

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