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BODY COACHING TIPS:

This is a complete body coaching tip platform.

Main Goal: Health Kick

Tip 1

Tip	BODY	BRAIN
Hang tight – Not being able to do a pull up shouldn't stop your development. Just by hanging on the bar for as long as possible will help to improve your upper body strength.	HANG TIGHT	

Tip 2

Tip	BODY	BRAIN
By adding sweet chili into your diet, it can help to burn body fat whilst training, especially outside in the cold.	SWEET CHILLI	

Tip 3

Tip	BODY	BRAIN
A lot of people do not always see results often and normally it can be due to doing the same exercises over and over. So by switching your style of training on every other session can help to reach your goals quicker.	CHANGE YOUR TRAINING	

Tip 4

Tip	BODY	BRAIN
By adding mint in your pre workout - The mint appeared to help relax muscles, boost oxygen to muscles and the brain, and elevate pain threshold, leading to improved overall performance.	ADD MINT	

Tip 5

Tip	BODY	BRAIN
Stop measuring your food, simply lay it on the plate your using and if the food lays without touching it is the right portion.	STOP MEASURING	

Tip 6

Tip	BODY	BRAIN
When exercising, do exercises that work the body in all angles, rather than focusing on just one area. This will help you to reach your	TRAIN ALL ANGLES	

ultimate and optimal body performance.

Tip 7

Tip	BODY	BRAIN
At the end of every exercise session, finish your last 10 minutes with your maximal performance before cooling down. This helps performance to maintain god strength and technique to the very end.	END WITH A BLAST	