

What is a Workout???

A workout is.....

25% perspiration & 75% determination

25% physical & 75% self discipline



A workout makes you feel better today than you were yesterday. It strengthens the body, relaxes the mind and toughens the spirit. When you workout regularly, your problems diminish and your confidence grows. A workout is a personal triumph over laziness and procrastination. It is the badge of a winner –the mark of an organized, goal oriented person who has taken charge of his or her destiny.

A workout is a wise use of time and an investment in self excellence. It helps you to prepare for life's challenges and opportunities. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it. When you finish your workout – you simply don't feel better – you feel better about yourself.