

# Core Principles: How To Train Your 'Athletic Brain'

## Key Takeaways

### Why train the brain, not just the body?



#### Emotions & Thoughts

We make decisions and take action based on our thoughts and emotions.



#### Mind over Body

Individuals doing the same training can get varied results. The difference is their beliefs in training.



#### Awareness

Awareness guides you towards what you genuinely want and your actions will be in alignment with your identity.

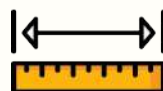
### Prioritise these elements in Resistance Training

## What are they?



#### Proper Technique

Aware of how we initiate a series of movement pattern based on the objective of the exercise.



#### Effective Range of Motion

A full range of motion is not always ideal. Take into consideration joint stability, mobility and fatigue levels.



#### Pace

Momentum and tension are inversely related. Time under tension is key to progress, therefore, being in full control, moving at a consistent pace is beneficial.

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### Mental Strategies of Athletes



#### Create your identity

Identify who you want to be



#### Choose your operating structure

Decide your decision making process



#### Mindfulness

Ground yourself in the present to boost concentration and focus

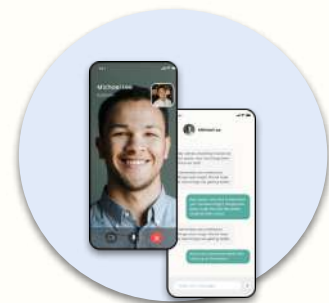


#### Visualisation

Create vivid scenes with all 5 senses without tagging them to expected outcomes

### Need a bit more help?

Discuss with your coach on more personalised strategies for more effective performance reviews at work!



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