

# **GYM BUDDIES**

## **WOULD YOU RATHER**

### **QUESTIONS**

1. Would you rather lift heavy weights or do more cardio every workout?
2. Would you rather have a workout buddy who motivates you or challenges you?
3. Would you rather do yoga or high-intensity interval training (HIIT)?
4. Would you rather workout in the morning or at night?
5. Would you rather try a new fitness class or stick to your routine?
6. Would you rather have a personal trainer or follow online workout videos?
7. Would you rather do strength training or focus on flexibility?
8. Would you rather run a marathon or compete in a weightlifting competition?
9. Would you rather work out outdoors or in the gym?
10. Would you rather train for endurance or speed?
11. Would you rather do leg day or upper body day?
12. Would you rather workout with music or in complete silence?
13. Would you rather have a quick intense workout or a long, relaxed one?
14. Would you rather stretch before or after your workout?
15. Would you rather work out with a group or alone?
16. Would you rather have a cheat day or stick to your diet every day?
17. Would you rather do bodyweight exercises or use gym equipment?
18. Would you rather sweat a lot or barely sweat during your workout?
19. Would you rather have a gym buddy who talks or one who focuses?
20. Would you rather have a slow and steady workout or push your limits every time?
21. Would you rather have a pre-workout snack or skip it completely?
22. Would you rather train for strength or flexibility?
23. Would you rather work out before work or after work?
24. Would you rather hit the gym every day or take rest days in between?
25. Would you rather go on a long walk or do a short, intense workout?
26. Would you rather do core exercises or full-body workouts?
27. Would you rather have an intense workout or a relaxing cool-down session?
28. Would you rather go for a jog or do a HIIT workout for 30 minutes?
29. Would you rather push through soreness or take a recovery day?
30. Would you rather train for a sport or work on general fitness?