



## Staring at These Hot Male Trainers on Instagram Will Make You Break a Sweat

As Uncle Jesse would say, "Have mercy."

by **Alexa Tietjen** 3/20/2016

Getting motivated to work out can be a workout in itself, *but it doesn't have to be.*

Have you ever tried following hot male trainers on Instagram to combat your workout woes? Legend has it that if you stare at a beautiful man's abs for long enough at least once a day, you, too, will have abs to die.

Just kidding about that last part. But seriously. Look at these hot men being hot at the gym (sometime with their shirts off and with puppies, too). Good lawd.

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@mikedfitness

### Mike Donovanik, **@mikedfitness**

This sexy trainer with a sense of humor will give you workout inspiration *and* make you laugh. Peep his **YouTube channel** for workout tips.

