

Ten Commandments of Fitness Success™

- I. **Take Responsibility.** Take responsibility for becoming a “student” of your fitness success. Shorten your fitness learning curve by thinking “logically” about your training and nutrition.
- II. **Apply the Power of “TNT” to your fitness goals.** Learn proper Training, match your Nutrition with your goals, and allow Time for it all to work.
- III. **Dream Big!** Believe that getting in the best shape of your life is possible, regardless of your age!
- IV. **Develop the Action Habit and Move!** Think priority and management, effectiveness and efficiency.
- V. **Invest in the Fitness Lifestyle.** Understand exercise is a “2 for 1” special. For every one hour you exercise, it’s proven, you gain an extra two hours of quality living.
- VI. **For Best results... Throw away your Scale!**
- VII. **Drink More Water Than Any Other Liquid Each Day.** Strive for one gallon per day if 180 pounds. (Two gallons per day if over 180 pounds.)
- VIII. **Become a Morning Person.** Fact: You will burn two to three times more fat first thing in the morning on an empty stomach than any other time of the day!
- IX. **Think Variety in Your Training.** Stick to basic, compound, high intensity exercises to burn the most fat, and mix it up, add variety to enjoy each visit.
- X. **Have Faith and be Patient.** More is not better... Better is better! Be efficient, fast and heavy with your training but not long. Limit yourself to four trips to the gym, on non consecutive days, each week at most!