

How To Be A Gym Superstar

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Are you ready for gym superstardom? If you are then it's ready to teach you how to get the sexiest body that you physically can with these 'secrets' of the gym superstar.
How do you know when you are a Gym Superstar?

- Lifts hard and works hard in the gym – no messing around with the pink weights
- Totally self-confident in themselves and their body
- Not afraid to sweat
- Doesn't hide in the 'Ladies-Only Area'
- Not afraid of the barbell
- Doesn't come to the gym just to read a book on the cardio machines
- Gets in and gets out...you don't need to spend hours in the gym
- ROCKS IT every single session
- Wants to lift dumbbells over 20 pounds (you'd be surprised how many guys out there are afraid to lift more than 20 pounds)
- Dead lifts, Squats, Pushups, and Pull-ups (at least variations) are always involved in their program
- Lives life and goes after dreams (doesn't let ANYBODY stop their goals)

Now it's time to tell you how you get there and look the best you ever have naked (because, let's be honest, that's what we all want, isn't it?).

Secret of the Gym Superstar #1 – You Know EXACTLY What You Want

The first step in becoming a Gym Superstar (GS) is have a clear cut vision of the end result body you are going after.

Trying to 'lose a few pounds' is a thing of the past for you. You now go after specific goals and then make adjustments after reaching them.

If you want to be a size 4 then that's your goal and you are locked in to exactly when you want to reach that goal by. If you want to get into single digit body fat percentage then that's what you're going after like there's no tomorrow.

Gym Superstars understand that just going to the gym to get in better shape might get them some results, but it will never get them the GS body.

Secret of the Gym Superstar #2 – Light Weight Isn't In Your Vocabulary

The fact remains that people figure that if they lift a light weight a lot of times that they'll get 'toned'. But anybody with any sort of brains in the industry or any common sense understands that is one of the dumbest things you can do if you want to burn fat and get sexy.

To get the lean, athletic look means full body lifts (including power lifts) coupled with some heavy "I mean business" kind of weight.

Here's a few GS 'secrets' that you need to apply today to get the GS body as fast as possible.

- learn how to clean, dead lift, and squat properly
- work between a 3-8 rep range and go to about 24-28 reps per big exercise
- lift the weight as fast (and safely) as possible (you have to get all the fast-twitch muscle fibers involved to get the ultimate effects). The lifting part (concentric) is the fast part, the eccentric or coming down part is controlled but not slow.

Secret of the Gym Superstar #3 – You Run...Until You Can't

If you want to lose a ton of fat and get a sexy six pack then you need to sprint. The absolute best way to do this is by running literally as fast as you can for as long as you can (I mean running for you life fast), recover (for about 45-60...try to keep walking too), and then repeat.

This would be the super advanced version of interval training. You might throw up, you might not. You probably will get a little dizzy, but that just means your doing right. And if your sprint is longer then 20 seconds then you are not running hard enough. I would say that at 12-15 seconds you should be on the tip of falling on your face ☺.

Do a proper warm-up and then you give until you can't give anymore. The first time you try it you may be only able to do 3-4 intervals. I would generally say that you are in elite status if you can get to double digits.

All the above sounds very intense, and that's because it is extremely intense and challenging to not only your body but your mentality. And that's also why you will only be doing it **ONCE** a week. Mix in two regular interval sessions throughout the week.

***VARIATION OPTIONS: *** If you have anything that would hamper you from doing a full out sprint all you need to do is choose an exercise that really hits you hard and fast. A great example would be a modified burpee or punching the heavy bag until you no longer can. Something that you can do fast, but not for long.

Secret of the Gym Superstar #4 –Get Selfish

Yep, if you want to be a GS then you need to be selfish.

But maybe not the type of selfish you probably think about. I'm not talking being absolutely rude to people and I'm definitely not talk about loving yourself so much that after every set a pose down happens so you can admire the pump in your biceps.

I'm talking about being selfish enough about your health and body to say” **NO!**” to people offering you their special dessert or your friends you just want you to go out on the town and toss back a few hundred crappy calories.

Be selfish enough to understand that if you truly want a GS body that you have full control of what goes into your body.

The GS body demands a natural diet. No processed food or sugary drinks. What this article is talking about is the GS body. The GS lifestyle is a whole other article so I won't talk about why natural foods are great for a truly energetic and vitality driven life.

But I will tell you if you want to shed the last few pounds or drop a pile of fat eating as natural as possible is always the best bet in my opinion.

You now know a few of the GS 'secrets' to getting the hottest body you possibly can get.

Do you think you have what it takes?

Dan Grant is the owner and founder of Gym Superstar. You can learn more about Dan and his coaching at www.gymsuperstar.com