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BEAUTY FIT® CORNER *Featuring Jimmy Mentis*

Remember What Kept You on Track in 2020

2020 was a year that broke many people – both physically and mentally. It was a year we were told to stay in our homes, don't congregate with friends and family, and one of the hardest pills to swallow for all of us was the closure of businesses and gyms.

The road to the Olympia – the Super Bowl of our sport – was a very different path when compared to years prior. Athletes and competitors were left to figure out how they'd maintain their physique during these challenging times, let alone even think about making improvements to their physique to jump on a competitive stage. Yet, something remarkable happened in our little fitness community. We adapted. We were forced to overcome. Why? Because it's the life and lifestyle we live and breathe.

When the ball dropped at midnight, and we all looked back on what was 2020, we should all be incredibly proud of the hurdles we leaped over and the mountains we were forced to climb. Health and fitness aren't just a hobby or passion for us – it's our LIFE. The strategies we used during the darkest of times should not be forgotten. In fact, they should continue to be implemented into our 2021 programs.

New Year – New Goals – Same Grind

Many people have "shiny object syndrome," where they want the latest and greatest of everything. With new fitness gadgets, equipment, and workouts launching all of the time, it's easy to get pulled into the latest craze. But let's not forget all of the things that worked in the past.

What did you do in 2020 to overcome gyms being closed? Did you implement bodyweight exercises? Did you train outdoors? Did you stock up on home gym equipment so that you can get in a workout right there in the privacy of your own home? Don't close the door on those things as we slam the 2020 door behind us.

Think about how those (new) workouts made you feel. You probably tested yourself physically and mentally in different ways in 2020 to stimulate your muscles and burn off body fat in an effort to prep for an upcoming show. For many, you may have been so used to hitting cardio in a gym setting that you forgot how amazing and brutal cardio can be outdoors. Running, cycling, HIIT – doing those things outdoors is an entirely different animal than being stationary in a gym going through the motions.

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We all need to use everything at our disposal and take advantage of all the opportunities we are provided. Utilize the strategies you discovered in 2020 to keep you focused and progressing with your training and physique development this new year, and don't be afraid to toss in some new things as well. Sometimes as competitors, we feel like we are on a hamster wheel or starring in the movie Groundhog Day beside Bill Murray – it's the same thing day in and day out. And while going with what works is a viable option to get you the results you desire, it's not your only option.

Now, that's not to say the week leading up to a show, you should throw a curveball and "try something new." The last thing you want to do is prep for 12-16 weeks and then ruin your peak by trying something you've never done before and had your fingers crossed. But, instead, when you have the time to try different training protocols and modalities, do it.

A word that keeps popping in my head over the last several weeks and months is ADAPT. The meaning of the word is defined as "to become adjusted to new conditions." That's

interesting, not only in the sense that 2020 was something we've never experienced before but because it's what we as competitors and fitness enthusiasts do all of the time. If we were to do the same workouts, with the same weight, with the same number of sets and reps, we can't expect change to take place, right? Our body adapts to the stimulus, and something new needs to come along to push us forward. That was 2020.

2020 entered our lives and forced us to get uncomfortable from our normal everyday life. It forced us to change. It forced us to ADAPT and OVERCOME. We had to take off the cruise control and once again grab the wheel and take control. 2020 forced you to IMPROVE. You need to take that mentality with you into 2021 and apply it to your training.

I wish you all the best of luck in the 2021 competition year!

Look for more articles throughout the year in the BeautyFit Corner at southernmuscleguide.com To contact Jimmy Mentis go to BeautyFit.com

