

One thing that I have always preached loudly and practised religiously is that when I'm in the gym I'm there on business, there to do a job, there to get on with my work. However, to many people, the time that they spend in the gym is actually a time for fun and chat, these are the people that never see results and never achieve anything.

If you ever speak to anyone that goes to the gym and has actually made something of themselves by doing so, rather than just telling you how great they are, they will agree vehemently and tell you in no uncertain terms exactly what it takes to get anywhere in this game. I always encapsulate it with the same saying "This is not a social event, I'm here on business". Here are a couple of examples from people that I have respect for because of their achievements and their attitude to training.

It will be no surprise that the first person that I quote is my coach, Eddie Abbew. I remember once at my old gym, Body Limits in St. Albans, a few guys were standing talking when they should have been training. Eddie was waiting to use the machine that they were leaning on whilst chatting so he walked over and very politely said to them "lads, there is a pub at the end of the road, if you want to lean on the bar and chat there they will make you very welcome". The boys looked at him, slightly intimidated, although that was never Eddie's intention and then proceeded to get on with their work, politely but successfully rebuked and better for the lesson that they had just learned.

My choice for the other person that I will quote may surprise you. Robbie Anchant is not everyone's favourite bodybuilder. He is a brash abrasive character, yet an extremely knowledgeable bodybuilder with an awesome physique, he also has a degree in biochemistry, not something that you associate with bodybuilders ordinarily. He writes a page in every edition of "The Beef" which some people find offensive but I actually really enjoy reading. In the July/August 2012 edition he wrote a paragraph which I related to and is not out place in this piece as it addresses the many people who go to the gym not on business, but as part of their whole fragile existence that needs constant validation, here is an excerpt.

".....writing down everything you've eaten for the day on Facebook and twitter, together with how much you've lifted. Get it through your thick skull, no one gives a nuns nipple.....these people need validation and recognition as they don't really love what they are doing in the gym, they're just wannabes.....either do it or don't, no need to talk about it, be like me, live it and breathe it.

OK I'll admit that Robbie does put it quite harshly but you can't fault his logic and I for one love the way that he tells it like it is. It all comes down to one thing, it's my favourite saying that I use a lot "Don't talk it, walk it!" There are a lot of people that only talk it, well guess what, anyone can do that! I have known people who class themselves as serious bodybuilders yet the first thing that they do when they walk into the gym is make sure that everyone can see that they have the latest gym clothing and then they will tell anyone who will listen about their plans for their next show even though they looked crap in their last show and should really be getting their heads down to do some serious work to be ready not for the next show but for the next year. Oh and wtf is all that about when they pose in the mirror after every set? If you have the energy to do that straight after a set you haven't exactly worked to failure have you. In fact you haven't worked hard at all! Look, if you have a show coming up finish your workout and then take a look, if you look any good people will respect that. If you are off season then what's the point in looking? If you are doing off season properly then you aren't going to see anything worth looking at are you?

Don't get me wrong, if you have worked hard, if you have done well, then enjoy every moment of it, as my hero Muhammad Ali famously once said, "It's not bragging if you can back it up". Whenever I have competed I have usually won a trophy and I always bring it into the gym the next day, not to show off, but to motivate people. It stays in the gym for exactly 24 hours and then it is consigned to my trophy cabinet at home because it is history. After that, if someone asks how my show went I will tell them and I will also tell them that it's history now, because it is. If, when I'm out people ask me about what I've achieved I will tell them briefly and then explain that it is history now and I'm looking to the future. The planet that we live on spins forward, not backwards, so when people say about me winning the first two BodyPower shows I tell them that I didn't even compete in

the third one. The same goes for my consecutive wins in the UKBFF London show, I never tried for the hat trick. In both cases someone else holds those titles now, I'm just on the previous winners list along with so many others, I don't even want to talk about those shows, or the British title or anything that I've ever won, unless I win them again. War stories are for the pub when there is nothing better to talk about, and there is always something better to talk about, if anyone ever reminds me that about 15 years ago I broke the gym bench press record by benching 195 kilos I look them straighten the eye and tell them to get a life, that's ancient history! Forget it!

So let's wrap up this special feature as briefly yet comprehensively as I can, it's something that I feel strongly about as you can probably tell.

When you go to the gym you are there on business, the business of improving your physique and with the notable exception of your coach, that's nobody else's business just as theirs is none of yours. So turn your phone off and do what you came here to do, there are another 23 hours in the day to play, text and call your friends and support network for them to give you validation and recognition if that's what you need. Right now this is all about you battling the weights, and the only way you are going to win is if you remind the weights who the f\*\*\* you are. Don't bother telling anyone how well you are training, what you have lifted, what your diet is or how you are going to "smash the opposition" when you compete in a few weeks time blah blah f\*\*\*\*\* blah. Nobody cares! Go tell the people who will validate your actions because they, and only they, are as sad as you are! If you must get some kind of social interaction just to make you realise that you are actually still alive then talk after you have finished and talk about the next workout and how it can be better than the one that you have just finished, because that too is now history.

In short, go to the gym, it's your place of business, get your work done properly and as well as you possibly can, don't wallow in self imposed glory for what you have done, just do it and then go and get on with your life. Come to think of it, that's not just a good way to run your training, but your whole life.