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# Fitness for the average sir

Nate Scott  
*Iowa State University*

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# FITNESS FOR THE AVERAGE SIR

by NATE SCOTT

WHAT CAN A GUY DO TO STAY FIT IN COLLEGE IF HE HASN'T BEEN TO THE GYM LATELY? HERE ARE THREE STARTER STEPS FROM ONE COLLEGE GUY TO ANOTHER, PLUS INSIGHT FROM GUYS WHO ARE UNFORTUNATELY MUCH STRONGER THAN US. SURE IT'S NOT PROFESSIONAL ADVICE, BUT IT'S A GOOD START.

The college lifestyle can take a toll on the average student's physique. Whether it's late night Jeff's Pizza runs, game day tailgates or final exam cram sessions, it's not uncommon for a guy to find himself not at his fittest. The good news is that whether you're a freshman or graduating in May, you can change your not-so-healthy habits. With athletic facilities and plenty of resources on campus, it's easier now than you might think to feel better and sculpt that body you've always wanted. Or at least come pretty damn close.

## STEP 1

**Evaluate your Lifestyle Habits:** Do you find yourself spending hours on your Xbox or mindlessly surfing the web? Are you only averaging five hours of sleep per night? Before starting a workout plan, it's crucial to evaluate your everyday habits to see where improvements can be made.

"If you make [exercising] one of the top priorities of your day, there is no excuse to not have time for it," says Brandon Jones, former ISU wrestler and junior in finance.

## STEP 2

**Plan your Routine:** Having an exercise plan (pre-gym) also means designating a time and place to exercise.

"By having a plan of attack for each workout, you will be more efficient and waste less time in the gym, meaning it's less time-consuming and easier to fit into a busy college lifestyle," says *Sir's* Jeff Czaplewski, an ISU hockey goalie and sophomore in advertising.

If you're just starting out lifting, it might be best to stick with the weight machines, working your way up with reps and only using a few strength machines per routine; if you can handle 15–20 reps at a given weight, you're probably at an appropriate level.

## STEP 3

**Try Something New:** You're only at college for four years (or five, or six), and our University has numerous opportunities to try something new and exciting; we have rock walls, racquet and volleyball courts, a variety of fitness classes and outdoor recreation trips for students to take advantage of on a regular basis.

"To rock climb, you must focus on balance, body position, visualize the route you are climbing and mentally prepare," says Chris Lightfoot, trip leader for ISU Outdoor Recreation and sophomore in advertising. "It is a great workout and is something you can work on and grow as a climber through technique and skill. It really helps clear your mind after a long day of classes and stress and is easily done because we have two great climbing walls here at ISU."

Kevin McKeon, Marine and junior in sociology, says he stays fit through Crossfit. "If you've got the guts to get outside your comfort zone, there's a [Crossfit] workout for just about anyone," McKeon says. "The workouts can be quick and fit easily into a tight schedule. That is, so long as you can handle some pain!"

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