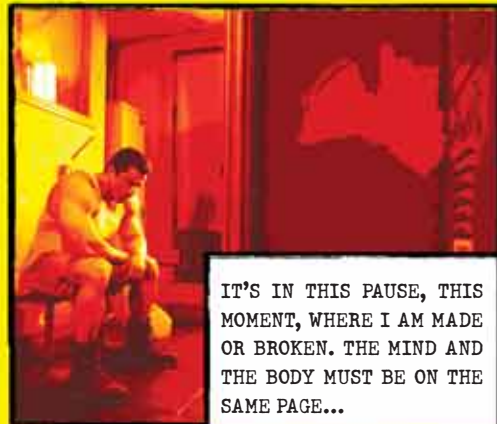


# "Shock The System."

IT'S HARD GETTING UP IN THE MORNING... IS IT EVER EASY? ON MY WAY TO WORK AND THERE'S NO TIME FOR EXCUSES...



STEPS... MY LIFE IS FULL OF THEM. EACH ONE HAS GOTTEN ME HIGHER. THE ONE CONSTANT, THE ONE SAME STEP THOUGH IS THAT DEEP BREATH BEFORE IT ALL BEGINS. HERE IS WHERE I COLLECT MY THOUGHTS, GATHER MY STRENGTH.

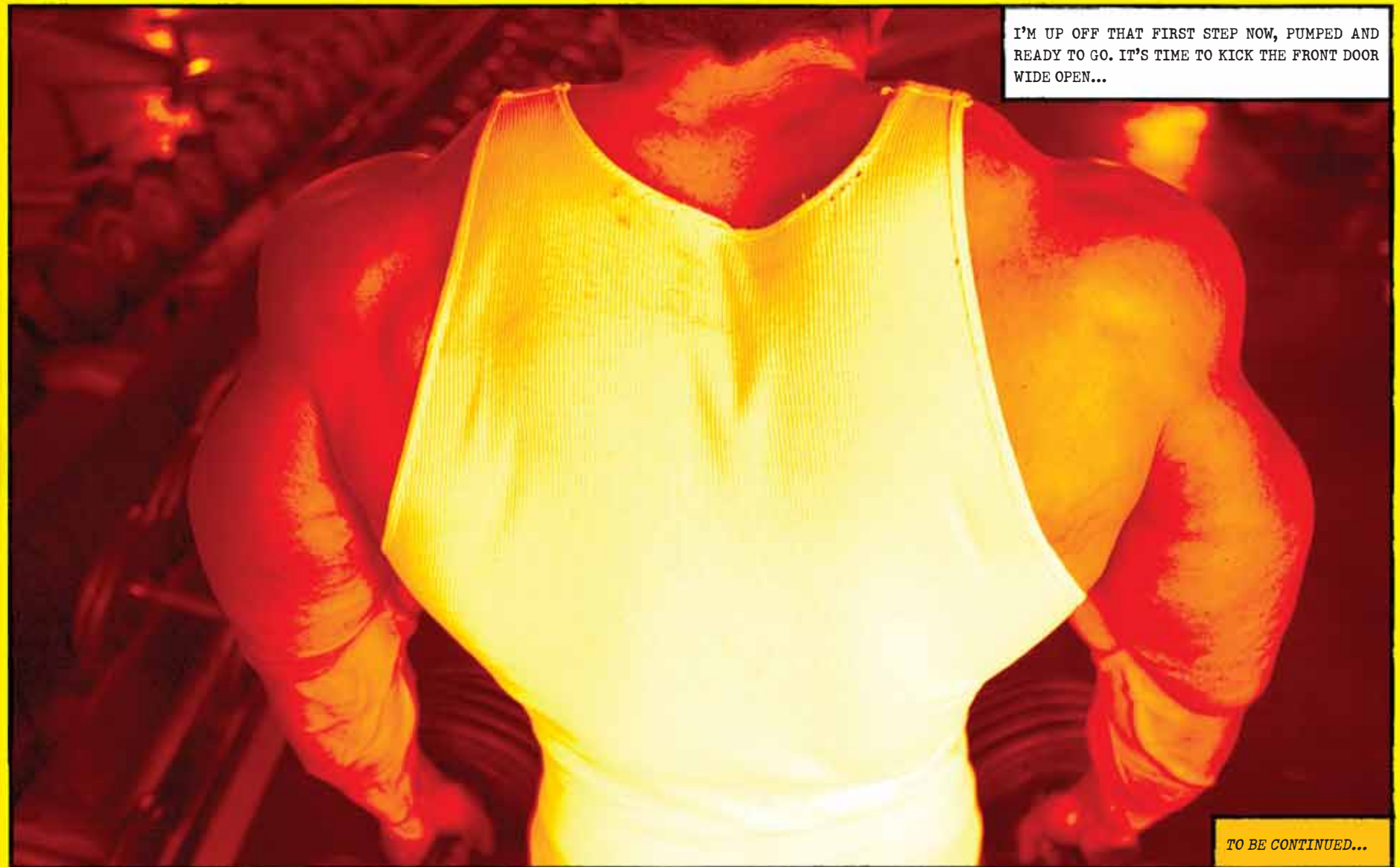


IT'S IN THIS PAUSE, THIS MOMENT, WHERE I AM MADE OR BROKEN. THE MIND AND THE BODY MUST BE ON THE SAME PAGE...

THE "MIND-MUSCLE" CONNECTION... TO GET THE MOST OUT OF EVERY REP, EVERY WORKOUT, YOU NEED TO MAKE SURE THE MIND AND THE MUSCLE IS WIRED TOGETHER. WHEN ONE OR THE OTHER IS OUT, YOU'RE NOT AT 100% EFFICIENCY. ON DAYS LIKE THIS, BEFORE I LIFT, I LOOK TO SHOCK THERAPY... IT'S FOCUS FOR THE MIND & A SHOCK TO THE MUSCLES.



I'M UP OFF THAT FIRST STEP NOW, PUMPED AND READY TO GO. IT'S TIME TO KICK THE FRONT DOOR WIDE OPEN...



TO BE CONTINUED...

# UNIVERSAL