



## Training Tip: Create a Mind/Body Connection

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The one thing I've done differently over the past 20 years compared to most everyone I know is apply a high degree of focus and intensity to each repetition of every set of every exercise. Applying specific techniques that isolate my muscles and concentrate the power of mind and body has allowed me to enjoy extraordinary results from ordinary exercises. My proprietary training system, Focus Intensity Training™ (FIT) will enable you to make the same leap in results.

Here's a quick illustration of FIT. Take your right arm and extend it out, with your palm open. Now close your palm, as if you're gripping a dumbbell. Grab something nearby, such as pen or cell phone. Now curl the arm as if you're performing a bicep curl.

No big deal, right? In fact, that exercise probably seemed pretty useless. Unfortunately, this is the same approach most people take in the gym, for hours at a time.

Now let's do it again. This time, however, I want you to picture something inside your bicep, perhaps a hot red marble, and contract (squeeze) the bicep as you perform the curl again. As the bicep contracts, touch your left index finger to the bicep, as if trying to feel that marble. Continue to keep the bicep contracted as you lower your arm.

You might be surprised to find your bicep feels hot, especially if the skin is exposed. If nothing else, you no doubt feel the bicep more prominently than you did during the previous exercise since you've created a visual (the marble) and performed the exercise with focused awareness.

Did you feel the difference? I'll bet you did. In fact, I've guided people through this exercise during seminars and gotten tremendous response. All I've done is taken you from your average, everyday state – sitting reading a book, perhaps letting your mind drift to other things – and directed you to apply focused awareness to the task at hand.

This, in a nutshell, is the difference between how most people work out with weights and the benefits they'd obtain if they focused. They go through the motions, with their mind disengaged, and as a result reap only a modest benefit. But if they apply their mind to their training, the benefits will be tenfold.