

## **Don't tug on superman's cape**

It always amazes me how people appoint a coach to help them achieve their goals and then don't do as he or she says. Now for various reasons there will be no names mentioned here but certain people will know that I'm referring to them and the people that I coach will know who I mean too!

As Julie Andrews would say, let's start at the very beginning, it's a very good place to start. First of all choose your coach with great care, there is a simple way to make sure that you are getting the right coach and that is to follow one of my favourite sayings "The extent of a persons knowledge is reflected in their own physique and achievements". So if you want to look like a fat or scrawny person whose biggest claim to fame is that they, like millions of other people, have qualified as a level 3 PT then you go for it. If however you want to be a proper bodybuilder then ask someone who has competed and won high level bodybuilding shows. If you are a woman who wants to look great in a bikini then ask a bikini model, or am I making that all sound too simple? Assuming that I'm not, let's move forward.

I should say at this stage that I've only ever had one coach, Eddie Abbew, and Eddie has pummelled me in the gym and starved me out of it. That's why I have been a successful bodybuilder and even at the age of 53 have a physique that receives nice comments, almost on a daily basis, from people of all ages from all around the world, either in person, via my website or via my YouTube channel. I have always said that I owe a lot to Eddie, we have been friends for a long time and we will always continue to be friends. As I am now a coach myself I model my coaching techniques on his and Eddie will always offer me any help and advice that I need, he really is a top quality coach and a lovely guy.

So, take a leaf out of my book and make sure that your coach is someone who knows when to batter you and when to show you some compassion, most of all, make sure that your coach is someone who will take pride in your physique. I personally take that to the extreme in as much as I won't let anyone even go on stage unless I'm happy with the way that they look, after all, if I coach you and prep you my name is written on you which means that your physique represents my knowledge so you had better look as good as we can possibly get you. If you don't I don't want you on stage, on the beach or to even tell anyone that you know me!

Now I am fully aware that my style of "my way or the highway" does not suit all people and that's fine. I have refused to help many people over the years and will always continue to do so. You see the point is this, if you employ me for my knowledge then that's what I insist that you use, not a version of it that's watered down with what you or anyone else thinks that they might know.

Next, understand that you will at times hate your coach because if he or she is any good they will push your body to places that it has never been before and some of those places are not very nice. However, you have to have been there to come back and those of us that have been there will happily go to those places with you because we know what lies at the end of the return journey and it's good, it's very good, believe me because I know.

So, having gone to all the trouble of putting all of these things into place comes what is apparently the hardest part for some people - doing as their coach says! There will always be distractions, in fact the better you look the more people will give you their so called advice just to be associated with you. There will always be the people in the gym that know best because they read something in a magazine; we've all met them, the idiots that talk it but have never walked it and never will, there will always be someone on the internet, sitting there with bacon sandwich and a fat gut, telling you they know best. Look, let me tell you now, all of these things will have the same effect; they will mess up your physique big time! Please read paragraphs two and four again and then tell me who knows best. Someone that you have specifically chosen because they have been there and done it, the same person that wants to express his knowledge and love for the sport through your physique, or someone who has no real interest in you but just wants to massage their own ego. Is it a no brainer? I would say so but there are those who obviously don't have a brain because they get it wrong.

In conclusion then, it's very simple, listen to your handpicked coach – and nobody else, and then you will get the best possible results. Or to misquote an old song that most of you will never have heard of:-

*You don't tug on superman's cape  
You don't piss into the wind  
And you never second guess your coach!*