00

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I wanted to get some people's opinion on a situation that is relevant in my life at the moment, and which I thought may be relevant to some other people here too.

As a few of you may know, I am currently in a secular university. I have an immediate need to lose weight, and have been struggling to do this for a while (for health reasons, not for attracting random girls). Specifically I have started to go to the gym here which is the only one I can get to. I take off my kippa and tzitzis when I go in because neither are particularly practical for working out and also for the following reason. The gym is full of women who are basically naked, some very attractive, and in compromising positions! AHHH! A yid shouldn't be there, and wearing a kippa there is perhaps a hillul Hashem. But I am pushing myself to go because I think I am in a situation where I can get healthy again.

Any thoughts?

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Re: Mixed gyms

Posted by Me3 - 28 Jan 2010 01:53

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[aryehtahor wrote on 28 Jan 2010 01:47:](#)

It's almost like if I started a thread about whether or not unicorns exist, you would respond with a link to a GYE page called "Information about anonymously discussing whether unicorns exist".

What would be the point? (I can't believe I just did that)

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Re: Mixed gyms

Posted by shemirateinayim - 28 Jan 2010 01:57

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There's nothing better than a pointed discussion about the tip of a unicorn's horn.

For the fun of it:

The shlah on chanukah talks about a medrash that says *Shor Shehikriv Adam Harishon, Keren Achas Hayah Lo Bemitzcho*. Mybe if there is a basis for taking this medrash 'Kibshutoh' than you have a source. I gotta run, so *ayin sham*

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Re: Mixed gyms

Posted by BruceWayne - 28 Jan 2010 04:27

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[shemirateinayim wrote on 28 Jan 2010 01:38:](#)

GUARD you're awesome! We don't need more moderators, we need tour-guides. That means that a few of us 'regulars' (myself excluded) must actually tour the ENTIRE site, numerous times, untill we know where everything is! And then we can direct people to all the wonderful information that was already compiled by GUARD!!! Oh and we need someone who can use a

...you called?

As far as working out in mixed gyms, I ALWAYS have a better workout in one. I can lift more and train harder because crazy me thinks (like all guys) that the super attractive "cardio bunnies" who are on the ellipticals and hanging out by the pink dumbbells actually care about how manly I am when I throw around the big weights.

These half naked girls either a) have no shame and dress that way without realizing it's kinda degrading to themselves b) have no self esteem and dress that way to catch your attention (it's a fact that girls nowadays have ridiculously low self esteem, and cunning guys exploit it, especially in college but I digress) c) have no shame and dress that way to get your attention. Kinda sad if you think about it, so why would you want them to be so interested in you? It's not like you would take much interest in an empty person who forgot where their clothes are.

Even better than a mixed gym, even a coed college gym (yes I have trained in those before), is a serious, hardcore, gym. These are usually "officially" coed, but the lack of pink dumbbells and over-smiley 140 pound personal trainers with stupid haircuts and too many positive words in their vocabularies tends to scare off the womenfolk. I'm talking about places where there probably aren't any TVs, there's minimal cardio equipment (no women remember?) and guys who *warmup* their bench press with 225 or their deadlift with 400 are a dime a dozen.

You want a better atmosphere? That's it. You will be motivated more than any college gym environment could ever motivate you.

You should find one in your area.

If that doesn't work out (for logistical or financial reasons) then try to go during off-peak hours. The trainers there can probably tell you when that is and when the fewest females come in (probably really early in the morning) but you might get some weird looks asking them when the best time to avoid the girls would be.

Also, stick to the free weights. Girls tend to use machines and pink dumbbells that are pretty much worthless. They almost never use the power rack out of a baseless and irrational fear that they'll get "muscly" like the freaky steroid abusing womanoid things in the bodybuilding magazines if they god forbid lift anything that weighs more than 2 pounds.

**You CAN get an intense conditioning/fat loss workout using free weights, and you'll keep your muscle mass.** PM me for more info if you're interested.

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Re: Mixed gyms

Posted by UTS - 28 Jan 2010 06:16

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[kanesher wrote on 27 Jan 2010 14:34:](#)

Um...from a pure halachic standpoint, it probably is permissible if you don't have another gym available

if you're sure you won't come to hirhur

um...if you're not...then it's forbidden. I think that it's a really bad place for an addict.

I think you put that very well! I was about to write something very similar.

As a matter of fact there is a rov who has a taped answer on the internet where he did permit this under certain conditions. But, as I do not believe he would like to see an "addict" do this, and anyhow it was only under a few conditions, I will not give out the link to his answer here.

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Re: Mixed gyms

Posted by UTS - 28 Jan 2010 06:23

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[shemirateinayim wrote on 28 Jan 2010 01:57:](#)

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Interesting. I saw a unicorn on a metal blazer button and was wondering if there would be a problem of avodas zoroh (Greek or other mythology) in wearing it. I still would rather run it by a rov of course, if I wanted to wear such a thing. But thanks for the m'm, I would mention it if I asked.

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Re: Mixed gyms

Posted by username24 - 28 Jan 2010 15:15

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[shemirateinayim wrote on 27 Jan 2010 19:48:](#)

Hey GUARD can you send an email to the poster who says he's a posek.. Cmon there has to be someone on here who knows psak, and is willing to learn the sugyos on the topic. But for this one probably needs to know shas, there are too many variables, and it's very scattered throughout shas. Is there anyone with a connection to this site, that can do this?

Go on what's the question?

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Re: Mixed gyms

Posted by shemirateinayim - 28 Jan 2010 17:19

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The problem with internet anonymity, is that you don't even know what people look like, let alone who they are. (Among other problems that are far greater!)

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Re: Mixed gyms

Posted by aryehthor - 28 Jan 2010 19:46

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First of all, I dunno what people drew from my first post, but I'm not GROSSLY overweight, as in obese. I'm just portly, you might say. I used to lift regularly in high school and got to benching 135, then said "ok I hit my goal" and proceeded to stop, get lazy, eat junkfood, get overweight, smoke cigarettes, and other unhealthy things. B'H I seem to be on a good path now, quitting porn, quitting smoking, going to the gym again, B'H. It's really exciting.

Anyway, seeing a personal trainer today so hopefully that will go well. I was in a "boot camp" class which was very good but I think I will drop out because too many women with no shame.

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Re: Mixed gyms

Posted by Me3 - 28 Jan 2010 19:53

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Listen here porky, you shouldn't take anything people say here personally, many of them just aren't civilized. And besides it isn't like anyone told you to jump off a 100 story building or something.....

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Re: Mixed gyms

Posted by aryehtahor - 28 Jan 2010 19:57

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Haha, actually I regret to inform everyone that I'm really a 85 pound anorexic shiksa posing as a

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Re: Mixed gyms

Posted by bardichev - 28 Jan 2010 20:28

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fat Jewish guy.

i am sad to report to you

i really am just jeff the big rig driver

i live in a trailer park just outside

of bardstown ky

sorry for posing as a heimishe boro park guy

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Re: Mixed gyms

Posted by BruceWayne - 28 Jan 2010 23:02

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Dude, 135? Goal? Maybe for a skinny high school kid. You gotta get some meat on them bones. More muscle mass will increase your metabolism rate, for one thing. I don't know how much weight you need to lose (and you don't need to say) but it sounds like a strength training regimen with 3 days of weights and 2-3 days of conditioning thrown in per week will do the trick. But it won't work if your diet stinks.

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Re: Mixed gyms

Posted by shemirateinayim - 28 Jan 2010 23:50

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for the record RAGE, no-one intended for him to "jump off we just wanted him to shed the extra pounds in the stairwell, on his way up....

.....I think.

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Re: Mixed gyms

Posted by imtrying25 - 29 Jan 2010 10:16

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[BruceWayne wrote on 28 Jan 2010 04:27:](#)

[shemirateinayim wrote on 28 Jan 2010 01:38:](#)



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search feature, DO I see the 'Dark Knight' raising his hand?

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Bruce you are crzy and great at the same time!!! How?? i aint got no freakin clue!! :D :D :D :D :D

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