

there has been a conversation going around at the gym - it started when i was in SLC and i brought it back home to see how others interpreted it. its an old problem really, a toxic mix of faith and focus.

converts make the fiercest zealots. when we find something that helps us (physically or mentally) we give it power. we, as in humans, are so quick to give ourselves over to this tool. to allow it to, eventually, use us.

it is the dieter who looks for tweaks in micro-nutrients to get better athletic performance.

the yoga practitioner who looks to increase flexibility to loose weight.

the overly-academic trainer who reads more books to get better.

while there is nothing wrong with tweaking ones diet, with reading and collecting more data, but it has its time and its place.

we love success. we attach ourselves to strategies that work, we develop faith and it becomes our solution to everything. whenever we struggle, it is easy to blame it on an improper micro-nutrient balance, on poor flexibility, on a lack of good training data. on the things we know, that we are good at, that we know how to work with.

the hard thing to do is recognize that the tool that got you from point A to point B may not be able to get you from point B to point C.

that armor that saved your life in battle will kill you in a sinking ship.

to be honest.

to be critical.

to look without faith or romance at your strengths and weaknesses, at your abilities and your shortcomings.

to find the problem, and to fix it.

is my diet what is holding me back? or is it just the easiest thing to adjust?

its fine to honor your victories. to give credit where it is due. remain vigilant, but don't waste tomorrow fighting yesterdays battle. there are many fronts, countless approaches, and chances are there is one or two that are being neglected.

simply put, big picture : find out what you are bad at, and get better.

find out what is holding you back - and correct it.

i heard the goal of the GYM JONES seminar summed up simply as "to teach you how to think" and while that may initially feel like some sort of affront, the growth that comes from listening with an open mind to a variety of driven, talented, curious and intelligent individuals is invaluable and immeasurable. check your assumptions with your ego - or be willing to watch them die in front of you (and others).

in the words of a friend -

struggle well.

-b

warmup:

10 min row

5x clean hi-pull + 5x box jumps - 5 rounds

95# - 24"

115# - 28"

135# - 32"

135# - 34"

135# - 36"

2k row for time - 7:09.3



knee jumps, however, feel like an exercise in faith.