

DID YOU DELIVER?

Have you nailed yourself to specific goals and deadlines? Are you organized to succeed? Did you heighten your resolve? Did you make each day a small step toward realizing your targets? Have you become and “achievement-oriented, goal-driven, success-attaining” person? Did you make the most of the last 2 months of your training life?

We’re not trying to irritate you by reiterating the obvious. We’re being supportive, because we want you to make the most of your training.

One of the many advantages of having good hands-on training supervision is that there is someone there to get after you when you don’t deliver the goods; and someone there to keep reminding you that you have got to keep delivering the goods, time after time after time. We’re getting after each of you in order to ram home the importance of making each day count, so that you never get caught up in drifting and procrastinating. Achievement in life-be it training related or otherwise-is about getting a sequence of days, weeks and months in good order. Did you get the last 2 months of your training life in good order?

Did you stick with the program of basic exercises? Did you avoid the temptation to get distracted with other routines that you might have come across in some glossy magazines? Did you train consistently without skipping workouts? Did you train hard? Did you focus on progressive poundage in good form? Did you use small increments? Did you resist the urge to do something impetuous in the gym that would likely injure you? Did you deliver the training goods?

Did you organize your life so you got enough sleep every night? Did you avoid as much as possible activities that would halt your progress? Did you deliver the

goods as far as rest and sleep were concerned?

Did you eat well every day? Did you eat often enough to provide a regular supply of quality nutrition? Did you substitute good food for junk? Did you avoid cutting corners with your diet? Did you focus on food and not supplements? Did you deliver the nutritional goods?

Over the past 2 months, did you really exploit to the full the tremendous power you have to improve your physique, fitness and health? Were you 100% committed to doing the best that you possibly could? And did you stay clear of distractions?

Nail yourself to specific goals and make things happen. Really make every single day count, and make each week a perfect example of training, rest and nutritional satisfaction-and another important step forward to the realization of your goals. You *can* do this, week in and week out, so long as you really set your mind to it. No matter how encyclopedic your knowledge of training and training-related matters may be, it’s only the application of that knowledge that will bring about changes in your physique.

It all boils down to the commitment and dedication needed to satisfy the training, rest and nutritional components. Get committed, and then watch out for the gains that will come. Half-hearted or sporadic application produces little or no progress. Full-blooded, consistent commitment is the only way forward. Make the commitment, and make every day count-no more wasted days and opportunities! Always remember that how you live your life is under *your* control.