

Productive Resistance Training Starts In Your Mind

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Hi everybody. I'm Dr. K and welcome to the Productive Resistance Training Starts in Your Mind audio of part of Secret Ab Formula. You see, today I'm going to be discussing arguable the most important aspect of your training regimen. The truth is, everything starts in the mind. If you can have a strong psychological foundation to your workout program to seek six pack abs, then you're always going to be moving in the right direction.

What I mean by this is, you have to consider many areas of fitness when you're really considering having a proper mindset for reaching your goals. I don't believe it's the same mindset for six pack abs as it's going to be for increased strength or power or as it's going to be, for example, for increased endurance or lowering cholesterol or lowering blood pressure. You get the idea.

I think it's a mindset for fat loss, because ultimately you could do 5,000 sit-ups a day. If you did 5,000 sit-ups every single day, you're probably going to have really strong abs, but it doesn't mean they're going to be ripped. When we're talking about the Secret Ab Formula, we really want to be able to talk about, how can you get there in the quickest way possible.

Well, I think, obviously, you need to drop fat. You need to get a lower body fat percentage to be able to shave down and see the definition you're looking for. With any fat loss programs comes an increase in strength. First of all, let's get that straight in your head. Let's say, increase strength and drop fat. Let's first talk there.

If you're going to have to increase strength, because muscle equals your metabolism, thereby affecting the amount of fat that you can drop with every workout, ultimately you're going to have to consider many areas of what goes into a fat loss program.

First of all, the intensity, you can't be fully intense at all times in the fat loss program. In fact, that would be counterproductive. It's much more important that you alternate intensities between very high intensity and very low intensity, repetitively throughout your workout. In fact, this alternation of intensity ultimately dictates the fat loss result that you're going to get, because fat loss is going to come from that highest point of intensity and it's only possible to achieve this if you have enough rest.

So, first of all, when you're considering any program that's going to help you seek six pack abs, you're going to have to realize that not every moment of your program has to be intense. But, when you turn it on, you need to be able to turn on instantaneously, which leads me to another point.

This takes practice. Don't expect to be able to go 0 to 60 miles an hour in the first workout that you do seeking six pack abs. With the Secret Ab Formula, what I want to drill home for you is, it gets better every time. We want to alternate highest possible intensity, where on a scale of 0 to 10, 10 being passing out fatigue, and 0 being nothing at all, I'm talking a 9 ½ out of 10, really pushing the limit, with a very low intensity with each following set so that you're really using an endurance and a strength set, or, respectively, a strength then an endurance set. Because, in any strength set you're really pushing to the maximal capacity followed by an endurance set where you're keeping your heart going, but you're at about a 4 out of 10, where it really feels like you may be standing up out of a chair a few times in a row, that easy. A lot of people, I would say the majority of people, make their biggest mistake by not going low enough in their low intervals when training for fat loss and ultimately seeking six pack abs.

The next thing is, you have to consider the amount of time it's going to take you, both in the gym and as a whole to attain this sort of result. First of all, it's important that you realize that the time in the gym is not the most important factor. What does matter, however, is that you can eventually be able to spend more time or get more work done in the same amount of time.

You see, if you're truly doing, for example, sprint work, then you should be tired in 15 or 20 minutes, especially in the beginning. However, if what you're building up to is an hour tolerance of exercise, then it's great to be able to plan that window to be able to make it available, but not push for it every single time. Get it into your schedule right now as a part of your routine. That's really what it comes down to when considering time. Rather than considering, how can I get the fastest result possible.

Now, I'm going to help you get it anyways, but rather than considering, how can I get the fastest result possible, why not consider, how can I make this part of my routine so I can keep my result long term. Now, that's what I'm saying! You see, productive resistance training does start in your mind, because in your mind you have to first determine whether or not this is something you want to achieve in the short term, great, but then have lasting results, which means the long term.

You know, anything in life that involved lasting results takes lasting effort. Let's face it. Otherwise, you're just going to return to the way you were. In fact, we'll get into this in the other audio, but why do you think diets always fail? By pure definition of the word, diets are temporary, right? It just makes sense they're not going to last, that the

results just aren't going to stay if you have a mentality for doing something on a temporary basis. But, if in reality you establish a routine, just like getting up and going to work every single day or going to school every single day, now you're going to be in a much better place and your results are going to show both short term and long term, because of the fact that you've allowed yourself this sort of strong commitment to your Secret Ab Formula. It really does make all the difference in the world.

The next point that I want to talk about with any fat loss or six pack ab program is your reaction to your results. You see, here's the thing. Immediate results, immediate cosmetic results especially, will boost anybody's self confidence. I don't think there's a single more important aspect about starting a new fitness program than being able to see an immediate result, because the truth is that's what drives you back into the gym. So, let's be realistic and fair about this, okay?

That said; think about those immediate results as like a theme for school or a paper that you had to hand in. Versus, the long term result is more like the term project. So, although you might be seeing a quick result, which I am encouraging you to get and I know you can. I know you can. I'm giving you all the tools right here. But, rather than considering that immediate result, "Wow! I'm there." Instead, consider it one small step in the road toward success.

If you consider it that way and it's really a term project for you to have six pack abs, because you're six pack can turn into an eight pack or a 10 pack or a 12 pack, or even if that's not what you want, the rest of your body fat can trim a bit more, you can really start to feel the cosmetic result all over your body, feel an increased energy level, increased strength, and know that by increasing muscle mass, you are in effect giving yourself like a sense of security with your six pack abs program, because remember muscle equals metabolism. So, even if you fall back a little bit, but you've increased your muscle mass fairly dramatically, then you're more likely to be able to sustain the results that you currently have.

This is really important stuff. So, remember, your reaction to your results counts. Is it, your reaction is, "Wow! I'm there. I'm done." Or, was your reaction, "Wow! This is awesome. I want some more. I know I'm one small step along my path to success and I'm ready to do what it takes." There's a huge difference.

The other thing is self appreciation. I think this is probably the most commonly missed aspect of mindset when it comes to anybody seeking six pack abs, even within clients of the Secret Ab Formula. What I've found is that when I go back and I've done coaching calls on occasion and such. What I've found is the reaction to the results is often missing. You wouldn't believe the power of affirmations. So, before you start getting results, it's important that you have had the results. I know this sounds a little

coo-coo to you, but bear with me, because, well, you hired me as your coach and I'm here to help, so give it a chance.

I've researched this stuff to the 10th degree. I know it works. I've tried it myself. I've seen the first hand results and I'm ready to hand-deliver these results to you, but it does take a leap of faith. I believe that you should practice affirmations on a regular basis, which is a suggestion that the results already exist.

For example, I'm so happy and grateful now that I have a washboard stomach. Being able to rehearse that to yourself 5, 10 times a day, saying it out loud even counts way more than saying it in your head, will actually help you produce those results. What it does is it helps initiate your subconscious mind into the reality of your everyday being and so when you reach for the pack of Skittles or when you don't feel like exercising quite as hard and everything else, your subconscious mind's already mentally prepared, turn on, and you're more likely to get more out of everything that you're doing.

In fact, your results will be so dramatically improved, that I don't even know where to begin by telling you the importance of affirmations. But, there are many methods of doing it. For example, my body fat is just wasting away and I can't believe how fast it's going. You don't have to say I'm so happy and grateful; there are many, many ways to practice affirmations. But, the important thing is that you're doing it and that you're surrounding your subconscious mind with thoughts of success, because guess what? It's going to make you successful. It's going to start affecting your conscious mind. Once it affects your conscious mind, then it is your reality by pure definition. So, really I want you to practice affirmations.

The second part of this is your reaction to your results. If you've been practicing your affirmations and you've told yourself that you're going to get the results that you're looking for and that you're proud of yourself for achieving them, the next thing is a pat on the back. I don't mean literally. You don't actually have to pat yourself on the back, but I want you to focus five minutes a day or so, to actually just appreciating what you've accomplished, no matter how small or large it is, because the truth is, you're doing more now than you did before and you should be proud of yourself. A lot of people are very hard on themselves when it comes to their bodies. But, here you are, making all the difference in the world and getting sick results in the gym. It's time to congratulate yourself for a job well done. That is the truth. Congratulate yourself. You deserve it. So, your reaction to every bit of results counts.

If you're not losing weight, the suggestion is you're increasing muscle mass, because muscle weighs more than fat, and you're dropping body fat. You're well on your way to your goals. On the other hand, if you haven't really increased strength, but you are decreasing your weight, well, there you go again. What's happening right now

is you're decreasing body fat. You haven't really increased your strength yet, so it gives you something to work on, but let's not look at that side of the coin. Let's instead look and say, "Wow! I'm actually doing it. I'm making progress and I'm really proud of myself." Because, I think it's not just affirmation, but it's reaction to your affirmation and to your results that counts.

So, the first part is saying, "I'm so happy and grateful now that the fat's just wasting away from my stomach and I can see my six pack abs." The next part is get in the gym and do it and then the third part is, "Wow! This really is amazing and I'm really proud of myself for putting forth my best effort today." Because I think that that cycle is what makes success. In fact, I don't think it. I know it. I regularly practice it with my clients. I tell everybody to do it and I can't even begin to emphasize enough, no matter what you take away from today's audio, what I really want you to remember is that 3 step process. Affirmation, do it, more intensity, actually get into the set, and then reaction to your results. Give yourself a pat on the back. Tell yourself you're proud and it completes that cycle so that on your next practice or your next affirmation or your next goal, your body knows where to start, where to go and where to finish. That produces satisfaction, the satisfaction will equal your results, I promise. Give it a chance.

The next thing I'd like to talk about is the different phases of exercise and how mindset might affect each phase, for example, warm-up mindset. Why do people skip warm-ups or they do a sloppy job with it? Let's think about this. We just said that strength is an important factor for fat loss and for getting you ripped up, right? So, if strength is so important, then we need to be able to push ourselves hard.

We also talked about extremely high intensity intervals followed by very low intensity intervals in our resistance training program. So, in a warm-up we really have to prepare our bodies for this. Not only do we need to be thinking about the job that's about to be done, but we need to also, in a warm-up, alternate high and low intensities, preparing our bodies for this sort of crazy demand we're about to place upon it.

So, whether you're doing a cardio warm-up, whether you prefer a dynamic warm-up like high-knees and butt-kicks and stuff like that, that's fine. But, get your whole body heated up. What I don't really recommend, and I see it a lot and I understand the arguments for it. But, what I don't really recommend is just getting on like a foam roll and calling that a warm-up. The truth is, you're not really showing your body what it's about to go through. I don't mean you need to hit that same high intensity for 20 minutes to warm-up like that, but I do mean you need to hit it periodically and spike your heart rate so high that you're in oxygen debt and you're sweating by the time you're done warming-up. By oxygen debt, if you haven't figured it out, it just means like huffing and puffing. This is really an important thing to do.

The next part is you should be visualizing your results as well as your actual exercise routine. I had the pleasure, the opportunity of working as a student underneath the top sports psychologist in the entire world, believe it or not, during my time at Penn State as a kinesiology major and he taught me an amazing thing through the example of his son. He himself was an Olympic diver and he decided not to teach his son diving growing up until, I believe he was either 15 or 16 years old. This is an Olympic diver resisting the temptation of teaching his son diving. However, what he did do was teach his son diving through mental rehearsal and visualization.

I know, it's a little bit weird using your son as an experiment. But, just watch and see, because this guy knew something that the rest of us don't. He had his son practice routines, watch videos and visualize himself actually carrying out the movements. By the time he was 18 years old, his son was an Olympic qualifying diver, at least at Olympic trials. We're talking 2 or 3 years of diving, whereas all of his competition was an entire lifetime before him.

So, think about this for a moment. Instead of just paying attention to the music in your ears on your iPod while you're warming-up or watching TV and not really paying attention to your warm-up while you're at the gym, what if you visualize every exercise that you're about to do for the day? What if you visualize them? What if you download these videos onto your iPod, watch them and then visualize yourself in my place? Now we're talking! Then you're going to get the result, because you're going to be mentally prepared and your body's going to be able to react and react every single time.

If this guy could turn into an Olympic potential diver with a couple of years of practice, you can drop body fat faster than anybody else in your gym. But, it does take the correct warm-up mindset.

The next is your training mindset. In your training mindset you can't be visualizing the next step. You need to be visualizing the here and now. I need you to see it with the greatest clarity and thought you ever thought imaginable and I know you can, but it take focus and every time you find distraction, whether it's a pretty girl or a hot guy in the gym, whether it's too many weights banging around you, whether it's the TV in the background or your favorite song on, I want you to refocus. I want you to re-center yourself and I want you to teach yourself, "Listen, this workout's not going to last long, what I need to be able to do for myself right now is ramp things up. I need to be able to focus on this exercise for this moment and nothing else, no distractions." I am talking tunnel vision. Tunnel vision that is the most important thing you can do during the training portion of your workout for Secret Ab Formula.

Finally, the cool down mindset, again, I'm a big fan of completing the cycle. So, in the warm-up mindset you have mental visualization and mental imagery of what was

about to take place as well as preparation for your body and allowing your body to hit a very high potential during the warm-up and a very high intensity in preparation for what's to come, without allow yourself to say, "Listen, that was too intense. I'm tired." But instead saying, "I'm preparing myself for what's about to come."

In your training mindset you focused and you allowed no distractions. However, in your cool down mindset, you need to complete the cycle by going back and mentally rehearsing what actually happened, because how else can you hold yourself accountable for the lack of intensity or for being too intense and not taking your low intervals correctly. How else can you hold yourself accountable for not following through on a certain exercise without going back and thinking through it? Because here's the thing, if you sit there and you kick yourself during the next exercise, you're not focused.

So, during your cool down where you should be going from high intensity to low, starting at the very high intensity where you were at the end of your workout, and just working your way down until your body's not really huffing and puffing anymore and until you're feeling better and not sweating so hard, during the cool down mindset, you need to be visualizing everything that just took place so that you're giving yourself like an auto-correct function, right? So, the next time you go into the gym you'll have an immediate recall of what took place during your mental imagery session in your warm-up and know what needs to be modified for the following workout and then you'll go and you'll execute. That's how you improve. That's how you do better.

I don't care whether your goal is strength. I don't care whether your goal is fat loss. I don't care what the goal is, but ultimately by going back and self-correcting, creating this auto-correct function during your cool down mindset, you are leap years in front of all of your competition. I guarantee it.

Which leads me to the next point, the comparative mindset. Listen, I'm guilty of this, too. We all are. It's human nature, but stop comparing yourself to other gym members. Stop it! Stop it! That's all I have to say about that. Stop it! They've either been exercising for way longer than you, not as long as you, or exactly as long and not doing it as effectively. Bottom line is, don't compare yourself to them. Let them compare themselves to you. That's fine. I don't care. Let them ask you questions. That's fine. But, don't take questions during your workout. Questions come after your workout, your workouts are short. So, get to it, but stop the comparative mindset. Don't worry about what such-and-such a person looks. Do not worry about that. Try not to pay attention to all of the eye candy around the gym and all the distractions. I know how that can be, but you're not going to get in and out with the true intensity need.

I know for a fact that if you go to any bodybuilding gym, for example, anywhere across the United States, if you see what happens in there, I mean, it's a 'roid rage to begin with, right? We all know that. But, the other side of it is, full intensity all the time. There's no distracting conversation. None of that takes place. We're talking people like grunting, moaning and into their sets.

Now, I'm not a big fan of the grunting/moaning thing, suit yourself. I get it. Some people have to do that to be able to hit their intensity. Listen, that's not the way I workout. That's cool. But, I want you to really think about having a lack of comparison mindset, in other words, being so self-centered during your workouts that all that matters is you. I know it sounds selfish, right, and people usually tell you not to be self-centered. But, in this case, be self-centered, all that matters is you and stop focusing on everybody else, because nobody else matters for the results that you're going to get. If you think about it that way, you're always going to be in a better position.

I also want to talk to you about short term goals versus long term goals and how mindsets can affect that. If you're putting a lot of pressure on yourself to achieve a long term goal in a small amount of time, then what's going to happen is you're constantly going to have a feeling, to some degree, of self-hatred for not accomplishing it. That is going to be so much pressure that it's actually going to produce stress and the stress can very often produce cortisol, which leads to belly fat.

The reason it leads to belly fat so you understand this and you're aware of the argument behind it and the importance of getting rid of this mindset of meeting long term in the short term, is because when we were hunters and gatherers, we would go through a long, cold winter, which is because of the stress of the cold, because of the stress of not finding food, because of various other reasons of being hunted and everything else, that would be a very stressful time. We'd produce cortisol, because cortisol would be stored in our lower abdomen, you know, the tire that sits around the bottom of your stomach right below your belly button. That cortisol would be deposited there because it would be the most accessible to our digestive tract to be able to be absorbed and since fat is broken down the slowest, it could be able to be absorbed and sustain our energy and prevent us from starvation.

Whenever you're producing an extremely stressful environment for yourself or you're very hard on yourself, you're at risk of producing cortisol, so, back off a little bit. Give yourself a break. Let's focus on hitting short term goals in the short term and long term goals in the long term.

The best way to approach this is to be able to take a long term goal, say here's my ultimate goal, six pack abs. I want to achieve six pack abs in six months. Depending on where you are, that could be 30 days and that could be a year. But,

there's no reason you can't get there in six months no matter who you are, if you're really putting your best foot forward.

Let's say you want to achieve that in 6 months. Now, you need to break your goals into halves. So, you need to be able to have another long term goal for 3 months and then you need to be able to have at least incremental goals of 1 month, 2 months, 3 months, ideally every 2 weeks, because this creates a check and balances. This allows modification of your goals and ultimately you can modify your long term goals so that you remain happy and productive. If you remain happy and productive and you can constantly monitor how much progress you're truly making in the short term, a lot of the stress of really getting that six pack goes away. With that stress goes the belly fat and goes the cortisol.

Instead, we're going to see an increase in what's called DHEA, which is another hormone in your body that affects your mood and allows you to actually balance out from that high alert state of the increased cortisol level to an actual calming state that allows your body to function in its optimal state and be much happier. So, remember, by setting proper long term and short term goals, you're going to take away a lot of the pressure. Put it on paper and rehearse your goals. That's another big trick.

I often promote one of my friends, Dax Moy, he created <http://www.TheMagicOneHundred.com> and it's the fastest goal achievement program on the planet. It's excellent. I really am a huge advocate of it. It's changed my life, but one thing that he really drills home there is being able to rehearse your goals and not just rehearse them, but rehearse them with affirmations, such as the affirmation of, "I'm so happy and grateful," as we discussed earlier. You wouldn't believe the profound effect that this will have on your gym routine and your results. But, really it's important that you rehearse your goals and that you check them often.

In fact, when I have goals that I'm trying to reach, I always have some; I carry them around in my back pocket. The reason I do this is because I'm constantly aware. When I go to stand up I feel them in my back pocket. When I'm sitting down, I feel them in my back pocket. At lunch break I'll take them out. I'll take a peek at them. In the morning I look at them before I stick them in my pants and at night when I take them out of my pants to go to sleep, I look at them. So, at the very least, I'm aware of them a few times a day and I look at them 3 times a day, ideally even more often. However, by doing so, I constantly know where I am in my path towards success and I'm more aware of every decision that I make throughout my day to lead me towards a path of success and goal achievement.

In this case, since we're talking about six pack abs, you want to think about this sort of thing all day. Stay away from the donuts because you're concentrating on it and

you're realizing its importance all the time. The other side of it is, you're kind of mentally preparing and allowing the proper mindset all day long to be able to target the gym in the best way possible. I don't mean to become obsessive about this. It's not like that at all. But, I do mean to say that in a certain sense, it's completely health to obsess over the things that are your favorite things that give you the most satisfaction. So, if this is truly important to you, then why not have an ability to think about it often. The best way to do that is by carrying around short term and long term goals and having that ability to reflect upon them several times every single day.

Next I want to talk to you about thinking posture first. If you improve posture, you're going to improve the amount of usage that you're diaphragm gets. Now, your diaphragm should be able to do over 75% of the work when you're working out or when you're inspiring, when you're taking your breath in, which means that 75% of the work of inspiration should be done for you, that makes it easy, right? So, you can get a better breath.

The other thing is by improving posture, obviously I'm suggesting that you're going to improve the use of your diaphragm, but you're also going to improve oxygen delivery all over your body, because you're not going to have restrictions in your body where bone's pressed on bone or where tendons are squeezed in between bones and stuff like that, ligaments are over-shortened or lengthened. Instead, you're going to have the ideal muscle length to create what's called a muscle pump.

The easiest example of a muscle pump is like your calf and quad. Your calf and quad function to be an excellent muscle pump to help your venous system or your veins pump blood back to your heart. So, if they were at less than an ideal length, then what would happen is you might be over-shortened in your calf muscle so it wouldn't be able to pump the blood as effectively and it would be likely to get caught down by your ankle.

Well, in this case, by setting your posture perfectly, essentially what you're doing is establishing the proper length of each muscle which can then act as a push/pull scenario on front of body, back of body, top of body, bottom of body and left of body, right of body, to be able to enhance the muscle pump effect to drive blood back to your heart, assisting your venous system, making it do less work so that your heart can just work on pumping the most amount of blood out with every stroke. That's what's called your stroke volume.

You want to be able to improve stroke volume and there's a direct correlation between improved posture and improved stroke volume, because of the venous return factor. So, think posture first. You're going to get better air. With better air comes better oxygen through your blood and better blood flow through your body, comes a better venous return and a better following stroke or beat of your heart to be able to get

the blood back out to the periphery, or the outside and ultimately that's going to affect your gym tolerance, your exercise tolerance, and your ability to hit a very high intensity and recover quickly.

So, think posture first. If you work on improving your posture a bit now and I don't mean by sitting up straight during the day, I mean by lifting with perfect posture, because the posture you lift in is the posture you're likely to stay in. If you think posture first your results will go through the roof.

Finally, I want to talk to you about thinking about constant progress. Rather than considering everything all at once, we sort of touched upon this with short term goals versus long term goals and reaction to results, but I want you to think about constant progress. My favorite business coach once said to me, "It doesn't matter if you can do 10 positive things for your business every day. What matters is that every single day you do at least one thing that improves your business, because the truth is, we're all going to have bad days. But, no matter how bad of a day you have, if you always do one thing to improve your business, but realize, right there and then that you're in front of 99% of the rest of the US population in establishing yourself as a guru in your area."

That's a fact. I've lived by that sense and it has shown. Do one positive thing for yourself every day. Create one improvement in your workout routine every time you come. Think about improving either your mindset every time you come to the gym, whether you focus down to even the most minute detail of saying, "This time I'm really going to get the warm-up mindset down." Or, think about being able to get that extra rep in squat with a med ball pickup during your 50 second interval. Just one more rep than last time, because it shows that you're doing better and you pushed just a little bit harder, just in that one exercise. Or, think about being able to go through today. "Today I want to be able to go through the entire circuit twice even though I know I was tired doing it just once."

I mean, these can be small steps or big steps, but just make a single point of progress every single day that you workout and you will always be progressing. I mean, it's sensible, right? If you're always doing something to progress, you're always progressing. So then, beat the plateau point. Never hit that again. The ceiling effect is not necessary and I'm here to show you that that's the case. But, all you have to do is remember to make one point of progress every single day.

So, no matter what you decide here, I am with you and I back you 100%. If you have any questions or you would like suggestions of things that you might be able to work on throughout your exercise routine, I'm here to help you.

Remember, I'm Dr. K and I'm here today with you from SecretAbFormula.com to talk to you about how Productive Resistance Training Starts In Your Mind. I'm a huge advocate of mindset and I know that your results will go up by at least 50% if you take this information to heart.

So, thank you so much for joining me today. I look forward to being in contact with you soon and I hope you have a great day.