



EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#1 CASUAL DOUCHERY**

Trying to look like you're 'just casually in the gym, with your casual attire lifting a lazy 300lbs on the bench' makes you look like a 'Grade-A Douchebag', not like the superhero you're making out to be.

Please dress appropriately.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#2 PT FAILURE**

Just because you have Personal Trainer written on your shirt in large type doesn't mean you're any more important than the rest of us.

Please share the gym appropriately.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#3 NEGLECTING LEGS**

It would appear you've forgotten to train your legs for the past 6 months. Being out of proportion makes you look like an inverted pyramid.

Allow me to show you to the squat-rack.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#4 MACHINE HOGGING**

It's fine if you want to use every single piece of equipment at the gym, but at least let me work in with you. Acting like you own the place makes me want to throw heavy objects in your direction.

Please step aside.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#5 EXCESSIVE GRUNTING**

Acting like an animal by grunting as if you're lifting the gym itself is only acceptable when you're actually LIFTING THE GYM ITSELF.

Please STFU.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#6 TOWEL NEGLIGENCE**

Is your sweat made of gold or does it turn into diamonds when coming into contact with gym equipment?

If not, please use a towel.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#7 DEODERANT DODGING**

Hey bucko, I get it – you've had garlic the night before and probably a shower a few months ago, but wouldn't a couple of applications of deoderant upgrade you from Neanderthal to human being?

Please douche those pits before we all pass-out.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#8 FASHION FAUX PAS**

Gyms are for training tees and the like. Please leave your designer Hugo Boss vest and your spaghetti strap tees at home.

We can see your nipples.  
Like, seriously.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#9 MIRROR MAGNETISM**

There is nothing wrong with checking your form in a nearby mirror. Unfortunately, you're guilty of checking your EVERYTHING in the nearby mirror.

Please check your ego at the door.  
It's hogging all the AWESOME.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#10 PROXIMITY FAILURE**

Excuse me, can you please pry yourself AWAY from the weights rack? Believe it or not, other people are here to lift heavy objects too.

Move, or prepare to be crushed like a bug.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#11 MOBILE DOUCHERY**

As you're a Personal Trainer, you need to pay close attention to your clients at ALL TIMES.

Please put down, and step away from the phone.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#12 SELFISHNESS**

Please limit your rest time so others have a shot at using the bench you've just sweated all over.

The 10 minute break you're on has now made you look like a Grade-A cut of douche-meat.

Please bugger off.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#13 CLASS DOUCHERY**

If you turn up late to a class, don't stand on top of the people already here. Your 300pound ego can't squeeze into the gap between us all. Everyone at the douche store rang, and they want their bag back.

Please move along.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#14 EGO-MANIA**

Unless you are a PT offering form-correcting advice, I don't need Mr Universe telling me how to lift weights. Isn't there a protein shake somewhere with your name on it?

Please tell someone who cares.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#15 TIME-WASTING**

If you can hold a conversation to the person next to you whilst doing cardio, you just aren't trying hard enough. Please press 'increase resistance' NOW.

You heard me.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#16 CIRCUS CLOWNERY**

Squatting on a fit-ball whilst juggling three dumbbells, an iPod and your ego all at the same time is fine and dandy in the circus. This is a gym however, and I just want to punch you in the face with a dumbbell.

Thank you for your time.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#17 DELUSION**

Please don't stare at me like I can't hack the pace. I was doing interval training. You'll still be flapping about on that machine in an hours time wondering why your beer-gut is slapping you in the face.

That's right. I win.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#18 ZERO EFFORT**

Excuse me, you look like you just got here. The gym is for people to ACTUALLY workout.

Please train harder next time to avoid embarrassment.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#19 PUNCHING ABOVE WEIGHT**

Hi there, It seems you're barely budging the weights you're trying to lift. If you can only move them back and forth in tiny increments, then perhaps you should try some lighter, 'silver' ones.

This has been a community service announcement.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.

EXCUSE ME, BUT YOU'VE BEEN CITED FOR  
**#20 EXCESSIVE POSING**

Unfortunately, we've all noticed how you 'accidentally' flexed every muscle you have.

We all want to insert bar-bells into your eye socket.

Please refrain from the aforementioned douchery.

© 2010 CRUDEFITNESS.COM. SOME RIGHTS RESERVED.