

**This is a Quick Reference Guide from Weight Lifting Complete.**

Hint: Print, put in your log book, and refer to when working out.

## **10 Weight Lifting Secrets to FAST Progress**

- ✓ Tell yourself that you will do 50 reps for the upcoming set. The key is to actually believe that you can get 50 reps. You **MUST** believe that you can get 50 reps. When you do, this trick works so well you'll want to use it constantly.
- ✓ Envision yourself in a life or death situation in which you must lift the weight in order to save the most important person in your life. Who knows? You just might find yourself in that situation some day. Will you be ready?
- ✓ Play music that gives you a rush of adrenaline. This music must evoke strong emotions. Play a song that brings back strong memories for you. Use that song during your workout and watch how much more you can do.
- ✓ Squeeze the bar with greater force. This takes your mind off lifting the weight and focuses your mind on squeezing the bar.
- ✓ Envision a magnetic force helping you lift the weights. Imagine that a magnetic force is pulling the weights in the same direction you are lifting. Imagine powerful magnets pulling the weight upwards as you lift.
- ✓ When you feel pain and discomfort, imagine that pain as pleasure. Learn to enjoy it and you've taken your first step to getting the body you want. If you get this right, your results will be amazing. Do those extra few reps using this technique.
- ✓ Envision your muscles working and getting larger as you complete each rep. As you perform each rep, visualize the muscle pumping up with every rep that you do. The more reps you perform, the bigger the muscle becomes.
- ✓ Visualize yourself on a stage lifting in front of people. Put your friends and family in the crowd. Put people out there that you want to impress. Put some of your critics out there too. I guarantee you will work harder than ever before if you successfully visualize this set up. This one works wonders!
- ✓ Envision positive and negative forces increasing/decreasing as you perform more reps. Positives move closer to you while negatives get further away. Envision your body changing more and more as you do more reps.
- ✓ Imagine the weights are much lighter than they actually are. Your mind is **VERY** powerful. If you believe that you are doing lighter weights than you actually are, the set becomes much easier. I and many others have accidentally done this before. You **MUST** actually believe it for this to work.

**Tip: Try each one of these to see which ones work best for you.**