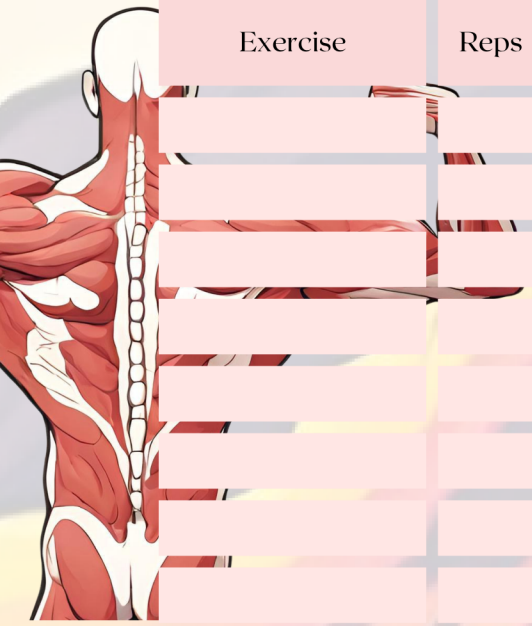
GET MUSCULAR/ STRONGER ROUTINE

Date 1/16/2024

EXERCISE

RECORD YOUR WORKOUTS IN THE SPACE BELOW.



Exercise	Reps	Sets	Weight or Duration	Exercise	Reps	Sets	Weight or Duration

EAT WELL

TRACK HOW WELL YOU FOLLOWED SIMPLE EATING HABITS PROVEN TO HELP GET TO OR MAINTAIN A HEALTHY WEIGHT. CHANGE YOUR RELATIONSHIP TO EATING WITHOUT UNREALISTIC AND UNSAFE DIETING PRACTICES.

WEIGHT? _____

ATE AT LEAST 1 GRAM OF PROTEIN PER LB OF BODY WEIGHT? ☆ ☆ ☆

ATE WHOLE FOODS? ☆ ☆ ☆

USED HAND TO MEASURE PORTIONS? ☆ ☆ ☆

IMAGINE VIVIDLY

VISUALIZE YOUR EXERCISES DURING YOUR REST PERIODS DURING YOUR WORKOUT OR RUN THROUGH YOUR WHOLE ROUTINE IN YOUR MIND ON YOUR REST DAYS.

I. BREATHE

Breathe slowly and deeply in through your nose and out through your mouth or nose (preferably using 3-stage breathing outlined above).

II. OBSERVE & EXPERIENCE

Perform an exercise in your workout routine slowly at a low weight and feel your the muscles being activated. Try to perform the exercise with perfect form and feel the muscles being activated. Notice all the sensations of movement within your muscles, ligaments, and joints. Feel the pressure and temperature. Notice the thoughts running through your head.

III. VISUALIZE WITH ALL 5 SENSES

Close your eyes and imagine executing the exercise you just performed with perfect form and complete confidence. Feel each and every muscle fiber activated in this exercise. See yourself from multiple angles and viewpoints executing the exercise with expertise. Feel your muscle fibers breaking down and growing back bigger and stronger than ever before.

DID YOU VISUALIZE YOUR EXERCISES TODAY? _____

FOR HOW LONG? _____