A person standing in a room

Description automatically generated

1. Always make sure that you have the supplies you need whenever you start training.
2. Always bring water to the training section, to ensure you are hydrated.
3. Have a plan and stick to your plan.
4. Have a vision that reflects short, long, or the future.
5. Follow the steps to ensure safety is always present.
6. Don’t over work yourself, take your time.
7. The mind is a powerful weapon, don’t allow distractions, to become a weapon against you.
8. Schedule a time when you start and a time for finishing.
9. Record your data and always look for room of improvement.
10. The greatest victory is that you started, now finish.

10 TRAINING TIPS