

## VIOLATING THE BOUNDARIES OF THE PROBABLE

Don't limit your goal to what you think you "can have"  
Give yourself permission to go after what you "want."

### TRAINING VARIATION

Priority Principle	Supersets	Strip sets	Burning the Rack	Isotension
Special priority is given to any area of your physique that is weak or lagging behind.	Two exercises performed in a row without rest for the same muscle group. Ex. Bent-over rows followed by Seated cable rows	Once you begin to fail toward the end of a set, reduce the amount of weight so you can continue and do more repetition. Take another plate off and keep going. Note: Each time you do this, you force the muscles to recruit more muscle fiber.	A variation of the Strip set, in which you start set with one weight, go to failure, put down the weight and go immediately to next lightest in line, go to failure, and continue to exhaustion.	During your rest period between sets continue to flex and contract the target muscle. This keeps them pumped and ready for more. Flexing is a form of isometric exercise and learning to control the muscle is a huge benefit to building the mind to muscle relationship.

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Not everything that is good for you feels good for you.

Every Day Is The Day

Go Train Hard!