

## **Tips for strength training:**

1. Make strength training a part of your life; do not let working out control your life. Every one needs balance.

Athletes need balance, maturity and perspective. Some of the most impressive physiques in history were built by guys who only trained 3 days a week. The secret to their success was being consistent.

2. Feeling torn between two Goals:

Some athletes get confused about getting big and being slow. This is a myth. Putting on quality weight will only enhance an athletes' performance.

Also, some athletes want to get big and cut at the same time and this is a myth as well. When an athlete adds muscle their weight increases along with their body fat decreases which give this athlete a lean look. Athletes need to remember they do not get graded on how they look; they are graded on how they perform.

3. Learn how to eat Before Investing in Supplements:

Supplements have their place, but not before you get your diet in order. Choose actual foods such as meats, fruits, vegetables, nuts, seeds, and dairy products over Twinkies, Ho's Ho's, French fries, sodas and whatever else it is that created our current epidemic of obesity.

Testing an athlete's body fat enables them to monitor muscle gain and fat lost. Also, it will let us see if we need to eat more or less.

4. What "No Pain, No Gain" really means:

Post-exercise muscle soreness is the biggest single cause of athletes not wanting to workout. However, once you get "hooked," something funny happens: you start using pain as a guide to judge how well your workouts are going. The best way to judge a workout is by your performance, NOT how that performance felt.

It just doesn't matter how it felt, or how sore you get the next day. When you can increase your work output from session to session, from week to week, and so on, your body will respond with continued strength and muscle hypertrophy (growth).

5. Keep A Journal and Learn From It.

Keep track of 1 RM's so one knows what weights to use on your core lifts. Also, keep track of the weights you use on your supplemental lifts and push yourself each to lift more or get additional reps.

6. Learn Safe and Effective Technique.

Do not sacrifice form and technique just to lift more weight. Athletes do not get judged on how much they lift, they are judged on how they perform.

7. Okay, But What about Machines Or Free Weights

Use a combination of both. Free weights are more athletic because of the balance aspect, so they are used more for athletic training.

8. Find a good training partner:

Find someone to hold you accountable and has the same goals as you.

9. Do not reinvent the wheel:

Basics are kind of boring, they're not hard to find, they don't make you look like an expert, but here's the thing: **THEY WORK.**

10. Use Common Sense!

If it too good to be true, it is. For an example, put 100 lbs on your bench press in 10 weeks. Do not follow gimmicks. Hard works pays off.