

## **AAR: Agoge Program**

### **1) Sustains:**

- The Agoge Program taught me how truly precious every second of every day is and how much of the day I had been wasting and I will try my best to maintain this mentality and system of planning ahead so I know what my tasks are each day in order to achieve my goals.

### **2) Analysis of why I failed:**

- In general, it came down to unpreparedness, but the specific reason was the burpees challenge that got me kicked. I was shaving time off the clock setting new PR's each day I lasted in the Agoge Program until I decided to quit because of my disc herniations in my back worsening and pressing into a nerve near my spine causing numbness in my back. I've dealt with this once before during a big move while packing all my belongings into boxes and lifting them for a week straight and I wasn't able to do pushups or even tie my shoes for a couple months without my back going numb. Eventually, it subsided and I was getting stronger pushing through simple workouts in my room like pushups/pull ups and it went away completely. So I thought the more I do the burpees, the less numbness I'll feel because I'm getting stronger but it was only getting worse, so in order to not increase the MM's of bulging in my discs and have a chance at working out normally again, I got scared and quit.

Here's where the unpreparedness comes in: I know I should have done the modified version of the challenge, but I haven't joined a gym yet since it's been 3 years of recovery from the accident that caused the herniated discs and I've been procrastinating getting a gym membership for a while because I felt I need to get stronger with calisthenics first before I start moving weights around again, so I didn't have access to dumbbells to do the modified challenge. Since I've gotten through the numbness before with workouts, I thought I could do it again, but it seemed to only make the injuries worse. After this, I knew I was going to get kicked so I started falling off from waking up at 4am, doing the other tasks, etc. I wasn't going to lie and post a fake timer, so that initial quitting of the burpees snowballed into me giving up on the rest since I knew getting kicked was inevitable at that point.

#### **- *What I've learned from this:***

- I'm going to be joining a gym within the next few days so that I will be prepared for the next opening of Agoge in two months. Hopefully I will be fit and healed enough to actually do the burpees if that's the same physical element of the program, but if not, I will be able to do any modifications.