

I feel like everybody looks at training from a “maximization of physical prowess” side...

I prefer to look at it from the perspective of exploring the depths of the mind.

Here's why:



Back in the early 1900s, it was believed that breaking past the 10 second barrier for the 100m sprint was impossible. That was up until Jim Hines broke the 10 second barrier in 1968.

Jim did the sprint in only 9.95sec, winning the gold medal for America.



But what really makes this interesting is the fact shortly after, many other athletes started breaking the 10 second barrier.

Why was it possible? The record seemed to be unbreakable...



When Jim Hines broke the record, he ignited a spark of belief in other athletes.

Suddenly, everyone saw the possibility of achieving the "impossible."

It wasn't the human body that held them back—it was their own mind.



In training, your mind is constantly put to the test.

Will you skip today?

Can you finish the full workout?

Are you capable of breaking a new record?

How can you learn a new movement?

What changes in your life do you need to make to become better?

Video:

<https://www.instagram.com/p/CtzFNAtgctp/>

I love training, but more importantly, I love inviting others to train.

Though I can't carry you to the end, the simple act of inviting you to start is more than enough joy for me.

How selfish would it be to keep this to myself and not share it with the world?

Video:

<https://www.instagram.com/p/CuPcz9ggJ1J/>