

AS RX'D: THE COMPLETE HOW-TO GUIDE TO TAKE YOUR TRAINING TO THE NEXT LEVEL





CONTENTS

A Letter From The Coach:	3
1. Read Me First: The Step	6
2. Scaling Vs. Modification.....	9
3. Three Pillars Of "RX": What It Takes To Get To The Next Level.....	13
4. Roadblocks: What Are Yours?	18
5. You've Searched, Now Destroy!	21
6. The Most Important Question To Ask Yourself	23
7. Choosing The Right Catalyst.....	25
8. What Does This Mean For You?	31
Epilogue: For Those Who Want More.....	33



A LETTER FROM THE COACH:

You.

That is why I wrote this.

This is a resource for you, the athlete, to reach your absolute highest potential in this “sport” of fitness.

Now, while many people argue that “being good at exercise” isn’t something to take pride in I beg to differ.

Understanding the limits of your own body, both mentally and physically, is an essential part of being human.

It is a God-given gift to demonstrate your own physical potential, and it would be a shame to let that go to waste. There are millions of people who do not have the opportunity to find these limits.

It is important to take advantage of your blessing.

Think about it. Why would you ever want to live a life where you didn’t understand how to push through mental barriers? Why would you live without ever experiencing what it means to push past your physical “limit”? Why not try to do something you didn’t think was possible?

Call me crazy, but I love challenging my limits. I think that the more we challenge our own potential, the more we are able to grow beyond it.

When I first created WODprep, the goal was to help people who were competing in the Open. I wanted to create a resource that would help people improve their workout times, scores, and ultimately have more fun in the online competition.

After the Open, I realized that there were still so many people in need of direction.

The most common thing that I hear from athletes is that they want to reach “RX level” in their workouts, but they have no idea where to start.

Well, I have made it my mission to help those people. I have dedicated my time to release good, quality content to help people understand how to achieve their own fitness potential.



After several years of coaching under Christmas Abbott, running my own facility, and traveling to Boxes (gyms) across the country, I have realized one thing: **athletes need guidance.**

They need something more than just a few pointers on how to improve their pull-up form in the beginning of a one hour class. They need something more than a good barbell warm-up.

They need a coach; someone who is willing to break down their goals to manageable checkpoints, develop a game plan, and do everything in their power to make sure the athlete gets there.

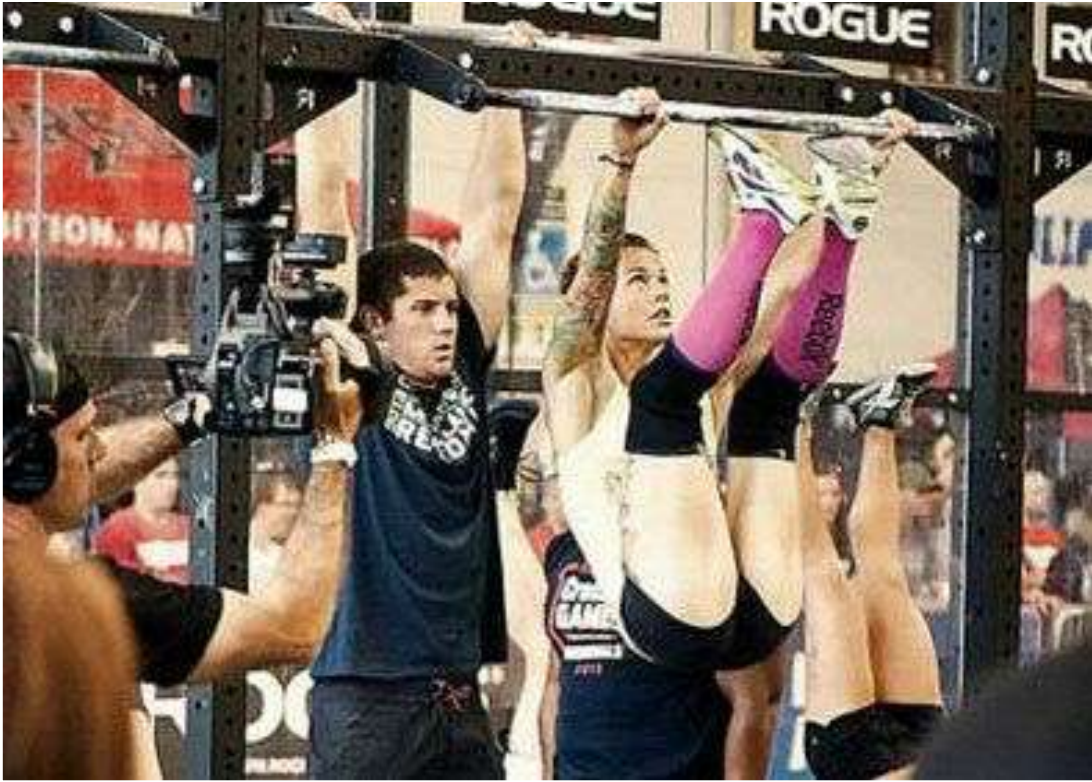
Regardless of whether or not you feel like you need a coach, my hope is that this book shows you what it will take to live up to your full potential in fitness.

Thank you for letting me help you in this journey.



Ben Dziwulski

WODprep.com



Christmas and I “hanging out” during my first major Regionals Competition. This was a seriously fun team WOD!

(Photo Credit: Tony Pearce)



1. READ ME FIRST: THE STEP

No citizen has the right to be an amateur in the matter of physical training .

. . what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable.

Socrates

We've all been there before.

You see the workout on the whiteboard. . .

4 Rounds for Time:

3 Muscle Ups

6 Pistols (alt.)

20 Double Unders

"I can't do ANY of those", you think. So what does the coach do?

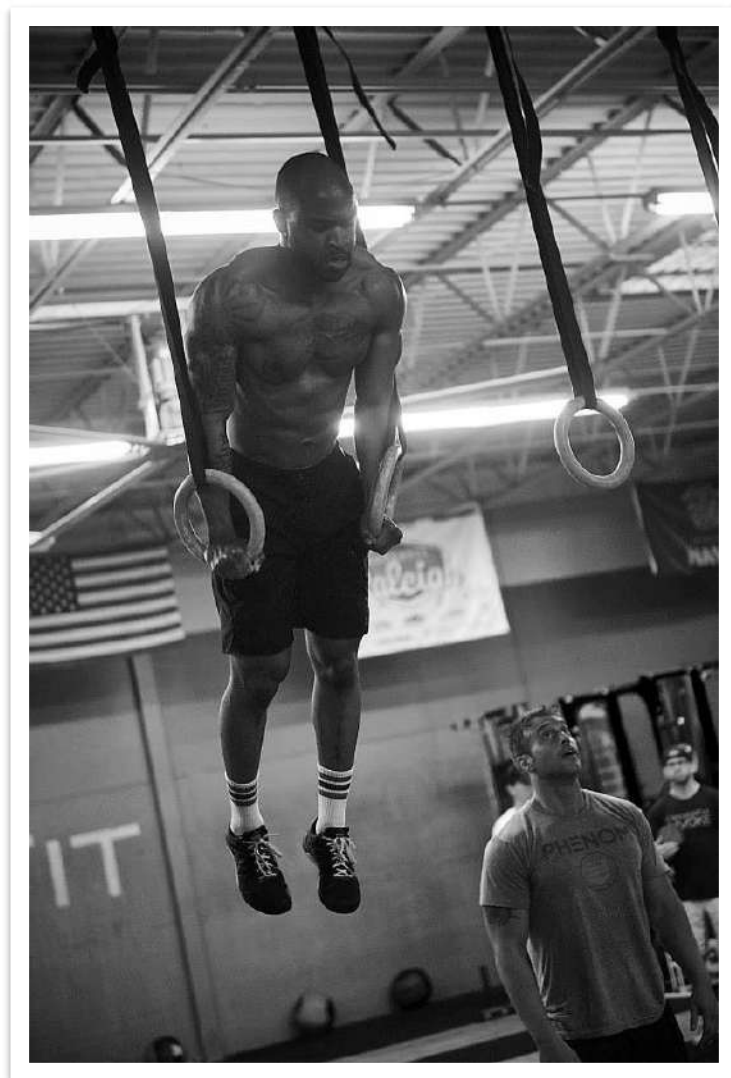
They give you modifications. Maybe you substitute dips and pull-ups for the muscle ups, and single-leg box squats for the pistols, and then 3:1 single unders for the double unders.

When the coach announces the scaled movements, you might even scale down some more: banded dips, pull-up negatives, etc.

By the time it's all said and done, your "new" workout looks almost NOTHING like the original.



You struggle through each round, watching a couple of athletes fly through the air, knocking out kipping muscle ups with ease. You think “If only I could just do this RX’d, then I would be having so much more fun.”



Note: I offer individualized [Muscle Up Coaching](#) with a guarantee, but it’s not for everyone. [Click here](#) to see if it’s a good fit for you.

(Photo Credit: Tony Pearce)

Very often people ask “How can I do that?” or “Do you have any tricks to help me learn?”

“How can I get to where I’m all RX’?”



Unfortunately, people are asking the **WRONG** questions. You see, it takes much more than a little trick or slight tweak it takes dedication, practice, and determination.

Additionally, most people who are at those “higher levels” don’t even understand how they got there. Many people just seem to be born with natural ability and talent.

Well, there is good news for the “average”: hard work can beat natural ability. Also there is more good news **YOU ARE NOT AVERAGE!** Don’t ever allow yourself to think that way. You are in direct control of how hard you can work to achieve your dreams.

Notice how I said “work”.

There is no such thing as a “quantum leap”. Amateurs don’t turn into professionals in the blink of an eye. There is an underlying formula that most people never understand.

The purpose of this book is to transform you the “next level”.

We will break down the difference between those who “make the leap” and those who stay in the same place. We will explore the critical mindset adjustments that must take place before setting out on the long journey that is becoming a better athlete!

A journey of a thousand miles begins with a single step

Chinese Proverb



2. SCALING VS. MODIFICATION

Now, there is absolutely nothing wrong with properly scaled workouts. In fact, scaling is a necessity. It is the backbone of functional fitness. It is the only reason we have seen transformations from millions of athletes of different sizes, shapes, and ages across the globe.

However, there is a distinct difference between *modifying the workout to further your athletic development*, and *scaling the workout so that you are able to complete it easily*. It all depends what you want as an athlete.

If you are simply looking to “work up a sweat”, then scaling down to your level is a great way to get a good workout without pushing you outside of your comfort zone.

The comfort zone does not facilitate progression remember that!

On the flipside, if your goal is to be able to “make the leap” and become an RX athlete, Regional Competitor, or simply “hang” with the best at your gym then you must pay careful attention to modify your workouts correctly!

Let me show you a classic example: 100 Double Unders for time. This sort of workout can be scaled/modified in several ways.

Let’s say, for the sake of this example, **the most double unders you have ever strung together is five**. Now, there are a number of ways coaches will scale or modify this workout.

If you are looking to become a better athlete, there are right ways to change the workout, and there are wrong ways.

WRONG WAYS:

(Option A) 2:1 or 3:1 Single Under substitute. In this example, you would be doing 200 or 300 *single* unders for time instead of 100 *double* unders.

Although you would certainly get some metabolic conditioning stimulus, and you would most definitely be working out your legs, you are NOT setting yourself up for success in the double under.



As an athlete looking to make the “RX leap”, you will not be making impressive improvements. Instead, you will be using the common “crutch” of scaling and probably stay in the same place.

(Option B) You perform 100 double unders for time. Yes, this is doing the workout “RX”!

But wait, why is this wrong?!

While forcing an athlete to struggle through 100 double unders *might* be a potential way to make a breakthrough, it is probably not the case.

Instead, you would probably be very frustrated, annoyed, and exhausted by the end of the 100 reps (and it would probably take forever). Ultimately, bad mechanics would dominate this workout, and the athlete would be left in the same place that they started (with really, really tired calf muscles).

RIGHT WAYS:

(Option A) 30 to 50 Double Unders for time.

Wait, why is this better?

Instead of A: scaling down to a too-easily-achieved 3:1 Single Under scale, or B: leaving the workout as-is and struggling through a terribly frustrating (and long) whipping session, this example is an excellent hybrid of the two. You now are faced with half the amount of reps, but still have the same skill difficulty. You are still forced to struggle, but will not see diminishing returns and overwhelming fatigue.

(Option B) 5 Double Unders EMOM for 6 minutes.

Here, you will perform 5 double unders at the turn of each new minute. At the end, you will have successfully completed at least 30 reps. This workout allows you to focus hard on completing your reps in synchronization, but you are not pressured to break form and “go faster” to try to reach a distant number.

Instead, it has small manageable sets that will hopefully facilitate a new PR of unbroken double unders!



Half the battle with double unders is finding the perfect rope. I think the best rope for beginners is [this one made by Jump-N-Rope](#). Also they make [this one \(uncoated\)](#) which I use for all of my competitions. It's the fastest rope I have ever used.

(Photo Credit: Tony Pearce)

THE MORAL:

While this is a very oversimplified view of what proper modification looks like, it is important to constantly reanalyze your scaling and modification choices.

Unfortunately, not every coach takes the time and energy to modify workouts to help meet each athlete's individual goals. Instead, they tend to use a one-size-fits-all mentality to help save time.

This is where having a coach that understands your individual needs is absolutely crucial.

It is your job as the athlete to discern between the right and wrong way to modify, scale, and change your daily program to help fast-lane you to success!



If you do not have the knowledge base and/or creativity to identify the right course of action, then you need to seek the advice of a coach or mentor!

For now, let's keep digging deeper into understanding what it takes to become an "RX" athlete.



(Photo Credit: Tony Pearce)



3. THREE PILLARS OF “RX”: WHAT IT TAKES TO GET TO THE NEXT LEVEL.

PILLAR ONE- SPECIFIC STRENGTH:

Often times people ask, “How much should I be able to lift before I try to do this RXd?”

Although that is a very relevant question, it is actually the wrong one to ask.

In this sport, you must have a delicate balance between your maximal “1RM” strength and your “battery”.

So, having a strong 1RM (One Rep Max) will not always carry over to being proficient for multiple reps under extreme fatigue.

HERE IS A PRIME EXAMPLE:

Kendrick Farris, an Olympian and multiple American Record holder for his Olympic Lifts, has a 1RM Power Snatch of approximately 142kg (312lbs). This is arguably one of the best if not the best Power Snatch numbers in the entire country.

In 2013, he attempted his first-ever WOD “Isabel”. Isabel is 30 Power Snatches for time at 135lbs. Most people speculated that he would absolutely destroy the world record time of *one minute and four seconds*.

So, what was Kendrick’s time? Under one minute? No.

Under 90 seconds? Nope.

Under two minutes, surely? Not even close. . .

His time was **Three minutes and 21 seconds**. . . Don’t believe me? [Here is the video.](#)

So what is the moral here? In training, you must sometimes look beyond the numbers. You must look beyond the 1RMs.

Instead, you have to figure out how to measure your “specific strength” for the sport you are trying to improve.



Just know that increasing your 1RM will *absolutely* help you perform your lifts more quickly, BUT it is not the *only* thing to measure. It is important to have baseline measurements that will track your progress along with your 1RM numbers!



(Photo Credit: Tony Pearce)

PILLAR TWO- SPECIFIC SKILL:

Similar to “Specific Strength”, skills are often times misinterpreted when it comes to application within a WOD or competition setting. For instance, if you have a max kipping pull-up of 10 reps, chances are you could complete a workout like “Cindy” in the RX division.



Cindy is 20 minutes AMRAP: 5 pull-ups, 10 pushups, and 15 air squats. Although the max set of pull-ups in this workout is only 5 repetitions, there is a good chance that you will reach failure before the 20 minute time cap.

The compounding effect of multiple rounds of pull-ups and pushups along with conditioning fatigue will most likely leave you to break up your pull-up sets, thus slowing you down.

Let's say that after a couple months of training, you hit a new pullup PR of 13 reps HOORAY! Although that is great, *it does not necessarily mean that you will improve your Cindy score.*

Unfortunately, when most coaches and athletes measure things like “max reps” *they fail to maintain near perfect form.* This mechanical breakdown is often times overlooked, and people look for the number (even if it looked awful).

The real story is this:

What does the kip look like?

How well can you maintain solid hollow body positioning? How strong are you keeping your core?

This is what a real coach will look for in his/her athlete.

An athlete who is able to perform eight nearly perfect unbroken kipping pull-ups will CRUSH someone who has a max set of 13 sloppy kipping pull-ups *any day of the week.*

Good coaches will look for extremely important, but not necessarily easy to spot details. Lazy coaches will look for the number on the whiteboard, and not the story behind it.

PILLAR THREE- MENTAL STRENGTH:

The final and most overlooked part of reaching the “next level” is your mindset.

Your brain is stronger than any supercomputer known to man, and it can be used to both help and/or hurt you in the middle of a WOD.



Without a doubt, having the right mindset is a primary factor to determine your success in any physically demanding sport, especially competitive fitness. More importantly, strengthening your mental toughness inside the gym will naturally create an unbreakable mindset in all aspects of life.

So, what does that mean for you?

Well, the good news is that your mental toughness is very much like a muscle you; can train it to be stronger. In fact, just like a muscle, *it will have a tendency to do exactly what you train it to do.*

This means that if you constantly allow negative thoughts and emotions to creep into your head during training, **then you are actually exercising those “negative mindset muscles”**. Just like breaking bad habits in your Olympic Weightlifting, changing your mindset can be a tough endeavor.



If you want to read an AMAZING book about mental strength, check out The [Obstacle is the Way by Ryan Holiday](#). Your mindset, performance, and overall happiness will thank you

(Photo Credit: Tony Pearce)



ASK YOURSELF: DO I HAVE THE RIGHT MINDSET?

Are you constantly saying “*I can do this!*” in the middle of the toughest workouts?

Are you always thinking positive and using that energy to propel you forward?

Or do you think things like, “*I hate this! This really isn’t my workout*”?

Or are you constantly talking down to yourself “*Why do I SUCK at these? I look like a complete failure right now. Everyone else can do it, why can’t I?*”

Here is a great excerpt about mental toughness pulled from the book *The Invictus Mindset*:

It’s easy to feel invincible, strong and courageous before you confront an obstacle. But true mental fortitude is revealed

during the worst of the ordeal, when it appears that nothing is going your way and that there is no end in sight. An individual’s outlook and resilience during the worst of times is the difference between those who succeed and those who succumb.

So how do you train the right mindset muscles? How do you develop the inner drive to keep saying “yes” when all signs point to “no”?

The key lies deep within you. It is deep inside each and every person, and must be identified to truly unlock its full potential.

The key is understanding your “why” before you worry about your “how”. We’ll get to that later on . . .



4. ROADBLOCKS: WHAT ARE YOURS?

One of HQ's favorite slogans is "punishing the specialist". Basically, this is just one way of saying "we are looking for the most well rounded".

So, as an aspiring athlete in this sport, you must make sure that you embody the definition of "well rounded". Now, there is nothing wrong with being really good at a particular movement; I think that everyone has their goto movements or workouts.

However, in order to jump to the next level, you must aim to even out your own skills. Instead of trying to rely on your strengths to achieve success, you must try to eliminate your weaknesses.

To find your weaknesses, you must take a long, hard look at your own performance history. If you have competed in the Open before, you already have a GREAT starting point to analyze your weaknesses and strengths.

For instance, you might have finished top 500 in the region on 14.1, but then followed it up with a 9,000th place finish on 14.2. That sort of inconsistency will show you that you are either really good at something in 14.1, or really bad at something in 14.2. Most likely, it is a little bit of both.

Although looking at entire workout scores is great, often times it does not tell the bigger story. In order to see exactly what is holding you back, you must look at each movement under a microscope.

How many box jumps can you do in 30 seconds? How many strict pull-ups can you do compared to your max set of kipping? What is your deadlift 1RM compared to your Back Squat 1RM?

Questions like these will help identify patterns of deficiency.

Let's play a little game. See if you can identify a common pattern and identify this athlete's weakness. What do you think is holding this person back?

- "I love muscle ups (and [I love coaching Muscle Ups](#) even more!). In fact, I can do a set of 15+ unbroken pretty much any day of the week. The only thing that slows me down once I start to fatigue is the "ring dip" portion of the movement. I can always get above the rings, but often times the dip lockout is what causes me to reach failure."



- ◉ “I also love pull-ups, and can string together large sets of C2B without issues. Workouts like “Murph” that involve lots of pull-ups, pushups, and squats are pretty easy for me, but the pushup tends to reach fatigue first I usually break them up into sets of 5.”
- ◉ “I can clean 300+ lbs very consistently.”
- ◉ “I often times fail jerks that are 275 lbs or more.”
- ◉ “My max weighted pull-up is 106 lbs.”
- ◉ “My max weighted dip is 85 lbs.”
- ◉ “My Back Squat is 425 lbs.”
- ◉ “My Bench Press is 255 lbs.” So what did you see?

Hopefully, you noticed that this person had *good pulling power*, but comparatively weaker *pushing power*. Specifically, their chest seems to be weaker than other areas of their body.

Movements like muscle ups, pull-ups, and cleans all involve a pull, and things like the jerk, pushup, and dip all involve a “push”. Although this analysis is very vague, it actually encapsulates much of the movements that this person struggles with (Yes, these are my own stats).



Often times I see athletes that have VERY unbalanced strengths and weaknesses, much more noticeable than the ones I have. Although they think that they only have “a couple bad movements”, they actually have evidence of their deficiencies spread across all areas of their fitness.

Identifying your own personal weaknesses can be tough to do, but with careful analysis from a coach or peer, you can start to gain insight into what causes you to struggle.

And then . . .





5. YOU'VE SEARCHED, NOW DESTROY!

Ultimately, once your problem areas have been identified, it is time to devote time to fixing them.

READ THAT AGAIN. *You must devote time to eliminate your weakness!*

Do you know anyone with a problem, yet seem to do nothing to fix the issue?

Like the person that says “Man, I really need to lose some weight!”, yet hasn’t been inside a gym in years. . .

Maybe you are guilty of the same thing in your training, and you just don’t seem to get any better month after month.

Well, if you are going to have any shot at making the leap to the next level, you must start destroying your weaknesses, or they will destroy you.



Have issues getting into this position? Practice! (Photo Credit: Tony Pearce)



Case and point: Sam Briggs.

Samantha Briggs is truly an incredible athlete. She is the 2013 Games Champion for the Women's division, and one of the best athletes in the entire sport. However, in 2014 she didn't even make it back to defend her own title!

Why? Because she didn't destroy her weaknesses.

In the second-to-last event of the 2013 Games, she had incredible difficulty with an 80ft handstand walk. Luckily, she had such a big lead, her struggles didn't cost her the #1 spot, and she went on to win the crown as "Fittest on Earth". However, it was very evident that handstand walks were a major weakness for her.

The next year, in the 2014 Europe Regional, one of the workouts was a max distance handstand walk.

If she had learned her lesson and destroyed her weakness from the previous year, she would have been just fine. Instead, she finished 26th in that event, ultimately causing her to come in 4th place, despite not having another finish outside of the top 8.

She went from being the "Fittest on Earth" (by a long shot) to not even making it out of the regional.

This year in 2015, she attacked her weakness and finished a respectable 14th place in the handstand walk event at Regionals. Although it was still her worst finish, it was quite clear that she took time this year to make sure she didn't make the same mistake. She made it back to the Games easily, **with a broken foot!**

Moral of the story: don't wait to attack your weaknesses! Do it now! (after you are done reading . . . of course)



6. THE MOST IMPORTANT QUESTION TO ASK YOURSELF



Before you can ever propel yourself to a higher level of fitness, you must understand the “why” behind it all.

The best programming in the world won’t make a difference if you don’t understand why you are doing it. Without understanding the underlying motivations for achieving your dreams, you will most definitely get burnt out, lose direction, and settle for less.

Instead of simply saying “I want to win a competition”, you must try to dig deeper and understand the purpose behind why you want to reach that level.

If you have a cloudy understanding of your “why” behind the goals, then when obstacles come your way, it is very easy to step off course and start heading in the wrong direction. Conversely, those who understand their “why” will not waiver in motivation and they will not lose sight of the prize.

Unfortunately, there is something even worse than losing direction: dissatisfaction.

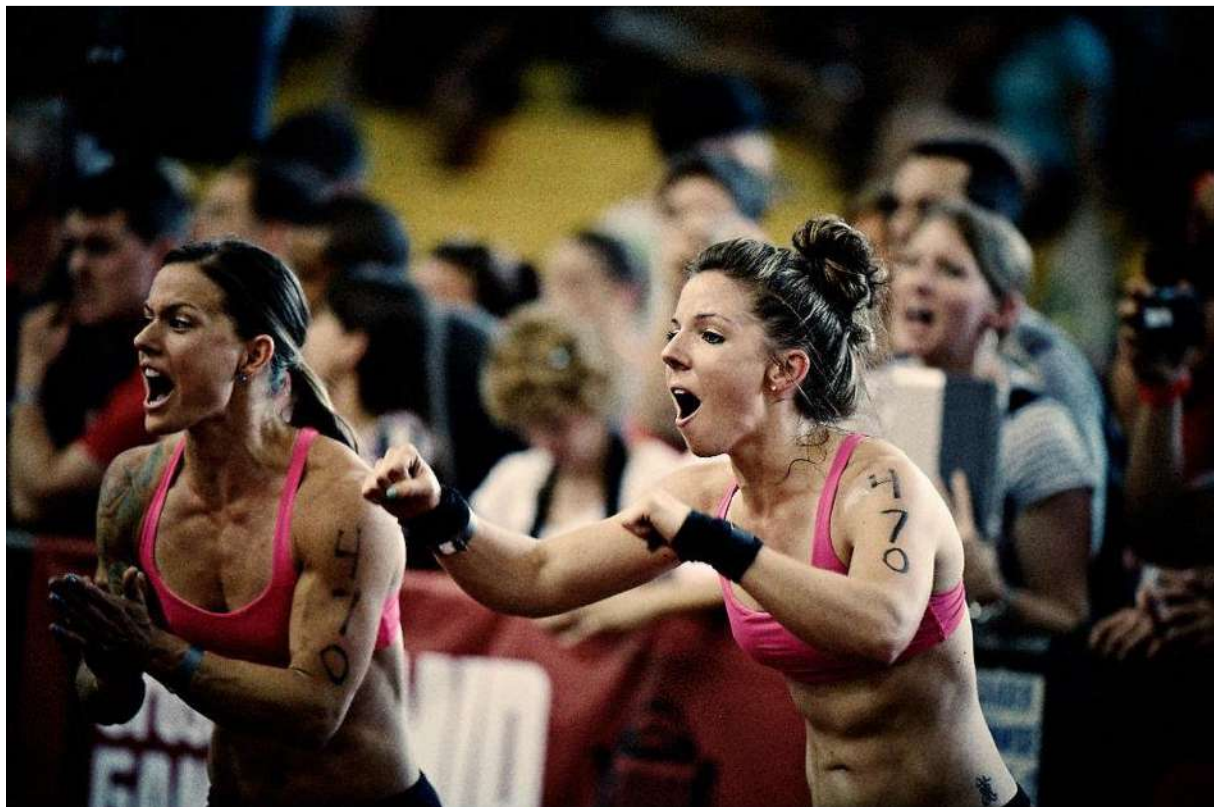


It is a terrible feeling to finally achieve your long sought-after goal, only to find out it does not bring you the satisfaction you were looking for. To paraphrase from the wise words of CJ Martin; “Don’t find yourself at the summit of the wrong mountain.”

In the book [The Only Way to Win by Jim Loehr](#), the author talks about Andre Agassi, one of the greatest tennis players of all-time. Even after eight Grand Slam titles and an Olympic gold medal, the legendary player resorted to drugs and alcohol due to an overwhelming sense of discontent. No matter what he won, he felt even more unsatisfied.

This kind of story runs rampant across all sports, business, and the pursuit of “The American Dream”. So, identifying the correct peak, goal, summit, etc. is an absolutely critical first step!

What is your summit? Are you hiking towards the right peak? Are you working your butt off for the right “why”?





7. CHOOSING THE RIGHT CATALYST

So, while we have only begun to scratch the surface, we have explored some very important concepts that every athlete needs to grasp. No matter your experience or skill level, understanding these main concepts is crucial for your success as an athlete.

Like anything in life, it is much easier to *hear* something than it is to actually *do* something.

In order to actually implement changes in your training, I recommend finding a catalyst. According to dictionary.com:

Catalyst noun a person or thing that precipitates an event or change.

So, what will cause you to change? How will you stay accountable? After you finish reading this you could do one of two things:

Option A - Say *"Oh that is pretty cool, I should remember this"* and then go on training like you always do, with no noticeable change (and probably keep getting the same result). (These are also probably the people skimming this over, and won't actually take time to read!)

Option B - You can ACTUALLY take these suggestions to heart, start attacking your weaknesses, and take aggressive steps to further your athletic development.



(Photo Credit: Tony Pearce)



Before we wrap things up, let's review what has been covered thus far: Main Concepts:

1. **Pursuing peak physical performance is natural and Godgiven.**

"What a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable."
- Socrates

2. **There is NO "quantum leap".** Success comes from a proper plan that is executed correctly. Amateurs do not turn into professionals overnight. Professionals always have a plan and a coach to help them get there.

3. **Scale and modify VERY strategically.** There is a delicate balance between simply making the workout easier and actually working on improving your problem areas.

4. **The Three Pillars of "RX":**

- Specific Strength ; Your 1RM isn't the only number to worry about.
- Specific Skill ; "How did my form look?" is more important than "how many did I do?"
- Mental Strength ; Constantly train your mental muscles to think positive!

5. **Find your Roadblocks.** Those things you tend to avoid are probably the very thing holding you back.

6. **Seek and destroy.** After finding out what is holding you back, make a dedication to eliminate those weaknesses. Don't let them stick around!

7. **Understanding the "why".** You don't want to reach the summit of the wrong mountain!



So, now that you have an understanding of these main concepts, how can you apply them to your training? There are a few different options that tend to work. You can either A make *personal commitment*, B find a *buddy*, or C hire a *coach*. All three have pros and cons.

OPTION A

In order to make a personal commitment you must have extreme self-discipline. Coming up with your “why”, creating goals, and developing a plan for action are all things that can be done on your own.

However, when it comes time to actually put the plan into place, things get very difficult. It is hard enough to craft an action plan without years of coaching experience.

How big should my goals be? How much improvement should I expect? How do I know what to work on first?

All of these are tough questions to answer unless you have coaching experience.

Additionally, most people do not have the personal willpower to stay accountable to their own guidelines. Have you ever tried to eat really strict without any sort of coach or accountability buddy? The rate of failure is extremely high.

OPTION B

A better option is to find accountability. This can be in the form of a training partner, friend, or relative.

When it comes to finding the motivation to achieve big goals, there is strength in numbers. Having someone who checks in with progress and provides emotional support can be a huge driving factor behind success.

Often times, your accountability partner(s) will also have similar aspirations in mind. This means that most likely you will be serving as accountability toward them. While this can be a rewarding arrangement, it can also come with its downfalls.



To start, usually the person responsible for keeping track of you is often times on the same “level”. They probably have similar fitness goals, and might even have the same struggles that you face. This can be beneficial, but it can also hurt.

While it is nice to share similarities, most peers unfortunately lack the expertise to help you get through the larger obstacles that you will inevitably face in training.

Also, due to the shared responsibility, it can be very draining to keep tabs on someone else while you are also trying to push your own limits.

Basically, instead of being able to focus on your own success, you can become distracted worrying about a faltering training partner. Heck, it is not too uncommon for those same people to “pull you down” when they reach stumbling blocks of their own.

Example: If your paleo buddy binges on a pint of Ben and Jerry’s right in front of you, *statistics show that you will really want some freaking Ben and Jerry’s.*

It is a very delicate balance. Finding a great accountability partner is tough to do, but can be very rewarding if you find one that challenges you to get better.

OPTION C

If you are serious about actually reaching your fitness goals, then this last option is without a doubt the best choice.

****Trivia question!****

What do all professional and olympic level athletes have in common?

Answer: ***They all have a coach.***

Every single one of them!



Here is my first coach, fellow teammate, and good friend, Christmas Abbott, giving me some words of wisdom before our 2013 Regional event. Hopefully I was listening! (Photo Credit: Tony Pearce)

First and foremost, a good coach will be interested in your health and well being. No matter what, they will make sure that you are eating right, recovering properly, and using the correct form. Additionally, a good coach will help you set specific, measurable goals that push your limits as an athlete. Then, they will make sure to align your training in order to meet and surpass those goals.

Unfortunately (or fortunately) not all coaches are created equal! Too often, coaches will sit in the front of the class and play a “cheerleader” role. They will cheer, encourage, and motivate, but will provide no legitimate feedback. As an athlete, you need to **MAKE SURE** that you watch out for people like this. While they might be very encouraging, often times they will always tell you what you want to hear, not what you need to hear. If you want to push your athletic limits, then these are not the coaches that you want around you on a regular basis.



On the other hand, some coaches play the “passive” role. They simply read the workout, give a couple pointers, and then return to focus on their own lives (texting their friends, working out themselves, or just flat-out not caring). Coaches like this often take shortcuts. They might not take the time to properly demonstrate the movements, or they can’t remember an athlete’s goals (or maybe can’t even remember the athlete’s name). They don’t pay attention to intricate details. These are not the kind of coaches that you want influencing your training!

Luckily, there are a plethora of coaches in the community that fall into the “good coach” category. They care about their athletes. They encourage and inspire others to kick butt. At the same time though, they aren’t afraid to show tough love and demand excellence when they see their athlete slacking off! They are not afraid to program workouts that “suck” to see their athletes improve on a weakness. Ultimately, good coaches can be found with just a little research. Thanks to the internet, great coaches are easily accessible through many different forms of online communication. Remote coaching gives athletes from any place in the world access to incredible teachers!

As an athlete, it is your job to do the research and figure out which option is best for you.





8. WHAT DOES THIS MEAN FOR YOU?



There is no better feeling than CRUSHING a goal, hitting a new PR, or finishing a workout “as RX” for the first time. Now get out there and DO it! (Photo Credit: Tony Pearce)

While learning how to “level up” your training can seem like a daunting task, remember that **it all starts with one step**. In the game of competitive fitness, you cannot expect to make drastic changes in short periods of time. Like most things in life, great things come from consistent, steady progress.

Achieving success in this sport is like a long journey. Before you start any journey, make sure you understand where you’d like to go, first and foremost. Make sure that when you get “there”, you’ll be happy about the sacrifices that you needed to make along the way. Don’t spend excessive hours in the gym on a daily basis only to regret missing that quality time you could have spent with loved ones!



Above all, remember to enjoy the process! What an enormous blessing it is to have the health, time, and resources to be in the position when you are “working out for fun.” This really is an incredible blessing; don’t take it for granted!

If you ever need anyone to help you along the athlete’s journey, feel free to shoot me an email at ben@wodprep.com. I will personally respond and make sure that I do everything in my power to help you achieve your goals (I can even help you set the right goals!). Even if something is out of my realm of expertise, chances are I know someone who can help!

Now, go out and CRUSH it!



EPILOGUE: FOR THOSE WHO WANT MORE...

I'm proud of you for finishing this training guide and taking time out of your busy schedule to read my thoughts and suggestions. You have already set yourself apart from many athletes who would never take the time to care about their training outside of the gym. If you liked this, I have a few more resources I would like to share with you. Without a doubt, these books have made an enormous impact on my training, mental strength, personal life, and even finances.

I know most people won't take the time to read them, but if you are one of the select few who want to "level up" your life, please read the following. Your fitness, performance, and overall happiness will benefit from the experience. Feel free to send me an email to share your thoughts, recommend new books, or just chat :)

➞ [The Obstacle is The Way](#) by Ryan Holiday

➞ [Essentialism](#) by Greg McKeown

➞ [Extreme Ownership](#) by Jocko Willink

➞ [The Slight Edge](#) by Jeff Olson

Note: If you purchase any of these great books through the links provided, WODprep will receive a small commission through Amazon at absolutely no additional cost to you. All proceeds are used to keep creating more videos, books, and training guides like this. Thanks for the support!

WODprep.com is not affiliated with CrossFit, Inc nor is it endorsed by CrossFit, Inc or any of its subsidiaries. CrossFit is a registered trademark of CrossFit, Inc.