

Article #20 – Gyms Are Going to Change!

Revolutionary Prediction by Adam Simpson

As some of you might be aware Health and Fitness is a big part of my life and humbly speaking, I can predict that gyms will change with the following

- Dumbbells, they do not need such heavy weights. This encourages or misleads people in understanding on really how to build muscle.
- Barbells/weight plates, the exact same concept applies with the above.

The only contradiction is powerlifting. I guess this depends on in which gym you go to. However, with the coronavirus, things will be very much held back.

Thank you so much in giving up your time in reading this.

Yours sincerely,

Adam Simpson (Maestro)

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