

The 21 BIGGEST Mistakes People Make When Trying to Get a Fit, Healthy, Lean, Muscular, and Strong Body

This is a free course from Weight Lifting Complete. If you'd like to get all the course bonuses, please sign up for the course to receive the emails with your bonuses. Simply go to the link at the top of the page.

Now let's get straight to the biggest mistakes people make... Pay attention because you don't want to make these mistakes any more.

MISTAKE #1

Listening to the Sleaze Balls on Infomercials



The worst thing you can ever do is actually listen to an infomercial. I've never seen a decent product in the fitness and health industry worth anything.

I am sick and tired of these liars! And you should be too. How much money have you wasted on some useless product from one of those infomercials?

If you listen to the infomercial... really listen... you will probably buy the product. Why? Because those people are great at what they do -- some of the best in the world at selling you something.

Their job is to make money. And that's all they care about. They will tell you whatever you want to hear.

They don't care about you. They don't care about your results. They don't care about your health or your family. They care about your bank account. And they'll do whatever it takes to get into your bank account.

You don't need that! Trust me... those products don't work. Save your money. Save your time. And never watch an infomercial... or at least don't fall for their tricky tactics.

MISTAKE #2

Believing Weight Loss is the Key to Getting the Body You Want

I don't know a single person that hasn't been brainwashed to believe that weight loss is the key to getting a better looking body and a healthier body.

Listen to what I have to say here and you'll be light years ahead of 99.99% of people out there who are wasting their time, money, and effort. You will always get the truth from me. I'm not here to take your money. I'm here to help.

Weight Loss is NOT what you want. When you lose weight... You can lose body fat, muscle, or water.

Most people (because they are following some useless fad diet or weight loss program) end up losing mostly muscle. This is the worst possible result, and that's exactly what most people are doing.

You need your muscle mass! Muscle is active tissue that works for you. Everything you do each day relies on muscle. Your metabolism goes way down when you lose muscle. Energy levels go down. You feel worse. Life gets harder. You get fatter.

The truth is...

You should focus on fat loss only -- NOT WEIGHT LOSS. When you focus on fat loss only... You keep your precious muscle mass which in turn helps you lose body fat even faster.



When you lose fat and keep your muscle (or even build new muscle tissue), you look great, feel great, life is easy, energy levels skyrocket, confidence goes up, and you simply feel great day in and day out.

As an example... Let's say we have two women -- one of them weighs 140 pounds with 30% body fat and the other weighs 140 pounds with 15% body fat. Which one do you think looks and feels better?

Of course it's the one with more muscle and less body fat. They weigh the same, but look and feel totally different!

You see... Body Weight is not important. Body composition (the ratio of fat to muscle) is important. So stop worrying about the number on the scale and start worrying about losing body fat -- not muscle.

MISTAKE #3

Doing an Endless Number of Ab Exercises and Falling for All the Ab Gadgets, Gimicks, and Programs



Did you know that ab exercises ARE NOT helping you lose body fat where you can actually see your abs?

Did you know that most people have great looking abs under the layers of fat right now?

All you have to do is burn enough fat from your body so that you can see those abs. And ab exercises are totally useless for burning fat! So, yes, you have been wasting all that time and effort working your abs.

All the ab machines, gadgets, and programs that you see on TV. Totally useless. Save your money. Many of you will already know that they're useless. You've probably tried them before.

Aren't you sick of falling for the useless products that waste your time? Put a stop to it today.

MISTAKE #4

Certain Exercises are a Complete and Utter Waste of Time



Many isolation exercises are totally useless for the vast majority of people. Some machine exercises are totally useless.

If you can happily smile during any exercise, it's useless!

Unless you're an elite level bodybuilder who needs to bring up a weakness in a muscle group, you don't need to be doing so many isolation exercises.

Did you know that most weight lifting routines out there are made up of totally useless exercises? It's true.

You know all those sculpting and toning routines you see all over TV, websites, and in magazines? Every one of those are based upon inferior isolation exercises. What a waste of time!

STOP wasting your time with useless exercises...

Leg Curls, Leg Lifts, Hanging Abdominal Raises, Leg Extensions, Chest Flyes, Neck Machines, and blah, blah, blah. The list of useless exercises is HUGE.

You need to start doing real compound exercises that use heavy weights. It doesn't matter who you are... man, woman, older, or younger -- You can lift heavy weights using compound weightlifting exercises. Remember, 'heavy' is relative to your strength levels.

Ditch the isolation exercises NOW!

MISTAKE #5

Believing Food Labels at the Grocery



I watch and study other people each and every day. I watch co-workers on diets. I watch family members and friends. I watch people shopping at the grocery.

Many people are trying. They are putting their full effort forth and still failing.

Why?

Slick food manufacturers are sabotaging efforts throughout the world. It's amazing... It really is! Money is more important than your health. Pretty bad, huh?

Let me tell you a story about a co-worker. This person believed that she was eating food that was good for her. She was doing everything she could to lose weight (her first mistake was not focusing on fat loss).

Anyway, she was buying low carb dinners, frozen 'healthy' dinners, fat free foods, sugar free desserts, protein bars, and other so-called 'health' foods at the grocery. Little did she know...

Those so-called 'health' foods were making her FAT! And it wasn't her fault... She was trying to eat right. She was spending her hard-earned money on food that was doing the opposite of what she wanted.

It's ridiculous that food manufacturers can 'play' with our health while their pockets get fat. Our bellies get fat while their pockets get fat. Our health declines, but who cares? They made their money. I'm tired of this!

We can put a stop to this if you take my advice today. You need to be educated on what's good for you and what's not good for you.

STOP trusting food labels. Here's a list of some so-called health foods that will make you fat:

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Slim Fast Products	Nutrisystem Products
Fiber One Products	Cereals like Special K
Rice Cakes	Protein Bars
Fruit Juices	Energy Drinks
Diet Sodas	Low Fat Products
Sugar Free Products	Enriched Flour Products
Refined Flour Products	Gluten Products
Corn Based Products	High Fructose Corn Syrup
Frozen Diet Dinners	Processed Meats
Weight Watchers Products	ANY Fast Food (Including Subway)
Crackers and Chips	Pasteurized Dairy

Did you know that even some of the food manufacturers in the list above actually add ingredients that are known to increase your appetite? That's good business for them...

They don't care about your health so why trust them? Just because it says 'no trans fat' or 'sugar free'... That does not mean it's good for you. Just because it's in the health food section of a store... That doesn't mean it's good for you either.

MISTAKE #6

Supplement Scams are Everywhere



I cannot believe what some people will do for money. What happened to people actually caring for others... you know... treat your neighbor as you'd like to be treated, right?

Recently, I've seen websites popping up all over the place with **fake testimonials**. How do I know they are fake?

These people went to forums and copied some before and after pictures.

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They then used them as their testimonials. They want you to think their useless supplements gave these people great bodies. Can you say scam artist?

Let me tell you the real truth about supplements...

There is not one supplement out there that is better than whole and natural food. Food is so much more powerful than any supplement. Food is even more powerful than illegal steroids.

Now don't get me wrong... there are some good supplements out there such as pure fish oil, krill oil, whey protein, and a few others. BUT they aren't going to give you SPECTACULAR results alone. You've got to do everything right to get amazing results.

99% of supplements out there are scams. They will not work. Be suspicious of the ones that show unbelievable before and after pictures. I'm talking about the ones that say this guy went from really fat to being on the cover of a fitness magazine in only 21 days.

Remember... you do not need supplements to make AMAZING progress. Save your money.

MISTAKE #7

Following Fad Diets Based on Calorie Restriction



You know what? I've never seen a single diet program get the basics of fat loss right... You know why? Because all of the diet programs are focused around weight loss! They don't care if you lose precious muscle mass.

For every diet out there, the goal is for you to lose weight. That's the WRONG GOAL!

Who cares if the number on the scale is going down when you end up looking worse and feeling worse? What's the real goal here?

Do you really 'just' want to see a smaller number on the scale? I don't think so...

You want to look great, feel great, have a trim waistline, maybe even six pack abs, nice musculature, and have tons of energy, right? Well, you won't get that with any diet program out there because they are all based on weight loss.

Do these fad diets work for weight loss?

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Yes, they do. They help you lose tons of muscle very quickly if you follow them. Do you have any idea why? All of the diets out there are based on moderate to severe calorie restriction. In other words, you pretty much starve your body and do not feed it what it needs.

Why would you want to starve your body? You're fighting against your body. Your body needs the right nutrients and enough of them to work properly. And yet... these diets out there keep you from feeding your body properly.

When you starve your body, your body feels threatened and your metabolism slows. You burn fewer calories. Your body has to get energy from somewhere -- It turns to your muscle for energy because body fat is needed for survival.

Here's a few of the diets out there that will cause you to look worse and feel worse when you're finished:

Weight Watchers	Slim Fast
Atkins Diet	Glycemic Index
Simply Weight Loss	Cabbage Diet
South Beach Diet	Jenny Craig
Fasting Diet	Hollywood Diet
Negative Calorie Diet	Acai Berry Diet
Low Fat Diet	LA Weight Loss
Grapefruit Diet	Low Carb Diet
Zone Diet	Vinegar Diet
1200 Calorie Diet	Beverly Hills Diet

Do you know what's even worse about some of the diets listed above? They not only severely restrict the amount of food you eat... They also have you eating some of the worst processed food your body will ever see.

Food is fuel for your body. The right foods and more of them will help fuel your body and help you feel better. More of the right foods will never cause you to store body fat.

The foods recommended for many of the diets listed above are horrible for your body and ROB YOUR BODY of nutrients.

If your body could talk, it would tell you to get that crap out of here. You wouldn't put water in your car's gas tank and expect it to run, would you?

MISTAKE #8

Adding More Exercise Until it Becomes Too Much



I was very guilty of this when I first started weight lifting about 10 years ago.

I figured if 3 days per week was giving me good results that 7 days per week would be even better.

I even went further and added more sets and exercises for each workout.

That's one of the BIGGEST and most common mistakes beginners make. It makes perfect sense that doing more would give you faster results... The body just doesn't work that way.

Each of us has a certain tolerance to exercise and this tolerance is changing ALL THE TIME. So many people talk about overtraining yet none of them truly understand it. Even many of the experts never get it right.

Overtraining is a factor you need to understand completely. Overtraining depends on so many factors that it is sometimes difficult to get a grasp on it... It depends on:

- Amount of food and quality of food you are eating
- Intensity of your weight training workouts
- Duration of your weight lifting workouts
- Amount of water you are drinking (hydration levels)
- Levels of stress in your life
- Amount of sleep you are getting each night
- Activity level throughout the day
- What you eat before and after each workout
- Current fitness levels
- And much, much more

You want to avoid overtraining because it will STOP your results in their tracks. You can even lose progress that you've worked very hard for -- overtraining is a real threat, but never listen to someone who says you're overtraining just by looking at your workout program.

A red flag should go up when anyone tells you that you're overtraining by asking you what you are doing during your workout.

There's just TOO MANY factors other than your workout that will tell you whether or not you're overtraining. Let me give you a quick example...

I can take the exact same person and have that person do a workout program from January to March and then have them do the exact same program again from May to July.

From January to March, I will have that person eat a 2000 calorie diet with processed foods from Nutrisystem.

From May to July, I will have that person eat a 4000 calorie diet packed with natural and nutritious foods.

That person overtrains quickly with the Nutrisystem diet but makes amazing progress with the natural and nutritious diet. See the difference? The workout program is exactly the same, but the diet was vastly different.

MISTAKE #9

Doing More of the Same Thing and Expecting Different Results

Diets, weight loss programs, workout routines -- 99% of them are the same thing disguised as something different. Every single one of them are based on calorie restriction and burning calories during a workout.

None of them give you REAL RESULTS that are permanent. Diets do not work. Workout routines packed with useless exercises with no real plan are totally useless. Weight loss doesn't work.

Why do you think so many people are frustrated with their results and always looking for something new? You see... the weight loss, diet, and fitness industry wants you to continue to look for new things. This helps their bank accounts.



Nothing ever works so you continue to spend money looking for something that really works. They screw you and take your money while you waste your time and effort.

Aren't you sick of that? I know I was and still am. I am simply sick and tired of it.

You need something that is different. A totally different strategy. Something refreshing.

You don't need a diet that restricts calories and asks you to buy their processed foods and snacks. You don't need a workout routine that is meant to burn calories or 'shape' your body or 'sculpt' your muscles. You need a REAL PLAN.

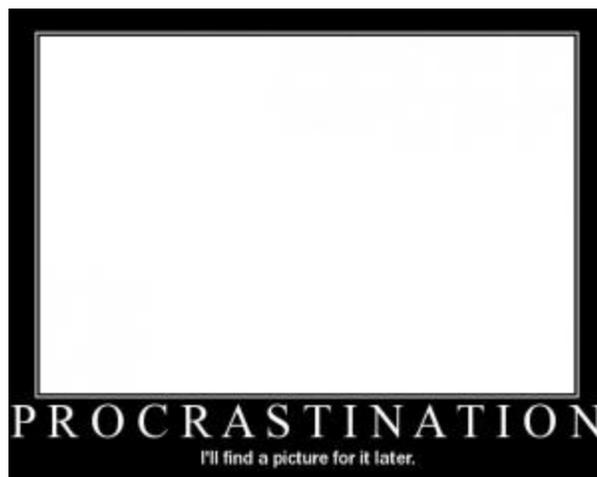
You can't continue to try the same things. They just don't work. You need an entirely new and different strategy that works with your body and never against your body. Then, you will see REAL RESULTS.

Don't expect to see results until you make a change.

MISTAKE #10

'I'm Going to Start Monday. I'm Going to Start Next Week. I'm Starting After Christmas. And so on...'

Some people never get started. Some people start, last a few days, and then quit. Others give it their full effort for a few months and then quit.



Why does this happen so often? It happened to me years ago. There were times when I just couldn't stick to the plan. Here's why...

The plan I was using was severely flawed. I wasn't getting fast results, so why continue. Why not quit? So I quit and went looking for another program. I followed it and then quit that one. And so on and on. I quit so many because they just didn't work.

And that's what you get from all the programs out there. Absolutely nothing.

Here's the truth...

You should feel results within 1 week on any good program. You should start seeing results in the mirror in a week or three. People will probably comment on how great you look and ask you what you've been doing in 4 to 5 weeks on any good program. From there, the results should never stop.

Results like that make you want to keep going. Why continue any program that isn't giving you fast and permanent results? Stop wasting your time.

MISTAKE #11

Being Absolutely Disrespectful of Your Body and Your Health

Your body is going to carry you for the rest of your life. Right? Why would anyone not care to take care of their body? We need them! We need good health. We need to be strong. We need to have tons of energy.

This not only goes for people that are overweight... It also goes for people that look good. Looking good on the outside certainly isn't everything and certainly doesn't tell the whole story.

Just because someone has low levels of body fat... that doesn't mean they are healthy. There are tons of skinny people out there that are going to have HUGE health problems because of the horrible foods they feed their body.

I have a close friend that's in pretty good shape. He's one of those people that can eat whatever he wants and still look good. He lives off of candy, chips, doughnuts, cake, and anything else that is bad for you. I've actually NEVER seen him eat one healthy meal.

I've tried to tell him OVER and OVER. He won't listen. He has no respect for his body or his little girl that's going to need him badly one day. She'll need him BUT he won't be there to

help her. Simply because he didn't care about his health. He thought it could never happen to him.

Have you ever seen those huge bodybuilders?



You would think they would be in pretty good health, right?

WRONG.

They dope themselves up on any illegal drugs and supplements to simply build more muscle and burn more body fat.

They don't care about their bodies. They want to win at any cost. And that includes their life.

Please listen to what I have to say here...

You may not care about your own body or your life, but there are others out there who need you. Your family, your friends, your children (or future children), your co-workers. People you meet in the future that you don't even know right now.

Respect your body. Take care of it. Make a pledge right now to live a healthy and fulfilling life. Be there for the people in your life that need you the most. Right now. Make the pledge and make the changes for a healthy lifestyle.

MISTAKE #12

Not Having Someone You Can Go To and Trust to Lead You in the Right Direction

It's extremely hard to find someone in the fitness industry that you can go to when you need help. It's even harder to find someone that you know will give you the truth...



Some of your friends or co-workers may want to give you advice all the time, but most have no idea what they're talking about. They will do more harm than good.

Many personal trainers went to some weekend crash course and are labeled as experts after one weekend. It took me 10 years of studying and experimentation until I learned the real truth. Yet, we're supposed to listen to them because they have some certificate?

Not me. Don't get me wrong... There are some great trainers out there but you'll have trouble finding a good one.

I've seen personal trainers teaching people how to do exercises totally wrong. I've seen them tell people that a certain fad diet is the best diet plan for them. I've seen them lead people in the WRONG direction way too many times.

I do not want you to have to go through the pain that I went through. It took me years to find the truth. I was led in the wrong direction so many times that I decided to find the truth myself.

I'm going to share the truth with you because I want to help you... not so I can get rich while you get fat. This website is about you... it's for you. I'm here to help you whenever you need help. As the saying goes: 'My door is always open.'

MISTAKE #13

Worrying About the Number of Carbs You're Eating Instead of Eating High Quality Foods



I've actually had some people asking me questions about broccoli having too many carbohydrates.

It's really not their fault either... The diet industry has brainwashed people into believing that they need to eat low carb to lose body fat.

People even avoid nutritious fruits and veggies just to reach their low carb number for the day.

If you've ever done this before, you've got to correct this right now.

High quality food is much more important limiting the amount of carbohydrates or fat that you are eating in your diet.

I guarantee that if you stick to lean protein sources, natural carbohydrates, fibrous veggies, and essential sources of fat that YOU WILL get far superior results than any low carb, low fat, fad diet out there. Guaranteed.

Stop worrying about low carbs and start eating a balanced and nutritious diet. You can have as much broccoli as you want... It will never make you fat and will only help you burn body fat and build muscle.

Getting a better body and a healthier body starts with high quality food. Start there with your diet. Eat more nutritious foods. Cut out all the processed foods first. Work on eating better each and every day.

MISTAKE #14

Taking Advice From Someone Who Looks Good Just Because They Look Good

If you've ever gone to a gym to workout before, you've more than likely run into those people who have to give everyone advice.

Some of these people look horrible while some may look like they know what they're talking about.



Let's face it... we're all inclined to take advice from someone who looks good -- from someone who actually looks like they know what they're doing. And why not? They must know how they got such great results, right?

And it's got to work for you too, right?

Wrong. Wrong. Wrong. One method or working out might work for one person while it may not work for another. There is not a one-size fits all in weight lifting and exercise. Every single one of you are totally different from another.

Some people get results very easily and have looked great their whole life. Some can eat horribly their whole life and look great. Others can work very hard, eat well, and still have trouble looking great. That's simply because we're all different.

You NEED a program that you can adjust to fit your body. You don't need advice from someone else at the gym just because they look good. You have to find what works best for you. 99.99% of advice you're going to get is going to be wrong...

So stop listening to all the confusing advice you're getting and get a program that adjusts to your body and one that WORKS FOR YOU.

MISTAKE #15

Believing That Running is Enough Work For Your Legs



Many people believe that running is enough work for their lower body. Men usually make this huge mistake.

They go to the gym and work their upper bodies with heavy weights. They then get on the treadmill and think that jogging is going to be enough work for their legs. Huge mistake.

Same thing goes for women who only want to work their lower body and forget about their upper body. Women like to tone and shape their hips and thighs while forgetting about their chest, back, shoulders, and arms.

All major muscle groups within your body need to be worked equally. This means that the weight training program you choose needs to help you build a balanced body. A balanced body prevents injuries and leaves you with that refreshing feeling of whole body strength and power.

If you want to PREVENT aches and pains throughout your life, you must work your body equally. Upper and lower -- everything is equal.

MISTAKE #16

Following Workout Routines That Have No Goal, No Plan, and No Purpose



I've been designing workout programs for people for a long time now. With my programs, you know exactly what to do, what your goal is every workout, and the purpose for each exercise and each workout. Each program has a purpose.

Just doing a simple Google search for weight lifting programs shows me that people are following weight lifting routines that have no purpose.

I see chest routines. Try this routine. Try this leg routine. Here's an ab workout. Blah, blah... blah, blah.

Here's the real truth about workout routines...

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If you don't have a total body workout plan from start to finish for several months at a time, you aren't using a good program. And you definitely aren't getting optimal results. That's the truth.

A good program will have a plan for you to make progress. The amount of work you do will change over the course of the program. The number of reps you do should decrease over the weeks while the amount of weight you lift increases.

Number of sets may change. Exercises should stay the same for each type of workout. You may have several different workouts, but you need baseline workouts so you know that you're making progress. For example...

Many of my programs are designed with several different workouts -- lets call them Workout A, B, C, and D just as an example. When Workout A comes around, you know what you did last workout and you know what you've got to do to beat the previous workout.

Your goal each workout is to beat the previous workout.

When you focus on making progress, your body transforms before your eyes. Your body has no reason to change if you do the same thing over and over and don't focus on getting better.

MISTAKE #17

Drinking the WRONG Liquids All The Time



What do you drink each day? I think its seen as 'normal' to go to the soda machine 2 to 3 times per day and buy a soda. Others stop at a gas station and buy an energy drink or fruit drink each morning.

Why? Why do we need to drink this stuff? It's horrible for our bodies and costs too much.

Start saving your money and start drinking water. Water is the absolute best thing you can drink and it's either much cheaper or completely free.

Let me give you a list of liquids you should NOT be drinking...

Energy Drinks

Fruit Juices

Snapple	Gatorade
Powerade	5 Hour Energy
Rockstar	Amp
Diet Sodas	Any Type of Soda
Alcohol	Sobe

Surprised? Most people are. Simply drink water and even stay away from 'diet' drinks that are filled with artificial sweeteners.

Fruit juices are filled with sugar and rob your body of nutrients. Energy drinks are horrible for you. If you **MUST** have some caffeine because you're a caffeine fiend... Drink green tea instead. Same goes for coffee. Have tea instead of coffee.

You should be drinking the vast majority of the time. If you cut out all the sodas, fruit juices, coffee, and diet drink, you'll save a ton of money. So save your money and start drinking water instead.

MISTAKE #18

Letting Things Bother You That You Can't Control



There are a few different mistakes you've probably been making related to stress. I want you to know about these so you can correct them today...

There are some things in this world that we just can't control. Let me give you an example.

When I was going to Engineering School, I desperately was trying to keep a 4.0 Grade Point Average throughout school. I put a lot of undue stress on myself that I didn't need.

I would take a test and then worry about what I was going to get. Why? The test was over. I couldn't change the results. Yet, I still worried about it.

If you worry about things you can't control, **STOP**. Just stop. It adds a lot of stress that you don't need. The outcome will not change.

Stress will absolutely kill your results and cancel out all the hard work you've done in and out of the gym. Relax. You just can't change or control certain things. Stop worrying and start having some fun -- forget about the things you can't change.

What about sleep?

Do you get plenty of sleep each night? Why not? Working too much or playing too much? You can get more sleep. You simply need a plan to get plenty of sleep.

If a TV or computer is taking away from your sleep time, GET RID of it. Just kidding... you don't have to get rid of it BUT you do need to get them out of your bedroom if they bother you.

There are tons of ways to improve your quality of sleep and the amount of sleep you're getting. You should really work on it. Your results will be SO MUCH better.

MISTAKE #19

Believing You Need to Diet When You Actually NEED Something Totally Different



Let's talk about dieting for a second...

Why do most people believe they can go on a diet, lose 10 or so pounds, and then go back to eating exactly the same way before and keep those 10 pounds off?

The body doesn't work that way.

If you go on a diet, lose 10 pounds, and then go back to eating the same way as before that diet, YOU WILL gain those 10 pounds back and even more.

You can't get a job, start making money, quit the job, and expect to continue getting a paycheck. Right? Why would dieting be any different?

Diets will NEVER give you permanent results. NEVER. You need something totally different than any diet. Can you guess what it is?

You have to totally change your lifestyle.

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You **MUST** start eating natural, nutritious, high quality, and great tasting food instead of eating all that junk you've been eating. Trust me on this one... Healthy food can and will taste **MUCH** better to you when you make the change.

Greasy foods, candy, doughnuts, cake... All of them do not taste good to me any more and many of them make me sick. Greasy foods especially make me sick.

A healthy and great tasting meal is so much more satisfying.

When you see how great you feel when you eat nutritious foods throughout the day, you'll be hooked.

You can eat more and never get fat. You have tons of energy. Headaches go away. Aches and pains subside.

When you change your eating habits for the long run... that's when you see **PERMANENT RESULTS**. No more yo yo weight loss. Make a lifestyle change and eat healthy **ALL THE TIME**. It's not difficult but it sure is rewarding. You've got to try it... it's worth the effort!

MISTAKE #20

Not Knowing and Understanding Why You Are Doing Something



The human mind is very **POWERFUL**.

If you get your mind to work with you, you can achieve pretty much anything you want. Seriously.

If you pit yourself against your mind, you **WILL NOT** achieve your goals. Your mind will work against you and sabotage your efforts.

How about a quick example to explain exactly what I mean?

There was this woman that my wife worked with a few years ago. She was constantly starting her 'diet' the next day or the next week. She would always eat doughnuts and candy bars and then tell everyone she was going to start her new diet the next day.

Then she was always saying that she just couldn't lose any weight. Well, no wonder.

What I wanted to point out is the fact that she is sabotaging her own efforts by telling her subconscious mind that she CAN'T lose any weight. She would tell herself that each and every day. And her mind helps to make that reality.

Here's my point...

You MUST know why you're doing something, how it works, and you must believe in it. By knowing how something works and why... You REALLY start to believe in what you're doing.

You've got to keep your thoughts positive. You've got to believe in the program you are using. You have to know the strategy. If a program doesn't give you that, ditch the program.

Don't take this advice lightly. Your mind is your most powerful asset. Learn how to put it on your side, and you win.

MISTAKE #21

Trusting Advice of So-Called Experts that Tell You to Use a Split Routine



Split routines are NOT the best workout strategy -- not even close.

Yet, I see and hear people telling others that they should only be working each muscle group once per week.

Why? Well, these people giving the advice spout off something to this effect: "Your muscles need a full 7 days to fully recover."

Where did these people get this? Did they do a scientific study on muscle recovery? If they did, I didn't read anything about that. The truth is... These people are simply regurgitating information that they've heard from someone else. IT'S NOT TRUE!

Your muscles do not need 7 days to recover. Someone must have come up with 7 days just because it fit the weekly schedule.

Science has proven that your muscles do not need 7 days to recover. Recovery time (once again) depends on too many factors for anyone to tell you that you can't recover in a certain period of time.

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I love the people that tell me you can't do Squats 3 times per week without overtraining. The people telling me this don't know me, don't know what I eat, how much I eat, how much I sleep, don't know the intensity of my workout, or anything about me.

But... they think they can tell me that I can't do squats 3 times per week and make progress.

Yet, when I tell them that I and millions of others do this every single week (naturally too by the way), they don't believe me. The fact that I've built almost 80 pounds of muscle NATURALLY means nothing to them.

Olympic weight lifters workout even more often than that, and I think they are doing just fine. Come on! They are the best weight lifters in the world.

Full body workouts are better? What?

I always recommend full body workouts to most people but especially for beginners. And I always design every single one of my weight lifting programs to work each muscle group more frequently than once per week.

With full body workouts, you get 3 times the number of workouts per year for each muscle group. This means you get 3 times the muscle building potential than once per week split routines. 3 TIMES!!!

So please don't make the mistake than millions and millions of other people are making throughout the world RIGHT NOW. Try something different. Try an intelligently designed full body workout program... You will love the results.