

Muscle Memory Triliminal Series

Exercising With Your Mind, REALLY???

It turns out that your thoughts may be able to literally redefine the size, shape and strength of your body.

For decades, “fitness” specialist have worked to discover how you actually get fit.

The “old” way of thinking generally thought that we needed to create enough resistance in a muscle so that we would create millions of micro-tears that would, over time rebuild themselves into bigger, leaner, and stronger incarnations of themselves. So when we physically exercised, we would set this whole process in motion.

Weight loss has been thought of similarly, Basically, it did not matter the system you used as to keep the weight off as long as you followed the general thinking that it was all about calories in and out.

In other words, it comes down to hard work and the concept of “no pain, no gain!” But what if it did not have to be that way?

No pain...Lots of Gain.

It turns out that the brain may play a much larger role in all of this than it has ever been credited with.

Building muscle and thus becoming fit might not be nearly as a mechanical process as originally thought.

In fact, a study by Erin M. Shackell and Lionel G. Standing at Bishop’s University reveals you may be able to make nearly identical gains in strength and fitness without lifting a finger!

Their study measured the fitness (strength) gains in three different groups of people. The first group did nothing special, they stuck to their normal daily routine. The second group went through two weeks of highly targeted strength training for one specific muscle, three times a week. The third group listened to audio’s that guided them to imagine themselves going through the same workout as the group that exercised, three times a week.

The control group, who didn't do anything, saw no changes. The "exercise" group, who worked out three times a week, saw a 28% gain in fitness (strength). Now here is the really interesting part, the group who did not exercise, but rather thought about exercising experienced nearly the same gains in fitness (strength) as the exercise group (24%)!

The group that visualized/imagined exercising got nearly the same benefit, in terms of strength gains, as the group that actually worked out.

Here are 2 thoughts that may help to explain this...

We know that thoughts and mental states create/release neural chemistry (neurotransmitters, endorphins, hormones) and it turns out that this "chemistry" can dramatically accelerate or retard muscle growth.

Some chemicals work on different organs in your body to either fire-up or slow-down your metabolism in the blink of an eye, causing you to either burn a ton of calories lightning-fast or nose-dive into a slow burn.

A remarkably interesting Harvard study completed in 2007 further supports the idea that your thoughts can have a major influence on the calories you burn.

In this study, the housekeeping staff in a major hotel were told that the work they did on a daily basis qualified as the amount of exercise needed to be fit and healthy. They made no changes in behavior, they simply kept on doing their job.

Four weeks later, those housekeepers had lost weight, lowered blood pressure, body-fat percentage, waist-hip ratio and BMI. A similar group of housekeepers who had not been led to believe their job qualified as exercise saw none of these changes.

It turns out that simply believing that your job constituted exercise was enough to make your body change.

Along with the body's "chemical system", your body also has a major contributor to fitness in something called the nervous system (an electrical based system). This is the system that is responsible for sending the signal that makes a muscle contract and it begins as an electrical impulse in your brain. That impulse is transmitted through your body's electrical circuitry or nerves to your muscle.

How efficiently and effectively that impulse is delivered and how receptive your muscle is to that impulse determines how forcefully that muscle can contract. The more fully and the faster it contracts, the stronger it is.

Here is the really interesting part, it turns out that your body's electrical impulse system can be boosted by repeatedly "visualizing" a muscle contracting, without ever having to actually contract it.

So it looks like that simply visualizing/imagining an exercise may provide a similar "strength-building" benefit as actually working-out!

Is the evidence cut and dried? Does this mean you never have to physically exercise again? Probably not.

But does it mean that it is possible to gain benefits by working out your "body's mind"?

In my opinion, it couldn't hurt and it might just help (a lot)!

When this information is combined with my Triliminal technique, the effects may be multiplied many times and this is why I am introducing a brand-new variation of my popular triliminal technology.

I call it the "Muscle Memory Triliminal Series".

There is 1 recording per "exercise routine", 1 recording that is packed with research, innovation, and power.

Enjoy and I'm here for you.

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