

YOU ARE PRIMARILY **THE FEELER**

When everything comes together, nobody loves training and the fit life more than you. But it's pretty rare for everything to come together. You want to take control of your fitness and nutrition, but sometimes, it feels like everything in your life is conspiring to leave you discouraged.

Here are the hurdles that might be keeping you from achieving—and holding onto—your dream physique.

- 1 STAYING POSITIVE.** You're easily discouraged. You pick workouts or programs that you don't enjoy, or you view training as a whole as punishment.
- 2 COMFORT EATING.** You have a tendency to eat or drink for comfort. When you're snacking, anything goes.
- 3 HESITANCY.** You feel self-conscious or intimidated in the weight room. You're afraid to extend yourself or try new movements or equipment.
- 4 INCONSISTENCY.** When you're enthusiastic, you train hard—maybe too hard. When you're not enthusiastic, you struggle to get to the gym at all. Your approach to training is based on trial-and-error rather than a systematic plan. You don't track or plan your workouts, so you have trouble gauging progress.

GET REWIRED

Over the nine weeks of the Rewired Trainer, here's what you're going to work on.

Enjoyment. Everybody knows the old saying about the journey and the destination. For the next two months, you're going to really focus on *enjoying* your time in the gym and opening yourself to *the experience of training* rather than just the *results*. You've got a long life ahead of you, and you need to learn to love the work. The Rewired Trainer is your opportunity to practice embracing fitness as a lifestyle.

Building confidence. Your days of feeling self-conscious in the gym are numbered. Over the next nine weeks, do what is necessary to master your workouts and feel strong and confident. If that means hiring a trainer, do it. If it means working out consistently with a training partner, that's even better.

Getting consistent. We know that fitness is demanding, and a "fun" workout is always easy to find and justify. But for the next nine weeks, focus on reaping the full benefits of this trainer—and *just* this trainer. Follow the Rewired Trainer's workout program without any customizations, lapses, or shortcuts. Do the work, do it hard, and see what happens.

Building healthy habits. We all know how easy it is to justify an unscheduled cheat meal—or day. But an increasing body of research is also showing that will-power is like a muscle; you have to train it by making difficult choices over and over, day-in and day-out.

Follow the nutrition program to a T, and stay on guard for comfort eating and other "secret calories" in your life. You can do it; it's only nine weeks!

WHAT TO DO NOW

Write a letter to yourself. Using your BodyBlog or whatever medium is most comfortable for you, write a letter to yourself that lays out three things you want to work on over the next nine weeks, why they matter to you, and how you're going to make them happen. Your letter doesn't have to be long, but it has to be real. Share it with someone if you want, or keep it private if you need. But do it, and keep it someplace where you'll see it regularly.

Start tracking. Consistency has been a problem for you in the past, and the answer is to start keeping track of your progress in training, nutrition, and supplementation. Leave nothing up to chance! BodySpace offers workout trackers and plenty of other tools to help you stay on track, as well as a community of millions of people to help keep you accountable. Sign up for an account if you haven't already.

Post to Fitboard. Fitboard is Bodybuilding.com's one-stop inspiration station. It's where you'll get the biggest laughs and the hardest truths on our site. Make a habit of posting and visiting there regularly, and you'll be rewarded with gems of wisdom that seem custom-made for you—like that slow progress is better than no progress.