

7 Reasons You Aren't Seeing the Results You Want



YourWorkoutBook

Legalese:

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The individual results obtained from these methods will vary from person to person and we make no guarantee as to the degree of results that you will personally achieve.

But like with anything else in life, the more you put in, the more you get back.

With that out of the way...

Hi!

First off, thanks for downloading this and signing up to the YourWorkoutBook Mailing List.

Each Sunday you will get a weekly email from me. In these emails will be a variety of different types of content; some of it motivational, educational, anecdotal, but hopefully entertaining to you and an aid in your journey towards achieving your fitness goals, whatever they are.

Talk to you soon—

Olivier

7 REASONS YOU AREN'T SEEING THE PROGRESS YOU WANT

It's a familiar feeling...

You've been working your butt off at the gym. Putting in the hours. Watching your diet. Taking the right supplements. Seeing incremental gains here and there.

But after a while, you begin to feel like you aren't progressing fast enough. You are not big enough. You are not strong enough. This discouragement leads to your diet slipping. You start missing the occasional session.

Until finally every session you have at the gym is the one where you are "getting back into it finally." It's a crappy feeling stumbling over and over again, feeling like you are starting over from step 1 every time.

Let's take a sneaky peek at 7 common reasons that we stumble and fail on our road to getting jacked, and how to avoid them in the future so that you don't have to read this list for a second time.

1. OVERHYPED PROMISES AND RESULTS PROVIDE FOR UNREALISTIC EXPECTATIONS.

Getting the body of your dreams in 4-6 weeks probably won't happen. But I guarantee you that with a solid diet and exercise plan in 6 weeks you will look and feel a hell of a lot better than you do right now. Will you look like Arnold, or the dude on the cover of Mens Health? No.

And why should you?

Although a large percentage of us have been duped from one time or another by the overhyped marketing machine that powers the health & fitness industry, we still tend to fall for the latest and greatest "system" that promises to turn us into Mr. Olympia overnight.

You see these type of misleading - and in my opinion asinine - ads all over the place.

"Get Super Jacked in Three Weeks or Less"

"Six Minute Abs"

And so on.

Tune out the noise, and focus less on the end result and instead on the day to day steps required to get you there. By focusing on the day-to-day, the micro-goals you focus on what is important—what you are doing right now, instead of setting yourself up for failure by staring at a horizon that is littered with unrealistic expectations and unrealized dreams.

2. NOT SLEEPING ENOUGH.

There is a motivational speaker who has become popular on YouTube over the past year or so that I subscribe to. On mornings when I am not feeling roaring to go, when I am not at my absolute best – or when my pre-workout hasn't kicked in like it normally should have -- I will load up a couple of his videos to give myself the kickstart I need.

He talks a lot about hard work, showing up everyday, and the willingness to commit above and beyond what anyone else is willing to do. All of that is fine and dandy, but every so often he will mention something that I disagree with. And that is that “sleep is for suckas.”

You don't need to be a high performance athlete to understand that sleep and rest are critical to your recovery. Not suggested, or helpful... But critical. And not only just your recovery, but your performance in the future hinges on being well-rested.

Being tired diminishes mental performance, and like you no doubt know – makes us temperamental and elevates cortisone levels in our blood.

Sleep is generally one of the first things to go when we come under stress or we encounter heavy workloads. Exactly how much sleep you need is individual, but 7-8 hours is a safe guideline.

Don't feel guilty about getting the sleep your body needs.

3. YOU SUCCUMB TO AN ALL-OR-NOTHING MENTALITY.

I have fallen victim to this mentality myself on numerous occasions.

If I slip even a little bit on a diet or workout regimen then the whole thing gets thrown out the window shortly thereafter. Going into a new workout plan or diet knowing and accepting that you are going to slip up once in a while.

You don't need to make perfect choices, simply good or great ones. Getting it right 90% of the time is a lot better than getting it right 0% of the time.

You're going to slip up on occasion – this I can unequivocally assure you. It's not taking it so hard on ourselves that we completely discourage ourselves from working out the day after a missed session.

More simply put, you don't need to be perfect to be great.

4. IT'S NOT A LIFESTYLE CHANGE.

People who are chasing after big muscles get a bit of a rap. We are seen as narcissistic bunch, more impressed with keeping our mirrors clean for post-workout flex-downs than anything else.

While this lazily-made stereotype may ring true for some people, the great majority of muscle builders may have gotten into it to look good, but they have kept those physiques because it is a recognized as a lifestyle. Getting jacked isn't something that is done for a few months, it is a lifestyle choice.

This means that our eating habits reflect our goals in the gym. We don't kill it at the gym and then go eat Subway (although their cookies are good – I will admit that). Nor do we go and get bombed drunk 5 nights a week and then get upset that we don't have energy to workout the next day.

No matter what your goals are in the gym, make sure that your lifestyle reflects it.

5. YOU ARE OVERTHINKING IT.

In today's day and age this is almost unavoidable. There is so much information out there, and all the different manners with which it is being sent to us, is a new thing in human history. Never before has so much information (and misinformation) been available to so many. With its obvious benefits comes a peculiar side effect – analysis paralysis.

There is so much information out there that it can be completely and utterly overwhelming. Spending two hours a day at a computer trying to figure out which protein is the absolute best will lose to two hours at the gym every time. It's not a bad thing to simplify the knowledge we are taking in. After all, the fundamentals behind getting jacked haven't changed since the dawn of time, and they aren't going to change anytime soon.

6. YOU DON'T HAVE A PLAN.

Not having a plan is generally a symptom of not having a specific goal, so for the sake of brevity, I am going to lump the two of them in here together.

When was the last time you walked into the gym without a clear, specific idea of precisely what you wanted to do? Did you catch yourself wandering from machine to machine, with little rhyme or reason to what you were doing?

I've caught myself doing this before, and the workout that ensued was almost always complete crap. I wasn't as "into it" and I wasn't focused on my workout. Without a specific plan of attack I found that I was always far more prone to leaving when I felt like it, and not necessarily when my workout was done.

Having a training program in place takes the guesswork out of going to the gym, keeps ya focused, and results in more consistent gains.

And goals.

Yes, goals.

Do you have a specific, tangible goal for your workouts? (Say yes!)

7. YOU GET DISCOURAGED TOO QUICKLY.

Again, I am guilty of this.

I set ridiculous goals for myself, to the point that when I don't achieve them I get so discouraged that I give up on the whole process. Which is stupid, and is the only guaranteed way to not achieve anything, ever.

Your fitness goals should be about more than just looking good. It's about living a healthy lifestyle, about feeling great, and about challenging your body on a day-to-day basis. So in a way, each day you're achieving your goal, over and over again. Sure, you might not have a six pack (yet), but you still feel like a boss, and you are ten times ahead than the other guy who is content sitting on the couch playing the latest Call of Duty.