

Tony Horton's Fitness Laws



WORKOUTRESULTS.NET

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The Quick & Easy Guide

1. Variety: Having a varied workout allows you to prevent plateaus, injuries and boredom.
 - a. Always up the ante. You can do this by increasing the resistance or number of repetitions. Remember, 8 to 10 reps for size and 10 – 15 for lean.
 - b. Stay curious and commit to doing different kinds of fitness routines. Don't be afraid to try new things.
2. Consistency: The more you do, the better you become.
 - a. Be patient if you first do not see results. All the hard work you put in will have a compound effect on your overall fitness.
 - b. Stick to your fitness plan and always follow through. It doesn't have to be perfect or pretty. What counts is that you finish. This will also have a tremendous positive effect on your self esteem.
3. Intensity: You are tougher than you think.
 - a. Physical progress is accomplished when you are able to overcome your pain barrier. With this being said, listen to your body. Don't understate what you are capable of.
 - b. You can increase your intensity by adding an extra rep, adding more weight or increasing your range of motion. Turn up the heat as you see your performance improve.
4. Purpose: Find your why.
 - a. This reason will drive you when the going gets tough. Let's face it, if fitness was easy, everyone would be fit. Make sure you have a solid reason why you have chosen to be fit.
 - b. Tony has proven that fitness improves your overall quality of life; why do you want to be fit?
5. Reality: Stop living in the past, future and for other people.
 - a. Stop lying to yourself and accept where you are in your fitness journey. Once you have established this, take steps every day to make yourself better.
 - b. Compare yourself to yourself. Everyone respond to fitness and nutrition differently. What matters is that YOU improve and keep on going.
6. Sports: Go out and play.
 - a. Sports tie together different areas of fitness including balance, coordination, stamina, agility and endurance. All this is achieved while having fun.
 - b. Being part of team can give you a sense of community and lets you feel part of something bigger than yourself.



7. Plan: Failing to plan, is planning to fail.
 - a. Having a workout plan holds you accountable and takes the guess work out of working out. Try scheduling workouts 30 days in advance.
 - b. Write everything down. Write down your rep count, weight resistance, form and any other metric that can prove your progress. Keep a fitness journal to document your success. It is extremely motivating to see how far you have come after only 30 days.
8. Stress and Sleep: Recharge and replenish.
 - a. Stress and sleep are linked. Stress depletes energy, decreases strength, diminishes desire and can lead to injury. 7.5 – 8 hours of sleep are essential for mental, emotional and physical balance.
 - b. Write down your problems before you go to sleep. Do this to avoid storing problems in your head before your sleep.
9. Love it: The most successful people in any field truly love what they do.
 - a. When you have a true genuine love for something, it is no longer is a chore but a passion. Don't get fit just to look better, become fit for the person that you will become. Going through a fitness routine requires desire, discipline, persistence and energy.
 - b. Loving fitness creates enthusiasm. With this enthusiasm, you will attract other like minded people.
10. Flexibility: Stretching and Yoga is the fountain of youth.
 - a. Do Yoga. Flexibility is the glue that ties all areas of fitness together.
 - b. Improved endurance, flexibility, posture, recovery and mental clarity are all benefits of Yoga.
11. Food and Supplementation: Your body runs on food, not on exercise.
 - a. Eat right. Most people know the right thing to do but don't have the discipline to do it. Stick to whole grains, lean proteins, leafy greens and vegetables.
 - b. Supplements are designed to fill in the gaps that your normal diet does not provide. Seek them out and find what best suits your needs. Drink [Shakeology](#). It just makes nutrition simple.

