

3 Reasons You don't have the Body You Want

1. No Time

As a busy professional you work long hours, attend meetings, have a family, social life and countless other obligations that occupy your time. *Finding time* to work out may seem impossible.

You don't need to spend hours in the gym every day to get a body that turns heads, but you do need to start *making time* for fitness. Start small and gain momentum.

30 minutes 3x a week will get you awesome results. A body in motion stays in motion and a body at rest tends to stay at rest.

2. No Energy

Working out makes you feel alive and gives you MORE energy!

The problem is when you come home from work tired and stressed, the last thing you want to do is go to the gym. But what if you had a compelling reason to train? Like a group of like-minded men who will hold you accountable.. or a personal record waiting for you..

You have to break through that resistance just once. You will feel invigorated. Then do it again. And again. Until a week becomes a month, becomes a year, and you have built the body you want. It starts with that first day.

3. Too Much Cardio

When you make it to the gym to do an hour of uninspired cardio, you're wasting valuable time. Focus on strength training and high intensity conditioning. Go hard but don't burn yourself out.

Stimulate, don't annihilate.

Concentrate your efforts on the exercises that will give you the most 'bang for your buck'. Squats, rows, presses, pushups. Cardio has its place but you don't need any fancy machine for it.

Bonus Tip-

Have a plan!

Set some goals for yourself. Be as specific as you can and set deadlines. A solid program will keep you on track and avoid spinning your wheels. Believe in yourself and build momentum.

If you want more information on how to set up a program to build a confident healthy body & get strong for life, contact Jim White @ strengthessentials716@gmail.com or call 716-479-4469