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talk about what
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progressively heavier
and heavier weights.

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must be given a
powerful reason to
grow, and nothing is
more convincing than
subjecting them to

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you think you are,
and you can exert as
much self-control as
you think you can. ”

~~Michael Matthews
(Author of Bigger
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Mike Matthews
encourages you in
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Stronger to do full-
form, clean reps. That
means, don ' t

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perform 6 half-reps then try to move up weight. That ' s how you get hurt. Always move your reps with control.

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