Bodybuilding Checklist

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# Tasks:

☐ **Achiving 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.**