



Is diet and exercise the only way to get ripped and build muscles?

NAME:

DATE:

This worksheet is a supplement training guide to “Is diet and exercise the only way to get ripped and build muscles?” video published on July 6, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Building muscles isn't just cosmetics. Taking good care of ourselves and maintaining a physically fit lifestyle isn't always easy, but it is worth it. We often get caught up in the hustle and bustle of life and of the lives around us and we neglect taking care of our body. With all this scurrying and hurrying, we don't make time for exercise and our minds and bodies become absorbed in the whirlwind around us in the form of stress. We need to stop abusing ourselves and treat our bodies not as a house, but as our home.

Mind-Muscle Connection

Do you know that some researches show that mind-muscle connection can significantly improve muscle recruitment? To maximize muscle development, you need to develop a strong "mind-muscle connection".

You should start by thinking the muscles you are about to train while you are on your way to the gym. Once you do this procedure, you send signals to your brain to begin preparing for battle. By doing this, your muscles become more receptive when it comes time to begin lifting.

After visualizing the muscles, you need to focus on what it will feel like when you are training the muscle. Either while warming up or immediately after getting to the gym, how is it going to feel after working that muscle group?

Build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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www.tchpp.com and www.journeytopersonalgreatness.com