



51 Ways to Get Stronger Now & Make Serious Gains

Use this checklist before your workouts to make sure you're doing everything you can to increase your strength and make more gains.

1. Rehearse the workout in your mind
2. See it so you can achieve it
3. Watch your heroes ritual before they perform a lift
4. Stay hydrated throughout the day and during your workout
5. Hold the bar (or dumbbell) for a extra few seconds
6. Challenge yourself to beat previous records
7. Warm up with minimal reps so you don't exhaust yourself with higher reps
8. Go as barefoot as possible
9. Perform hamstring curls before squats
10. Increase your grip with clothing materials or Fat Gripz

11. Alternate between dumbbells and barbells

12. Find your stress and use it to lift better and more

13. Breathe deeply while resting, and during lifts

14. Increase your rest periods to 2-3 minutes

15. Imagine someone was offering you to lift more for a million bucks

16. Find your weaknesses and strengthen them

17. Use the rest pause method

18. When you rest, visualize the next set

19. Practice the exercise until it becomes second nature to you

20. Remember “why” so you stay motivated

21. Cheat your set once in a while to lift more

22. Improve on one thing for this workout

23. Push yourself away from the bar while bench pressing

24. Control the weight, don't let the weight control you

25. Squeeze the bar

26. Focus on technique

- 27. Partial it out, partial reps help with weak points of any given lifts
- 28. Static hold for 10 to 30 seconds
- 29. Train with stronger people
- 30. If you hit a plateau and you tried everything else, take a week or two off.
- 31. Warm with explosive exercises
- 32. Rush to the next set
- 33. Record yourself on video to check your form
- 34. Face the mirror and look yourself in the eyes with determination
- 35. Record your progress with a journal and beat your previous records
- 36. Play your favorite song
- 37. Work on your mobility
- 38. Use the negative phase of any exercise to lift more
- 39. Perform one armed exercises
- 40. Use caffeine as a secret weapon but don't abuse it
- 41. Eat a date or two
- 42. Prime yourself up with proper nutrition

43. Face your fears

44. Tighten up your entire body

45. Activate your glutes

46. Trick your mind and use smaller plates

47. Go insane

48. Get noise reducing headphones

49. Consume a pre workout - Meal or supplement

50. Supplement with creatine

51. Sleep for at least 7 hours a day