



BODYFITNEWSLETTER

Premium Edition.

“Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success.” -Dale Carnegie

Tricks and Tips: A time to lift and a time to rest

All my life I have absolutely loved working out. Through high school and college as I was playing basketball, it was normal for me to put in anywhere from 2-6 hours of working out a day. Rarely would you see me take a day off, and you would *never* see me not going hard in a workout.

Rest was not in my vocabulary. At the time, I thought rest was laziness.

What I didn't realize, however, was that **rest was the one thing my body was craving!** As my college basketball career went on, I found that I was constantly sore, beat up, tired, sick, etc. But for some reason, none of these signs prompted me to take a break.

I enjoyed pushing past these elements and pushing my body to the limits. If I was tired, I would push harder that day, thinking that's what I must do in second half of games.

Looking back, this was crazy! I was in the gym practicing 7 days a week, lifting 5-6 days a week, doing plyometric's on select days, and on top of that I still had my team practices to attend to. Plus, I was getting very little sleep (I mean, I was in college!)

The thing was, **I loved what I was doing.**

It wasn't until I graduated from college and my basketball career was over when I realized just how bad my body and mind needed a break. I had been burning it at both ends for far too long: working out constantly, getting very little sleep, fighting through sicknesses, etc. My body needed to recover and I was *far past the point of burnout.*

After finally realizing what my body needed, I decided it was time to take a little break and give my body a rest. It was during this time that I came upon the realization on just how important rest is. Here are a few things I learned:

- 1. Rest is good!** We all need it and *should enjoy it.* By resting we are bettering ourselves in both the short run and the long run. Rest is such a powerful tool in all our lives and you must learn to utilize it. You will be surprised how much more you can do on full rest rather than always being on the constant verge of burnout.
- 2. My mind needed a break just as much as my body did:** I was mentally and physically drained. Mentally, I never gave myself a chance to relax. Throughout my college career I was always on the go trying to improve and get better, and every waking moment this is what I was thinking about. So I needed to take a mental break just as much as I needed a physical one.
- 3. The break was far overdue:** This is something I am sure many of us have realized in our lives. We take a vacation, and say to ourselves: “I needed this months ago.” My advice, listen to your body and mind. Don't wait on taking your next rest period, break, or vacation. When your body is telling you it is time to rest, do it.

I didn't know how long my “vacation” was going to be from working out. I didn't have a set time on



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when I was going to go back as I just figured I would know when it was that time again.

After about two weeks of taking time off (where I did only light workouts like walking and hiking), I decided it was time to start incorporating some intense workouts back into my routine. The very first week of starting this I found that my drive and motivation was much different, many times nonexistent.

This was very different for me, as I had never had a problem motivating myself to workout. I continued to engage in a few high intensity workouts each week, but still found it very hard to get motivated to do them. After another week went by, I actually remember starting to wonder: “Am I ever going to **WANT** to workout again? Am I ever going to have that same motivation I once had?”

Another few weeks went by, and I still found myself asking these questions. I continued working out a few times per week just to stay in shape, but the workouts were nowhere close to what I was once doing. During workouts, I found if I pushed too hard, I hated it. Tough workouts were the ones I once craved and now I hated them?! I didn't understand it.

This continued to be the theme of my workouts. **Until one day, it all change.**

I cannot explain exactly how it happened, but it was as if my body and mind were telling me “**Ok, were good. Let's do this!**” My motivation for working out was back, and my body and mind felt fully rested.

I had my motivation back to get through tough workouts, and I was back craving to get in my next lift, sprint session, or training session.

But there was something different this time.

After going through what I did and taking that break, I now had a completely new view on working out. Although I was back to craving to get in my next workout, I also greatly looked forward to my rest days.

I was able to find a balance between rest and working out. **I was OK with taking time off** mentally and physically but also looked forward to pushing myself hard in my workouts. *We need to realize that if we push ourselves hard during our workouts, we deserve that rest period. You have earned it!*

I see far too many people who are never satisfied with what they are doing and just keep pushing every chance they get. By doing this you will eventually get burned out or injured. You should look forward to your rest days, as they are something you desperately need to allow your body and mind to recover and relax.

It is all about finding that balance and enjoying what you are doing, whether in your workouts or on your rest days.

Take it from me: listen to your body, look forward to rest, push your body to new heights, and be sure to enjoy every second of it. And as the title of this post reads: There is “a time to lift and a time to rest.” You should look forward to both!



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Workout Schedule

My workout schedule will be the same as last week. I love these workouts so have decided to keep them the same. Below are my workouts for the week. I will be performing two days of legs, two days of upper body, and some sprints throughout the week:

Three days of sprints:

Sprint Workout:

8 total sprints at 60 yards each

Rest 60 seconds between sprints

5 hill sprints

Rest time is the walk down the hill

I will repeat this workout three times this week.

Weight Training:

Lower Body: Monday, Thursday

Squats: 5 sets X 7 reps

Front Squats: 5 sets X 7 reps

Single Leg DB Deadlifts: 4 sets X 7 reps each leg

Lunges: 4 sets X 7 reps each leg

Rest 45-60 seconds between sets

Once finished complete the finisher below:

Kettlebell Swings: 75 reps as fast as possible

Grab a challenging weight, and finish all 75 reps with as little rest as possible. Use a weight that you cannot do all 75 in a row.

Upper Body: Tuesday, Friday

Bench Press: 10-7-3-1 reps X 3 sets (perform 10 reps, 10 second break, 7 reps, 7 second break, 3 reps, 3 second break, 1 rep)

Weight Pull-Ups: 4 sets X 12 reps

Overhead Press to Shoulder Raises: 10-10 reps X 4 sets (perform 10 reps on overhead press and immediately move into shoulder raises for 10 reps each arm)

Bent Over Row to Underhand Pull-ups: 10-10 reps X 4 sets (perform 10 reps on bent over row and immediately move into underhand pull-ups, 10 reps)

Once finished complete the finisher below:



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Push-ups: 100 reps as fast as possible

Be sure to push yourself hard in these workouts by using a challenging weight.

Quotes for the Week:

- *“Some people want it to happen, some wish it would happen, others make it happen.” -Michael Jordan*
- *“They succeed, because they think they can.” -Virgil*
- *“Insanity: doing the same thing over and over and expecting different results.” -Albert Einstein*

Articles to Revisit:

Below are a few good articles you should revisit to keep you motivated and inspired to get fit.

[Retrain Your Tastebuds](#)

[Under 15 Minute Interval Workouts](#)

[Gain Muscle Without Gaining Fat](#)

Final Words

I will be completing many different tasks this week that I will be sharing with you shortly. I encourage you to keep working hard and applying what you learn. It is time to get results, so go make it happen!

Have a great week,

Dennis Heenan
[BodyFit Formula](#)