

The Difference Between Working out, and Training.

Luke Barden, November 2013

Being a member of both a health club, and a 'spit and sawdust' gym, I see vast differences between the cultures, the trainers, and the users in gyms.

The most obvious difference, regardless of the results wanted (gain muscle, lose fat, increase fitness level) is the approach taken by gym-goers and their application of that approach.

This is where the difference between what I class as 'working out' and 'training' comes in.

Working out, to put it bluntly, is what those who go to the gym for their set routine, plod along mindlessly executing their reps, before leaving (and probably eating a cheat meal they feel they have earned on the way home).

Training however, is an entirely different animal...

You have a goal.

You set targets.

And every time you step in that gym, you push boundaries, hell, you move the earth if you have to; to smash the target, and leave that goal in the rear view mirror as you accelerate towards the next!

You may have seen a few people training before, they are normally the ones being told they are 'so lucky to look like that' or having people say they have good genes, or even take substances to look that way...because it just wouldn't be possible with hard work and discipline?

If you don't leave anything off the table, remove anything that could hinder your results, and commit yourself 100% to your goals, you will shock yourself with what you can do, and how quickly you can achieve it.

This isn't limited to the gym either. This works with other aspects of your life. You get out what you put in. People don't accidentally wake up as a success story. The phrase "Entrepreneurs live for a few years how others wont, so they cant live the rest of their lives how others cant" comes to mind.

They give their all, go without, work double hours for half pay, and put their savings, even their houses, into their businesses. Those who hold on, and work hard enough, then reap the rewards. Their success is hard earned, as yours will be in the gym.

And when you hear people talking, saying how lucky you are to look like that, you can smile; you have done something they never will. Be proud of that.