

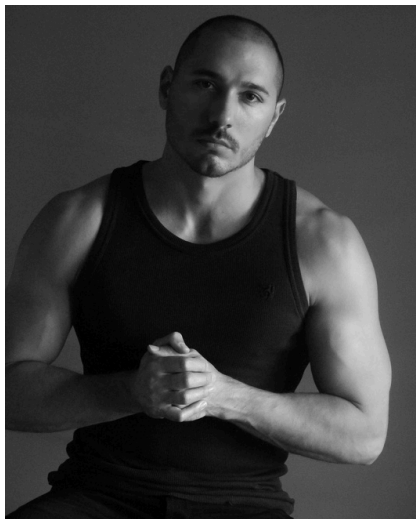


200 DAILY TIPS FOR A

# **DISCIPLINE OF STEEL**

AND A STRONGER BODY AND MIND

Nicolas Sart



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Published by Nicolas Sart, [nicolas.sart@ensocalisthenics.com](mailto:nicolas.sart@ensocalisthenics.com),  
[www.ensocalisthenics.com](http://www.ensocalisthenics.com)



**"Give a man a fish, and you feed him for a day.  
Teach a man to fish, and you feed him for a lifetime."**

I've always made it a point to teach rather than just coach, and my goal was always for my students to eventually know as much as I do.

I also used to believe it would be enough to learn the techniques and principles of my training method, the *Enso Bodyweight Training System*, for anyone to become fit and strong.

What I failed to realize was that the hardest part of your journey is to bridge the gap between learning and taking action.

But this became obvious when I moved to a new country and my former students, who knew everything they needed to keep training alone, still needed me to motivate them to actually do it.

This is when I started writing a lot about the topics you'll find in this book: consistency, mental strength, philosophy, and more generally, discipline.

What you're about to read is not just a thread of fitness platitudes, but real, actionable, and effective advice to train smart, build the right mindset, and make it easy to act.

It doesn't really have a beginning or an end, and you could randomly open this book and start learning something valuable, but here's how I suggest you use it:

Read it once from cover to cover, then start back at 1 and read one chapter a day.

This is how you'll slowly immerse yourself in this method and master what I like to call *the philosophy of martial arts applied to strength training*.



# 1

Building discipline is a process.  
It's about removing friction and excuses.  
Prioritizing and eliminating.

Be mindful of everything that gives rise to an excuse. Remove it.

Tired from work? Train in the morning.  
Too much traffic? Get dumbbells at home.  
Your colleagues like junk food? Eat alone.

People will tell you it's a choice, and they're right. But it's a tough one, I admit.

What's hard is that we have to make that choice every day, several times a day.

What's good is that discipline is also a habit. The more you make that choice, the easier and more automated it gets.

2 things can help you stay consistent:

- Never lose sight of the goal
- Remember it keeps getting easier

It will never be completely easy.

But one day you'll be strong enough to make that choice every time, every day.

Once you understand it is not an innate quality, but rather something that can be trained, you too can have a discipline of steel.



## 2

If you wake up and the first thing you do is look at the mountain you have to climb, you'll go back to sleep.

But if the first thing you do is lace your shoes, you'll be more likely to take the first step.

Then take the second step, and don't worry about the third yet.

You want to live a fit and healthy life, and you know it's going to take a lot of workouts, among other things.

You already know it, so there's no need to keep thinking about it.

Stop obsessing over the end goal, it's frustrating. Let time do its job.

Focus on the next step instead. Wake up today, and do that workout.

It's only one. Do it and you win the day.

From now on, focus on winning the day, every day.

Then every day becomes an achievement.

And that is the type of healthy instant gratification you need.



### 3

If you always struggle to find motivation, you may have the wrong goal.

Motivation comes and goes, even for the most self-driven of us.

But if you always struggle to find the will to work out, or worse, if you don't get a feeling of accomplishment after you did, you may have to rethink why you chose to train in the first place.

Did you actually start with a goal in mind?

There are many reasons to train.

Maybe you want to look good, maybe you want superhuman strength, or you just want to feel great and healthy, and sleep better.

You could train to eliminate chronic pain or to live long enough to meet your great grandchildren.

The best reason is the one that inspires you. And it is very personal; you have to find it in you.

Once you know what really drives you, it will be much easier to stick to the process.

And each workout will become much more fulfilling.



## 4

You already know most of what you need to know about fitness.

You already know what a healthy diet looks like.

You know you need to exercise. You know you need to rest.

You probably know eating less calories than you consume will lead to weight loss.

And that protein will help you build muscle.

The main thing you need to learn is to keep things simple, because mostly they are.

Once you understand this, you will really trust the process.

And when you trust the process, you find consistency. And that's the magic pill you were looking for.



## 5

You don't need a pre-workout as much as you need a Batman routine. Working on your mindset is more effective than any amount of caffeine or unregulated substances.

You need a main character routine to get in the zone.

When you're getting ready to work out, remember there are serious goals at stake.

You're no different from a professional athlete training for a big competition.

You know that scene in every sport movie. When the main character puts on his boxing gloves or laces up her shoes.

You can feel the tension rising and a taste of adrenaline, even as a viewer.

This is how you should feel every time you pack your gym bag, toss it in the car, and put your training gear on.

You are the main character of your fitness movie. The stakes are high and you must win.

The music in your earphones is not just workout music. It's your soundtrack.

Fall in love with every step of this routine.

That's how you show up every day.

That's how you win in the end.





## 6

When it comes to building your business and reaching your financial goals, you are disciplined.

Could you use that same discipline to work out and reach your fitness goals?

You can kick yourself up and go to work every morning, even when you don't want to.

Could you use this discipline to get up and train?

Could you use it to go to bed earlier and get enough sleep?

You don't miss meetings. You may show up late but you show up.

Could you show up to every workout?

You are meticulous in your reading choices.

Could you be so picky with your food?

You stay accountable to your colleagues and business partners.

Can you keep yourself accountable when it comes to your health?

You don't lack discipline, you just have double standards for 2 things that are equally important.

Your challenge for next week is to put your work discipline into everything related to your health.

Will you accept it?



Commit in writing to your workouts.

This might seem useless at first but it is definitely worth trying.

It does wonders for a lot of people who struggle to stay consistent.

You can make the Psychology of Persuasion work on yourself too.

Here is a trick from this amazing book (read it if you haven't yet) that you can use to make sure you don't skip workouts.

Make a written commitment. Make it several times and spread it in places where you are sure to see them throughout the day.

Examples:

- 1) Set 3 or 4 workout slots in your work schedule.
- 2) Make a note with the days and times of your workouts for the week, stick it on the fridge.
- 3) Every daily to-do list should start with your workout. You can do and cross it last, but write it first.
- 4) Don't fidget. Instead, grab a pen and write "I will work out today".
- 5) And one of the most effective: text it to someone.

The goal is to reinforce the idea that you don't have a choice.

It's just a fact.

It's going to happen no matter what.

You will work out.



It is true that it takes longer to recover as we age.

How fast we recover between workouts is basically how fast we progress.

Whether our goal is to build muscle, lose fat, or get stronger, it takes longer.

But progressing slower means we are still moving forward.

You can still reach your goals. Even if you think you're starting late, you can still become the fittest you've ever been.

If you keep looking at the negative side, it will be hard to stay consistent.

So you must remind yourself every step of the way that you are getting there.

Because this is the truth.

Every workout, every healthy decision, every day you stick to your routine is taking you closer to your destination.

You are progressing and that's the only thing you should be focusing on.

Slow progress is progress.



A treadmill will not make you work out, a gym membership will not build healthy habits and that latest 12-in-1 multi-gym will not turn you into a fitness addict.

You must start with yourself and you must start by doing.  
Do the easiest thing you can do, now.

Take a walk after dinner, tonight.

Do a set of push-ups before your morning shower, today.

Go to that paddle game your colleague keeps inviting you to, not “next time”.

Tomorrow, repeat.

Slowly build those habits, THEN earn the gym membership or the running shoes you’ve been eyeing.

Because you’ve been thinking about these things the wrong way.

They will not make you work out. You will make them work for you when you become a regular.

They are your reward. Like a samurai earning a special sword as his skills get sharper.

And the sword in turn allows him to reach the next level.

Don’t put the cart before the horse and don’t expect tools to do the work for you.

It will be easier to reach your goals if you start small, start today, and start within you.



Running errands burns calories but does nothing to build a habit.

Not all kinds of movement are equal, even at equal levels of energy expenditure.

Walking 10,000 steps because you have late Christmas shopping to do is surely tiring, but it's not the same as going outside or stepping on the treadmill with the sole purpose of walking 10,000 steps.

Since the key is consistency, exercise that burns calories without reinforcing the habit of moving is suboptimal.

The point here is to not use what you have already done as an excuse to skip a session and break your routine.

You may have had an exhausting day, and I don't mean to be insensitive. But building consistency is more important than burning an exceptionally high number of calories.

I'm not pushing you to overdo it, I'd never do that.

But if you had a tiring and active day, try to end it with some form of fitness exercise.

Even if it's just stretching.

Never miss an opportunity to build a good habit and train your mind too.



The reason why it is so difficult to work out is the very reason why you should.

It is precisely because you feel lazy that you should move.

You are not out of shape because you dislike training. You dislike training because you are out of shape.

The way you feel when you are told you should exercise, that is your wake up call.

It feels as bad as you need it.

Now if you are inactive, lack energy, and are at a higher risk of heart disease, it is time to rethink what is truly hard.

Being unhealthy is hard. Working out is temporarily uncomfortable.

With time, being unhealthy gets harder and harder. Working out becomes more and more enjoyable.

If you want your life to be easier, fight the initial response you get when you hear the word “workout”, and force yourself to move.

Your healthy, strong, and happy future self will thank you. And so will your great grandchildren.



## 12

Don't let your mood dictate your actions.  
Let your actions define your mood.

Every now and then, it's one of those days.  
And for some reason that is strange even to us,  
we don't feel like doing anything.

We have no control over how we wake up.  
However, it is up to us whether we go to bed  
in the same mood or not.

By doing the right actions, we can reset our headspace.

It doesn't have to be a bad day. And you can turn it around  
if you just do every little thing you know has to be done.

By being even stricter, and following your routine and plan even more  
diligently.  
Do all the things you don't feel like doing, and above all, do your  
workout.

At first, it will be harder than other days.  
But in the end, the feeling of pride and accomplishment will be double.

You will go to bed happy. After a long but good day.



Progressive overload works for everything and is not strictly a strength training concept.

Progressive overload works by gradually increasing the difficulty of an exercise to induce progress.

It is mainly used to build strength and muscle mass.

But it is important to implement this concept in our cardio training and stretching too, especially as we age.

Nothing good comes from stalling and the best way to maximize longevity is to keep improving not only your strength, but also your cardiovascular health and mobility.

Make sure you keep track of all your cardio sessions including at least the time, pace and distance. An app might help.

As for mobility, there are simple ways to measure your flexibility progress using visual cues and time under tension.

The keyword here is track. Then make sure you always increase the difficulty as soon as you feel comfortable.

This is what progressive overload is about. To constantly get out of your comfort zone in order to progress.





Here are 7 ways to exercise if you live a busy life:

- 1) Have a strict “zoom meetings only” policy, and do them on your treadmill, bike, or elliptical machine.
- 2) Keep a set of resistance bands under your desk. Do one of my 15-minute band workouts whenever you get a chance.
- 3) Learn to “grease the groove”. This Belarusian technique consists in spreading your sets throughout your day to build strength.
- 4) Use the stairs! Unless you work on the 68th floor, that’s the only excuse accepted.
- 5) Go to the gym first thing in the morning. Don’t think, just go.
- 6) Set up a gym space at home and do two 15-minute workouts. One in the morning, one in the evening.
- 7) Schedule every task and meeting of your day with at least 10 minutes in between. Use every one of these breaks to go for a walk.

Do you already do any of these? Which one are you planning to try?



Today, I want you to think of your most bitter failure.

Don't just remember it, relive it.

Feel the disappointment, the frustration, maybe the feeling of unfairness. Think about everything you had to give up because of that failure. How things could have been, how people would have treated you differently. Remember how you had to start from 0 again. Maybe it wasn't even the first time.

Does it tingle yet?

Now you have a new goal.

And again, people don't believe in you. They don't think you can lose weight or do 10 pull-ups.

You failed before, why would it be different now?

Will you write the same story again or will you prove them wrong?

Imagine going through the same process (sh\*t) once more. Doesn't it upset you just to think about it?

Yes it does. And that's good. Let the anger rise, feel the rage.

But keep it inside, don't let it out just yet.

This is energy, bottle it up for when the time comes.

Later, I want you to look in the gym mirror, show your teeth and growl.

Your goal is your prey, keep your eyes on it.

You're an animal ready to eat those dumbbells.

This time is different. Refuse to fail and don't stop until you're done.

Now let it all out and kill this workout.



Do you find it hard to train at home after a long day at work?

Try doing 5 minutes of cardio.

That's right, just 5 minutes, then you can go sit on the couch and relax in front of your favorite show.

You will surprise yourself when you see how often these 5 minutes turn into 20. Oftentimes, all you need is to start and let the dopamine kick in.

And slowly you build a habit. You get more and more workouts in. And your efforts compound until people around you start to notice.

This in turn motivates you to keep training. You now have full trust in the process.

A year later, you are unrecognizable.

All because you decided to spend 5 minutes on the treadmill.



Use the power of gamification to stay on track.

While the term “gamification” is relatively recent, the practice itself is in fact much older.

Point systems have been used for ages, whether they keep you engaged in an actual game, make you a more loyal customer, or a better student.

In recent years, it has proved very effective in an individual’s fitness journey.

While I definitely encourage you to try and use apps (ex: Technogym for training, Myfitnesspal for nutrition), I am also a strong DIY advocate.

I like to optimize and customize everything, and I know for a fact that having your own points system is enough to keep yourself accountable.

In fact, I believe it is often more effective to work with a system you design for yourself.

Stay tuned as I’ll share how you can build your own points system in my next post.

One that is meaningful to you and whose purpose is to lead you to your own specific and personal goals.



Here is how you can design your own points system and keep you on the right track:

Step 1: Identify your main goals.

Write a list of all the reasons why you need to work out. Keep only the 3 that are most important to you.

Step 2: Under each goal, write a list of all the actions you can take to get there.

Step 3: Rate every single action from 1 to 10, based on how important or effective they are.

These will be your points. Every time you complete one action, you earn the corresponding points.

Step 4: Set a realistic number of points you can reach in a perfect week.

That's your iron badge. Multiply it by 5, that's your bronze badge. Multiply it by 10 and you got a silver badge.

Step 5: Make sure you have a way to track your points before you start.

Don't think you can do it in your head.

Your phone calendar works great for that: simply enter the number of points you earned on the day and time slot you completed the action.

Write the total at the end of each day and each week.

Last tips: Challenge yourself and don't be afraid to set higher goals as you progress. And remember to make it personal, that's the whole point of designing your own system!

PS: why not calling your first reward the Discipline of Steel badge?



I have a very schizophrenic way to deal with workout inconsistency.

Let me explain.

When we have great goals, we make great plans.

But when it's time to act, it's a different story.

We postpone, procrastinate, and find all sorts of excuses to do less than we originally decided.

It's as if our plans had been made by a completely different person.  
And it's kind of true.

The "you" who bought a fitness program or a new treadmill was in a totally different mindset than the "you" who now needs to take action.

Guess who you should listen to.

Whenever I feel lazy to go and work out, the first thing I do is turn off that voice.

Then I refuse to think, feel, or decide. Not my job.

Instead, I just obey the command of my other self.

The one who made plans and decisions earlier, and who knows what's best for me.

It's like splitting my personality in 2.

Sure, that sounds weird but it works and I don't skip workouts.

If you struggle with inconsistency, think about doing this the next time you feel like skipping a session.



Small efforts that add up every day lead to big results. You know that.

But small efforts are sometimes very difficult to make on the daily.

So instead of looking at them as stepping stones, we tell ourselves they make no difference individually, and procrastinate.

Like leg day for example.

Leg day's hard. And it becomes even more difficult not to skip it when you tell yourself a single workout won't make a difference in the end.

This kind of thinking is dangerous.

First, here's a fact to remember: if you skip one workout, you will skip 10 more.

Second, today is all you have.

You must live this day as if it is your last.

That doesn't mean living as if nothing matters.

It means doing your job, and retiring with a feeling of accomplishment.

Try and end each day with a small win. Make it count.

This is how you should be looking at small, daily efforts.

It's the only way to stay fully committed and reap the fruits of their compound effect.



Here's a simple way to hold yourself accountable in your fitness journey:

Tell people your goals.

That's it. Told you it was simple.

But like a lot of simple things, it's also one of the most effective.

While you're at it, you can even share your workout schedule with everyone who cares or not.

Psychology says you are much more likely to stick to your plan if you make a public commitment.

That's because it does 2 things:

- 1) Simply sharing it tricks your own mind into commitment.
- 2) It adds social pressure to the equation.

Bonus tip: Tell people who are close enough to you to be brutally honest whenever you start slacking.





Slow progress is solid progress.

This is as much valid for your fitness training as it is for work or whatever craft you engage in.

Do not be frustrated by the time it takes, as it is directly correlated to the quality of your results.

Building strong foundations take time. But the longer it takes, the heavier you'll lift, and the longer you'll train and live injury-free.

Whatever takes time to build in the gym stays longer too.

Strong, dense muscle mass that took months to gain won't disappear after a holiday.

Pure raw strength born of hours in the weight room is here to stay.

Slow and steady fat loss that took a year of efforts is the most sustainable.

In the end, what took time to achieve is always worth more.

This is why we should look at time spent as an achievement in itself.

The longer it takes to build yourself, the harder to break you will be.



Something great and motivating about having your home gym is seeing it evolve with you.

It is like a lab getting more sophisticated as your work gets more advanced.

Weights become heavier.

You have tools on the wall you didn't know existed before.

Your beginner equipment gradually moves to a corner of the room...

This is a visual representation of your growth.

You earn a pull-up station as your pulling strength increases.

You buy new plates because you bench more than you ever hoped.

You even dedicate an area for stretching as you get more serious about recovery.

You're turning into an expert too.

It is truly a reflection of the person you've become and the long way you've come.

A real source of pride every time you see it.

And it's your own. It's your Batcave.



It took me years to understand but work actually makes life easier.

Work in the broad sense of the word.

When you do what must be done, a lot of problems disappear and everything falls into place.

The same goes for fitness. Everything becomes easier and better when you work out.

There will always be problems and physical challenges, that will never end.

It's the nature of life and work makes us ready.

Now I know why my father used to wake me up and force me to get up early even on summer vacation, just so I would do something, whatever that may be.

I understand and I'll do the same with my children.

Work is actually the best way to get an easy life.

It's not about being busy, grinding, and working out every day.

It's about doing what needs to be done. And rest days are part of that too.

You (hopefully) do your job and take rest days in your professional life, make sure you do the same with your fitness.

Work out and you'll wake up fresh, feel good, have more energy, and be happy.

Work is the easy way.



We never skip just one workout, we skip 10.

It's never "just this time", let's not fool ourselves.

When you choose the easy way once, you open the door to many other skipped sessions.

Discipline is about tricking the mind into a habit.

The problem is that it takes much more to build a habit than it does to destroy it.

That's why when you miss one workout, you actually skip 10 at once.

Think about this the next time you feel like not doing your job.

10 workouts make a noticeable difference.

So yes, skipping one workout does change everything.

And the next time you hear the opposite, whether it's from someone around you or from the little voice inside, do not listen and show up.



To build a workout discipline of steel, you need to learn to be your own boss.

If you are in business, you understand being your own boss is not about doing whatever you like, whenever you want.

It's about planning, designing strategies, and most importantly executing.

You must get up in the morning and stick to the plan.

You learn to turn off that voice that tells you to go back to sleep, and listen to the orders of the earlier you.

This earlier you who made a plan, that is your boss, and you listen to him or her.

This is how you should approach your fitness journey.

Stop acting like you have a choice.

Follow the program and keep the promises you made to yourself.

Be your own boss.



Today's workout motivation tip is fun: buy toys!

I've been working out for as long as I can remember.

Naturally, I've had my fair share of ups and downs and motivation drops, and I still do.

And I have a secret tip that always got me back to the training room when I didn't feel like it.

It's buying new equipment.

Preferably small, and preferably something that switches up my training routine.

Here's a few personal examples:

- Shiny running shoes are solely responsible for me running my first 5K.
- I bought a kettlebell and got excited about a KB swing challenge. It was fun and had a lot of carryover to my calisthenics training.
- A mobility stick finally kept me consistent with my stretching (for a while).
- Many years ago, it's a simple pair of gymnastics rings that made me fall in love with gymnastics strength training, and I never looked back.

The truth is we're still big kids at heart.

And we still get excited by new toys.

So if you find yourself dragging your feet to the gym lately, just treat yourself to some new gear.

It might give you just the nudge you need.



I read a post that said: “By age 42, you should have an entire wardrobe of clothes one size too small that you keep in eternal optimism that you’ll fit in them again one day.”

That’s funny.

That also shows me some of us need to completely reverse their mindset if they want a chance to achieve their goals.

Sometimes the most optimistic thing you can do is look at something negative, face it, and choose to act on it.

Anything that reminds you how far you are from your goals should put you in war mode.

If there is something you want to change and can change, don’t accept it.

Face it every day. Do think about it. Let it sting.

Find drive in it, and act.

We talk a lot about looking at the bright side of things, and that’s surely healthy most of the time.

But some things are negative by nature.

And when ignored, they can become very unhealthy or lead to regret.

Be careful not to let contentment or resignation bury your goals.



Your workout starts exactly when you want it to end.

The point of fatigue is where gains are made.

The purpose of every rep you did until that point was only to lead up to the limit.

Not the limit of what you can do, but the limit of your comfort.

That's when you have a crucial choice to make:

- 1) Stop and everything you did before goes to waste.
- 2) Push through and make progress.

That is not to say you should chase pain or always go to failure.

But just make sure you do a few reps in the red.

No challenge, no gain.





Big goals should be broken down into smaller goals.

That's not enough.

We should learn to take our big goals lightly, and our smaller goals seriously.

We should not be obsessed about our destination, or we will take the quickest road to discouragement.

A lack of patience will frustrate us and prevent us from enjoying the journey and the present moment. This will negatively impact our practice and the task at hand.

Not taking small steps seriously is the best way to not take them at all, and delay progress over time.

What I mean: stop obsessing over your dream body, and obsess about the next workout instead.

In the Book of the Samurai, Master Tsunetomo says “matters of great concern should be treated lightly”. Master Ittei commented “matters of small concern should be treated seriously”.

This, I think, is for the same reasons.

How do you interpret that quote?



If you want to look fit, you should stop seeing your weight as the problem.

Even if your main goal is to slim down and fit in your old clothes again.

Your weight is not the problem.

It's one symptom of the problem.

All your concerns and efforts should be directed to your fitness, strictly speaking.

Because it is causing a lot of other and more serious issues.

Take care of your health as a whole, tackle the problem at the core.

Train to be fit and you will look fit.

It's a simple shift of mindset, but that will cause you to employ a whole different set of tactics.

Once you choose to fight the real issue, your methods will be more sustainable, you'll have more patience, and you'll improve many aspects of your life at once, including your mental health.

And you will finally reach and keep your ideal weight.



It's not how old you are, it's how long you've been doing the wrong things.

One day you wake up with back pain and chronic fatigue. Your body fat percentage is higher than ever and you find yourself out of breath after walking up one flight of stairs.

You remember how you used to eat whatever you wanted and not gain a pound of fat.

Or how you could have drinks, sleep only a few hours, and still function at work or uni the next day.

You were stronger and had a faster metabolism. It's true.

But don't be so quick to blame it on your age.

Studies show that our metabolism doesn't naturally slow down until much later than we think.

It's not the years, it's what we spend them doing.

Much more time sitting, and definitely less time jumping around or running after birds to scare them.

Your childhood was like a constant workout, and this is how you ended up so fit in your twenties.

You are not old, you are just detrained.

...



This is good news.

It means you can be 40, 50, or 60, it is not too late to reclaim your health and fitness.

You can be strong again.

You can get rid of your chronic pain.

You can still have abs.

And you can feel young again.

You can make the next years work for you, by choosing to spend them wisely:

Quit smoking.

Cut down alcohol.

Build muscle.

And stay active.

Then watch the aging process reverse.



Fitness is probably the only thing in life where success is guaranteed.

As long as you put in the work, you get results.

Eat well, sleep enough, and exercise, and the outcome can only be positive.

It's science.

Can you think of anything else that works so simply?

Not studies.

Not work.

Not business.

Not relationships.

And I'm sure you worked hard in at least 2 of the above.

You took risk. You took action in the face of uncertainty.

You already proved you had the discipline and the strength to do what it takes to reach your goals.

Even when you could fail.

Your health doesn't only work more simply, it's also more important than any of those things.

And you cannot fail.

This is why your excuses are unacceptable.

Act now. Results guaranteed.



Stop aiming at the perfect body, aim at working out today.

Lofty goals are necessary to set the direction,  
but they can become toxic if we can't take our eyes off them.

At first, they make us eager to act.  
But soon, they put pressure on us.

The gap between these goals and our present reality makes us feel bad  
about ourselves.

It feels like we have so much work, and that's how we freeze and never  
act.

Always focus on the next session instead.

For some of us, one workout is a mindset shifter.  
For many of us, it's already a victory.  
For all of us, it's a mandatory step to our goals.

This is why we should think of our goals only 1% of the time,  
and focus on the next step 99% of the time.

That's what very fit people do.  
And that's what you will do today.



Beware of the overcomplication by experts.

All the studies, thousands of articles about nutrients you don't know, the latest sleep hack or recovery method.

All this information overload.

It's easy to get sucked into a never-ending thread of "optimization" tips.

This is how you keep learning and never start.

Planning is the mother of procrastinating.

You know the best optimization tip? Simplify.

Reduce fitness to its essence and start.

Is your brain not busy enough with work?

Why would you add to it by learning tips which, all combined, would make a 1% difference?

It is time to put this phone down and go take care of the 99%.

It's simple, just move.



Do not wait for confidence to start working out.

Confidence comes from action.

In fact, the less confident you are about the action, the greater confidence you'll gain if you act.

Many of us are crippled by self-consciousness and are afraid to even step into the gym.

Not realizing the latter is the best cure to the former.

Start at home if you need, and give yourself the smallest challenge you can think of.

Try and do more tomorrow. And more next week.

Keep showing up and act, without expectations about the results.

See how your self-limitations slowly get pushed back.

And how this carries over the other aspects of your life.

Crush self-doubt with action in the gym or at home.

And watch the virtuous circle do its magic.





Building discipline is an art.

Like any art, it can be learned and honed through various techniques and practice.

You might imagine someone who has a strong discipline as a naturally hard-headed and cold human being who just acts.

In reality, you need a much more methodic approach to build sustainable consistency.

If you study successful people, whether it's in fitness or business, you'll find that most of them got where they are by following a system.

It is more about cultivating the right philosophy than trying to become some kind of tough guy.

It is more about learning and applying methods to create action and momentum, and less about rushing head-on and hoping we can sustain it.



The best time to work out is personal.

If there is a time of the day when you regularly feel like you have the most energy, that should be your target time for training.

On the contrary, if you constantly feel tired at a particular time of the day, you should avoid training at that time.

I know I said working out in the morning to get it out of the way makes it easier to stay consistent.

But if you always have low energy in the morning, this is not the time for you to work out.

Another thing to consider:

If you always train when it's the hardest, you will develop a negative reflex whenever you think of training.

And this will have the opposite effect of why you chose to train in the morning in the first place.

Building a discipline of steel is not always about forging a strong mind, but also about creating easy pathways to action.



Every fit person was once unfit, or at least untrained.

Everyone is made of the same clay, and we can all sculpt our dream body.

Sure, we don't all have the same shape, we don't have the same weight and we don't all start from the same point.

But ultimately we are made from the same material.

Whoever your role model is, remember they are human like you.  
You are them, with a few years of work to do.

It is in you and you probably already know what you need to do to get there.

So every time you see someone with your dream body, see it as evidence of how you can become.

It's easy to let images of very fit people affect us negatively.

And it's not possible to turn off all media and stop seeing them.

So we must shift our mindset and see them as us, our future selves.



You don't need a perfect plan to move forward.

You don't need the perfect workout to progress.

You don't need the perfect circumstances to start.

It's okay if you don't have the best equipment, or have no equipment at all.

It doesn't matter if you don't have 100% of your nutrition under control.

Nothing around us, or inside us, will ever be perfect.

We have to find purpose in training to become the fittest version of ourselves, even when things aren't perfect and we know it's an endless pursuit.

When you decide to embrace this mindset, and choose to act no matter what, you instantly become a fitter person.

Because the real goal is to move, and the real purpose is in the journey.

Our dream physique is merely the direction.

Once you see this, you'll find peace and happiness in being a work in progress.



Building discipline is not always about making it hard for ourselves in order to strengthen the mind.

There is definitely a time and place to build mental strength.

But you should also grab any opportunity you have to make it easy to stay consistent.

It's simple things like cooking healthy food for the whole week.

Carrying a set of resistance bands.

Having a gym at home.

Leaving your phone in a different room at night.

Or blocking time in your schedule to work out.

It's easier to stay healthy if you eliminate distraction and temptation early on.

Watch for opportunities to remove friction between you and what needs to be done to reach your goals.

Look for the easy way... The easy way to action.

Discipline is built not by making it hard, but by making the process enjoyable and realistic so that you keep the momentum.



Your retirement plans are pointless if you retire unfit.

In the end, it's not money but your health that will make the biggest difference.

And if you're not already investing in it, you'd better start now.

Sorry to say but  
no travel will be as you dreamed,  
no project will go as planned,  
and no dream house will feel comfortable  
if your healthy years are already behind you.

This is why your longevity is the best retirement plan you can invest in.

Every workout is a deposit in your balance.

Every healthy meal,  
every walk in nature,  
and every pint you don't drink too.

And the best part is the fitter you get, the better these little things work.  
It's like compound interest.

Go and make a deposit today. And retire in the best shape of your life.



Coming back from an injury is hard.

The frustration of not being able to move like before, the weeks or months it takes to heal, and of course the pain.

But the worst part for many of us is the fear of not getting back to our level.

We all start our fitness journey for different reasons.

Some want to build muscle, some want to lose fat, and some want to climb stairs without getting out of breath.

But one of the most satisfying part for all of us is the feeling of getting stronger.

And seeing all our efforts going to waste takes an emotional toll on us.

But it's alright because as always, there is a silver lining.

And every moderate injury I've seen turned out to be a blessing in disguise.

Armed with patience and the right guidance, you will come back stronger.

I know it because:

1) Stretching is not an option anymore. Your injury is forcing you to finally take the time to work on your flexibility and prevent other injuries.

...



2) You have no other choice but to train at light intensity, following a program based on regressions with high volume. This will build better motor patterns, more solid connective tissue and strength endurance. You are going to focus solely on building stronger foundations and that's a great thing.

3) You have more time to train other parts of your body that you've been neglecting. And there are definitely a few.

Improving in areas you were neglecting and strengthening your foundations will help you not only to get back to your previous level, but to surpass it.

And if you need evidence, look at the best athletes.

Most of them went through an injury, and came back stronger than they were before.

They remained at the top and kept winning despite younger athletes constantly coming up to challenge them.

Do not fall into despair because that's how it works.

Sometimes we have to break so we can rebuild ourselves stronger.





Kaizen and other Japanese philosophies have become very popular in business recently.

The idea of improving 1% every day is particularly attractive and has spread across many different fields, including fitness.

This is a great way to find purpose in the journey.

But it doesn't mean we should expect physical improvement every day or every week. That's not realistic.

Sometimes, action itself is the 1% improvement.

We get better every time we do the little things, even when results are not visible.

Consistency, habits, and your character are shaped by each action you take.

This is why a single workout does make a difference.

And so does a single healthy meal, or a single night out without alcohol.

When you understand most of your improvement isn't visible, you won't end up disappointed or demotivated.

You will find instant satisfaction in each step, and it will be much easier to stay consistent and reach your goals.



Do this if you feel like getting in shape is too much work.

You could become much fitter, not by doing more things, but by doing less.

If you are like most people, your lifestyle could be greatly improved by removing the many bad little things.

And this is where you should actually start.

Before you even begin a workout program.

First, because it is easier to do.

And second, because your life would improve instantly.

Here is the plan: create a fitness routine by removing, not adding.

Consider this list of things to eliminate: processed foods, screen time before bed, looking at your phone when you wake up, alcohol, snacks, escalators etc...

When you think about it, what's easier than NOT doing something?

Okay, it's not that easy in practice,  
but it still demands 0 action on your part and that's what makes it the best starting point.

Optimize by removing.



What if the process was all there is?

What if you could find pride and meaning in the act of working out, rather than being a slave to your end goal?

Acting itself makes you a different person.

Being a work in progress already makes you a healthy person.

When we start loving what we do, we don't attach our self-worth to the end result anymore.

We are freed from the pressure of not being there yet. It's liberating.

It's not reaching your goals that makes you who you are, it's what you do to get there.

If what you want is being a fitter, healthier, stronger -physically and mentally- man or woman, you become just that the moment you take action.

You are this person every time you work out.

As long as you keep showing up, you're already there.



Fitness is no different from business or your dream, it starts with a vision.

If you start working out only because you know you should, you are bound to fail.

How do you expect to find drive or purpose in a chore?

I'm sure you have an idea of what the best version of yourself looks or feels like.

How they walk, talk, and how they are perceived by others.

You probably have a few role models too.

If this is not clear to you, do yourself a favor and write it down.

Who were you meant to become when you were put on earth?

This is why you work out.

Not because your partner or your doctor suggested you should.

You are training to fulfill your potential.

To bring your vision to life.

And to become who you were born to be.

You must train with a purpose.



If you're getting bored with your workouts, try this.

Challenge yourself through movement.

We humans are wired to find happiness in progress.

And simply adding more weight plates over the weeks is not enough.

We need to see some more obvious change.

We need to feel like we are transforming.

There are few better ways to find this primal satisfaction than through improving the way we move.

Doing things you never could before is the best way to keep you engaged in your journey.

It's the best way for you to love training.

Loving it is the best way to stay consistent.

And being consistent is the only way to reach your goals.

Unfortunately, most people keep doing the same exercises, only use machines, and seldom try something new.

So break the routine and start learning new skills.

Pull-ups, L-sit, split, handstand... It's okay to aim high, because nothing is more rewarding than each little step along a movement journey.

The next time you're bored in the gym, lift less and move more.



If you find it hard to challenge yourself, challenge someone else!

As I said before, we build discipline by making it easier to act.

And if you find it too hard to start or continue, find someone to do it with you.

Challenging a friend or your partner not only helps you stay accountable, it taps into your deeply rooted competitiveness, aka your ego.

Trust me, you have it in you, even if it's well hidden.

There is actually no better way to progress than to train with the same person regularly, especially if you have the same level or they are little bit better than you.

We always feel the urge to catch up or surpass the other and this is driving us.

Bonus point if you can define a clear challenge: first one to do 10 strict push-ups, or deadlift 1.5 times your bodyweight for example.

Just make sure you keep it safe (some of us can get overly motivated by competition), and you'll progress faster than ever!



Wake up like a warrior, that's when your training starts.

With your mind set on the target, even if you're not in the mood yet.

Meditate on your purpose, visualize the destination before you even open your eyes.

And get up resolved.

If you want the body of a warrior, you must train like one, and start your day like you're going to war.

Put strong intention in every little step of your routine.

If you work out in the morning, do not think. Just do. This is the way.

If you're going to train later in the day, keep building up the spirit.  
Eat like a warrior, breathe like a warrior, move like a warrior.

You're on a mission. Everything you do is to prepare you for your workout.

And when you step inside the weight room, make sure you're worthy of your rank.

Do what you woke up for.  
And do it like it's the last time.



What are you fighting?

We are all fighting something. Whether you realize it or not, there is a villain in your story.

And when you find it, ask yourself: is it fueling me or is it holding me back?

My exercise for you today is to take this thing you are fighting and use it as fuel for your workout.

You can't keep this energy inside, or worse, waste it on something that's not worth it.

I've had the best and most beneficial workouts when I was mad and channeled it towards the treadmill or the pull-up bar.

So what's the biggest pain in your life right now?

Maybe it's a failed venture or the raise you didn't get.

Maybe it's something that's been lingering on for the longest time.

Dive deep into it, face it, ponder over it to the point where it hurts.

And fight it.

Fight it with all your might until the last drop of sweat crashes on the rubber floor.

Now that's how you train.





What would you do if today was all there is?

I'm not talking about the last day of your life, because I know what you'd say.

You would eat that fish that can kill you if not cooked well, go bungee jumping, and get wasted on expensive Japanese whisky.

No, I'm saying if it was all there is. The only day people would remember. The only day you too would remember if there is an after-life.

You'd probably want to treat others and yourself as best as you can.

Well, your life is a series of days like this.

And the only way to end it with a good score is to treat every day as if it were your only chance.

Back to fitness.

The only way for you to get in the shape of your dreams is to realize the importance of treating every day as if it is the only one.

This is the key to consistency.

Every day is your only chance to eat well, sleep well, and work out.  
You must make the best of it.

And by the way, today is really all there is.



Don't just wake up like a warrior, go to bed like one too.

Following up with my previous post on waking up resolute, I'd like to emphasize that the best way to start your day with determination is to go to bed with strong intentions.

For the successful warrior, the battle starts on the night before.

The most reliable way to plan your workouts is to do it well ahead of time.

Do not go to bed stressed. Take some time to wind down. Write down your goals and how you are planning to accomplish them. Be very clear about tomorrow's actions before you fall asleep.

You must have a strong will to work out when you close your eyes. You need to dream like a warrior too.

Your routine and habits shape your subconscious. And your subconscious has a much bigger influence on your reality than you think.

When you go to sleep like this, you wake up with a non-negotiable mindset and things just happen.

This is the foundation for a discipline of steel.



When you're training for a goal, one of the worst things you can do is obsess about your current situation.

This kills consistency.

Sure, you are on this fitness journey because there is something you want to change.

But there is nothing more demotivating than checking the scale or mirror every day.

It's like staring at water waiting for it to boil.  
It feels like it will never happen.

“Everything comes in time to him who knows how to wait.”

What you should be looking at is all the changes happening in you now.

You are what you do, even if you're not where you want to be yet.

You cook balanced meals, you work out, you learn skills, you set rules and stick to them.

That makes you a doer. And that makes you healthy, even if your cholesterol test doesn't agree yet.

The moment you start and as long as you keep doing it, you're already a different person than you used to be.

Forget the scale, forget the mirror, and look at all the very good reasons you have to feel proud. That's what keeps you going.



Our habits work like addictions, and of course some of them really are.

To break these addictions, we need to understand and deconstruct them.

First, watch what triggers you.

What makes you think of unhealthy snacks?

What makes you want to skip a workout?

What makes you open an app and start scrolling when you should turn off the lights and sleep?

You'll find that the trigger is almost always the same.

Second, be objective about what it really does for you.

What kind of satisfaction do you get from this habit?

Does it last? Probably not.

Tear your habits apart as much as possible, so you can act on them.

You can start by eliminating triggers.

Or you can decide to respond to them differently.

And whenever you feel like you're about to give in, remember how quickly the pleasure is going to disappear.

The idea is to look at your habits in a cold and objective way, and understand they are not a part of you.

You are then in a much better position to change your response and do something that's good for you instead.



Here's one of the best ways to approach fitness as a beginner:  
treat this journey as a video game, where your character is a fighter and you start from 0.

0 point, 0 ability, 0 credit to buy new gear and all challenges are still locked.

Every workout is a mission on your character's adventure.  
And each time you earn points, until you gain a new ability and are ready to unlock the next stage.

Real life in a weight room is very close to this scenario.  
Except rewards are real, your achievements are visible to others, and you transform your true self.

If you can get an adrenaline rush from controlling a virtual player and find gratification in winning in a video game, imagine how you will feel and how it will change your life when it is real.

All you need is to believe in yourself and understand your life works like your favorite games.

You practice and you grow.

The only difference is in real life, there is no limit.



When you go to the gym, don't leave your problems at the door.

Bring them inside.

Worst case scenario, you release stress and find some perspective.

Best case scenario, you beat them up and bury them there.

There are 3 reasons why I always hurry to my gym when something's weighing on my mind.

1) It clears my mind, helps me think of solutions, and makes me feel a lot better. It ALWAYS does.

2) It fuels my workouts. Problems are energy and when you learn to channel them, you get some of the best workouts ever.

3) It is my duty, and I don't fail my duty. Emotions come and go and should be irrelevant to our goals. Plus, training through bad moods forges the mind.

Your gym is your battlefield, and every battle is a chance to enhance your strength and skills.

Adversity is fuel, so bring it to the gym and use it as such.

This is the Way of the Zen warrior.



You must keep a beginner's mind, curious and engaged, if you want to progress.

Unfortunately, a lot of people drop out after several months of training despite great progress.

Especially among those who train mostly with machines or rotate between a few traditional exercises.

Unless you have a passion for pushing iron, working out like this can become pretty monotonous.

It's a shame because believe me, there is so much to learn and do in a gym you will never see the end of it.

You must make a shift in your approach to fitness. Stop scratching the surface or chasing looks, and seek progress in movement and strength. Much like in martial arts.

You will always find more to learn and to what your body is capable of.

This is how you'll stay driven. You will find great self-confidence and fulfillment in it too.

And the way you look will just be a guaranteed by-product.

When you keep your mind open and always ready to find something new, you'll never get bored of it.

This is the secret to keep showing up and to progress.



Do one little thing to be fitter every day, and never go to bed before you did.

There is probably not a thing you will do every single day.

You'll work out or be active on most days, you'll eat healthy on most days, you'll go to bed early on most days...

But we know you will never make a perfect score every day.

And that's fine.

But if you follow the way of the Enso Zen warrior, you will never end a single day without having done at least one little thing right.

This is your secret to stay consistent and keep making progress for the rest of your life.

And this is your duty too.

Keep track and mark the calendar every day you stayed loyal to your duty.

Never break the streak. Can you complete a whole year? Can you do more?

Can you keep your word and do that little thing even when you're in a bad mood?

Or when it's late and you're tired?

This is how strong minds are measured and strengthened further.

This is how you build a Discipline of Steel.

And this is what takes you far and beyond your goals.





Each point of resistance on your fitness journey is an opportunity to build discipline.

Training usually doesn't start in the weight room.  
It starts when that little voice in your head tells you not to go.

It is the first opponent you must fight.  
You have to stay aware and recognize it the moment it arises.

See it as a duel on the path to your goals.  
Always accept that challenge and win it.

The only way to reach your goal one day is to keep beating that psychological resistance, and show up to training.

It's not your only enemy.  
There's the one who tells you you don't need that last set, the one who says you can do cardio next time, or one of the sneakiest: the one who tells you stretching isn't necessary.

Accept every duel, fight, and win the battle in your mind.  
This is how you clear the road to your goals.  
If you don't let your mind stop you, then nothing else will.



You don't have to drain yourself at every workout, you just need to go a little further than the limit of your comfort.

I think there is a misconception about what workouts need to be. Social media and a few fitness trends have a big part of responsibility in that.

We keep seeing images of people training in a way which is not sustainable both mentally and physically.

You need to challenge yourself AND recover.  
Exhausting yourself all the time leads to detraining.  
Detraining also affects your mood. Your mood impacts your workouts.  
And just like that, you've entered the vicious circle; not the Enso circle.  
(IFKYK)

I started training when I was 6, I am 37 now and I'm still progressing.  
I can do things I couldn't when I was 22.  
I manage to do that by aiming at small progress and practicing patience.

"Training" so hard to the point where you're about to throw up is the best way to detrain yourself, burn out, lose motivation, plateau and end up with an injury.

Also, is this even enjoyable?

Remember the fastest way to make progress is to take it slow and steady.  
And let things come in their own time.  
This is the only way they'll ever come.



The most important thing about our goals is what we have to do and who we have to become to reach them.

This is why we must always aim high.

Because the real reward is our transformation.

And even if sometimes we forget it, we achieve so much along the way.

When your goal is to retire healthy and be fit enough to play football with your great grandchildren, you have to do great in many aspects of your life.

And the clearer the vision, the more drive you have to succeed.

Health is a journey where you'll have to get your nutrition right, become physically stronger, get your finances in order, sleep well, control your mind.

It sets you on a path to countless meaningful victories in many different fields.

And every day you wake up a little closer, a little better.

In fact, you may never want to reach your goals, just so you can keep growing forever.



To approach training with a maintenance mindset is the best way to regress.

You may be more familiar with its equivalent in business: the day you stop innovating is the day you start losing market shares.

My whole training method is based on the philosophy behind the Zen symbol Enso.

It represents the constant pursuit of progress and growth.

Training to always get stronger, run longer, and be more flexible is the only way to stay fit.

There is a very simple and practical reason for it.

If you don't try and get better, you won't challenge your body and mind.

And if you don't challenge them, you're not really working out.

If you don't really work out, you know what happens.

You must have your eyes on a target, always and for the rest of your days.

I remember it was hard for me to accept. I mean, training until my last day?!

But that's how it works. And the sooner we make peace with it, the easier it is.



How are we supposed to turn our lifestyle around after years of feeding bad habits?

How do we change when we've been stuck in the same unhealthy ways for so long they have become what we are?

The answer is by simplifying and practicing.

Don't try and become a completely different person overnight.

You don't have to do everything you see on social media.

You don't need to know about the latest supplements or try and copy the complete (often fake) routine of your favorite fitness influencer.

Just start with a few basics and focus on getting them right.

Cook your own meals, walk more, and lift weights 3 times a week.

It can be as simple as that.

Then practice saying no to what you know is harming you.

Smoking, alcohol, processed foods etc...

Simplify, master one thing at a time, and build up progressively.

This is the process of becoming a healthier person in a nutshell.



Energy works as a circle, which can be virtuous or vicious depending on how you feed it.

The more we move, the more vitality we have.  
The more idle we stay, the more tired we get.

This is why the first step is always:  
The most difficult.  
The most important.  
The most urgent.

Do not wait to feel in better shape to act because it is never going to happen.  
You will be in better shape after you pushed yourself to do the first workout or go for the first run.  
Remember this is the hardest part, and it will keep getting easier after that.

Once you get started, stay very aware of the danger of slowing down.  
Never miss 2 workouts in a row.  
Remind yourself it will always be harder to start again later than it is to train today.

Life is movement. We are always at a point where we can choose between 2 directions.  
Either we feed the virtuous circle, or we feed the vicious one.  
Always choose positive momentum.



This is how we fix muscle imbalance with Enso Bodyweight Training System.

If you train mindfully, you'll often find that you have one side stronger than the other.

Now you can google corrective exercises from people who make a business of overcomplicating things, or you can learn this simple and universal principle:

Perform single limb strength exercises with the same resistance on both sides.

Start with the weaker side first, this is how you set the intensity and volume.

Don't do more on the stronger side than you did on the weaker.

The idea is to make the weaker side catch up, while keeping the stronger one active.

This does mean your stronger side won't progress as fast as it could.

But this is also the fastest way to reinstate balance.

It is a temporary compromise for long term success.

Don't skip steps, be patient, fix the foundations first before you build upon them.

As I said, it's simple and universal.



If I had to sum up Enso Bodyweight Training System in one sentence, I would say:

It is the philosophy of martial arts applied to fitness.

Based on body awareness and movement, through mindful practice and repetition and a systematic and progressive manner, in the pursuit of perfection, while understanding it is all about the journey.

As in martial arts, this method prioritizes strength and skills with performance as a goal or direction.

Well-being, good looks, and self-control being the rewarding by-products.

The gym is not a place where we beat up our bodies, but where we learn, hone our skills, and grow.

This mindfulness is not to be confused with softness.

We work hard and challenge ourselves every day.

We are able to make huge strength and overall fitness gains precisely because we choose to train in a safe and sustainable way.

We don't go fast so we can go far.

Last but not least, we look the part.

I'll never say it enough: the best way to look fit is to train to actually be fit.

This is the Enso way.





Find out what you prefer to do in the gym and set a goal to it.

Because the easiest way to reach a goal is if you enjoy working for it.

And if the only way for you to get started or to stay consistent is to choose the path of least resistance, then choose that path for now.

It's ok if you don't have a complete and well-rounded routine in the beginning.

It's ok if your nutrition is not 100% perfect.

When you start moving, you already made the biggest step forward.

And it doesn't have to be in the gym.

Just find whatever form of exercise is fun for you and set a goal. Then set another one.

I know for a fact you'll have to hit the gym eventually and work out your whole body.

Because you'll need this to reach your new goals.

When you choose a goal that excites you, you enjoy the work.

And when you enjoy the work, nothing can stop the momentum.



A question for those of you who are brave enough to look in the metaphorical mirror:

Why are you not fitter? That question might seem like it lacks empathy at first, but let's think about it seriously.

If you met a genie and he told you he could make you fit in a minute, would you say yes or let him walk away?

You'd say yes.

It doesn't matter how you see yourself, whether you're an intellectual or a very busy CEO, you would like to get fit too.

Now there's no genie but the recipe is simple. Eat better, move more, and you get fit.

And no, It's not really more complicated than that.

Why aren't you doing it then?

No time? Eating well saves you time and 3 hours to work out every week is not that much.

You do want to get fit.

You do know how to do.

You do have the time.

The question is: are you someone who acts to get what they want or do you let life happen to you?

Now it's time to choose.



Physical progress is made through practice, not exhaustion.

We often believe a workout is only effective when we sweat a lot and end up completely drained.

I've been training for fitness since 1992 and in my experience, this is not how it works.

I've always had better, more linear, and sustainable progress curves when I was avoiding exhaustion.

The trick in training is to do a little bit more than what you think you can handle.

Seek challenge, not pain.

This works for cardio, strength, flexibility, and skills.

This goes against recent fitness trends that I won't name (do it below if you want).

But now we how see these trends are leading to a lot of injuries.

I think it's that hustle culture that has contaminated fitness.

It's the same culture that leads to burnout and disappointment, and we shouldn't let it enter the health industry.

Do something hard, not something painful.

This is more sustainable, not only because you recover, progress and avoid injuries, but also because...

Who wants to hurt every time they work out?

Maybe not you. So maybe you'll give up. This is the last thing we want.



Challenge yourself, avoid the path of least resistance.

Yes, I talk a lot about how building discipline consists in creating a smoother path, and how to make it easy to take action.

But sometimes we do have to give our mind a workout too.

Do things you don't want to, just because you don't want to.

As long as the outcome is good for you of course.

Train for mental resilience as much as you train for physical strength.

Notice how a weight that used to be very hard to lift becomes easy as you get stronger.

The same goes for your mind.

Staying consistent with your workouts, nutrition, work or whatever you want to improve will become easy as your willpower strengthens.

It's always about balance.

When things are hard, make it easy to do the work.

When things are easy, make it harder.



You don't need to learn more stuff to get in shape.

You already know running, cycling, doing push-ups and squats can do a lot.

I'm sure you know a few more exercises too and you probably have a pair of dumbbells somewhere.

The only thing you need is to find drive and build discipline. This is the **ONLY** thing stopping you from building muscle or losing fat.

If you are not convinced, I'm afraid you've been seriously misled by those who make a business of confusing people in need of help.

Believe in yourself a bit, and in what you already know.

Even if you know a little and move a lot, you'll get 1,000 times better results than people in the opposite situation.

Your next step? Stop waiting for the piece of information that will change your life.

The only thing that's going to change your life is putting your phone down and breaking a sweat.

How you do it is secondary.



The only “muscle” you train during each and every workout is your mind. And it should be half the reason why you exercise.

Each physical rep is also a rep for your willpower.

In fact, the greatest change many people experience on their fitness journey is actually inside.

A year of working out can truly transform a person, and the shift in character carries over work, relationships, and more.

This also makes you more resilient.

Life will always throw challenges at you. The more you move forward, the more it does.

It is Life’s nature.

Physical training prepares you for that too.

There is no strength without a strong mind and high self-control.

And every time you manage to go a bit further, you grow stronger.

So the next time you face adversity, welcome it with calm and tell yourself “this is what I trained for”.



Whatever you think you still have to learn about fitness is going to change close to nothing.

And I'm sure deep down you know it.

You don't really believe this nutrient you never heard of before is going to make that belly fat disappear.

You know changing your wrist angle by a few degrees is not going to give you big biceps because you are not doing the exercise anyway.

Stop for a second, take a step back and look at what you're doing. Every day you read about how to fine tune your nutrition and training when you are not even doing the core work yet.

Procrastination can take many forms and you are stuck in one of its worst. This addiction to information is making you waste time you could use in the gym. Meanwhile you are getting no result.

For how long have you been doing this?  
Imagine how different you would be if you trained instead.

Today is not too late to start taking simple actions and turn things around. And a year from now you'll look back and be glad you stopped "learning".



Most of what you think of as your limits come from how you see yourself.

In other words, your limits are subjective.

When you learn to give less credit to your own opinion about what you can or cannot do, you can finally free yourself from stagnation.

You might think this doesn't apply to the limits of your body, but these are just as subjective as any other kind of self-limitation.

Set lofty goals like doing a handstand, and take the first step in training for it.

The first thing you'll learn is that you are already capable of doing things you thought you couldn't.

As you progress and push the boundaries of your actual physical abilities, you will discover something else.

Your limits are not only subjective, they are temporary.

Nobody knows what you are capable of.

And if you continue on this path to body mastery, you'll soon realize that not even you can ever find out all the things your body can do.

Because progress never ends, and limits are always pushed further.





You are not lazy, you are addicted to not moving.

As with any addiction, it means you are not free and this is not you.

Don't let your old habits define you.

You may think people who stick to their fitness program are built different but they're not.

Don't allow yourself to get trapped in this fixed mindset.

This is not laziness, this is just an old habit.

And like any other habit, it can be broken.

Step by step, one thing at a time, you too can become active, get your daily steps in and work out consistently.

We were all made to move, and you've got this in you like everybody else.

If you're reading this, you must have fitness or body goals.

And I know you can achieve them by first learning to break out of this sedentary spiral.

One stroll, one run, one workout at a time.

Reclaim your active life.



A fitness journey is not a smooth path.

It would be unrealistic to schedule your workouts and nutrition for a year and expect everything to go exactly as planned.

There will always be something coming up.

Circumstances, people, or events will come and interfere with your routine.

I often talk about doing your job, and retiring every day having completed your duty.

But what's your job exactly? Your job is to do the best you can.

Don't beat yourself up because you have to skip one workout, sometimes it is really not up to you.

But on the contrary, don't slack and give up on every other thing you could still do.

Doing half the job is always better than doing nothing at all.

Skipping one more workout because you don't feel like it is dangerous.

Doing so because you have no choice is entirely different.

I trust your judgement. Do the best you can.



Throughout the day you make choices.

Easy or hard - comfort or growth - staying the same or improving.

Like crossroads where you have to choose a direction that either makes you better or worse, and there's never a neutral path.

It's the food you choose to eat, whether you take the stairs or the lift, doing that workout or not...

Every decision is a chance to keep your promise to yourself and influence who you are becoming.

Very often it seems like a small detail, so you must always remind yourself the stakes are high.

Even if it's not noticeable, a single decision can determine if you will go to bed better or worse than yesterday.

Life constantly challenges you, sometimes in subtle ways.

It is your duty to respond and make as many positive choices as you can, so that you go to bed with a positive balance, and in better shape than yesterday.



Find something that makes you proud after you did it and do more of that.

Starting (again) a fitness journey is not an easy thing. We want to do our best to reach our goal, but the things we have to do to get there are sometimes hard to enjoy.

One of the keys to consistency is to find ways to make it easier to take action.

So look for things that make you proud.

It can be cooking a healthy meal like a pro or rowing longer than you did last time.

Pride in one's accomplishments is a very driving feeling.

Unlike a dopamine or endorphin rush, it's something that lasts and that you can still feel long after you're done, and even before you're about to do that thing again.

It gives you purpose and keeps you coming back.

And before you know it, you've built a healthy habit.

Everything gets easier from there.



If you had to get fit in 6 months or die, how would you go about it?

Just imagine an evil spirit has cast a spell on you: if you don't get significantly fitter, you die.

What would you do?

Got a plan already?

I know you do. You just came up with a couple of ideas which have worked since the beginning of time, and you know they'd work for you too.

And just like that, I proved my next point:

You don't need more knowledge, you just need more action.

Stop lying to yourself.

Are you addicted to getting ready to start?

If you find yourself always reading about hacks and other posts about technicalities without ever getting started, you probably are.

You know what to do, and the last thing you need is to learn a more complicated way to do it.

It's time to stop reading and start acting.

Pretend the evil spirit and the spell are real, and save yourself.



Training is hard, eating well is hard, and breaking all the bad habits we've had for years is the hardest.

Yet, it seems so easy when we look at very fit people online or around us. It looks like they take pleasure in working out or eating broccoli, like it's in their nature.

And it's easy to look at them and think they're just built different, and we could never have that kind of discipline.

And it's true, it is easier for them; now.  
But it was just as hard as it is for us when they started.

In fact, maybe it was harder, because they didn't know a secret I'm about to tell you.

One day it becomes easy. One day you just become a different person. And this is the light at the end of the tunnel you should be focusing on.

There is no harder phase in fitness than the one you're going through right now.

I hope knowing this gives you the hope and strength to continue so that one day, you too can reach the other side, where eating well and working out is "easy", or at least enjoyable even when it's hard.



Most people who fail to get fit are always getting ready but never start.

They have a goal, they know they need to do something about it, but the time is never right.

They will, but only after this or that happens, after they start the new job, or move to the new house.

And then something else always comes up.

There are those who are always learning. They believe they need to know more before they can start exercising.

And then there are those who wait to feel better.

They wait for that back pain to disappear, or their insomnia to go away, not realizing the only way to fix their issues is actually to start some form of training.

They have it backwards.

What about you?

For how long have you been preparing to work out consistently or finally include some cardio in your routine?

Aren't you ready by now?

The right time to start is when you need it, and that means now.

The time has come.

Stop getting ready and take the leap.



People who keep showing up when it gets hard are the only ones who get fit in the end.

I write to help 2 types of people. Those who find it hard to start and those who find it hard to continue.

If you find it hard to start, I would bet with confidence that you did start once, maybe several times, and gave up at some point.  
Don't be ashamed, most people fall into this category.

Training is not easy. If it was, it wouldn't be worth it.  
And everybody would be in great shape, which as you know is not the case.

You stopped when it got hard.  
But only those who stay the distance get the reward in the end.

Sometimes it becomes difficult for all of us. There's work, family, all kinds of problems, we're tired.  
And this is the turning point where most will give up, and only a few will continue to work and eventually reach their goals.

These few are fit not because they had it easier than the rest, but because they understood fate is determined in hard times, and that's when it is the most important to keep pushing.

Remember this next time it gets really tough to show up to the gym.  
This is the time when it counts the most and when winners are made.





You need to learn to turn off the brain as a defense mechanism against procrastination.

It's the same cycle every time you have to do something.

You plan, you are determined, and you get excited and already proud at the idea of having done it.

But then it's time to act, and it's seldom a fun part.

Especially when it's leg day.

Or maybe for you it's cardio.

Do not start negotiating with that little voice inside your head.

It's not reasonable, and nothing can justify canceling whatever it is you have to do.

That's when you have to turn off your brain.

What was the plan? Do it. Do the work.

You will feel so good and proud when you turn it on again.

Not to mention you'll be a little closer to where you want to be.

Discipline is a lot about watching our own mind, and knowing when and how to control it so that we can keep taking steps forward.



Automate as much as you can.

It's much easier to stay consistent when things are simple.

It's much easier to stick to the plan when you don't think.

Of course you can't automate your workout, but you can have a program and the same fixed training schedule every week.

You can automate your nutrition by eating more or less the same thing all the time and cooking in batch.

Create a morning routine, as well as an evening routine.

And make sure there is no space for thought or self-negotiation.

Schedule your leisure time too.

You need a wind down routine and it needs to be planned just as well.

The goal is to never let yourself feel like you have a choice.

Because the truth is if you really want to reach your goals, you don't.

The sooner you remove options, the sooner you'll become consistent.



Losing weight, gaining muscle, or any type of fitness progress...  
None of it can last if you don't transform your mind too.

Maybe that's why you keep relapsing.

This is what happens when we only set short term goals and treat everything as a temporary fix.

This is what you get when you look for shortcuts and hacks, or when your plan consists mostly in depriving yourself or following a very tough program for a short time.

In other words, this is what happens when you want to earn things fast instead of looking for a sustainable way to get it.

The first thing we need to change is our mindset.  
We need to accept that we are in it for a very long time, if not forever.

We must always start with our mind, because this is the only way we'll be strong enough to continue training.  
And to continue training is the only way our results will last.



You don't know your potential because you were never taught how to fulfill it.

Fitness and health marketing keeps cultivating in you a fixed mindset. A lot of businesses thrive on your own belief that you're average and can't change.

They want you to believe something's wrong with you and the only way you can fix yourself is by purchasing their magic product.

This is sad because when was the last time you actually tried pushing your limits, repeatedly and consistently, for a few years in a row?

The truth is if you actually are a physically average human being, you are already capable of so much more than you think.

Socrates said it is a shame for any of us to grow old without seeing the beauty and strength of which our body is capable.

For you to find out, there is no magic product. Instead, there are 2 simple steps to take.

The first one is to have faith that you can achieve far more than your current unambitious fitness goals.

The second step is to start training as if you would never live long enough to reach your limits, because that's the truth.



If you want to be great at something, you must fall in love with the process.

This couldn't be more true when it comes to physical training, as the only thing you can rely on is your work. Luck and opportunities just don't exist here.

Success only comes to those who focus on daily improvement, who don't skip steps, who are patient, and who avoid the illusion of shortcuts like the plague.

You can't force yourself to love it, but you can accept it and wholly embrace this mentality.

You don't need to reach your destination to be transformed.  
Being on the right path already makes you a different person.

The process is all there is.



Don't work out on every day off or you'll burn out and quit.

Training is work and it's often better to keep it for working days.

It surely feels like a good idea to schedule your workouts on weekends. Lack of time becomes a less valid excuse on days off and you might believe you'll have more energy too.

But your body sees it in a different way.  
For it, it's like not getting a single day off.  
And so it goes for your brain by the way.

Always remember you're in this for the long term.  
It may seem hard at first to get up early and work out before you go to the office, but you'll quickly get used to it.

Dividing your week between days where you work and train hard, and days where you rest fully and are 100% present for your family will be much more sustainable, and therefore more efficient.

Your work days just got harder, but your life just got better.



Rules make life easier, rules make you free.

This is an old paradox.

To those who rather go with the flow, people who have a lot of rules for themselves may look stiff and imprisoned.

As if all the fun in life had been taken away from them.

I just see it as another short term vs long term way of thinking.

In fact, people with rules have more free time, achieve more every day, reach their goals faster, enjoy more freedom to think or act spontaneously, and finish their work earlier.

This is why you need to plan your workouts, your nutrition, your sleep schedule and everything else well ahead of time.

Then stick to these rules as if they'd been set by your superior or the law.

That's how you find time to work out, but also time to rest.

That's how you can sustain your efforts and reach your goals, while others keep taking one step forward and 2 steps back.

Rules can make you save the next 10 years, and help you live longer and healthier.

Rules make you fit.



Practice talking yourself into taking action, then follow with the said action.

Make this pattern become muscle memory.

You know everything originates from your mind.

Your mood, your vision, even how much you can lift is regulated by your brain.

But how often do you give your brain a workout?

I'm not talking about memory games and sudoku. What we need is to work out our willpower.

Every time the thought of something you should do pops up, there are 2 things you can do.

Act or procrastinate. By doing that, you feed a pattern, every single time.

Be mindful.

We become better at what we do repeatedly, so let's repeatedly act whenever we see something that needs to be done.

And even better, let's give ourselves a pep talk first.

Let's remind ourselves why we need to train, how much it counts, and that we have no choice.

Then let's act.

Let's make this a pattern, and let's become great at it.





Here's a little exercise to give you some motivation.  
(Repeat as often as needed)

1: Write down what will happen if you work out.

You can start with the usual like making muscle, sleeping better, increasing your endurance...

But don't stop there.

If you're familiar with features and benefits in marketing and sales, you should know that these are actually features.

Continue your list by writing benefits.

What will you get from having more muscles, boosted confidence and not being out of breath after 10 minutes of cardio?

Get really personal with it.

Find your values and write down how working out will help you reach your aspirations.

2: Now write what will happen if you don't work out.

Make a list of your losses and their consequences, and go as deep as you did for the positive stuff.

Write down how not working out might cause your biggest fears to become reality.

Repeat this exercise every time you feel less motivated.

Don't just read your previous list, write a new one every time.

Never losing sight of what's at stake will keep you focused and consistent.



The only way to become great at something is to do it for many years.  
The moment you make peace with that, you can start progressing.  
Everything you do to try and save time is wasting that same time and is keeping you on level 0.

First, you must reframe your goals.

Instead of wishing to lose 20 pounds in 8 weeks, get a six-pack for summer, add 2 plates to your deadlift, run 5k in less than 25 minutes...  
Choose to achieve and maintain a healthy weight, be lean forever, get stronger every year, run faster every year.

In other words, think long term.

Second, you must stop seeking any form of shortcut.

Instead of fad diets, 8-week magic programs, unregulated supplements, or extreme training regimens....

Accept that you will need to work many years to accomplish something which is worth it, and that you will probably need to keep working forever to keep it.

In other words, go slow and steady.

The fastest way to reach your goals is to start doing the real work today, and not waste those years trying to cut corners.



We need to alternate between choosing resistance and removing friction.

In good times, train the mind by choosing the hard way.

In tough times, make it easy to take action.

It's a series of short term adjustments that serve a long term objective.

That objective being consistency over time and a disciplined mind.

How to improve resilience in times of high motivation:

- Opt for the type of cardio you like the least
- Take cold showers
- Leave your phone in the locker
- Do that exercise you know you need but always avoid

How to make it easier when your spirit is low:

- Show up, but make it shorter
- Stay home and train with what you have
- Do light cardio while watching your favorite show
- Lift lighter weights for more reps

Sometimes you go hard and toughen up.

Sometimes you do whatever it takes to stay on track and keep showing up.

The point is to ensure that on average the work gets done, and overall you keep progressing.



People who are able to stay fit are not mentally stronger than you.

Here's one thing they do different.

They watch themselves closely, objectively, and correct themselves whenever they're drifting away from the plan.

No fitness journey is linear, and nobody has everything under control.

Things come up and we skip a workout. There's something to celebrate and we forget our diet for a day. We find an addictive TV show and sleep later than we should.

That's ok, it's part of life.

However, you probably noticed how quickly this makes you want to go back to your old habits and comfort zone.

This is where you find 2 types of people.

Those who see what's happening and correct their course, and most of us who get dragged back to the dark side.

It's crucial that you stay aware of this tendency and save yourself on time.

Because this might very well be the only reason why you didn't reach your goals before, and the only thing keeping you from reaching them now.

Be aware.



The advice below is for those of you who are relatively fit and want to take their fitness to the next level. Please note that it doesn't apply if you are overweight or underweight.

The best and healthiest way for you to build a lean physique is through strength training and a calorie maintenance diet.

Focusing on calorie deficit and vanity exercises is not a viable long term strategy.

It will hurt your morale and you'll likely lose all your gains the moment you take it easier or eat normally again.

By strength training, I mean training to be stronger. This is not the same as resistance training.

By vanity exercises, I mean exercises whose primary goal is to make you look good, often by isolating muscles.

Doing exercises to look good is a bit like taking medicine to treat symptoms.

You should take medicine to treat the cause and you should do exercises that make you truly fit.

The same goes for your diet.

Eat and train to be strong.

When you address the core issue and build a physique that's real, not only will it look real, it will also be easier to maintain.

This is the most efficient and sustainable way there is.



If you trained to actually be what you want to look like, you would already look like it.

The problem is it takes longer not to cheat (or so you think), and you're impatient.

But in the end you never quite get the result you're hoping for, and it's disappointing.

So much time and studies are spent trying to find the fastest way to burn fat, build muscle or look toned.

But Nature is well made, and always rewards people who do the real work and do things right.

If you trained to be fit and strong, that's how you would look like eventually, and you'd be happier.

Not to mention this type of look, the one that comes from natural work, stays.

Yes, it takes longer, but not as long as the time you've already wasted trying to cut corners.

The next 3 years are going to pass no matter what.

It's up to you whether you spend them looking for more shortcuts or doing real work and finally reach your goals.



How many times did you tell yourself things will get better when you get the new job, or that moving will change everything, or your life will be perfect when you find the one?

And then you get what you wanted, and it's great in the beginning until it's not so much anymore.

Because everything fades and eventually our real problems resurface. The problems we had to fix but chose to run away from instead.

It's exactly the same with fitness.

The next program, the new coach, the latest diet trend...

None of this will fix us if we don't work on the real issue.

We have to do it long enough to make things work and fix the problem.

We must stay consistent and work hard with whatever we have until we become fit and achieve our fitness goal.

Then and only then can we look for ways to optimize that, or make it easier or more fun.

Things won't change with circumstances, they will change when you choose to do the work, right here, with what you have in front of you.



Happiness comes from progress.  
Progress in whichever form.  
Because this is how humans are wired.

We evolved in the wild, where our ancestors were never really safe and always had to find new ways to eat, protect their offspring, and stay alive.

Most of our feelings, moods, and even happiness are hormonal reactions happening in our brains. Their ultimate function is to keep us in movement and working to get better.

This is why in fitness we should never tie our happiness to an end goal, whether it's a performance objective or a dream physique.

Because once you reach it, you don't really win, you just lose your purpose.

What we need instead is a direction and to accept that our journey will never end.

Happiness, drive, confidence, all come from what you do every day to be fitter and healthier.

It comes from focusing on progressive improvement of our lives and ourselves.

This is the meaning of "happiness is in the pursuit itself".

Once you understand this, you'll find happiness in following your plan, eating well, and in every single workout.





How do we keep training when we're on vacation and everything makes us so lazy?

The first step must be taken before even traveling.

Pack some small equipment in your suitcase, like resistance bands or anything similar that can fit.

This is what will help you use the smallest step method, which consists in doing the smallest thing you can do to start exercising.

Being on vacation can quickly make us fall into a vicious circle of eating, resting, eating more, and going lethargic.

And then it becomes almost impossible to go and visit your hotel's fitness center.

That's when you need to grab your resistance band and take the smallest step.

Do a light warm-up.

Once you're there, add one exercise.

When you feel some momentum, go for a short run.

After you're done, you'll probably feel like doing some more reps.

The idea is to never intend to do more, but let the flow make us do it.

You may think that won't work for you, that you're not that self-motivated.

But give it a try, I know you'll surprise yourself.



Shift your goal from a desired outcome to a desired lifestyle.

Instead of obsessing over the end result, focus on being the person you need to become to get there.

If the goal is the plan, then you reach it every single day you stick to that plan.

One of the most important things we can do to reach our destination is to enjoy the journey, and understand that this is where the real change happens, continuously, along the way.

You don't need to reach your destination to become who you want to be, you become that person every time you do something for it.

And if you never get there, that's ok. Because the most important is knowing you're doing everything to deserve it.

As long as you keep showing up and live this lifestyle, you deserve whatever it is you want to attain, and you can already be proud.



Most fitness hacks are the written version of magic pills.

They will never replace the pillars of fitness you already know and should focus on.

We live in an era where content has become a product.  
One that is omnipresent and easier to consume than ever.

Supplements of the latest plant or chemical have been replaced with informational myths.

Just like pills will never substitute a balanced diet or a healthy sleep pattern, most hacks will never replace doing the actual work.

And the result is often the same: a waste of time and money.  
Not to mention these hacks often imply the purchase of an actual product, which means the threat is double.

That is not to say all these hacks are lies.  
But they should be treated the same way as these pills: as supplements to a healthy lifestyle.

By the way, that's what's written on every box of weight loss product.  
Maybe it should be written under our posts too.



Planning to try is how you fail. You should plan to do.

The only sentence which is worse than “I will work out tomorrow” is “I will try to work out tomorrow”.

Either you don’t have a plan yet, or you are not serious about taking even the first step.

In both cases, you are bound to fail.

If you are serious about reaching a goal, it should be clear and definite.

Once you have it, making a plan to get there should be pretty straightforward.

The first step should be obvious and simple.

After that, it’s only a matter of whether you do it or not.

The next time you catch yourself saying this awful lie (I will try), sit down, write down your goal and identify the first step.

The make the word “tomorrow” disappear and get to work.



Build a team of people with similar fitness goals and who face similar challenges.

Together we go far.

It would be nice to be able to do it alone and not rely on anyone. But don't insist on trying to be a lone wolf if all it does is keep you down.

Yes, it's important to build a strong mindset and be self-disciplined, but keep in mind that the most important thing is your physical fitness.

So if training alone is not working for you, don't be stubborn and make your training more social.

Training with people of your level is actually one of the biggest accelerators of progress.

And this might be just what you need to get moving.

Remember the point of building discipline is first and foremost to take action, and not to choose the hard way for the sake of it.

Find support to get in shape first, you can always strengthen your mind later.



You can't get fit with workouts alone.

You need to build a way of thinking too, you must follow a philosophy of training, and do your best to stick to it in good and hard times.

This is something nobody can take from you; no one can steal your thoughts or mindset.

And sometimes this will be the only thing you can rely on.

It's the only thing you'll be able to cling to and that will keep you going when times are tough.

This is why it's very important to train your mind.

To do that, you need rules and principles.

But you also need to constantly challenge yourself.

When everything's smooth and your motivation's high, you must find whatever way to make it harder.

So that when things become difficult, you have a trained mind and a philosophy to cling to, and you find the strength to keep moving forward.



I never exhaust myself whether it's in strength or cardio training.

Instead, I seek small improvements over a very long period of time.

Sure, this requires a long term approach and a lot of patience and tolerance for delayed gratification.

But this is also what keeps me mentally sane and away from physical injuries.

This is also the reason why I have been training for so long without ever stopping or suffering a major setback.

And my progress curve is as consistent as my routine. Slow, steady, predictable and efficient.

Because over the course of 10 or 20 years, I'll have done a lot more workouts than your average fitness freak, who trains 5-6 times a week and gives his maximum every single time, only to burn out or break something.

Play the long game, that's always how you win.



Don't expect to see a change if you don't make one.

You can plan all day long, learn all you can, have the best intentions.

You can blame it on circumstances, lack of time, on not feeling well.

You can wait for summer, for work to be less hectic, or your back pain to go away.

You can keep planning, blaming, and waiting...

But then you should stop hoping.

Because you won't get what you want unless you decide to make a change.

You can't win the lottery in fitness, nothing can happen unless you take action.

There will always be something coming up.

So if you want things to be different, you must decide that nothing is a good enough reason not to work out.

For circumstances to change, you must start within you.





Instead of chasing motivation, strive to achieve balance.

Motivation can't be manufactured.

It's mostly an emotional state and if you rely on this to train, you'll never work out regularly.

Balance in your life, on the other hand, is a state you can build, maintain, and perfect.

It becomes a frictionless environment where excuses and actual obstacles to working out are removed.

It sets a smooth path for training and makes consistency possible.

Create balance by setting rules and simplifying your routine. This teaches you to train in a calm and constant mood, without the need for any kind of rush or high.

When you reach this kind of balance, you're able to form a routine, which becomes a habit, and in turn becomes a lifestyle.

And you turn your life around, without any "motivation".



Avoiding injury is something I've always put first in my practice.

Because if you never overdo it, never overtrain yourself, and never get injured, when you look back after a few years of training, all you'll see is a beautiful and constant progress curve.

It's a bit like a stock trader who bases their strategy on limiting losses, and wins big in the end.

On the long term, nothing can take you further and make you fitter than patient, paced, and moderate exercise.

Don't take chances with your health.

We all want to get stronger or leaner as fast as possible, but rushing things almost always ends up in a setback.

Whether it's physical or psychological.

Then you have to stop training and waste time.

And guess who ends up getting the results you dreamed of before you do?  
Anyone who is patient and trains safe.

You don't have to learn it the hard way, you can choose to be that person now.



Is the past holding you back?

You might be unable to take the first step because of all the times you failed.

It can be very hard to start working out and dieting again when you already tried several times, only to go back to your old self.

When this happens and you see a pattern, it's hard to regain confidence.

But by taking a little bit of ownership, you could find faith again.

You see, if you didn't manage to reach your goals or keep results before, it is probably because you didn't do what works, or at least what works for you.

It is important to accept that we went wrong at some point.  
And then have faith that it doesn't have to be the same again.

See your past failures as lessons, try something new, believe in another outcome, always look forward, keep learning and always listen to what your body is telling you.

And remember it is never too late to achieve your fitness goals.



If you want to make the most of your workout tomorrow, you must start with a good wind-down session tonight.

Every great warrior has a pre-battle routine.

A mix of focus, calm, and resolution.

You can't expect to train in optimal conditions if you wake up stressed and tired.

You can't be sure you will show up if you don't plan your day meticulously.

So each day before a workout, eat mindfully, relax, don't use your phone, and go to bed early.

That's how you prepare your body.

Reflect on your fitness goals, write them down, plan your schedule in detail and make your next day workout non-negotiable.

That's how you prepare your mind.

Your workout never starts tomorrow.

It always starts today.



Training alone is not easy, but learning to rely solely on yourself does so much for you.

Life is training.

Everything that challenges you makes you better at something, and every obstacle is a workout somehow.

Training alone is the rawest form of you vs you.  
That's tough.

But when you can't count on anyone else to push you to finish your reps, when nobody's dragging you to the gym, you have to learn to become self-accountable.

You learn to work and do what's difficult when nobody's watching.  
And that carries over everything else in your life, and turns you into a very independent and driven human being.

You're only a beast when your mind is a beast too.  
So if that's your goal, lean to train alone.



The older I get, the stronger I get too.

And when I look at how I do it, the more I think we give way too much importance to effort and not enough to recovery.

Even if we understand very well that progress happens during recovery, we always feel like we have to do more.

But as I age and become more and more careful, and mindful of what could potentially injure me, my approach is taking the opposite direction.

Today, I train with moderation in whatever I do.

I never exhaust myself, always seek challenge, but always avoid pain.

And then I rest, a lot.

I'm always amazed at what I'm able to do and how much progress I've made after a holiday, and a full rest week or so.

Resting really does magic.

All I do is try to do more, but never too much.

Then rest fully.

This is the recipe I use to keep getting stronger at 37 than I used to be at 17.



I'll give you 5 rules that do 99% of the job if your goal is to get in shape.

You already know all of them, but it's so simple we often forget they work.

Let me remind them to you:

- Eat balanced meals and track calories
- Drink at least 2 liters of water
- Get 15 minutes of sun exposure
- Train 3-4 times a week
- Sleep 8 hours

Everything else doesn't contribute to the 99%.

The problem is it's hard to create catchy content talking only about that. So much of what you read is about complex studies and other details that have minor impact. And it's diverting you from what works.

Now it's up to you to take action on the 5 rules, or keep studying the 1% as if you already had everything else together.

No shortcut is going to save you. It's time to work on what matters.



Here's how I deal with bad habits and addictions.

Instead of waiting for a special date to quit, I stop right away and do my best to hold it until that same date.

This is a major shift.

When you do this, you don't feel like you're enjoying your guilty pleasure for the last time and dread that deadline.

Instead, it gives you hope and something to look forward to while you're slowly losing this habit.

Just remember the goal is to eventually quit or dramatically decrease your addiction, without having to give up that thing you like forever.

As you approach the special date, it should become easier and easier to hold it.

And you might use this chance to keep holding past the deadline and quit completely (if that bad habit is a very bad one).

So next time, don't wait to be ready to quit. Quit and see how long you can hold it.

I call this method addiction apnea.





Can't work out in the morning, can't train if there's no gym, or if it's cold... What if these are just stories you're telling yourself?

It's amazing how many of our excuses end up being rules.

It's convenient, as it legitimates inconsistency.

But not being a morning person, not functioning well without coffee, or not knowing how to train without machines... These are nothing but SELF-limitations.

They're not real. And if they are, it doesn't have to stay that way.

What if you tried going against your beliefs for once? And what if you discovered a completely new side of you?

This is exactly what you're going to do some time this week.

Choose one thing you accept as a good reason not to work out, something you've been accepting as truth for too long.

And go against it.

Go find that side of you that can do so much more than you think.

For me, it used to be running.

I hated it. Now I love it.

And I became a more well-rounded athlete.

Don't believe those stories you tell yourself.



Hustle culture doesn't work well for your body.

At first, you might not see how the two are related, but the hustle culture has largely influenced or even designed many of our current fitness trends.

I won't name them but it's these fast-paced, quantity over quality, and seeking minimum rest forms of training.

Add to that the guilt of not doing enough when you see others exaggerating their achievements on social media.  
That's hustle culture at its best.

And just like it's causing a lot of burnouts in the professional world, it's causing a lot of injuries in the weight room.

And as if it wasn't enough, it is trying to make you believe injuries are part of the process.

No they're not.

You can get fit, strong, and lose fat without hurting yourself.

In fact, it works much better like this.

Getting some rest is part of doing the work.

I wouldn't pull up these plates if it wasn't for quality reps, patience, and planned recovery (sleep).

Train smart, live well.



We don't see what we don't want to see.

That's too bad because that's often where we could find the motivation to go and get what we want.

If you really looked at what is happening to your body because you don't work out, you'd probably start right now.

An overly positive approach and looking only at the bright side doesn't work well for me.

I'd rather face what's wrong or could be better, and remind myself every day that I'd like things to be different.

Because to me the most positive thing you can do is to progress and grow. And that requires an objective look at where you are today.

That doesn't mean I can't appreciate what I have, far from it.  
It just means I also appreciate where I'm going very much.  
And I do my best to get there.

This is how I train.

This is how I keep "motivated".

And this is how I've stayed consistent for the past 3 decades.



Sometimes your excuse to skip a workout is a valid one.

If you haven't slept properly for example.

It's a good idea, maybe not to skip, but to postpone your workout to the next day.

Because if you do train, you're skipping rest.

And nothing good ever came out of that.

Don't let guilt make you forget one of the most important principles of training.

Progress happens during recovery.

So if you're really not in a state to train, remember this: there is a time for grinding and there is a time for taking care of yourself.

You will never reach your goals faster by skipping recovery.

On the contrary, this is the surest way to injury and detaining.

And that is the surest way yo waste your time and delay your goals.

Learn to recognize when you do have a good excuse.



There will be a lot of tough times on your fitness journey, and it's a good thing.

Take every difficult thing you encounter not as an obstacle, but as a challenge that is part of the game.

You can only win if you accept every one of these challenges and keep playing.

In fact, you are guaranteed to win if you keep playing. That's how the fitness game works.

But for that you need to recognize that your schedule, your mood, your muscle soreness, and everything else you use as an excuse are part of it.

They are not exceptional events, they will always happen or be there.

Not only that, they are what the game is about.

It is when you face them and choose consistency as a response that you can get what you want.

Only when you accept the game can you win.



These are the things I do when I feel like eating more than I should.

I don't usually have to restrict myself or go hungry because when you reach your desired shape, you can eat at calorie maintenance.

And with practice it becomes easy and enjoyable, and I know you'll get there too.

But sometimes I am on holiday and eat a lot.

Which means I need to eat less after that.

And I feel hungry and that's hard for me too.

So here's what works for me:

- Drink a lot of water
- Go for a walk outside
- Play a game (mind games and puzzles work great)
- Go to sleep earlier than usual
- Write down why I shouldn't eat
- Remind myself this is making me stronger
- Remind myself it's only temporary

The last point is very important especially when you're just getting started and are going through the hardest part.

Remember once you reach your goal, you won't have to deprive yourself anymore.

Be strong, it's only temporary.



A simple trick to make you look forward to your next workout.

It's also an unconventional one: reward yourself before you train.

But not with a chocolate fondant...

Think of your favorite healthy snack and only allow yourself to have it right before you train, when you're in front of the gym door.

This works great with a flavorful pre-workout drink too.

Once again, building discipline and consistency is not always about having a strong mindset.

It's often about making it easy to act.

Whatever it takes and whatever works for you.

As long as you keep showing up, it's ok to use tricks.



If you can't seem to find a passion for working out, always reward yourself after you've done it.

Like a weekend after a work week.

Physical training is not something optional.

It is part of having a good hygiene and it is our duty (or so said Socrates).

It's something we must do even when we don't feel like it and it can quickly feel like work.

That's why you should reward yourself with something you're only allowed to do or have after a workout.

Sauna, massage, healthy snack...

It can be something you do every day that you will now decide to do only if you've worked out.

Like playing a video game.

This last example is actually very powerful:

You will not only look forward to finishing your workout, you will be forced to.

This is one of the best ways to make exercise sustainable.





Without specific goals, it's hard to work out.

Because without a clear direction, you can have neither the plan, nor the motivation to move forward.

The first step to setting goals is to assess your current situation.

What is your starting point?

The best way to determine this is to get as many measurements as you can.

(your weight being one of the least reliable.)

Do a body composition screening to know your muscle mass, body fat percentage, and visceral fat score.

That's a minimum.

Push it further by having your Vo2 max tested and find out your max strength on the main lifts (bench press, squat, deadlift).

Can you do a pull-up?

Yes -> aim to do 10.

No -> aim at doing your first one.

And just like that, you have at least 8 precise indications of your current fitness level.

Your goal now is to do slightly better when you test yourself again in 8 weeks.

And your plan is how you connect those 2 points.



The more precise a plan, the more consistent and accountable we become.

I talk a lot about training discipline and how it's not something you are born with, but something that can very well be built.

One great way to stay engaged is to have a specific nutrition plan.

A plan designed with a precision nutrition professional or tool that leaves no room for chance or guesswork.

Because the more precise the rules you establish, the stronger the message you send to your subconscious mind.

It's like self-talk.

But a kind of self-talk that keeps going on at the back of your head 24/7.

And this will make you more consistent with your training, your sleep routine, and even your work.

A precisely planned diet builds the right mindset.

And that's why you should seriously consider getting one even if you don't have a weight goal.



Do this if you've been training for a while and feel like you're losing motivation.

It takes time to get in shape, especially if you're demanding with yourself and have high goals.

Once you've gone past the beginner period where gains are usually quick and noticeable, things take longer, and progress is harder to see.

If that's where you are right now, do this:

Go and do a physical activity you haven't done in a long time.

It can be anything where you move, but preferably something that requires effort.

You'll be amazed at what all these months of training have done to you, and how much strength and endurance you've built.

Now you know why you work out.

And that should help you regain the motivation to keep going.



Thinking gets in the way of your goals.

Don't think, just do it.

"Just do it" has to be one of the best slogans ever.

Because just doing it, without questioning, reassessing, hesitating, or doubting, is very often the only way you'll do what you have to do.

When you should train in the morning, but the weather's bad.

When you should do 4 sets, but are tired after 3.

When you have a session at 7pm, but had a long day at work.

When you should eat well, but there's fries on the menu.

When it's leg day, and you still hate the press.

Don't allow yourself to think, and just do what you have to do.

You've already done the thinking when you set your goals and drew a plan.

Now is the time for acting and nothing else.

You will always find a reason not to do the work...

Unless you stop looking for one.

So don't think, and just do it.



Keep track of everything, this is real life gamification.

Becoming fit takes time, and nobody can see their day-to-day progress. Most people don't even notice any change month after month, although they're making huge progress.

That's because we see ourselves in the mirror every day and work out too often to see any change happening.

This is why tracking everything is necessary not only to see if you're going in the right direction, but also to feel proud, keep motivated, and reward yourself accordingly.

The best way to enjoy your fitness journey is to treat it as a game, and for that you need to record your experience points (body measurements) and see yourself reaching new levels (new PR unlocked).

It's easy to do with an app nowadays, it does make your life feel like a game!



Working out is the best thing you'll do for yourself today, and on most days of the year.

Because most days are ordinary.

And there are very few single actions or events that will benefit you as much as a single workout.

This is why it should be your priority every day that's not your wedding, or child's graduation day, or the biggest deal of your career.  
(Or your rest day of course.)

Because if it's not that kind of day, I am certain you won't have a better opportunity for self-growth than a good training session.

Therefore, it's very important that you learn how to do it well, and in any place or situation.

Learn to run when you don't have a bike, learn to train with free weights when there's no machine, learn bodyweight training when there's no equipment at all.

Learn and be ready for every day's best opportunity to grow.



Change your environment, a flower can't grow on mud.

You can have all the good intentions in the world, you won't build a healthy routine if your environment is unhealthy.

It's just not going to work.

Becoming fit is not only about working out, it's a whole.

You need to eat well, sleep well, breathe well, think positive.

And for that you need rules and a surrounding that put you in the right mindset.

You need a big clean-up and organization.

You have to "Marie Kondo" your life.

Start with your car, your house, your clothes.

They all need to be tidy and clean.

Then do the same with your food, make it clean.

And your schedule, make it tidy.

Don't think you can have your fitness together if the rest is a mess, that's not how it works.

Fix your environment, then you'll fix yourself.



Only got 10 minutes today?

Great, so you do have 10 minutes.

Don't cancel your session if you're short on time.

A 10-minute workout is 100 times better than no workout, no joke.

Here's why you should always train even when you feel like it's too short to make a difference:

- It builds discipline and workout adherence as much as a long session.
- It's enough to increase blood circulation.
- It boosts energy levels.
- It clears your mind like meditation.
- It reduces stress.
- 10 minutes of intense exercise is enough to boost your metabolism.
- 10 minutes of strength training is enough to maintain your gains.
- It can serve as active recovery and help you progress faster.

10 minutes to exercise is not an excuse to skip a workout, it's an opportunity to get better.





We've all had childhood heroes, and I'm sure you remember who yours was.

But here's a sad question:

When did you stop wishing to become like them?

Growing up makes us become so serious that one day we decide looking like our favorite athlete or superhero is silly, and not important.

That's not true.

First of all, being fit is very important.

And secondly, these people were your role models for a reason. They were inspiring you to get better and it's giving up on that that's silly.

You don't always have to choose between 2 things, you can have both a successful career and a strong health.

And you can decide to train to be like your role model today.

All you need is a plan.

Mine was Bruce Lee and I can tell you it influences a lot the way I train to this day.

Who was your childhood hero?



Sometimes finding the discipline to work out is just about getting tools you enjoy using.

Because here is one very important principle of training:

Your body only responds to the level of resistance you apply and does not care what type of equipment you're using.

As long as you challenge your muscles, it works.

There are many tools you can use to train your whole body (dumbbells, kettlebells, bodyweight, resistance bands, machines, rowing etc.), and there's definitely something in that list you'll find fun.

Find out what's most exciting for you, get that at home and you'll instantly become more consistent.

The best exercise is the one you see yourself doing on the long term.

This is very personal and different for everyone.  
So find out what it is, and just invest in that.



Every workout is a bonus, a chance to level up in the game of life.

You should never see it as a chore, and here's why:

A chore is a routine task whose goal is to maintain things as they are or keep your life tidy.

Working out is exactly the opposite.

The whole point is to change, grow, shake things up, and never stay the same.

You need to see each workout as what it is: an opportunity to get better. And most of the time, it is your best opportunity of the day.

I've used the video game analogy before.

Your workout is how you earn experience points and eventually level up.

On the contrary, skipping a workout is like seeing an item box in Mario Kart and driving around it.

Why would you do that?



Here's a discipline magic trick:

Step 1: Only allow yourself to watch your favorite show or listen to your favorite podcast during training.

Step 2: reframe it that way:

You're not watching your show while working out.

You're working out while enjoying it.

You're relaxing, winding down after a long day at work, but instead of lying down or slouching on the sofa, you're being active and doing exercise.

And that time slot you blocked on your schedule doesn't say "training session", it says "insert favorite show here".

When you do this, you create a mindset shift and unlock a new dimension of fitness where working out just blends in with your leisure time and becomes 100 times more sustainable.

And as you know, sustainability is the mother of consistency.

This is just another secret of my Discipline of Steel method.



Make your goals less about an end result (often subjective) and more about action (quantifiable).

Aim to do and you'll reap the benefits.

But aim to earn and you'll find it hard to put in the work.

If you always obsess over your body goals, they'll remain a distant dream.

Because when you look at your current shape, you'll see all the work you have to do.

You'll be too discouraged when it's time to train and eat well, and it will feel like a chore.

But if you focus on the next workout, if your goal is to do that many reps, or that distance on the treadmill, then your goal is very concrete.

And you can reach it today.

When you consistently use action as a goal, you find your flow and eventually reach your dream shape.



Your daily routine is already full of tasks that you consider non-negotiable because you see their direct value. Like showering, brushing your teeth, or cleaning your house.

It is time you see the value of strength training too.

Because it is equally determining for your well-being, prevention of disease, and longevity.

If we really looked at it objectively, not working out every week would be seen as abnormal as not brushing our teeth every day.

The problem is that the effect of not training your body is not as immediate and direct, and that's why its necessity is not as obvious.

That's also why you should never wait for life to give you a good reason to take your health and fitness in hand.

Because it seldom comes in the form of good news, and it is sometimes too late.

Wake up while it's still time, and see physical training as what it really is: your duty.



In kung fu movies, the main character is usually a very enthusiastic but impatient young person who is forced to start with repetitive basic moves until they're allowed to do more.

That's how you should approach fitness training if you're starting from 0.

Although starting is normally the hardest part in fitness, it's not always the case for people who train with me.

Everything we do in my method comes from strength and movement.

So if you're a very beginner, make sure you start slow and master the basics first.

Progress comes from challenge and difficulty, but you need to earn that part.

Before you do something fast, make sure you can do it slow.

Before you add weight, make sure you master the movement.

And that's just one of many common points between martial arts and my training method.



There are still people who ask me if I train every day.

And I see how one of the most important pillars of fitness is still not known or understood by most.

No, I don't train every day.

Because if I did, I wouldn't be as fit, I wouldn't feel that good, and I would probably be dealing with a few injuries.

Progress needs 2 factors to happen: stress and recovery.  
Or in more simple terms, working out and getting some rest.

And don't be mistaken!

Training different muscles every day doesn't work for 3 reasons:

- 1) You always use every muscle of your body somehow.
- 2) Your nervous system needs some rest too.
- 3) You can't have a muscle group fully recovering while you stress another.

The fastest way to make progress requires you to fully rest.

That's why I train 3-4 times a week, and so should you.





If you're like most people, becoming healthy will never be enough to motivate you to work out.

It's sad but true.

Because the consequences of not being fit seem too far away from now. There's no feeling of urgency.

It's the same for people who are trying to quit smoking.

However, these consequences are very real, and so is the urgency.

That's why you must find a form of exercise you enjoy, or that you can do while enjoying something else.

Something you actually look forward to.

There's a thousand ways to train, and there is definitely one for you.

For me it's strength and movement, and watching Netflix while doing cardio.

This is Rule No. 1 and the first thing you should think about before adding fitness into your life:

Make it enjoyable.



Strength training is different from resistance training.

Here's what you need to know and why I love it.

9 years ago I shifted my focus and started training with the primary goal to increase my absolute and relative-to-bodyweight strength.

And it has changed my life.

Not only does it bring me instant benefits, it fulfills all my long-term goals too:

- It is the rawest form of self-development, which is deeply satisfying.
- It carries over virtually every single thing you do in life.
- It is the best way I've found to build a proportionate and lean physique.
- It is the best thing you can do for longevity and healthspan.
- It is a slow-paced form of exercise that I enjoy more than high-intensity workouts.
- It is a great way to clear your mind because lifting heavy forces you to focus and be mindful.

Give it a try if that sounds like something you'd enjoy too.

But what I hope above all is that you find your own form of exercise that you love as much as I love strength.

Because loving what you do is the real key to consistency and a fit life.



We're all athletes.

Because whatever your craft is, exercise will make you better at it.

Whether it's the mental clarity, the strength, the endurance, or all at once, working out will give you that.

Even the endurance to sit and stare at a screen all day.  
And more importantly to help you offset the damages of it.

Whatever you do, training in the gym will improve your performance at work or in art.

And that's why you should have the right tools, the right environment, and the right program.

And you should see training as part of your job.  
Hopefully your company can understand that too and give you as much chance as possible to keep fit.

Remember this the next time you step into the gym.  
You're an athlete, and training is your duty.



Carry some small equipment or fitness gear with you at all times.

Keep it in your car trunk or your desk.

This is just in case you only have 15 minutes to work out or on the contrary, an unexpected 1h30 available.

In any case, you'll be ready.

Doing this has 2 major benefits.

An obvious one: you'll increase workout adherence and be more consistent.

A less obvious but even more powerful one: this will change your mindset and the way you see yourself.

Being someone who carries fitness tools around will make you much less likely to find excuses to skip working out.

You'll probably even feel like you haven't done your job if you don't train.

This is a simple trick which over the weeks can really change you into a different person.

It all happens here 🖐️ 🧠 first.



Making exercise fun is not an option, and that's why my workouts are full of micro-challenges.

Training is hard and it will always be.

So if it's boring on top of that, there's no way you'll stay consistent and reach your goals.

Here are 7 examples of micro-challenges I use to make sure monotony stays out of my workout vocabulary:

- 1)Holding a plank for the whole duration of a song.
- 2)Sprinting in the middle of a treadmill run to see how fast I can go.
- 3)Rowing until I see a bird outside the window. (It used to be a red car but it doesn't work anymore now that I train on the 20th floor.)
- 4)Testing my max strength before doing my sets.
- 5)Learning a new move or trick.
- 6)Adding one set whenever I lose count of my reps.
- 7)Trying to beat my max rep record on a bodyweight exercise (see video below).

Does it make my training harder? Definitely.

Sorry I left that part out earlier but it's for your own good!

If you're going to work out later today, try and find your own micro-challenge.

Not only will it make time pass faster, it will make you progress faster too!



This common mistake makes a lot of people who are trying to get fit lose motivation.

Many even give up.

Taking pictures or videos of your progress is mandatory.  
But a lot of people still don't see the value of it.

It is not about vanity at all.

You need to keep visual evidence of your journey precious, so you can look back and see how far you've come.

Because trust me, if you don't, you won't notice any progress.

You won't even believe the compliments from people who see the changes in you.

And there is nothing more demotivating than working out without feeling your progress.

So make sure you document your journey and record all your improvements.

That's how you'll stay on track and reach your goals.



Accept exercise as an obligation, not an option.

The sooner you do, the easier it will be.

I know how it is. You tell yourself all day you're going to work out, you mean it and you're really committed to act on your goals.

But when the time comes to actually pack your bag and head to the gym, all the excitement suddenly turns into a huge weight on your shoulders, and you can't find the strength to drag yourself there.

This resistance you feel inside comes from the impression that you have a choice and that exercising is up to you.

But it's not, exercise is your duty.

Surrender to this fact and you'll free yourself from your inconsistency, your doubt, and your laziness.

Choice is your goal's worst enemy.

Luckily you don't have any.

It's not up to you.

You showed up to work, now show up to the gym.



If you want to stay lean, train for strength and eat at maintenance.

I'm not saying you can all have a six-pack without a strict diet and precise nutrition plan, as there is a genetic component to it.

But you will definitely stay athletic and lean, without training for looks and obsessing about fat loss.

Focus on becoming stronger, faster, moving better, and running longer.

In short, focus on becoming a better athlete and you'll look like one.

Nature is well-made. And the surest way to look fit is to train to be fit, not just to look like it.





Here are the 2 reasons I stopped training abs to get a six-pack 9 years ago, and how it actually helped me get one in the end.

Reason no.1: That's not how it works.

Doing sit-ups and other ab exercises may increase their size a little bit, but that's irrelevant.

If you want a six-pack, you need to lose the layer of fat that's hiding it.

It's the only way.

And you do that by losing fat overall.

Because in case you didn't know yet, you can't choose to reduce fat in a specific area.

Reason no.2: You should be much more interested in the other benefits of training abs.

So do train them.

But train them to get a strong core.

A strong core enables everything else.

It makes you better at everything you do.

It makes you stronger overall, it reduces your risk of injury, your back pain, and improves your posture too.

A bulletproof core will make you strong enough to do the things that can actually give you a six-pack.

So my advice is the same as always: train to be strong and you'll look good.



“You could be good today, but instead you choose tomorrow.”

Marcus Aurelius would have made a great coach.

Because this is so on point with how many of us approach fitness, especially working out and dieting.

We’re always about to start tomorrow, next week, or very soon, when work gets less busy.

And what happens tomorrow?

We say tomorrow, again.

So let’s break that pattern, and let’s choose today, now.

Even if it’s just for a short run, or a simple workout.

Let’s act, and let’s be good today.




Bet on yourself before it's too late!

Time is passing by every day no matter what you do, or don't.

The only power you have over that passing time is whether it is invested or goes to waste.

Next year may come faster than you think, and every day is a chance to plant good seeds.

First understand that health is the real wealth, and every workout and balanced meal are contributions that compound over time. 

Then a year from now you could look back and be proud you invested in yourself.

Your future self's fitness is decided today, so let this be your wake-up call to start building your health capital.



Don't ask me how I train my back, chest, or biceps, because I don't.

At least not in the way people think when they ask me that question.

I don't isolate muscles.

All I do is what we call compound exercises or movements, where I train different muscles and joints at the same time.

Isolating muscles doesn't train pure and functional strength.

It doesn't engage your metabolism as much.

It complicates everything.

It's monotonous.

Why have these exercises become so popular then?

Because they are absolutely essential in bodybuilding.

But maybe that's not what you're into.

So if what you want is:

Build a proportionate body, simply.

Retain muscle mass longer.

Burn fat faster.

Build strength.

Then learn to work out with your bodyweight, free weights, or other functional training machines.

And start training for strength and mobility. 💪



Do you want to get strong, live long, look good and stay injury-free?

Here's why you should start with bodyweight or light training before going heavy:

- It allows you to focus on motor patterns, which makes everything easier down the line.
- It prepares your joints, tendons, and ligaments.
- It teaches you patience and to master the basics first.
- It builds smaller muscles that will support your main muscles on heavier lifts later.
- It keeps you safe from injury.
- You won't be forced to regress to the basics when you hit a plateau.
- It saves you tons of time for all the reasons above.
- This type of training naturally sculpts a proportionate body, which you can build upon later.

Remember you must learn to walk before you can run.

It's as old as the hills.



Don't build a gym for the person you are today.  
Build a gym for the person you want to become.  
And let it inspire you to reach new heights.

Think big and dare to dream of a stronger you.

What does it mean, practically?

- Get dumbbells you can't lift yet.
- Set up a pull-up bar even if you can only hang on it.
- Choose a treadmill that has training programs you don't understand yet.
- Buy accessories your favorite influencer uses.

Soon enough, you'll know what to do with them, and will be able to.

It all starts in the mind. 🧠

If your gym is limited, so will you be.

So break those limits from the start, and nothing will stop your progress.



I've trained my whole life, but here is the major shift that made me become way stronger at 37 than I was in my so-called prime.

In 2015, I pressed the reset button.

I completely stopped training with weights and decided to re-learn to move.

I focused on compound bodyweight exercises, and exercises with light equipment or very light weights.

By practicing movement and training to master the basics, I reprogrammed my motor patterns and became noticeably stronger.

This in turn allowed me to lift heavier and heavier (including my own bodyweight with one hand).

So if I have one piece of advice to give you, it's this:  
Train light before you train heavy.

It may sound obvious at first, but few of us have the discipline to start small and go slow.



Last week I did something I only allow myself to do once in a while.

As I was feeling less energized, hitting some plateaus, and my motivation was low, I took an active rest week and trained soft.

I went back to the basics, did a lot of mobility work, lifted light once, and tried other sports casually.

This type of rest week always feels great and always works.

On Sunday, I felt fully rested and I knew I was going to break through some of those plateaus.

That's usually what happens when I take one or two weeks off (or almost off), and that makes me excited again to go back to the training room.

It's something I recommend to everyone who has reached an intermediate or advanced level, as long as it's only once every few months.

Doing this too often would slow you down of course.





If you don't see any progress, I have 3 questions about your training:

- 1) Is it too easy?
- 2) Is it too hard?
- 3) Are you taking enough rest?

99% of the time you'll find the reason for a lack of progress in one of these answers.

That's if you're truly not progressing.

Because there's another very common situation I see:

People who actually progress but have not been tracking anything and just don't realize it.

It used to happen all the time when I was coaching.

Luckily I kept written records, photos and videos for my clients.

And I can tell you most of them were in disbelief when they saw how far they'd come.

Don't make that mistake.



I'm not interested in people's age anymore when asked for fitness advice.  
I find it irrelevant.

What I want to know is for how long they have been doing (or not doing)  
whatever it is that stops them from becoming fit.

Because it's really not about how old you are.

But how long you've been damaging, numbing, weakening, and slowly  
breaking your body.

It's not time that's your enemy, but your own actions and negligence.

And you can stop it.

By choosing to take responsibility, you empower yourself.

You can turn things around, get in the shape of your dreams, and even  
reverse some signs of aging.

It all starts with one little step, and you can take it today.



Here's a secret to build unbelievable strength and crush plateaus like Shaq crushes backboards.

Working out in an unstable environment is a great way to build strong secondary muscles and connective tissue.

Your secondary muscles are the smaller - but greater in number - muscles that support your bigger muscles.

Connective tissue is simply your ligaments and tendons.

These are all vital if you want to be truly strong.

Unfortunately, most people don't train them enough and this leads to issues like injuries, plateaus, and worst of all... Unfulfilled potentials.

There are many ways to make an exercise unstable: do it with free weights, a balance dome, gymnastics rings, resistance bands etc.

Training like this really has the power to catapult your strength to new levels.



Following up with the previous tip about training in an unstable environment, here are the 2 situations in which I invariably switch to that type of training.

The first one is in the normal course of training with my method, the Enso Bodyweight Training System.

Before progressing to a harder move or heavier weight, I always train in an unstable environment until I master the current move or max weight I can lift.

This is to consolidate my strength gains.

Because being able to do it is not enough, you must be comfortable doing it.

The second situation is when I hit a plateau.

Going back to an easier variation or weight using unstable tools helps my secondary muscles and connective tissue to catch up and does the trick most of the time.

In any case, doing simple exercises while challenging your balance will bring you lots of benefits and increase your healthspan.



Have you ever noticed how we tend to overcomplicate and try to learn so many things at once when we start something new?

Until we understand it and realize it all comes down to a few basic principles.

It's almost always the same story.

The more advanced you become at something, the simpler your system and the fewer things you have to do.

“It only becomes simple once you went through the complicated part”, you’ll tell me.

But not necessarily.

It doesn't have to be that way when it comes to fitness.

If you get enough sleep, avoid eating out, and walk every day, you'll already be doing most of the work.

Find any type of exercise you like and do it 3 times a week, stop snacking too, and you'll be pretty healthy.

Why not starting simple for once?

You can always learn more and do some fine tuning later. 💪



When was the last time you learnt something in the gym?

Having a routine is great.

Falling into a routine is different.

Fitness is not only about looking good, but about growth and self-discovery.

Try and learn one thing in each and every workout, whether it's about training or about yourself.

Muscle gains are never granted.

If you stop training, you lose them.

Knowledge and insights on the other hand, no one can take that from you.

It's what you learn that will help you come back stronger after a setback.  
Or even better, it's what will help you never quit!

Remember fitness is personal development before anything else. 💪🧠



Speed stems from strength.

How do you propel a rocket further?

With bigger engines.

Becoming faster means generating more power.

You need to increase your output, and you do that by training to push or pull heavier weights.

It's 80-85% of the conditioning work.

Add agility and explosiveness to the equation and you become a faster athlete.

Stronger muscles have more endurance too.

This means training your strength makes you go faster, but also longer.

If running speed and acceleration are your goals, try mixing pure strength work with plyometrics.

Squats and squat jumps are a great place to start.



I don't do HIIT but it might be the best option for you and here's why.

I don't do HIIT because I train for performance.

If I need to improve my cardio, I'll do cardio.

And when it's time for strength, I'll do exercises that are purely meant for strength.

You can't mix both and expect to get the best of both worlds.

There's definitely a compromise to make.

But not everybody has as much time as me.

Not everybody can wait before seeing results.

Not everybody enjoys spending time in the gym.

Not everybody wants to be an athlete.

And not everybody likes what I like.

So if you're busy, just want to get in shape, and if you find it fun, then I definitely recommend HIIT.

It does build cardio and strength, helps with weight loss, and truth be told, it might actually be superior at building mental strength.





Staying fit is often about what you don't do rather than what you do.

The gym is where you build a stronger body.

Outside of the gym is where you make it count.

That includes recovering properly, as well as making sure you don't ruin the work you did with bad habits.

Not snacking,

Not smoking,

Not sleeping late,

Not sitting all day,

Not staring at screens too long,

And even not training too much...

All that requires discipline too.

If you've already built a habit of working out, congratulations!

This is the first and hardest step.

But now, what do you do with the other 23 hours?



Every now and then I need to switch up my cardio routine.

And it's not because it's part of my program.

The reason is a bit more shameful.

Truth is, if I didn't change my cardio routine, I would stop training cardio altogether.

It's just not my favorite thing to do.

So to make sure I don't get bored and quit, I am constantly finding new ways to keep it exciting.

My latest trend?

Low intensity cycling while watching Netflix.

Because it's low intensity, I can last the whole movie.

When it's more fun, you do it more often.

Don't worry if you don't particularly enjoy working out at first.

Figure out how you can make it something you look forward to, and it will be much easier to get fit!



Is it leg day again? 🤔

Here's a tip for you if leg day's not your favorite.

My legs are the only part I train mostly with machines.

But training with machines poses 2 problems.

First, I quickly get bored of them.

Second, legs require a lot more functional work in my opinion.

So here's what I do.

I do circuit workouts, and replace a few machine exercises with bike sprints and plyometrics.

It's less boring and more functional.

If you're not ready to completely change your routine, definitely try to incorporate some sprints.

They're a game changer, both for results and fun.



“There’s no best time to work out”, I’ve said.

“The best time to train is whenever you prefer.”

I’ve said it and it still holds true because if you do that, it’ll be easier to stick to your program.

But it’s not always so simple, so today I’ll give you a straight answer:

-Train early in the morning if you’re busy and simply want to get in shape.

So it gets done.

-Train before lunch or early afternoon if you want to gain strength.

So you have enough energy.

-Train in the evening if you want to do cardio.

So you get into a meditative state.

Following these simple guidelines can really help.

But again, it won’t work if you don’t like it.

So don’t worry if you don’t do exactly what’s written above, the most important is to make sure you get the work done and enjoy the process, no matter what time of the day.



Here are the 5 likeliest reasons you're losing muscle.

- 1) You don't eat enough. And that could mean not enough protein, but also not enough carbs.
- 2) You do too much cardio without the diet and resistance training required to sustain your muscle mass.
- 3) You train too much. This leads to a snowball effect of consequences like poor recovery and detraining that break down your muscle.
- 4) You don't take rest days, and the same consequences as no. 3 happen.
- 5) You don't do enough strength training. If your body doesn't get the message that strength is important, you're not giving it a reason to retain muscle mass.

Here's what you can do next:

Try fixing each point one by one, and see what makes the biggest difference.

Eventually you want to keep all this list in check.



Living long means nothing if you don't live strong.

This is why we train and work hard.

Looking good is just a by-product of it.

Remember this the next time you feel like not finishing your set.

Everything we do in the gym is going to impact our healthspan.

And everything we don't do too.

We were born to be active, healthy, and strong.

We work out to maximize the time we got here, and live up to our full potential.

So I hope you train today, and give it all you have to make this life you were given the best it can be.



Your strength is useless if you don't understand this.

Mobility is key, and you must move well to live well.

This is why we stretch before and after working out, but that's actually the least you can do.

Training with free weights and doing compound exercises are the next and mandatory step if you want to move freely, live pain-free, and stay away from injury.

Once you check those first 2 boxes, the final step is simply to learn new movements.

It could be the practice of handstand, muscle-up, yoga, dance etc.

Remember this if you want to be a complete athlete:

For every strength workout you do, there should be a mobility workout too.



There's not a single workout that works...

Unless it's followed by proper recovery.

And there's nothing complicated about this concept.

It's really as simple as sleeping 8 hours and taking a few days off per week.

It's not that hard, is it?

Yet, many of you feel like you're never training enough, or feel guilty every time you take a rest day.

And what is seemingly the easiest part about training becomes difficult for many.

But training too often is ruining your gains, and you need to understand it right now.

Whatever your fitness goal is - muscle gain, fat loss, or performance. If you want to progress, you must rest.





No one does burpees with me and here's why.

A good burpee consists in 2 parts:

- A bad push-up

- A bad squat (sometimes replaced by a bad squat jump)

If you thought this could help you build upper and lower body strength at the same time, wrong choice.

Cardio? Not so great either.

What are burpees good for then?

You can already tell I hate them, but I'll admit they're great at something.

Do them at the end of a workout, especially a HIIT workout, and they'll help you build greater mental strength for sure.

From a strength and functional point of view, you really don't need them.



How do you stay motivated to work out all year long?

The answer is you don't.

And if you've been waiting for a way to keep that motivation, or a form of training you like so much that you'll want to do it every day, you can stop looking.

It doesn't exist.

Your motivation comes and goes? Great, that makes you human.

What you should be looking for instead are ways to keep training 3 or 4 times a week through those ups and downs.

Because unlike your motivation, your goals are a constant.  
And they need you to keep going.

It's all about that word you keep reading everywhere but feels like a grail you never seem to reach: Consistency.

The truth is anyone can achieve it with strategies and techniques that are learnt or unlocked over years of practice.

Or you can learn them faster by reading my newsletter.

The first step is very easy and you can take it now.



You won't work out if your gym doesn't look good.

Or at least you won't stay consistent.

It may sound irrelevant but that's a fact.

Nobody wants to sweat and work hard in a dull and gloomy room.

Ever tried working in an office with no window?

Then you get it.

So the very first piece of advice I'd give to someone setting up a home gym is this:

Start with the walls, floor, and lighting.

Then the equipment.

The room has to make you feel good, energized, at peace, or whatever puts you in the zone.

That applies to you even if you like basic and raw gyms.

Because that's where you'll want to work out.

No matter your tastes, the look of your gym affects you and your training, so make sure you get the mood and the details right.



The secret to consistency – and eventually success – is not motivation.

It's patience.

It's the secret ingredient we all need.

People look for motivation, but what they often end up finding is frustration.

Impatience makes people quit every day.

“Enjoy the journey, because the journey is the destination”.

I know it's easy to say, but not so easy to do when you know exactly where you want to be.

But that piece of Buddhist wisdom is crucial for success.

Patience is an integral part of your training program, and you should practice it every day.



The greatest freedom is freedom of movement and health.

Nothing else should matter if you don't feel well and strong.

You can be the richest person on earth, if you live in a body that's not functional, you're trapped.

So remember to take some time this week to exercise, sleep, and relax.

You should never be too busy for that.

If you are, you need to change something.

Because work is not that important, and there are some things money can't buy – or fix.



There is a difference between being patient and taking your time.

“A journey of a thousand miles begins with a single step.”

While it is important to enjoy the thousand miles, it is urgent to take the first step.

Understanding that the journey is the destination doesn't mean we can procrastinate.

It means that the whole point is in the daily improvements we make.

Take action as if you were in a rush.

Enjoy the process as if you were already arrived.

This is the key to consistent and sustainable progress.



You just started training at home, but how can you know if you're doing it right?

Setting small realistic goals is the key to staying engaged and consistent, but also to keep sure you're on the right track.

And it is even more important at home, because there's usually nobody to help you watch your progress.

One very hard thing to do in fitness is to notice your own improvements.

For that reason, the goals you set should not only be small, but also easily measurable.

Keep notes of how much you lift, how many reps you complete, your waist and biceps measurements etc., and how they evolve over the weeks.

These concrete little milestones will act as visible steps you take on your journey.

While your progress may not always be linear, if you record, track, and assess, you'll keep moving in the right direction.



Here is something you don't hear often about strength.

But it is pretty well understood in the strength and professional athletes' community.

Strength is a skill, and it should be trained as such.

If you want to build strength, you need to practice it through mindful repetition.

Always keep proper form, and avoid training to failure.

Your goal is to teach your brain, nervous system, and body to perform a movement correctly.

Then gradually add weight as you progress, and never try to skip steps.

It's a bit like learning a piano piece slowly before you increase the tempo and eventually play it smoothly.

Training strength is about doing heavy but "pretty" reps, not about exhausting yourself.





Time management is a vital skill in fitness.

Because as much as I like to simplify the process of getting in shape, there's always going to be a lot on our to-do list.

Designing a program, working out,  
buying groceries, prepping meals,  
planning time for recovery, taking walks,  
and relaxing too!

And you must make all that fit into your already busy schedule between work and family.

The secret is to have a set of fixed rules for a predictable routine.

Week after week, timings and contents must remain the same whether it's for meals, workouts, or bedtime.

Repetition, not variety.

When you plan like this, you only need to think once for the whole month.

This makes it easier to stick to the plan,  
and you often end up with more free time than before.



Here is a simple explanation of the General Adaptation Syndrome.  
You must understand it to get fit and progress safely.

The GAS refers to the 3 phases your body goes through when exposed to stress.

These are the alarm, resistance, and exhaustion phases.

In training, this stress is physical and is induced by a workout, and this is what follows it:

1)Fatigue and muscle soreness will be part of your body's first reaction, the alarm phase.

2)The resistance phase is when your body rebuilds itself a bit stronger to be able to face a similar challenge in the future.

3)Your body enters the exhaustion phase when it repeatedly goes back to the alarm phase without giving it enough time to complete the resistance phase.

Your goal is to repeat moderate episodes of phase 1 followed by a complete and successful phase 2.

And to do this without ever entering phase 3.

This is the science behind physical progress.

If you follow this principle, you'll keep progressing without suffering any setback.



Should you have a routine or variety in your training?

Both have different functions and there's a time for each one.

On a strictly technical level, following a routine will give you better results, especially if your goal is strength.

But variety can be helpful when you are trying to do some fine tuning or break through plateaus.

So you should be following a routine most of the time, and shake it up a bit when you feel like you're stalling.

However, there is another factor to consider if you are a beginner or find it hard to start training again.

Working out might not be super fun for you right now.

In this case, it is more important to look for variety in your training to make it engaging and build good habits first.

Once you are more consistent, this is when you should start following a routine as this is what will give you the results you want.



Meditation is one of the best cures to anxiety.

But for the untrained person, sitting down and trying not to think is a very hard thing to do.

However, it's not the only way to clear your mind.

You could get most of the same benefits by simply moving and doing physical effort.

Rowing, mindful repetitions, mobility drills, and stretching can take it even further by really putting you into a meditative state.

This is why exercise is the most accessible form of meditation.

It's also the best medicine.

You can start now, wherever you are, and there's no prescription needed.

Could that be the reason you've been waiting for to finally start exercising?



The gym is not a place where you should rush.

We may have different fitness goals, but ultimately we all work out to be happy, live a healthy life and increase longevity.

This is done through mindful practice of strength and mobility.

The keyword here is mindful.

Even if your workout requires short rest times, it doesn't mean you have to rush.

Because rush equals stress.  
And stress ruins your progress.

This is why design takes a more and more important place in the fitness world.

A gym should be designed with wellness in mind.

It's a place where your body gets a tough workout, but at the same time clears your mind and releases your stress.



No motivation for the gym today?

Here are 5 mental tricks to make your workouts feel easier, I'll end with my favorite.

1)Try counting your reps backwards, a lot of people find it more motivating that way.

2)If you're doing long sets (for example 15 reps) try counting by blocks of 5, where each new block is a different level.

3)When doing cardio and it starts feeling hard, tell yourself you'll do 1 more minute.

If you're not exhausted yet, add 1 more.

Repeat until you've really reached your limit.

4)Add variety in your rep scheme:

Try drop sets, supersets, pyramid sets etc.

5)And here's the best of all if you're having a low day: try the smallest step method.

Plan to only warm up.

Once you're there, add some short cardio.

If you're feeling fine, do 1 more exercise.

And maybe another one, and one more etc.

You are free to stop anytime, but you'll find that almost every time, this turns into a complete workout.



What is “training to failure” and why you should avoid it.

Training to failure means doing repetitions until you “fail” the last one because your muscles are exhausted.

I never do that.

And if your goal is to get strong (which also makes you look good, feel good, and live longer), neither should you.

Whatever you do in the gym, you teach your body.

Train to failure and you teach your body to fail.

This is okay if your only goal is to build muscle mass, but it probably isn't.

Training for strength will grow your muscle mass too, maybe not enough to become a bodybuilder, but enough to look like an athlete.

So instead of going to failure, do as many repetitions as you can with good form.

That's how you build strength, looks, and longevity – sustainably.



This is the most productive break you can take.

Mental work is strenuous and I won't teach you anything by saying we need breaks to stay efficient and sane.

The problem nowadays is we often use these breaks to give our brain even more activity.

Social media, mobile games, chats...

We just can't stay still.

How many times have you done it today?

And when was the last time you took a break without your phone?

Instead, you could take the best possible break there is: short exercise.

There's nothing in this world that can better release your stress and restore your mental clarity.

Especially if you work from home, write, or study.

So today when you feel like it's time to pause, try not to sit down and scroll.

Go for a walk, do some squats, stretch, or if you've been listening to my advice:

Take that pair of dumbbells in your drawer and do a few sets.

See how much better you feel, and how much better your work gets.





Are you always in pain the day after a workout?

You don't have to live with muscle soreness, I don't.

Here are 7 tips to prevent muscle soreness and fatigue:

- 1) Warm up: warming up properly doesn't only make your workouts safe and more effective, but also makes recovery easier.
- 2) Hydrate: this is a huge point. Too many people don't drink enough when they work out. If you usually don't drink at least 1 liter, force yourself!
- 3) Exercise more regularly: exercising once or twice a week is probably not enough for you to progress, and it makes you more prone to muscle soreness too.
- 4) Active recovery: a great way to make your blood flow and facilitate recovery is light intensity exercise on your rest days.
- 5) Massage/foam rolling: they increase blood flow and release muscle stiffness, which in turn relieves your pain.
- 6) Stretching after each workout: this is one of the best ways to make the next day pain-free.
- 7) Rest more: you might suffer from muscle soreness because you don't give your body enough rest. Make sure not to train more than 5 times a week, even if you're in good shape.

These are the most effective methods, and the most expensive of them might be your water bottle...

So make sure you try them all before spending your money on fancy trends.



If you work at a desk, don't wait for the end of the day to start being active.

The best way to cope with a sedentary job is not to fix the damage after it's done.

It is to prevent it from happening in the first place.

Set up an alarm to stand up and take a few steps every 20 minutes.

Stretch your neck, shoulders and back every hour.

Do a set of squats or inclined push-ups on your desk whenever you need to think, are waiting for a meeting to start, or just completed a task.

If it helps, keep a foam roller or mobility ball in your drawer.

And to maintain good posture and keep your core engaged all day, replace your chair with an exercise ball ASAP.

Add these few little things to your work day, and your evening workout will not just "fix you"; it will actually make you fitter.



If your goal is to increase strength and endurance, don't do HIIT.

To become a hybrid athlete, you need to learn the art of balancing cardio and strength training.

Don't try to do both at the same time.

You'll start seeing much better progress if you have strength dominant days and cardio dominant days.

That's the problem I have with HIIT.

Because you can't train strength and cardio properly if you mix them.

If your goal is to become good at both, make sure to split your training over the week.

HIIT is fun, maybe you love it and I'm not saying you should stop.

But if you train for performance, it should be your snack, not your main course.



What if your main fitness obstacle was yourself, and your own mental barriers?

If you've never really been in shape, it is hard to imagine yourself fit.

But I know you can do it.

What you need is to overcome those mental blocks and break out of that fixed mindset.

Here are 10 steps you can take to make your self-limitations vanish:

- 1)Set small goals that can be achieved soon.
- 2)Start with an activity you enjoy.
- 3)Create a routine to remove all thinking and decision-making.
- 4)Share your goals with people who support and believe in you.
- 5)Celebrate each small victory.
- 6)Try something you're afraid of in the gym.
- 7)Focus on the process rather than the end.
- 8)Visualize your success and dream goals.
- 9)But realize it's ok if you don't reach them all.
- 10)Consider hiring a coach.

Mental barriers can't just be broken at will, and it's often the result of a long process of reshaping our self-image through our actions.

Following these tips will help you develop a growth mindset and believe in yourself.



Working out is your ticket to freedom.

The freedom to feel well, move without limit, and live without pain.

Living in a body that lacks strength and mobility is like being trapped in a cell.

Exercising is like breaking out.

And if you want to be truly free, you should also be able to train alone, in your home.

That's what having a home gym means to me.

The freedom of being fit and healthy, but also the freedom to build this lifestyle on my own terms, by my own rules.

Join the home gym movement, and break free.



7 reasons why you should train when you don't feel like it.

1) You feel much better after finishing a workout on a bad day than you do on a good day.

2) Consistency is more important than intensity, it's better to show up even if you take it easy.

3) Maintaining the habit is key. A habit gets stronger on difficult days.

4) You don't want to lose the progress you made previously.

5) Discipline is a muscle and it's trained on bad days.

6) Working out on bad days builds resilience.

7) Finishing something you didn't want to do increases your self-confidence.

Working out on low days is less about pushing hard, and more about showing up.



When lifting too heavy keeps you weak...

Bodyweight training should be your foundation whether you lift free weights, use machines, or do any other type of resistance training.

Because before you lift heavy, you need to learn to move.

It's not only a matter of safety, but of strength too.

You'll never reach your full potential until you have great body awareness.

And the best way to learn this is through movement, light weight exercise, and bodyweight training in general.

The lesson here is:

Learn to walk before you run.



Let's bust a myth right now.

You can build muscle with any tool whether it's machines, free weights, resistance bands, or bodyweight exercises.

Saying lifting weights builds more muscle than using bands (for example) is like saying a pound of lead is heavier than a pound of feathers. It depends on the weight or the amount of resistance.

Your body does not care what equipment you use, it only responds to how heavy it feels.

My point is this: don't limit yourself to whatever you were told is "the best".

Train with what you have, or with what you like.

All you need is to learn to adjust the resistance, which is always possible. If it's challenging, it's working. If it feels heavy, you're getting stronger.

This also means you don't need 100sqm to get a home gym. If all you have is a small corner, get a multigym. Same movement + same resistance = same results. Simple, isn't it?





I used to blame my lack of sleep on my daily schedule, until I realized I was to blame.

You will read many tips about how to fix your sleep, but nobody talks about this one thing that single-handedly fixed mine.

I was like you: going to bed tired, waking up tired, trying to do my job, work out, run errands, and it felt like I never had enough time to do it all and get enough rest.

Then it hit me, sleeping was the only thing I didn't plan, so I changed that.

And I didn't just start planning my sleep, I planned it first.

For the past 15 years I've been blocking 9 hours for bedtime (eyes shut), before planning everything else around it...

And everything gets done.

Ever heard of the Parkinson's law?

Try it. And if your work and workouts really can't fit around 9 hours of sleep, then something must change, it's your health and sanity we're talking about.



I've never looked more fit than since I stopped trying.

When I was younger and started working, I was all about simplifying my training and trying to make the least effort possible to keep my biceps, six-pack, round shoulders etc...

I was training for looks.

Maintenance was so hard to achieve, it was like my progress was never acquired, and I always had to work harder just to keep things as they were.

It was also a terribly boring way to train.

A few years later I got a stressful job, and little time to eat, work out, and sleep.

In just 6 months I lost 10kg and a lot of strength.

Until I moved to a new city in China and had more time on my hands.

It was very common to work out in parks there, so I tried and realized I couldn't even do a single pull-up anymore.

That was 9 years ago and it was a wake-up call that shifted my focus forever.

I decided to train for strength, and I had a deadly determination to become a strong mf.

I used no gym, no supplement.

Just a balanced diet, my own bodyweight, and a solid training plan based on powerlifting methods.

...



I definitely got stronger (and still getting stronger at 37 with the same method), but this is not the only thing that happened.

It wasn't even the goal anymore but I started seeing new muscles pop out, and I remember feeling my back muscles stretching my shirts more and more over the weeks.

I was growing wings! And so did my confidence.

Right then I knew I had cracked the code.

If you want to look fit, train to be strong.



I can't agree 100% with the statement that it's harder to burn 200 calories than not to eat them.

I don't disagree either, I just think it's subjective.

Personally I find it harder not to eat.

I'd rather have that snack and suffer for 30 minutes on a stairs machine than stay hungry for 5 hours.

People often compare the number of calories burnt through exercise with the total calorie intake to make it seem insignificant, but I think it's misleading.

Remember you only need a deficit of a few hundred calories to lose weight, and losing 100 or 200 calories from exercise does help reach that deficit and does make a difference.

Example: your calorie daily requirement is 2000 and you need a 400 calorie deficit.

If you compare 200 calories burnt from exercise to 2000, it seems very little, but it's actually half of the deficit you're trying to reach.

As long as you keep track of everything, the easiest way is to use both diet and exercise.

You don't rely solely on exercise because it's impossible, but you don't starve yourself either because it's not sustainable.

And sometimes, it's really easier to burn those calories for an hour than to resist them in the first place.



Do you find it hard to carve out 45 minutes for a workout? Try this simple solution: split your workout into two parts.

Morning: Start with cardio. Whether it's a brisk walk, a quick run, or a high-intensity interval session, get your heart pumping and your day off to a strong start.

Evening: Focus on strength training. Perform bodyweight exercises like push-ups and squats or use weights to build strength.

This approach fits seamlessly into your busy schedule.

Just 20 minutes of cardio before work and 20 minutes of strength training after work, that's how you can finally train at home and get ripped!

Maximize your time and reach your fitness goals with this efficient, split workout method.



My advice for someone who is completely new to the gym would be this one.

Pick one thing you like doing (or at least don't hate) and train to become great at it.

It could be calisthenics, weightlifting, rowing, or whatever trains your whole body.

Once you find it, don't go to the gym to lose fat or become sexy. Instead, go there with the aim to progress and excel at that one thing. Eat, sleep, and study to improve and get better at it.

Soon enough, you'll find that you must improve other aspects of your life if you want to keep getting better at your new passion.

Before you know it, you'll have a new healthy lifestyle that revolves around your sport, and you'll train, eat, and sleep like an athlete. You'll be unrecognizable.

By doing something you like and focusing on making the process enjoyable, you'll have bypassed the monotony of most beginner programs, and you'll be on your way to reach your original goal and go far beyond.



## **BONUS: Dual Strength Method**

Here's how to design your own workout using the Dual Strength Method from my Enso Bodyweight Training System.

(It works with any type of resistance training.)

Identify your main goal for a given muscle group (example: doing 5 pull-ups).

Divide your workout into 5 parts:

1. Standard Warm-up Routine
2. One strength exercise
3. Two strength endurance exercises
4. One core exercise
5. Stretches

Your strength exercise is the closest thing to your goal that you are currently able to do.

The resistance should be a sweet spot where you can only perform 3 to 5 reps with perfect form.

Do 3 sets.

Your strength endurance exercises work the same muscle group but at different angles. You should do 3 sets of 15 to 20 reps with a resistance that only allows you to do that much with correct form.

The idea behind this method is that maximum strength and strength endurance build on each other.

It works as a cycle where getting stronger helps your endurance, and better endurance helps you get even stronger.



## **BONUS: Maximum Strength**

Strength is a skill, but how do you practice it concretely?

To increase your max strength, you need to perform as many heavy reps as you can with perfect form.

For that, you need to start with the right weight (around 90% of your 1-rep max).

For each set, you'll do 3 to 5 reps.

If you can't do 3, lighten the weight.

If you can do more than 5, load it up a bit.

Then you must rest just long enough so that you can do it again (usually 3 to 5 minutes).

And you'll do 3 to 5 sets in total.

If you can't do 3, you might want to lighten the weight a tiny bit.

If you can do more than 5, it's time to progress to a heavier load.

Remember to keep great form.

Through repetitions, you teach your body.

And you want to teach it proper technique so that it can lift more and more.

Not so complicated after all, is it?





## **BONUS: Strength Endurance**

You're not strong if you can't do it for long.

Strength endurance is your ability to produce force over a relatively long period of time, and this is how I train for it.

Unlike cardio endurance which carries over every activity, different muscles can have different levels of strength endurance, so you need to train each muscle group.

Start with 70% of the maximum weight you can lift for one exercise.

Then you'll have to do 3 to 5 sets of 15 to 20 reps.

The number of sets and reps will depend on your ability to maintain good form.

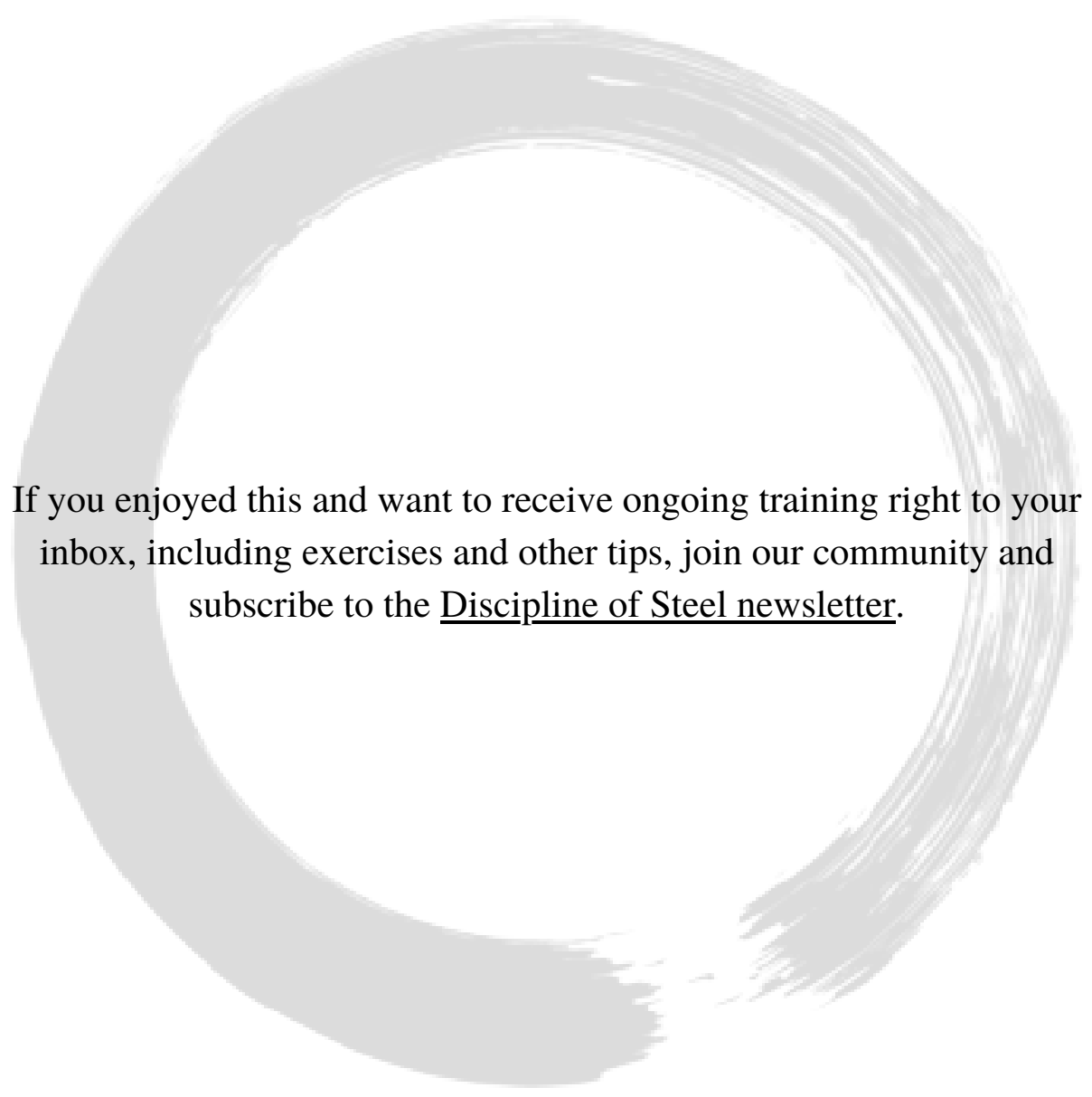
If 15 reps is too hard, lighten the weight, if 20 reps is easy then load it up.

If you can't do 3 sets, lower the weight, if 5 sets is easy, you're ready to progress to a heavier load.

Form is important when training strength endurance too.

So I prefer to keep rest time between 60 and 90 seconds, to recover just enough to be able to do the same amount of reps with proper form.





If you enjoyed this and want to receive ongoing training right to your inbox, including exercises and other tips, join our community and subscribe to the [Discipline of Steel newsletter](#).