

## “Did You Miss the Gain Train?”

Here at BPI we are big proponents of personal growth, especially when it comes to fitness. Recently, the whole team sat down together to talk about our individual fitness goals, which then led to discussing some frustrations. The underlying theme is “I’m working out, and I’m not seeing a difference.” When we broke it down even further, we discovered there are six things that can prevent you from getting the gainz you want.

- 1) Overtraining. This is where you push your body beyond its limits, however, you’re not allowing enough time for it to recover fast enough to be prepared for the next workout. If you are giving 100% in your workouts, and you’ve hit a plateau, or you’re not seeing an increase of muscle – it’s possible that you are overtraining.

**Solution: Adjust your training schedule to allow your body to recover between workouts. Make sure you’re taking protein, and BCAAs to help with recovery.**

- 2) Under-training. Under-training can come in two forms. The first is that you are just not hitting the gym frequently enough. You’re not going to make the type of gainz you want by hitting the gym twice a week. You have to make sure you hit the gym enough times a week to ensure that you are making progress. The second form that under-training can come in is the level of intensity. If you go to the gym 5 days a week, but you’re only giving a 60% effort... you’re cheating yourself of 40% more gainz!

**Solution: Focus on frequency and intensity. That means make sure your workout schedule will yield the results you’re looking for, and that you focus on giving 100% on each exercise, and rep.**

- 3) Sleep. Without proper sleep, your body will fail to adapt. Your muscles literally grow while you sleep. Aim for 7–9 hours per night. Another thing to consider is that without proper rest, you won’t have the proper strength to hit the gym hard the next day.

**Solution: Create a peaceful sleep environment. Unplug your screens (phone, TV, etc.) for at least 45 minutes before bedtime. Maintain the same sleep schedule all week.**

- 4) Diet. There is no need to elaborate on this point. You are either eating clean, or you are not.

**Solution: Lean protein, veggies, whole grains and a whole lot of water.**

- 5) Supplementation. If you are training seriously, then you need to be supplementing properly. Don’t go cheap on your supplements either, as many of the cheap ones are filled with unhealthy things to make them taste good. Make sure that you are using supplements that will support your goals.

**Solution: At a minimum take a high quality pre workout, post workout, BCAAs, and protein.**

- 6) Dedication. We live in a world of wanting things, and wanting them now. That just doesn’t happen with fitness. Fitness is a lifestyle. You can’t let yourself give up because you’re impatient.

**Solution: Stick with your fitness plan relentlessly. Learn to notice the smaller accomplishments – you might not have a six pack (yet), but you’ve been going to the gym 5 days per week for 2 months!**

The key to assessing your training is honesty. If you aren't getting the gainz you want, go through this list, and look in the mirror and ask yourself if you are upholding your end of the bargain. And when you identify the missing link, take control and make sh%t happen!