

Hitting the High Point

Have you ever wondered why you see some people train day in and day out at the gym, for years, but they don't really change their shape that much?

That's because most people work *within their potential*, working the same workout, day after day, and never hitting their **high point**. Or to put it more succinctly, *not working hard enough!*

Exercise routines are self-limiting by design. They do not provide you with a plan that allows you to constantly improve. Take the one-hour personal training model – you go in, a trainer creates a program for you, complete with weight, reps and sets, and voila! You instantly have your workout program, and you think the success will be in changing the exercises around from time to time, right?

Wrong! These kinds of programs don't evolve. They're static, stuck! And so are the thousands of people doing them. I can walk into any gym and see dozens of patrons that have been hitting the weights, but whose body shapes have stopped changing. And they blame in on the exercise routine, sets, reps, the trainer....when in fact, they need to learn about intensity!

Now I don't know about you, but when I train, I want to see progress every step. I put in way too much time and effort to not get the most out of my training. I demand progress. And so should you.

So here's the deal – in order to continue to shape and tone your body, and to see that weight melt off more effortlessly with each passing day, you've gotta hit the **high point**.

The **high point** is an intensity level that you need to strive for each and every training session, in weights and cardio. It's based on a 10-point scale, with 5 being medium intensity, and 10 being all-out.

Weights: You currently have your 3-4 sets per exercise, with the required 10 repetitions written down. In order to up the ante and 'un-stick' your body where it's forced to adapt (grow, change, sculpt, shift), you go for the **high point**, pushing toward levels 8, 9, and even 10 (although you won't be able to reach a '10' at every workout). So that may mean dropping the rep scheme while upping the weight (another name for this is **drop sets**, which we've looked at):

It looks like this: **Lying Dumbbell Chest Press:**

- Set 1 – 10 reps at 10 pounds (level 5 or 6)
- Set 2 – 10 reps at 12.5 pounds (level 8)
- Set 3 – 8 reps at 15 pounds (level 9)
- Set 4 – 7-8 reps at 17 pounds (level 10)

Cardio: You can do the same with cardio – pick your cardio (stair master, hill climbing, running, elliptical, 'walking' isn't usually enough), and you start at, say, level 5, then climb up to level 6 for one minute, then 7, then 8, and finally level 9 and 10. You've busted through any possible plateau, you've generated more fat burning than in traditional cardio that has you going at the same speed forever. Do this method for 20 minutes, where you go up in intensity for about a minute, bring it down for a minute, and ramp it up higher each time, and you'll burn more fat in less time, and science shows that this fat-burning will last all day long, *even when you sleep!* At this level, you can't possibly talk! It's too exasperating! Now you're working **hard!**

Everyone's levels will be different, depending on your current level of fitness, so it's adaptable for everyone. (Your level 5 may be different than mine). **But 10 is 10, all-out grit!** Don't do it every set, but try it at least once in every exercise! Feel your muscles really burn. Really draw on your inner reserves to push those last few reps. *Now* you're shaping!

So now we've discovered a new powerful growth strategy – *the high point technique*- and we'll use it in cardio and in our weight training session (at least once with each exercise). This will help us make continual progress, and allow our body to burn fat more effectively and efficiently. You've just learned the secret to success which will separate you from the throngs of people in the gym that will never experience their greatest potential. **Welcome to the club!**