

Five Maxims That Dictates How Good Your Workout is Going to be for You.

1. Time waits for no one.

You want extreme results, you need to push to the extreme. What is going to build your leg strength? Eight sets of 2-3 with a load that makes your spleen come out of your right eye (very important: right eye, not left eye) or 3 sets of half-assed leg extensions? Tomorrow is for dweebs. Workouts pushed to the extreme produce long lasting results.

The key is to ask yourself the right questions, for example: What is the one paired series I will do today that will pack mass and strength of my torso?

Achievement is paid with the currency of time.

Mediocrity is the highest form of selfishness.

2. Results are proportionate to the level of your awareness.

Here is a very simple way to increase your awareness in training. Ask yourself this before doing every work set: why am I doing this set?

What one the biggest reason why people never reach their physique/strength goals is that they save it for the last set. Want to get there faster? Give every set a purpose. The workout you did in today's workout will either raise your level of power, or restrict you. You make the choice.

3. Get rid of megaphobia.

Megaphobia is the unrealistic fear of big.

I have never seen a high-level performer who did not think big. Always think as big as you can possible imagine, then come up with a plan. The plan will outline what you need to do, how to do it, and which skills/methods to succeed at this level. The path to a 180 kg bench press is certainly different than the path to a 120 kg bench press.

Big requires growth. Thinking big is yes very daunting. However it brings out the best in you. Only training big and eating big will allow you to reach the muscle mass levels you desire.

Big stands for greatness. Big goals mean nothing if you don't lay down the big plan...and follow it big!

4. Go from a to do list to a success list.

A to-do list is long, leads to business, but not to success.

A success list focuses on what is important, and as the same says it, brings you success. It draws you in the right direction.

To Do List

Long

Busyness

Scattered

Could Do

Check-off approach

Success List

Short

Success

Focused

Should do

What matters most.

5. Leaving some exercises not done is a necessary step to get extraordinary results.

What do you mean? No external rotators, tibialis work, radial and ulnar flexion?

Yes, these muscles have a function, however that is when the concept of periodization comes in.

Counterbalancing is also a part of performance. If you can bench press double bodyweight, and your rotator cuff external rotators are pathetic, yes there will be a growth stop. The key point success is a sequential process. If your bench press has not progressed in a while, yes you may need to bring your rotator cuff so there no inhibitions. The point is that you put your pressing on the back burner, and focused on balancing it out.

Abide by those 5 given above maxims and the progress in the gym will skyrocket.

Enjoy the path,

Sensei

