Weighted Vest:

AGAIN, PLEASE KNOW I'M NOT A TRAINER AND DO NOT RECOMMEND THIS STYLE OF TRAINING FOR JUST ANYONE IN THIS SECTION!!! I say this, because after doing P90X for about 2 years, I decided I wanted to increase the intensity with a weighted vest and wrist weights. The added weight from these items will add extra stress to the body and if you don't train with proper form you may end up hurting yourself. I worked my way up from an 8lb weight vest and gradually over time increased the weight as my body became accustomed to the weight. I currently train with 40lbs on my weighted vest and also wear two 2.5lb wrist weights. I want to say I don't believe this is a necessary training method to achieve your goals. I personally enjoy this style because I've done it for so long and enjoy the challenge!

Philosophy:

The whole point to any workout program should come down to this, why are you doing it? If you're training JUST to lose weight and look good, while it's great to be in shape and we all want to look our best, this should be a very small reason to train. Instead, you should work out to become a healthier you. Don't work out to impress others, instead impress yourself. Push yourself to do the things you thought you'd never be able to do, try to see what you are truly capable of! Let's face it, working out isn't easy, it's tough and some days will be harder than others. If you are going to do something this difficult for others instead of yourself, it'll become far more challenging. The best part is if you focus on making yourself better, for yourself, the other stuff (The Looks) will come naturally!

**I don’t feel this text is necessary. Most of this was already stated on the welcome section:**

*Questions:*

*As I stated before, I’m not a personal trainer. I'm just a guy who figured it out through trial and error. I made mistakes and I learned from them. I'd love to help others skip the mistakes I made in my training and help anyone reach their goals! Along with a good exercise program, your diet is key to getting the best results possible. So check out the Diet Tab for more info on how proper diet will lead to awesome results!!! I will post in the Calendar tab what workouts I’ll be doing so you may follow long. If you'd like more information on anything training related or just have specific questions please click the email tab at the top right and I’ll answer you as soon as I can!*