

# Essentials for Success

by P.J. Striet (adapted from <http://www.cyberpump.com>)

The five following components will 'make or break' your training for health and fitness.

## 1) Consistency:

You must train on a consistent basis (eg twice per week for weight training)

## 2) Overload & Progression

You must consistently overload your body, and the easiest way to do that is to lift more weight, or perform another repetition

Attempt to progress each workout. Leave the gym knowing you gave it your best on that day

## 3) Desire

You have to want to train. If you are going to train, then train hard

The ones who socialise, take a lot of water breaks, and otherwise do nothing won't get results

## 4) Safety

If you can't perform an exercise in a controlled manner, you are not going to get gains

## 5) Keep It Simple

Perform an exercise until you can no longer perform it because of fatigue

Eat a variety of nutrients that allow for growth and recovery

Is this method "scientific"? No. Is it effective? You bet.