

The **HARDER** you work the

HARDER it is to surrender

to quitting and giving up.

Those who have
INVESTED the most
are always the last
to SURRENDER.

THINGS TO REMEMBER ABOUT YOUR BODY & TRAINING

- You can **NEVER** work too much to keep your body in shape – there is **NO SUCH** thing as being in too good of shape. This includes lifting weights, flexibility routines, rehabilitation and cardiovascular exercise. The body is a machine and should be treated as such.
- The human body is **AMAZING** so don't waste the gift of your body. Treat it like a temple and **BUILD** it like a pyramid.
- If you **THINK** you are working hard imagine how hard your **OPPONENT** is working. Don't ever stop working hard.
- **DON'T** ever skimp on technique & form. Without good mechanics, you have **NOTHING** to fall back on when the competition gets intense. Do it right or don't do it!

EXCUSES...

- EXCUSES are building blocks of incompetence & ignorance.
- EXCUSES are lies that we make up to prevent success and allow failure to win.
- EXCUSES cheat us out of our duty & obligations to be great and excellent in everything we do.
- EXCUSES make us look real bad and expose weaknesses.
- EXCUSES produce only negative results and always lead to regret.

**WE ARE WHAT WE
REPEATEDLY DO!**

***EXCELLENCE THEN
IS NOT AN ACT BUT A
HABIT!***