

Progressive F.O.R.C.E. Concepts
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“The Voice”

If you train long enough & certainly if you train hard enough, you will hear “the voice.” The voice tells you that 9 reps are just as good as 10, so a *short count* is OK. The voice says, “*just do good reps as long as the coach is watching me.*” The voice sometimes begs for an injury to make it all stop... or the voice may advise you to feign an injury so you can quit with some shred of honor intact. And of course there is the voice that announces, “*you are special.*” Special because there is no way anybody could have ever felt such pain, fatigue, misery, suffering or ‘*ouchies*’ on their hands. So without question your *special* ailment entitles you to honorary, exempt, crybaby, timeout status.

Learn the difference between “*hurt*” and “*injured.*” When we do the workout ‘Murph’, we expect legs on fire, lungs full of steel wool... we’re not injured, we’re alive. The tinge in your back isn’t a slipped disc. It’s a bloated ego that refused to scale or a horribly deconditioned lumbar curve being engaged for once.

And yet some people have the lowest threshold for forays outside their comfort zone. Take these people hiking with you in *grizzly country*. Because while the bear is chasing you, they will stop to massage their calf muscles, making a rich meal and assuring your escape.

If you’ve never heard the voice, you’re not a CrossFitter. You don’t train hard enough, fast enough, heavy enough. You don’t push the boundaries or confront your weaknesses. If you have heard the voice

and beat him back you are stronger beyond the ten physical skills. If you beat back the voice on a regular basis, then you are growing in ways far beyond your Fran time, muscleups or deadlift. By cultivating mind, body and spirit you are a firebreather. Little brings me greater satisfaction than seeing this transformation in our athletes... particularly the women (my *'girls'* know who they are!).

NEWS FLASH!!! If someone DNF's a WOD, shaves repetitions/ rounds, or produces suspect numbers, other athletes will not speak kindly of them. Fear, indecision, weakness, strength and positivity are contagious. If they bring negative energy into the box, the dedicated members of the tribe will gladly sacrifice the offender to the volcano. And the coaches??? Well, there are two things we don't like: quitting and wasting time (which happen to be inextricably linked). If a member quits coming to PFCF, cancels their membership, etc, every press, squat, or pull was for naught. Wanting to 'rejoin' the group is indicative of lack of purpose, direction, dedication and even self worth. What guarantee do we have that you won't flake out and fail again? If it were easy, they'd call it *24-Hour Fitness* or *Gold's Gym*. If a person (not athlete) quits in the midst of a WOD, then this means that every second spent coaching them was a waste... a theft! Time stolen from other members, athletes, who will lose consciousness (yes, it's happened) before giving in to the voice. We won't waste their time, so they shouldn't waste ours. DNF under the wrong set of circumstances and the quitter may just find themselves "voted off the island."

Nobody ever brags about how **easy** their training regimen is. A strange and precious bond forms under conditions of mutual suffering. We take great pride in hearing our athletes say, "*You'd never get away with that at our box,*" or "*Coach _____ would never let that fly!*" Take pride in these standards. This is YOUR box and you are the keepers of the flame. We are only as strong or weak as our members... a strength measured every time you come through the door. 3... 2... 1... Go!

Train hard!
Coach