

LEARNING FROM THE MISTAKES OF OTHERS
by Thomas Smith

Just like an engine has a limited number of revolutions before it burns out, the human body only has so many movements before wear and tear takes its toll. Respect your body. Train smart, not just hard.

Your knees, shoulders, elbows, and hips are not indestructible. They are biological hinges designed for strength and flexibility - but not abuse. Repeated stress from poor form or overuse leads to chronic injuries.

- Knees: Avoid locking them out or twisting under load. Strengthen surrounding muscles and stretch regularly.
- Shoulders: Watch out for overextension or impingement during presses and overhead lifts.
- Hips: Keep proper posture during squats and deadlifts. Always warm up before engaging in compound movements.

Abdominal hernias and back injuries are common but preventable. Most occur from improper lifting and overloading. The heavier the weight, the higher the risk - especially if your form breaks down under pressure.

- Engage your core during all lifts - not just ab exercises.
- Use a belt when lifting near your max, but don't depend on it for everyday training.
- Progress gradually. A rushed ego lift today can cost you months - or years - in recovery tomorrow.

Too many men load the bar with more weight than their form can handle. The result? Bad habits, blown-out joints, and avoidable injuries.

Start light. Learn the movement. Only increase the weight when your form is bulletproof. Muscle comes with time, but damage can be instant. Earn the right to go heavy by mastering the basics.

REMEMBER:

"You only get one body. Don't treat it like a rental. Train for longevity. Train with purpose. Train to last. I've been where you are. I've chased numbers, pushed limits, and ignored warning signs. It cost me. This isn't just advice - it's experience. Learn from it." - Thomas Smith