

# How to be a Bodybuilding Champion - The Art of Focusing!

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## **Sample of Content:**

The number one rule in material arts is focus. The same holds true for being a champion in the gym. A few techniques can make or break your success.

## **Content:**

Tiger Woods is the only one I know who has the ability to stop his down swing on a dime when it just does not feel right to go through with it. How does he do it? Over the years I have been able to teach myself one of the most important elements in making the most out of my workouts. What is it? It's the ability to tune everyone, everything and every sound out in a blink of an eye.

We see it played out in movies where a baseball pitcher blocks out all the roaring fans and only concentrates on the catcher's mitt in silence. This is the keen ability to focus with laser like power.

One of the main reasons I became a champion bodybuilder at very young age is because I have mastered this technique. Today, I walk into a gym, step on a treadmill, or go out for a walk and the only thing I am aware of is the task at hand. I block every one and every thing out. No it is not always easy, but it is very effective.

This is not a technique you can read about in an anatomy book, it will take practice on your part. It is a discipline within itself.

Here are some general workout rules that have helped me master the art of focus during my workouts

1. Go through your workout in your mind first before you even get to the gym.
2. Take a water bottle "eliminate all excess wasted time.
3. NO cell phones during a workout "This goes without saying.
4. Visual the muscle that is moving the weight.
5. Work the room just like a social gathering.
6. Keep a flow into your workouts.
7. Practice every single workout "over and over and over again.

If you want to get the most from your workouts you need to work smarter rather than harder. Focusing on the task at hand in a laser like fashion may be the key to you being a champion in your own right.

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