

Bodybuilding Checklist

By Jefferey Rondman

☐ Achieving Your Goals

- ☐ Write your goals down in a journal, and update it as you progress.
- ☐ Set realistic deadlines for when you wish to achieve your goals.
- ☐ Believe you can accomplish your weight gain goals.
- ☐ Use visualization to perfect your form and provide a guide to what you want your body to become.
- ☐ Learn good weight lifting form and consciously practice it.
- ☐ Hire a knowledgeable trainer to help you and/or study a book which outlines proper form.
- ☐ Get up when your rested - sleep time is productive.
- ☐ Provide the body the nutrients it needs to grow - get the right diet.
- ☐ Be smart with your supplementation.

☐ Workout

- ☐ Constantly change things in your workout to continue your gains.
- ☐ Keep increasing the weight you lift or the reps you do in order to create a continual need for more muscle.
- ☐ Do less curls if your biceps won't grow.
- ☐ The focus of bodybuilding training for muscle growth should be compound exercises.
- ☐ Work with the most intensity - always go for quality training.
- ☐ Intense workouts should be kept under an hour.
- ☐ Stretching should be done before, during and after your bodybuilding training.
- ☐ Warm up - it helps you have the most productive workout possible.
- ☐ Your weight training program must have heavy training.
- ☐ Use Free weights to stimulate more muscles.
- ☐ Pay attention to what your body tells you.
- ☐ Drnk water - it is a miracle supplement.
- ☐ Take a couple of weeks every once in a while and totally abandon your training.

☐ Workout Accessories

- ☐ Training gloves to give your palms enough padding to improve your grip of the bar.
- ☐ Training belt is thought to provide extra support for the lower back
- ☐ Straps to help you to focus on the muscle you are training.
- ☐ Knee wraps to support the knee joint during heavy leg exercises.