

Day two – a Lunk Alarm ... again?

ASK ROCCO
WITH
ROCCO CASTELLANO



You ever hear the saying, “You ain’t doing something right if someone’s not hating on you”? Well, the confirmation is coming in everyday, especially when it comes to Planet Fitness. Several weeks back, there were a couple of people who wrote in, thinking they could bitch about how I railed on Planet Fitness and it might change my thinking.

Uhhh ... no. Their thought process was so incoherent it made me want to put this column out that week, but patience is a virtue, or so I’m told.

Just a quick recap for the brain-dead and fitness-ignorant. Tootsie Rolls, no matter how much you love them, shouldn’t be served up at a fitness facility like clams on a half shell at the Inner Harbor in Baltimore. Pizza should be delivered to your home, not your gym. And if you are intimidated by heavy weight, stay the f**k out of my way, let me lift and you probably won’t get hurt.

So, you all know about my first day at Planet Fitness. But what you didn’t know is that I went back. Yes, you guessed it. I’m a glutton for entertaining punishment, and I like the color purple (or maybe just the movie, but I am a glutton for entertaining punishment).

Everyone who works out at a real gym or in their garage knows about the Planet Fitness Lunk Alarm.

If you don’t, how does living under that rock feel?

The Lunk Alarm is an indicator that wussies use to point out the people they wish they could be. Or, at least that’s how I see it.

So let me tell you about my experience with the Lunk Alarm, and remember, this is only Day 2 of a brand new membership.

With my belly filled with yummy, chocolatey Tootsie Rolls, I decided to get a workout in.

On Day 1, I was interrupted by the manager while doing a 315-pound squat, so I did some chest flies and “grunted” a little and decided it was a good time to leave.

I left the Metallica at home this time, and tried real hard to play by the rules, listened to the bubble gum pop shit that was flowing tirelessly out of the sound system, promised myself I wasn’t going to grunt, breathe too hard or make any noise that could intimidate the average wuss.

F**k, I tried.

I have never had so much anxiety in my whole life just trying to get a workout in. My back was the body part of choice for this day and maybe some arms; what harm could that do? (I always hate asking that question because the answer always seems to involve police and new wrist jewelry.)

I found out very early that barbell rows are a no-no.

I added some weight, again, a few plates on one end of the barbell, and stuck the other end up the manager’s... I mean, in the closest corner I could find and began doing one arm rows. I was greeted by a very blonde, slightly overweight “personal trainer” who advised me that I couldn’t do “that” exercise because it wasn’t part of the “exercise repertoire” at Planet Fitness.

downs (because performing behind-the-head pull-downs will damage your rotator cuff, and I really like my rotator cuffs. They’re the cute little muscles that keep your shoulder joint together).

I finished up my sets and escaped without incident.

... But my time without incident would be short lived. And here, my friends, is where it all fell apart. Planet Fitness and I had a serious parting of the ways. I don’t know if you know what a “low row” is, but to keep it simple, it’s a cable connected to a weight stack where you hold two handles and sit on the floor. You stretch all the way forward and pull the weight toward yourself, keeping your back perpendicular to the floor, and bending at the elbows. It’s obviously easier to show you than write it.

Basically, I’m sitting on the floor pulling a cable to my chest, with two handles. At the time I did this, the stack was only 220 pounds. It may be more now, but I was pulling the whole rack for almost 20 reps. I say almost because that f**king tap on the shoulder came

again, this time in full pull. So, I decided to drop all 220 pounds.

CRASH!

Off went the Lunk Alarm and I was escorted out.

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I’m not making this shit up.

Exercise repertoire. In all my life, 35 years in fitness ... I literally know all the toughest trainers in the world and never have I ever heard any of them say “exercise repertoire.” I have a little vomit in my mouth writing this ... no, really. What, are we at the symphony or the ballet? “Hi, I’m Victoria today we will begin your exercise repertoire with 6 plies and 12 pirouettes.” Should I be wearing a leotard?

I know I totally glossed over the “slightly” overweight personal trainer in that exchange because it was as comical as the visual sounds. Basically, a fat person teaching a fat person to exercise. Yep, just like two Buicks fighting for a parking space. Life imitating really shitty art.

So, I put my weights away, one, because I like to lead by example using gym etiquette; two, because I always hated when lazy idiots would never put their weights back in my gyms. I went over to the “lat” pull-down and banged out about 25 front pull-

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