

YourWorkoutBook

WORKOUT MOTIVATION

17 INSTANT & PROVEN
STRATEGIES TO GET YOUR
BUTT TO THE GYM

1. Schedule time that is for working out so that it actually gets done.

Print out a weekly schedule and shade in the time you are going to workout each day. Be realistic about time you need to prep, or drive to the gym and incorporate it as well.

Broadcast to the world you are unavailable at that time. Let your closest friends and family know of your commitment.

Stick to it by not breaking the chain. Powerful habits develop quickly with consistency.

2. Implement mini-rewards to build a positive feedback loop.

Write out a list of 2-3 things that will serve as a reward. These don't have to be overly complicated-- often the simpler the better.

Unleash that willpower and discipline. The key is creating a connection between working out and the feelings you get from your reward. So don't cheat!

3. Work out in the morning when you are fresh mentally.

Set your favorite song as your alarm clock. Associate good times and good stuff with waking up, and it'll be slightly less of a chore to do so.

Put your workout gear right beside the bed. You can always take this a step further and actually sleep with your gym stuff on. Desperate times call for desperate measures and all that.

Go to sleep earlier. Stop making excuses for why you need to stay up later than necessary. Your awesome workout awaits.

4. Track your workouts.

Start a log book. Do it, do it.

Monitor your workouts and the extra-curriculars. Things like sleep and nutrition can help paint a broad overview of why you feel like crap (a.k.a. unmotivated) some days, while other days you have energy to spare.

Review regularly. Not only to make sure that you are progressing like a boss, but also to revel in all of the hard work you have put forth to date.

5. Make hitting the gym easier.

Have a plan B. Things always pop up to derail our best laid plans. Gym closed? Go outside and skip rope. And so on. Be prepared for those common excuses you lean on to skip the gym.

Make it as easy as possible. Put your gym gear beside your bed. Pack your workout clothes to work so you go to the gym immediately afterward. Find the spots of resistance and ruthlessly eliminate them.

6. Stick your workouts to something you are already doing.

Pick something you are already doing. Pick among the concrete things that fill your day: waking up, having lunch, getting off work, finishing dinner, etc.

Tag the concrete activity with your workout. "When I wake up I will go for a 10k run."

Boomshakalaka.

7. Create a pre-gym countdown.

Pick 2-5 things that you will do before every workout. Don't over-think these, simpler and easier the better.

Use 'em every day. Make your little launch list habitual, so that on the days where you aren't feeling so fired up, your body will subconsciously gear up to do work anyway.

8. Smash your excuses by planning for them.

Write out those excuses that you commonly lean on. Ain't nobody else gotta see these but you, so be honest with yourself.

Tack on a response to your freshly exposed excuse. Take the power back and gain accountability by issuing a curt response to your now naked and embarrassed excuse.

9. Capitalize on your brain's need to complete stuff.

Create a sustainable goal for the gym. Forget your pride for a minute, and don't worry about making massive goals. Create workout goals that you can maintain not only today, but next month.

Go back and start smaller when you slack. If you aren't able to maintain the workouts, go back and start even smaller. Do it as many times as necessary until it sticks.

Commit to starting. Forget about the enormity of your planned workout, or the effort required. Focus simply on starting. Everything else will take care of itself.

10. Suspend your expectations and stay in the gym longer.

Drop the numbers. If you are like me, you are hyper-competitive. Remove any source of comparison-- time, reps, weight-- whatever it takes to keep you from indulging in a helpless and infuriating round of "I'm not far enough along yet so I better quit!"

Remember it's about the routine. Developing consistency over the long term is the real source of results. Keep this in mind when you find yourself struggling to see the progress you feel you should be seeing.

11. Hulk smash!

Aggressive music. It's no surprise that [most people at the gym are piping loud, aggressive music](#) into their ears. Crank up the volume and BPM and get your sweat on with some angry tunes.

Revisit some painful memories. Thinking about that ex that dumped you. Or the job where you got fired. Any time you felt wronged or humiliated. Bonus points if you visualize it as well as Bobby Boucher in The Waterboy.

12. Set challenges.

Record your workouts. Keeping track of your PB's is a must-- not only does it give you a record of your work, but provides you with benchmarks moving forward.

Branch out. What are the exercises you have been avoiding doing, but know that are awesome for you? Or conversely, what are some variations of your favorite exercises you haven't tried? Seek out new stuff to master, and a corresponding amount of motivation and enjoyment will follow.

13. Hit the YouTube.

Pick a couple videos or channels of elite athletes. Watch for 5-10 minutes to get psyched up.

Put It Into your routine. YouTube videos are a great way to pass the time while you wait for the pre-workout to kick in, for instance.

14. Have purpose for your workouts.

Set goals for the week. Have targets that you would like to accomplish. A certain number of miles to run, days to lift, weights that you want to hit, and so on.

Plan out your workout before you go to the gym. It'll give you focus and purpose. Also, less wasted time = more results, and more time to do other stuff.

15. Sleep!

Make early sleep time a priority. Yes, I know this is hard. Ignore the call of your television, tablet and cell phone and start out by getting even just an extra 30 minutes of sleep a night. The difference will be almost immediately noticeable.

Make the bedroom a sleepy time sanctuary. Dark and cool are two no-fail characteristics of a sleep-inducing room. Leave your phone out of the room, and leave the TV watching to the living room.

16. Create identity based goals.

Decide what it will take to accomplish your goal in the gym. Whether it is consistency, performing a certain routine or set of exercises, whatever it is, write it out.

Build your identity around the things that will help you achieve that goal of yours. "I'm the kind of gal who never skips leg day." Or: "I am the type of guy who always finishes the workouts he sets for himself."

Go forth and be of the awesome. No further instructions necessary.

17. Workout more consistently with easier goals.

Break your goal down to the bare minimum. What is the smallest thing you can do to set your workout into motion?

Commit to that small little goal, and nothing else. As mentioned 7,239 times so far in this post, starting is the end-game.