

Subject: **4 Powerful ADHD Gym Hacks.**

Hello [Subscriber],

If you have ADHD, like me, it's likely you've experienced struggling to stay focused during your workout. Or even feeling overwhelmed. Most of us face this problem quite often.

However, I've come up with four and a half powerful hacks from years of struggle with my ADHD that are guaranteed to help you stay focused and to help you achieve a better workout.

1. Do Not Disturb: Put your phone on "do not disturb" mode. Notifications can be easily distracting, and silencing them will help you stay focused.
2. Implement Time: Time your sessions, especially using an EMOM timer (Every Minute On the Minute). This will help you stay on top of your sets and motivate you to keep going.
3. Create a Plan: Having a plan is crucial to staying on track. The "Thrive with Lois" app can help you track your workouts and weights, meaning less procrastination and more structure.
4. Block Out External Noise: Use over-ear or noise-canceling headphones to block out any external noises and help you lock in.

Use these hacks to help you achieve a more productive and focused gym session.

If you're interested in taking your fitness to the next level, visit our [Instagram](#) page and fill out the form in our bio. Drop us a DM saying "READY" to get started.

Kind regards,
Louis