

Shut Up. Lift. Get Strong. Dominate!

6 Reasons You're Still Fat, Weak, and Slow

1. **You don't know how to lift.** Sure it looks pretty self-explanatory to squat down up, press a bar overhead, or pick a loaded bar off the floor. But the truth is, IT IS NOT SIMPLE. Each main lift has numerous nuances that take thousands of perfect reps to ingrain. When performed incorrectly, strength is negatively affected. Seek out the expertise of a qualified coach to help you master the technique of the squat, bench, deadlift, and overhead press. It will be the best time you ever invest in the weight room.
2. **You major in the minor.** Stop worrying so damn much about shredded abs, bicep curls and calf raises. Girls don't like guys who spend more time in the mirror than females. Have you ever seen a guy who could bench 315, squat 405, and deadlift 405 for clean, legit reps. How about a guy over 180 pounds who could crank out 20 consecutive full-ROM pullups. I guarantee any man who can accomplish these feats has some pretty impressive abdominal and arm development. And he's damn sure happier with his physique than you!
3. **You don't understand the relationship between strength and athleticism.** Strength is the foundation on which all athletic assets are built. Weak athletes don't get TV time. Every college and professional athlete you see on TV has strength levels above the average person. Even if they hate lifting weights, they do what is necessary. I know guys who scrapped for D-III football spots on the practice squad who cleaned 315 with ease. You don't even want to know what kind of numbers D-I guys are lifting. Bottom line...GET STRONGER!
4. **You don't work hard enough.** A heart rate of 160bpm and a soaking wet Under Armour shirt doesn't automatically mean you're making progress. You have to know when to shoot your load, and when to leave something in the tank. I'm willing to bet some people reading this don't even know what it feels like to shoot your load (not that way!). I see guys all the time quit when a set gets hard, or the bar starts to get heavy. Real athletes call that the transition from warmup sets to work sets. Muhammad Ali said he never started counting until it hurt. I'm not advocating 100-rep sets, but I'm willing to bet a lot of athletes have yet to learn what they are truly capable of.
5. **You think you're special.** "I'm not built to squat." "Flat benching hurts my shoulder." "Deadlifts don't carry over into my sport." BLAH, BLAH, BLAH. Those unsexy, boring, main lifts have stuck around this long for one simple reason. THEY WORK. If you have an injury, find a way train around it. Do neutral grip or fat bar presses to avoid shoulder pain. Do trap-bar deadlifts to ease stress on the low back. Start front squatting or do single-leg squats and train them just as hard as you would the regular version. Stop making excuses and do the damn work!
6. **You think you can out-train your shitty diet.** YOU CAN'T. I don't care who you are. American gold-medal swimmer Ryan Lotche ate McDonald's at every for meal for 2 weeks during the Beijing Olympics. He was afraid to eat the local food, so he opted for the "safer" McDonalds option. Even though he was competing and burning upwards of 6,000 calories per day, he gained 13 pounds of fat in 2 weeks!! If you're reading this, you aren't on his level. Don't lie to yourself and think you can get away with something he couldn't.