

YOU ARE PRIMARILY **THE SOCIALIZER**

Everyone loves having you around—and for good reason! You’re the life of the party and love to see and be seen, in the gym and everywhere else. After all, what’s the point of going to the gym if you can’t show off the results online or out on the town? However, your passion for keeping things fun and easygoing means you sometimes avoid the boring, repetitive work that you know could take your training and physique to the next level.

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

- 1 INCONSISTENCY.** Your fitness goals revolve around events—a show, a wedding, a vacation—rather than around building a healthy, consistent lifestyle.
- 2 DISTRACTION.** You make workout choices based on what sounds fun or what other people are doing, rather than following a plan consistently over time.
- 3 TREATS.** Your diet contains lots of “secret” calories in the form of restaurant food, sugary drinks or cocktails, and decadent treats in a social setting. Perhaps you also drink a bit too much alcohol, and are prone to making bad choices while under the influence.
- 4 DISCOURAGEMENT.** You get discouraged when you feel like someone else looks better than you, either in person or online.
- 5 INEFFICIENCY.** You waste time in the gym chatting or on your phone, and your training isn’t always top-notch as a result.

GET REWIRED

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

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.

Training willpower. We all know how easy it is to justify an unscheduled cheat meal—or day—because you feel like you’ve “earned” it with hard work in the gym. But an increasing body of research is also showing that willpower is like a muscle; you have to train it by making difficult choices and saying “no.” Follow the nutrition program to a T, and stay on guard for secret calories in your life. You can do it; it’s only nine weeks!

Slowing down. Everybody knows the 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 the Rewired Trainer is your opportunity to practice embracing fitness as a sustainable lifestyle, not just a way to look good for a single day or event.

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.