



# Athletic Training

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Exercise and diet is just the start of reaching peak performance, however equipment, exercise types, body types, and how the exercises work plays a vital part in reaching peak performance. For instance, if you are working to build mass and only workout pumping heavy weights and adding more weights to overload a muscle, you are setting self up for injury. Likewise, if you are only working to build large muscle groups without building endurance, cardiovascular and the like, you are throwing fire on flames. The key then is picking the right equipment that includes endurance, strength training, reduction of stress on joints, and so forth to reach peak performance. Still, you need diet, and mind set to work toward your goals. Thus, in this report we are going to tell you about goals, plans, mindset, qualities, equipment, exercises, diet, and more to help you see how you can reach your peak performance by pulling up your secrets to ace athlete performance.

**Ace Athlete in how to be a Star**

**(Peak Performance Secrets Every Aspiring Athlete Should Know)**

We can sit here all day and talk about you reaching peak performance in the goal to become an ace athlete, but until you put forth the efforts, we would have accomplished nothing. Therefore, I will go work out while you read, and we see who gets to the finish line first. Not, I have to write the article, thus the only exercise I am getting now, is the weight I am loosing on my fat fingers and wrists.

The first thing you have to do is, put your plans and goals in motion while working toward peak performance in fitness. Exercise and diet is essential, yet you must also stop smoking, drinking, taking drugs, and cussing if possible. I have a sense of humor, so if you want to cuss sometimes, do not worry you will not miss reaching your goal. While working toward peak performance you have to setup a balanced regimen of exercises. The goal is to work all parts of the body, while achieving intensity, endurance, stamina, muscle, and so forth. The first set of exercises we can start then are the upper back tactics, which can help you start building strength in your back.

Ready, set, go: First, you want to get the joint actions to work toward building the shoulders horizontal extensions. In other words, you are starting the rowing back process, which requires weights. If you do not have weights, sit on the floor bring your arms up and elbows in an I Dream of Genie style. If you have, weights place your arms and elbows in the same position. Now, blink your eyes and make a wish. Just kidding! Now, I am not sure if you have weights or not, but either way work toward the chief mover muscles, i.e. the posterior deltoid, including the latissimus dorsi, and the teres majors. You will outstretch your arms to the side with the elbows bent backwards and the forearms coming forward. Keep your legs planted on the floor. In aerobics, the action is similar to the torso lift combined with

the torso twist, yet you will not twist the arms to from side to side, rather you will extend with the elbows bent to both sides.

Now you will start an exercise training technique. The technique will include sitting with your shoulders joints in alignment. If you have the axis weight machine, thus rotate the machine in the red dot alignment and work in harmony. Next, place the upper arms within the pads of movement, corresponding to the floor. In position, pull the movement pads in a backward position as far as your body will allow and hold. Return to position slowly, while starting in the same position and repeating the course of action.

As you exercise on the axis machine, keep your back planted on the seats back to avoid injury. You should also keep the head in a maintained position, as well as positioning self properly so that the upper arms will move correspondingly to the floors level.

Ok, wait, where are you going? You have more work to achieve peak performance, since all we did was strengthening your back. You have arms, legs, a mouth, thighs, waist, and so forth you have to work on. We are not; finished by any means, therefore get that body pumping. Oh shucks, I forgot. We are suppose to warm up, stretch, cool down, exercise, stretch, and cool down before starting the workout process. Darn me!

### **Secrets in Acing out in Peak Performance**

From aerobics to weight lifting, ace athletes work hard toward their goals, dieting in between. Ace athletes strive to maintain balance, while focusing on their body, minds, and goals. Athletes work hard. Still, some work hard

and fail ongoing wondering why. The bodies are pumping weights, jumping ropes, while struggling to get better results in peak performance. What are they doing wrong? Well, it depends on the person.

Do you drink alcohol, soda, or other unhealthy beverages excessively? An unhealthy beverage is not the way to reach, peak performance or is it the way to becoming an ace athlete.

Do you take drugs, including over-the-counter drugs that could harm your body? If so then you are working toward poor health, thus defeating your goal to reach peak performance.

Do you train without dieting? Do you eat what you want believing that since you are exercising you can reach peak performance? If you are eating uncontrollably, i.e. if you do not have a diet plan that works with your exercise regimen, you are on the road to unhealthy living. The body must have balance, which includes proper exercise and diet.

Do you have goals? Do you have plans? Are you working in harmony with those goals and plans? Are you applying effort to complete your plans and reach your goals? If you said, no, no, no, no, then you are on the road to halting your theory to reach peak performance. On the other hand, if you said yes, then you may want to sit down and reread your goals and plans to refine the details specifics.

What about your mind, where is it at? Do you think positive? Do you affirm your plans and goals? Do you debate consequences to see were you can do



better? If you answered yes to these questions, then you are on the right track.

Ace athletes work hard. Ace athletes conform, their mind to match their goals and plans while working with common goal seekers to reach the goals. Ace athletes know they must train in a team with a coach helping them, since training alone could put them at risk of ceasing. If you have heard the saying, the mind is a terrible thing to waste, then you heard right. The mind must work in harmony with the body, thus both pushing toward reaching our goals.

Peak performance is reaching the climax in whatever you wish to achieve. Peak performance is using the height of your abilities to reach the goal, which includes the mind, body, and action. The performance you put into reaching your goals includes routine workouts, recitals, implementations of diet and exercise, executing the plans, and acting out to reach the goals. Still, something is missing. What is missing in this plan to reach peak performance?

I said balance. Did you catch this or not? Balance is equilibrium, which gives us poise to feel stable, while remaining steadfast in whatever we do. Balance is reminders that provide us rest, while we assess our goals and plans. Balance is necessary for dieting and exercise. The problem with some athletes failing ongoing while striving to reach peak performance is the balance of their exercises in most instances is off. Sometimes diet and exercise both are off balance.



The body has many parts to consider. Sing the song, my anklebone is, connected to my knee bone; keep going, and you will see the body has many parts that require balanced exercise to work properly. Still, there is more. The body has many parts that require your attention, thus get moving to work toward peak performance and you will ace out in whatever you do. Do you want to be an ace?

**Aces in Athlete Performance in How to  
Secretes in how you can reach peak performance in athlete**

What does it take? It takes will, dedication, goals, plans, efforts, and mind power to become an ace athlete. You must also understand, accept, and

consider various aspects of your human makeup to become the next ace athlete.

To understand what you want is to appreciate, recognize, and realize your goals. To understand helps you to stay aware of your dreams, while visualizing self and identifying you through your dreams. You learn to appreciate life and self. As you grow to accept your goals, you soon start believing in self. You recognize and agree with your goals while admitting and acknowledging your plans. This brings you to remove denial while allowing self to reach goals. You consent with self and move ahead. Thus, you must understand and accept that ace athletes work hard, and commit self to diets, exercise, and struggles daily.

### **How do I get started?**

You can get started by considering your purpose, meaning, and goals.

Consider your senses, while making suggestions to work toward purpose and goals. What importance put you in mind to reach peak performance athlete? How can you reach your goals? What is the meaning?

Think exercise: exercise will help me to stay fit. Exercises will implement my plans and goes while I put in effect efforts to achieve, thus bearing in mind at all times my goals.

Think diet: Dieting helps me to watch my waistline, weight, and provides me a plan. The plans will take me to sitting up schedules, while sticking to a routine, and using procedures that will maintain good health. Diet is an elected representation that helps me to govern and regulate my health.

What is my goal? My goal is to reach peak performance while becoming an ace athlete.

Short-term goals: What are my short-term goals? My short-term goals are temporary measurements I will take to receive immediate results. The goals will help me move toward long-term goals, which mean lasting, long-standing, enduring, continuing, and durable.

Long-term goal: To reach peak performance and becoming an ace athlete without blundering, thus working toward good health and fitness:

What are my plans? Do I have purpose? What is the meaning? What arrangements can I make to reach my short and long-term goals?

Plans include diagrams, maps, tables, charts, sketches, graphs, arrangements, and preparation. You will need strategies, ideas, proposals, plots, and design to build your plans.

## **How can I build my plans?**

Ask, what is my goal? How can I reach my goals? What does it take to be a peak performance, ace athlete?

Arrange; I need starting position, middle, and ending position. I need a place to start, center, and end my plans. The process takes displays, organize, assembling, and putting together various ideas to make it happen. I need to coordinate to find control.

Efforts; require attempt, try, endeavors, stabs, cracks, and shots at reaching my goals. Effort takes exertion, sweat, force, struggles, strength, energy, power, and so forth to work toward ease of reaching my goals.

My goal is to reach peak performance in becoming an ace athlete. My plans are to find exercises and diet suitable for me that helps me to reach my goals. I will persevere while working toward my goal by sticking to my plans. I realize I will fail along the way; therefore, my plans will include a backup plan. The backup plans will give me encouragement, endorsements, help, support, backing and sponsor me in achieving my goals to become an ace athlete, peak performer. Are you ready to ace out in peak performance?

## **Acing Out in Athlete to Peak Performance**

### **Secrets in Peak Performance Ace Athlete**

What does it mean to win? Is the only thing you see is winning when you think peak performance or ace athlete? Win has many meanings. Win means you come first in everything you do, which is a selfish gesture or way of thinking. Thus, sometimes you have to let others come first in the game. Win also means to succeed. Succeed is a strong word that poses a good purpose and meaning behind its definition. Thus, ace athletes think win, but they consider succeed.

Win means to triumph. Win also means to become successful. When a person is successful, he does well while succeeding, and arriving at his goal. Win means to prevail. Prevail is a big word, since it means you must overcome obstacles to triumph, succeed, and win through your goal.

Win means to be triumphant. Win is victory, success, and so forth. Yet, the ultimate meaning of win is gain, earn, secure, attain, collect, accomplish, and acquire.

To gain you need exercises and diet plans that will help build strength, muscle, staying power, endurance, and the like. Increasing exercises after setting up a regimen is a common gesture acted out by ace athletes. They learn to grow, expand, and achieve their goals by applying efforts. Still, ace athletes learn from failures, thus using human tools to achieve. Ace athletes realize they must earn what they want rather than sit and wait for it to happen, or else wait for someone to give it to them. As they earn ace athletes realize they deserve what they achieve.

Ace athletes work to build confidence, security, self-assurance, and so forth while protecting their interest and plans to achieve. Ace athletes attain their goals while reaching for their limits and achieving through conquers. Ace athletes often manage their exercise regimens and diets, while striving to do better.

Ace athletes keep reality in mind as they work toward their goals. Romance novels are idealisms, which romanticize, use impracticality, and optimisms, thus ace athletes remain constant with realism, actuality, authenticity, truth, certainty, veracity, and so forth.

Ace athletes conduct many exercise routines while training to succeed. Ace athletes realize that aerobics and weight training can help them reach peak performance.

If you want to be an ace athlete reaching peak performance, thus you need to start with thinking. The mind has to conform to wanting your goals. You can sit down and idealize all day, but until you conclude your meaning, purpose, goals, plans, and the like and then put forth the effort to achieve, you are moving nowhere near your dream.

Peak performer athletes train hard. Training hard does not mean neglecting your responsibilities. Thus, setting goals and plans can help you reach your long-term goal; still you need to know why you want to reach the goal.

One of the mistakes people make is picturing idols as self. Idols are icons, statues, gods, deities, which are, considered as heroes, stars, or pin-ups. If

you want unrealistic worships, thus you are on the wrong track. The goal is to be you and work for what you want.

Now that you have an inside view of what it takes to reach peak performance, you now need to consider exercise and diet. You might think, oh I can do this. However, the fact is exercise and diet has more behind it than just the name it defines. In other words, you will need exercise routines that will work the entire body based on your body type. You will need a diet that works with the exercises, your body's requirements, type, and so forth to reach ace performance.



## **Acing out to be an Athlete at Peak Performance**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Sometimes you have to ace out to be a peak performance athlete. Athletes are people that train, working toward skill through exercise, such as sports. The training requires physical strength, stamina, or agility. Agility is liveliness, alertness, and quickness combined. Stamina produces staying power, energy, endurance, resistance, resilience, strength, vigor, and all leads to determination, fortitude, and the like.

To help you reach peak performance we can break down the details that make an ace athlete, starting with goals. Goals give us ambition, aspiration, and purpose as we move to reach our objective target. What makes goals work is plans. Plans are map to our future, which enables us to prepare, arrange, and work toward our purpose, through means of effort, while keeping intentions in mind. Plans provide us strategies, ideas, proposals, plots, and design rolled into one-logic, thus bringing us to effort.

Effort applies attempt to reach a goal, while trying to work the plans. Effort puts our endeavors in motion, while we take a crack at achieving the goals. When we apply effort to our goals and plans, we often sweat, while exerting our force, power, energy, and strengths, thus struggling to achieve. Aspiration takes us back to the goal, while driving our ambitions, hopes, desires, and wants to move forward to success.

Success is the achievements, accomplishments, victories, triumphs, that come through failures. We sometimes hit and run through trial and error while reaching our goals. The sensation of winning brings us to strive harder

to achieve long-term goals. Failure often breaks us down, stopping us from performing. Since failure brings us to disappointment, letdowns, and catastrophe, we sometimes forget our goals. Therefore, ace athletes reaching peak performance do not allow failures to stop them from achieving their mission.

Athletes often maintain ambition by working out, eating right, and maintaining good health. This takes them to remember their desires, wants, hopes, dreams, aspirations, purpose and the like, thus determined to achieve their goals. Athletes are motivated people that get-up-and-go when the touch get going.

If you want to set goals, you need determination. Determination is our judicial decisions, which settle and end struggles in the mind. Determination gives us resolves by arguing and reasoning with questions or doubts in the mind. To reach peak performance you must be determined to decide absolutely what you want to do by affirming your decisions. Affirmations, then is one of the leading secrets that make ace athletes. Once you establish determination and set your goals, you will assert your goals to be facts for you.

Assertiveness or affirmations help us to make positive statements, e.g. I will achieve.

Now that you considered the secrets behind ace athletes, you want to consider the most valuable tool that brings people to their goals. We need a purpose to set goals, plans, and to apply effort to achieve those goals and plans. What is your purpose?

Purpose gives us new ideas as we write goals. Purpose provides us reason to reach points in our life. Purpose is our principals, rationale, aims and helps us to function properly while we focus on intent. To help you see how this works we can set up a small goal with purpose in mind.

Purpose: My reason to achieve ace athlete performance is to better my health.

My point is to strengthening my body and mind.

My ideas is through strength training, endurance training, diet, and the like that I will achieve my goals.

My principal is my beliefs in me that I will acquire an attitude, while setting standards to achieve my goal.

I rationale that the basis of my goal has underlying principals that will motivate me to set the grounds in reaching the target I have set for myself.

Have validation.

My function is my role in achieving my goals. Now set your goals. Don't forget those aerobics.

## **Aerobics in How to be an Ace Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Down through the years after training and learning various types of aerobics, I discovered strategies that will tone, firm, give energy, endurance, strength and the like through a single set of exercises. We can perform a few of the exercises to help you see how, as an aspiring athlete, you can reach peak performance. We have to move swiftly and smoothly through the process, since the length I can write is limited.

#### **Start:**

Stand with the legs slightly apart; reach up while stretching the body. This is the start of all exercises; rather it should be since stretching helps the elasticity in the body become flexible, i.e. the joints elasticity becomes flexible. Move onto side stretches, performing the action four times. After side stretches move to arms swings performing the action four times, then back to side stretches performing the action twice. Next, perform the elbow lifts eight times; two sets and the torso twist combined eight times, two sets. The elbow lifts is placing the arms over the head with the elbows bent, and hands cupped at the elbows while lifting over the head, while the torso twist is turning side to side with the hands cupped over the elbows.

Exercise regimen should continue with side stretches six times, arm swings twice, elbow lift and torso twist eight times, four sets, side stretches eight times, arm swing four times, and reach up to conclude.

Moving on we can now start head roll twice, and knee lifts and elbow touches sixteen times. Standing straight up to the side, lift the knee left,

touch the knee with the elbow, down and to the right. Now move onto the forward bob and elbow touch performing the action four times. The forward bob is similar to the knee lifts, only you raise the left leg while touching the opposite elbow to the knee, bob forward, up and down again. Move into the forward lunge exercise while touching the elbows to the knee one time. Thus, touch the opposite knee while bringing the leg up right, down to the floor in a forward lunge, hold, up, and back down again.

Repeat the regimen, thus knee lifts eight times, forward bob four times, forward lunge one time, forward bob four times, and forward lunge twice.

The following procedure starts with side steps. Perform side steps while snapping your fingers and clapping your hands. Step front while slowly moving the left hip to the left side, now bring the feet front together, step left, and touch and back again. We have concluded the warm up and stretch exercise. Now we can move into a full body workout.

### **Workout:**

Starting with the toe touches, bend right with both hands touching the left toes, up and touch the hips, hands over head, down while touching the hips, and down left. Perform the action sixteen times. Rock it, thus step left leg to the left side while pointing the left hand down to the floor, and rock it to the right side. Perform the action 32 times. Do not forget to point the toes. Repeat toe touches sixteen times.

Next move to the hip twists, thus placing the foot outward, while turning to the left side, leaning backward, and pushing the hips outward at the same

time. Bring the foot back in position and perform the same action on the next side.

Now flick kick, i.e. snap the fingers, hop on the left foot, kick out, and hop on the right foot, while kicking it high. Now you have completed the second set. Keep working and you will see results, thus reaching peak performance. Are you inspired yet?

## **Aspiring Athlete Secrets in how you can be an Ace Performer (Peak Performance Secrets Every Aspiring Athlete Should Know)**

Secrets are underhanded, surreptitious, and sly cloaks-and-daggers that people conform to use to keep something hush-hush. The fact is aspiring or ace athletes do not have secrets that help them to achieve, rather they have goals, plans, purpose, and ambition that drives them to the finish lines.

Peak performance athletes are aces when they work to achieve their goals with a purpose in mind. Therefore, the how you can be an ace performer determines on what you want, what you are willing to do to get it, and what plans you have behind reaching the goal.

To help you decide what your goals are we can consider your purpose, determination, plans, willingness to apply self, affirmations, and goals.

Purpose

Goal

Plans

Determinations

Affirmations

Effort

Look at the list carefully and consider each word carefully. Now start writing your purpose on paper.

Purpose includes reason, points, ideas, principles, rationale, functions, use, intentions, aims, and an end. Purpose also includes resolve, determination,



persistence, perseverance, tenacity, and resolution. You want to remove any indifference from your mind while exploring your purpose.

**Purpose:** I reason I have cause to work toward achieving my goals, which is to become an ace athlete. My basis provides me motive. The incentive is to become healthier.

**Point:** My point is to summit an end to reach peak performance.

**Ideas:** The ideas come from my thoughts, which proposes inspiration that helped me plant images, impressions, and outlines of my goal to be the peak performer.

**Principles:** My principles are my opinions, based on beliefs, standards, and attitude that promote me to achieve ace athlete performance.

**Rationale:** I rationalize that my basis and reasoning for becoming a peak performance athlete is logical.

**Function:** My function is to spot my purpose, while giving meaning to my goals.

**Use:** My use is to bring into play a workable goal in which I assert that I can achieve if I put my mind to it.

**Intention:** My intentions are to provide meaning and purpose to reach my goal, which includes workable plans.

**Aim:** My aim is to try hard, aspire in building hope while intending to set my sights on my goal, thus striving to reach and end.

What is my goal? We set up the pathway to look into the goal by examining our purpose. The purpose is to find meaning to achieve your goals. Thus, decide your meaning before writing your goals.

Meaning: My senses tell me through common sense that if I do not work to better my health I am at high risk of health issues. What is my worth? I am worth the price it will cost me to better my health. My purpose is to better my health while reaching peak performance, thus I am the meaning behind my purpose, since I have value and worth.

What is your goal?

Goal: Goals include objectives, aims, ends, ambitions, purpose, target, objects, and aspiration.

My objective is, based on ideas, reason, and intent, thus removing partiality to achieve a mission. My short-term goal is to remove any doubts from my mind that will hind me from achieving peak performance.

My aim is to try hard while endeavoring to reach my goals, while keeping the goal sights in my mind. My impressions, images, and visions help me to see the finishing line. I see my self-reaching peak performance.

Ambition includes my dreams, hopes, desires, purpose, aspiration, and goals. Thus, I dream of being an ace athlete, thus, I need to cultivate my desires and wants. My short-term goal is develop my desires and wants to achieve my goal. My aspiration brings me to achieve what I wish and desire to achieve, i.e. I want to be an ace, peak performance athlete. My long-term goal is set.

What is your goal? What is your purpose? Do you have meaning? Do you have ambition? Set your goals. Aspiring athletes hold true to themselves.

## **Aspiring Athletics Reaching Peak Performance in How to Be an Ace Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

The body composes many parts, including the neck, quadriceps, stomach, hamstrings, lower back, hip adductors, hip abductors, triceps, pectoralis major, biceps, deltoids, and latissimus dorsi. While you ask what in the world does this have to do with reaching your peak performance to become an ace athletic, you should realize it has everything in the word of exercise to do with it. The biggest mistakes football players, baseball, runners, and other sporting athletics make is training in one area. In other words, a runner will strive to reach the peaks of endurance, failing to realize that endurance is not the only achievement in becoming an ace athletic.

Therefore, you must learn the exercises required of you to work all parts of the body if you want to become an ace athletic.

#### **What it takes:**

Neck: instead of rotating the neck, down, up, around and repeating the process, work the neck properly. In other words, move the neck while raising the shoulders, moving side to side. Rotating up and down will only cause stress to the spine. Most people are unaware of this, including professional trainers.

Quadriceps: to build the quadriceps you will need to conform to ongoing leg presses at least three times per week.

Stomach: sit-ups are common, but even pro trainers are unaware that sit-ups cause damage to the spine if not performed properly. Inappropriate sit-ups will affect the neck first and then harm the spine. Instead of going all the way back on the bench or floor, while holding your hands at the back of the neck, try half sit-ups while using equipment to support your body.

Hamstrings: Leg presses work wonders to enhance the strength and staying power in hamstrings.

Lower back: Again, sit-ups should be avoided while working the lower back. You should try stretches that release stress from the back.

Hip adductors and hip abductors require aerobic training strategies and will show results from leg presses.

Triceps: Use decline presses properly while working on the triceps.

Pectoralis majors: Compound rows work wonder in keeping this part of the body healthy. This is the chest area, which includes

Biceps: Decline presses will work the biceps sufficiently.

Latissimus Dorsi: Again, use decline presses to reduce and fit the latissimus dorsi.

Aspiring athletics have to maintain a workable schedule in exercising. Most athletics will train daily, however the body will work wonders exercising three times per week. At the start, you should work each weight section that

works all parts of your body around fifteen minutes start and work toward one-hour regimens. Overtraining regardless of what anyone tells you harms the body. You may not notice the harm now, but believe me somewhere down the road you will. Likewise, under training can do just as much damage if not more, thus you must work out a regimen that is right for you.

Still, there is more than just exercise involved if you want to become an ace athletic. You must also set up a diet plan and stick with it. Many aspiring or peak performance athletics will use supplements while conforming to a workable diet. The supplements chosen often help enhance human growth hormones. Athletics should avoid drugs, smoking, and excessive alcohol, since it will only defeat the efforts.

Many athletics today are shooting up supplemental hormonal growth solutions in an attempt to build mass. Avoid this action, since you are only adding trouble to a problem. Most times supplements have short-lived benefits, therefore train, exercise, and eat right to become an ace athletic.

## **Aspiring in How to Be an Ace Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

We all strive to do something in life. Some of us strive harder, while others procrastinate. If you want peak performance in becoming an ace athlete, thus you have to strive hard. While there are many types of exercises, we can do to work to your peak, today we are going to focus on aerobics. I learnt a few tips along the way in weight training and aerobics, however the exercises if you do them three times each week for one hour per session, I promise you, you will lose weight in two weeks top while building strength, stamina, and so forth. If you want a tone, fit, and firm body get those engines roaring.

#### **Let the party begin!**

Turn on the jukebox, since music gets the adrenaline going and will help you to strive harder to reach your goal. The first step is a dance warm up. To start, raise those arms over the head Fred. Now, spread those legs slightly with your feet apart, and prepare to stretch that body. Reach up to the right, to the left, and then stretch all the way up over your head with one arm with the other arm slightly bent. Now “Get on up on the floor,” since you are going to “Boogie” as you haven’t before.

Ok, perform that action until your body feels relaxed. Now, prepare since you are going to burn the fat off those hips and waist. Four times, I want you to stretch those sides. Attempt to keep your arms in a straight line, while gripping a towel. The towel will help you protect the upper back area. Now, in position stretch right, front, left, and reverse. The arms should extend over the head to the right, left, and go down to the knees at the front, and over the head as you go up. Repeat the process four times.

## **Arm Swinging**

The arm swings start out down left, up over the head, swinging back, and down right. Do the procedure four times. In other words, swing the arms to the back, while you lean forward and the legs straight, down the left. Swing upward with the arms over the head and legs slightly apart. Now swing the arms to the back again, while you bob forward with the legs slightly apart, thus down to the right.

Now do the side stretches again two times. Ready, boogie down. We are now going to do the elbow lift and torso twist eight times at two sets. Put the arms over the head with the elbows bent, pointing the arms in both directions. Raise the elbows up, down to the front, down to the right, while making sure the hands are grasping the elbows. Again, move to the right, left, while keeping the arms high and twisting it. “Come on baby, let’s do the twist.”

### **Regimen: Do side stretches again: six times:**

Do arm swings again: two times

Do elbow lifts and torso twists again: eight times, and four sets.

Do sides stretch again eight times?

Repeat arm swings four times:

Repeat reach ups and end the regimen.

### **Head rolls:**

Roll that head Fred: now the common way most people do the head rolls do not apply here, since the common way is not safe regardless of who tells you otherwise. Instead of rolling the head down, up to the right, around, and



reversing, you will stand straight with the posture in a straightforward stance. Now, to the left and right roll the head without straining the neck. Perform the action twice. How do you feel? Well, don't think you are done, because now it is time to exercise.

## **Athlete in how to be an Ace Performer**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Athletes work hard to reach goals, while planning, training, and sticking to the plans while keeping the goal in mind. Ace athletes often combine aerobics, diet, and weight training to reach peak performance. The trainers will endure while maintaining balance in their plans. The goal is to achieve strength, stamina, health, peak performance, and the like while training to be an ace athlete. If you are searching for the best plan for you, you want to consider your goals, make plans, and then work to achieve.

One of the plans that worked wonders for me might interest you ladies seeking to reach peak performance while acing out to impress your mate. I will get you started on a program that will help you achieve firm, fit, and tone bodies. Before you start out any exercise regimen however, you will need to do warm ups and stretches. After the regimen you want to conclude with cool downs and stretches.

Stretching helps the body to flex. Now we can start a working into an ace athlete, plan strategy.

The first set is arm swings. You want to do at least four sets to start your exercise plan. Rather first, you will reach up with the hands extended over the head and the feet slightly apart. This is the introductory stage. Stretch that body so that you release those muscles from pressure, preparing to become the next ace athlete.

Next, do four sets of side stretches. With hands extended over the head, stretch right, front, left, and up. Now move into the arm swings doing four sets per session. After completing the arm swings redo a set of side stretches two times. Now you can go into the elbow lifts, eight times, four sets, and torso twists, eight times, two sets. Work that body.

Regimen to follow: Side Stretches, six times

Arm swings, two times

Elbow lifts and torso twists, eight times, four sets

Side stretching, eight times

Arm swings, four times

Repeat reach ups, thus stretching the body.

Moving on you will do head rolls, twice. Next, perform the knee lift, and elbow touches combined, sixteen times. Do the forward bobbing and elbow touch at least four times. Now you will break into a forward lunge while the elbows touch the knees as you come up and go down. Do this procedure one time.

Regimen:

Knee lifts, eight times

Forward bob, four times

Forward lunge, one time

Knee lifts, eight times

Forward bob, four times forward lunge, twice

Continuing move into the side steps, i.e. snap those fingers, clap those hands, and step left leg forward, and right leg back and to the side. Step together, step to the side, steep and touch the toes, and step back. Boogie on down!

Once you complete the set, start the toe touch, sixteen times. Next, do the rock, thirty-two times. The rock is stretching the left leg to the left while pointing the fingers down at the side and tilting the head. Perform the same action on the right side.

Regimen:

Toe touches, sixteen times

Now you are ready for the hip twister. First you will stand to the side, twist the hips, while throwing the arms left to right in an upward position. Step right, out, together, slap knees, and step left, out, foot, and together while slapping the knees bobbing half way down. The flick kicks follows, which includes snapping the fingers while hopping front, kick, hop, kick, and then kick out leg out high. Follow the process by doing the shake it and twist, jumping knee slaps, and so forth. This is a great start, thus get it down, and start working the rest of that body for peak performance.

## **Athlete in How to Be an Ace**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Think: Before I sit here all night telling you how to be an ace, I want you to think, since we can end this session quicker. What are you thinking? Are you working toward athlete? Do you want to be an ace? What is the secret to becoming an ace athlete while reaching your peak performance?

There is no way in the world I can tell you what each athlete thinks in the world, but I can tell you what I know, think, feel, experienced, and lived. Hello, did you wake up and smell the coffee? Did you see goals? Did you see purpose? Did you notice effort? I am not an athlete, but I am a trainer in weights, aerobics, and fitness. I know medicine, I know health, and I know mental states of minds. I think after all the crap I endured I can teach you a thing or two. I think.

I want to become an ace athlete. I want to reach my peak performance. I know the secrets that will make me an aspiring athlete. I know that mind over matter will make me achieve, i.e. what I want to be in life. What is mind? What is matter? I know I have other responsibilities that hold me back from reaching my goal sooner. I am prepared to find a way to fight through the chaos to win the race in achieving peak performance, in what I want to be in life. What is matter?

Matter is a theme. Matter is material that brings in affairs of the mind. Affairs equal chaos that I do not need, since it will hinder me from reaching my goal. Matter takes you to questions. Matter leads you to issues. Matter

brings forth problems. Matter makes it difficult for you to reach your goals. Matter is the topic you want to consider, since matter will make you worry or have concerns over what you want to achieve.

What is matter? Matter counts on importance, or carries weight over the mind. I am starting to laugh about now, since most people think that beating their bodies down day and night brings on peak performance, thus matter over mind. Mind is the intelligence. Mind is the brain that pushes the mentality to usher on, while caring about what you have in mind. The mind takes offense to matter when matter starts to disapprove. Yet, matter is the problem many face, since mind overweighs matter.

Use your brainpower. I can do this. I have the will, power, and strength to work toward peak performance. I am an ace, and I will show the world the ace I am. I am careful to show others that I can perform an ace action that will make them think, how I can reach my peak performance. I am me, who I am, and I work hard each day to reach my goals. I think.

My mind is not, bothered by the chaos that matter brings. I care. I have an objective in life and I am willing to push ahead to reach my goals. I do not take offense to let down matter, since let downs help me to grow. I remove doubts, fears, and other negative thoughts from my mind so that I can ace whatever it is that I do. When I have doubts, I express them clearly, so that others can understand me. I am in agreement with myself. I work hard to make others agree with me by finding the truth in me. I think.

I think. When I am not doing my best, I raise objections to induce ideas that will lead me in the right path. I think. What is your secret?

## **Athlete Secrets in How to Be an Ace**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Athletes take supplements, workout, diet, and the like to work toward peak performance. Some of the supplements include Wobenzym, as well as other types of supplements. Still, they workout often and eat healthy foods.

Various procedures can help you to achieve ace performance as an aspiring athlete. Most importantly, you want to learn balance in exercising and diet to maintain good health and work to peak performance. To help you get started we can consider a few helpful exercise routines. Always perform warm ups and stretches before starting any exercise regimen. Also, perform cool down and stretch exercises after you finish workout.

#### **Getting started:**

Today we are going to do head tilts and shoulder shrugs seven sets. Position self in a comfortable area in the floor and cross the legs, Indian style. Tilt the head left, right, and lift the shoulders up as you position the head straight. Relax and keep the head in a straight position, then shrug the shoulders again, while working to relax. Your hands should be on your knees as you perform the head tilts and shoulder shrugs.

Now do the shoulder touches and elbow touches ten sets. In the same position, lift the hands over your head; bring them down to your shoulders with the hands touching each shoulder. Now bring them up again and back down. Next, bring the elbows to the front over your chest area, then back, front, and back again.



Does the head tilt combined with the shoulder shrug again two sets? Now turn on your left side, and start the side flutter kicks. You want to do the kicks eighty-eight times at eleven sets of eight. While lying on your left side, kick your leg in a stride, thus positioning it as fast and widely as you possibly can. Turn to the left side, and kick it out. Keep the legs straight, while pointing your toes. Perform alternatives or kicks on each leg.

Now position the change while crossing the legs backward to a sitting point. Repeat the head tilts and shoulder shrugs three sets. Position and change, thus turning on your side and kick it out again. Now, you can repeat the side flutter kicks eighty-eight sets. Change the position again and cross the legs back, while you sit up. Perform the head tilt and shoulder shrugs another seven sets. Now do the shoulder touches and elbow touches another twelve sets.

Moving on, do the shoulder touches and elbow touches another thirteen sets. Now let's cool down with the yoga stretch one time.

The yoga stretch includes sitting in the floor with the legs crossed Indian fashion, and lifting the hands up over the head. Bob forward while bringing the hands down to the floor, keeping the hands linked together and then extend the arms over the head again, while clamping the hands. Stretch up as far as you can reach.

Moving on you want to work the hips, waistline, and outer thighs. The beginning stance starts with lying on a surface on your back, and keeping the knees bent and feet level on the surface, thus shoulder width spaced out. Lift that fanny up 3 times, hold seven counts, up one and half times, and hold

four counts. Get ready now to perform the flex kicks, while tucking in those hips and squeezing the buttocks and holding. Change your position and sit down, readying for the single flex kicks. You want to perform this exercise eleven times. Sitting with your hands supporting your hold, i.e. place the hands on the floor while you sit leaning back, and kick out your right foot keeping the toes pointed while leaning back. Kick it, and kick alternatively on each leg. Repeat the fanny lifts three and one half times, the single flex kicks twenty-eight times, and position self. Keep working and you will soon be the next peak performance ace athlete. Boogie on down! Don't forget you need balance.

## **Balancing in how you can be an Ace Athlete**

### **The Secrets behind peak performance athlete**

Balance is essential when working toward peak performance. Balance provides us stability and steadfastness, combined with remainders. Once you start your plan to work toward peak performance you will need exercise routines and diet that will keep your body balanced.

While many exercise machines are available that help you to promote health while reaching peak performance, one of the exercise equipments I've discovered impressed me over all types of machines I've worked with in the past. After training in weights, aerobics, fitness, health, and the like, I discover something new everyday. Pilates' workout equipment is one of the exercising machines that impressed me. The information I have discovered about the machine alone makes me what to reach peak performance. While most provide strengthening of the muscles, resistance workouts and the like, most machines will not work to reduce the stress on the joints. This is important.

Exercise and diet is critical to maintain good health, let alone in working toward peak performance. At what time balance is, maintained, all, the better for good health and peak performance. While properly exercise and maintaining balance the body's muscles straightens, while the breathing becomes less stressful, and the body's joints start to relax. We can achieve flexibility.

Pilates' exercise machines sculptures the body. Yet, the machine moves to enhancing health, and restoring the body's natural curves. The exercise

equipment does more, since it reduces health risks, such as cardiovascular problems. Pilates' originated from Germany, thus designing the workout known as the 'powerhouse.' The routine reduces health risks, while strengthening the muscles, and reducing stress placed on the joints. If the joints, ligaments, and tendons are, affected by off balance workouts, thus potential harm could occur. Pain is one of the problems you may experience ongoing if the ligaments, joints, or tendons are, damaged. The machine Pilates' is widely employed by millions worldwide in gyms and in homes. The machine works the lower part of the back, buttocks, abdominal, legs, pelvis, arms, triceps, biceps and more.

Most times, you can purchase Pilates' equipment from dealers, and receive free videos, which provide recipes that will help you work toward dieting. The videos will also help you learn to perform exercises properly. The exercise routine will help you straighten the muscles, breathe easier, reduce level of stress, and more. You will not need to worry about tearing ligaments, tendons, or joints, since the machine is, designed to work against this action.

Exercise is important. Still, some types of exercises could root up harm. Therefore, when considering ace athlete or peak performance make sure you understand what each type of exercise does to your body. The cartilage or joints are strong enduring elastic tissues, which connects various parts of the body. The joints changes the way our bones grow. Therefore, while considering balance, consider safety, since this is a secret behind becoming an ace athlete.

While Pilates' is one form of exercise equipment we can consider, many other types are available. You want to read all you can before buying exercise equipment, since some could cause harm. Get the benefits in strength training.

## **Benefits in Strength Training in how to you can be an Ace Athlete (The Secrets Peak Performance Aspiring Athlete Should Know)**

Strength training if worked properly can help you to achieve ace athlete performance. Strength training helps to enhance muscle, joint elasticity, body composition, metabolism, physical capability, all while enhancing your health.

Straight training increases the muscles size and strength combined, by making them larger or greater in strength. The muscles are body tissues that produce movement through specialized procedures, which includes repeated contractions, relaxations, and so forth, thus producing movement for all parts of the body. Through the process, the muscles maintain tensions, or pumping liquids within the body.

The organs compose muscle tissues, which compose bundles and/or sheets of tissues, which bound jointly alongside linking tissues, thus joined with tendons the muscles contract and attach the bones. The muscles influence strength, power, and so forth.

The joints or cartilages work hand in hand with muscles, since it helps us to move easier. Cartilages have strong, tough elasticity tissues, which augments the growth of bones. Therefore, strength training could provide both mental and physical powers that help you to stay strong while striving to reach peak performance.

Strength training gives you the ability to resist pressures, forces, and stress. Thus, strength training provides you the tools to resist attacks. You get

intensity, effectiveness, strength, all in one, while building your feelings and beliefs to higher levels. Pressure, stress, and forces or influences are often the reason people fail in any goal to achieve, including peak performance.

While we work to peak performance through strength training we will soon feel intensity grow, which brings forth power, strength, force, and the like, thus helping you to concentrate on your goals. Intensity coming from strength training will augment your passions, while helping you to keep a serious attitude and a quality in achieving your goal.

Intensity from strength training drives passion home, while helping you to express intense enthusiasm to achieve your desires. Thus, passions give strong feeling, such as desire first spot, which drives a person to achieve.

How do I know what my desire is to set my goals? When you sit down and think about how you can achieve peak performance to become an ace athlete, what are you thinking? Is your desire a craving? Is it a longing that promotes your thoughts? What are your needs? Do you need fitness and health? What do you deserve? What is essential in helping you to reach peak performance? What are the requirements that will help you reach peak performance? Asking questions can help you determine what you need.

Thus, strength training requires a need, desire, goal, plan, and effort to accomplish. Consider strength training, since meaning will help you to set goals, plan and apply efforts to achieve. Strength training will enhance your health, while reducing your risks of illnesses and injuries. Thus, strength training builds the cardiovascular, thus preventing heart disease, attacks, and strokes.

Body composition is another area you want to consider while considering your needs, desires, goals, plans, efforts, and strength training. The body comp is our physical form, which includes the legs, arms, head, body, and so forth. The comp is our build, which composes Ectomorph, Endomorph, Mesomorph, and Endomesomorph types. Learning your body type could help you reach your goals.

Metabolism is important, since it is our life substance, which provides us energy. Strength training may require extensive consideration and details, however if you start strength training you will soon see the benefits. The body will feel healthier and stronger, while your energy level grows, thus you can reach your body's capacity to achieve peak performance. Body types play a role in reaching ace athlete position.



## **Body Types in How to Be an Ace Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Did you know that your body type determines what you need to reach your peak performance? Body types include endomorph, Endomesomorph, Ectomorph, and the Mesomorph types. What does it mean?

Endomorph body types require lower volumes of muscle training and higher volumes of fat intake. Endomesomorph requires higher muscle training, and higher fat intakes. Ectomorph requires lower muscles trainer and lower fat intake, while Mesomorph types require higher muscle training and lower fat intake. Which type am I? I do not know which type are you?

The endomorph types are generally large bone people that demand lower weight strength training and higher fat intake. Most times, you will see endomorph types in offices, restaurants and the like. While training these types work to reducing weight gain, through strength training and sufficient diets that, include proteins, complex carbohydrates, low fats, and calories in moderation.

Endomesomorph types classically are heavier than what their height is. These types are often football players, since the power or strength activity helps them to maintain balance.

Ectomorph types generally require lower muscle training and lower fat intake, simply because these types are light or buoyant in body weight, thus these types find it difficult to gain weight. Endurance exercises are, best

matched for these types. Running at great distance would be an exercise of choice for Ectomorph types.

Mesomorph requires higher volumes of muscle training and lower volumes of fat intake. Mesomorph types often have low fat, and intermediate muscle amounts. Mesomorph types are suited for bodybuilding, gymnastic, wrestling, and so forth. Strength training is necessary for Mesomorph types.

Understanding body types can help you to decide what you need to do to reach peak performance. Endomorph types are generally stocky built souls with prominent stomachs. Ectomorph types generally are lean and tall, i.e. they are tall with long and lean limbs. Mesomorph types generally are husky and muscular souls. Therefore, if you want to reach peak performance, learn your body type, what your type needs, and how you can work to achieve peak performance. In other words, the body types require different nutrients, such as carbohydrates, fat, calories, proteins, and the like to reach peak performance.

How can I find out what nutrients or diet is, needed to help me reach peak performance? You can talk with your doctor or visit the internet to learn more about body types and what nutrients the types require.

To help you decide now however, we can consider carbohydrates, fats, amino acids, calories, protein, and the like to see what it means to you. Calories give us units of energy that equals out heat or body temperatures. Most times doctors recommend 2500 calories per day; however, some body types require more or less calories.

Fats are biochemical dietary components, which we get from foods. Fats are fatty oils, which are water insoluble solids, or half liquid/half solid chemical compounds, which we get from animals or vegetables.

Carbohydrates are organic compounds deriving from hydrogen, oxygen, and carbon, which bring us energy from nutrients that include starches, sugars, cellulose, and carbohydrates.

Protein is biochemical complex inborn substances. Proteins have high volumes of molecular weight, and globular and/or fibrous structures that compose amino acids, which link to peptide bonds.

Amino acids are constituents of proteins, which produce organic acids that contain amino groups in volumes or singles and make up living cells and proteins.

Now, it depends again on your body type, however if you are the Mesomorph type you may want to consider carbohydrates for oxygen, hydrogen, and carbon. Are you dedicating to reach ace athlete position?

## **Dedicating in How You Can Be the Next Ace Athlete**

### **Aspiring Athletes and their secrets in peak performance**

Dedication what does it mean to you? Dedication is devotion, commitments, enthusiasm, keenness, perseverance, allegiances, ardors, and loyalty to achieve. When you have devotion, you attach self to commitment, which takes you to affections, and leads you to attentiveness in finding support to reach your goals.

Commitments are promises we make to self, while pledging and vowing to hold up to obligations. We find assurance and bind our self to plans and efforts that help us to reach the goals we set for self.

As we dedicate, devote, and commit self we become eager to achieve while finding interest in what we want. We stay keen to our goals, while passions flair and our zeal to achieve becomes a hobby. The goal we set for self becomes a favorite activity, regardless of what it entails.

Our keenness helps us to, wholeheartedly endeavor to achieve while intensifying the mind and body to conform to our plans. We set the pattern for work toward precision.

Devotion, dedication, commitment, and keenness lead us to insist on reaching our goals. We find urgency in exercise and diet, while firmly seeking resolves to achieve through determination. Thus, we avoid vacillations, which make us indecisive and wavering. We do not hesitate, nor do us irresolution while seeking our goals.

Perseverance brings us to loyalty, which backs our commitments. We remain faithful and constant, while adhering to our duties. We realize that disloyalty leads to treachery, infidelity, betrayal, fickleness, untrustworthiness, thus we lower the trust in self, which is something ace athletes avoid.

As we grow to ardor, we develop our passions, love, enthusiasms, zeal, fervors, eagerness, devotions, dedications, commitments while avoiding indifferences. We know that indifferences only set off unresponsive apathy, which leads to concern.

Developing the qualities of ace athlete, then move us to remaining faithful to self, while devoting our time to achieve our goals. We pledge allegiances, which builds trust in self, and constancy in efforts. The mission takes us to rely on self, while remaining fidelity, dependable, steadfast, and removing disloyalty from our path. Ace athletes realize the disloyalty is indifferences that bring forth untrustworthiness.

Dedication then, is the starting point in becoming an ace athlete. Still, we need goals, plans, efforts, purpose, meaning, and will to continue. Our will promotes determination. If you have will, you can find resolves, while maintaining willpower that motivates, moves, and excites the spirit. We reach force, and strength of character that drives us to self-control, thus balancing and binding self over to exercise and diet without losing control.

As we develop our will to achieve, we learn we have choices, desires, preferences, and commands. Ace athletes combine all ingredients to work

toward success. The preferences help them to pick favorite exercises and diet plans, while avoiding partialities.

Thus, dedicating self to achieve ace athlete peak performance is a quality you must acquire that will lead to other qualities that will help you to set goals. Dedicating self is setting goals aside that you hold as special. Thus, dedicating is the process of finding purpose. Dedicating self finds purpose and then moves onto commitment. We see a pattern that leads us to goals and onto success.

Ace athletes setup mind power that moves body power to success. Often ace athletes give up or make sacrifices to reach their goals. Their purpose is to give up valuable or important wants to gain value of more importance. Now you may ask how do, I reach this level to reach peak performance. Oh the dynamics!

## **Dynamic Exercises in how to become an Ace Athlete**

### **Secrets of Exercises Hindering Peak Performance**

If people realized what various exercises could do for them, thus realizing how they either harm or work in your favor, they would setup a exercise regimen that would lead them to peak performance every time. Some of the exercises we can discuss to help you see where benefit exists include the isometric, Isokinetic, dynamic constant and variable resistance exercises, isotonic, and so forth. While most of the exercises outlined in the article work with weights, each have benefits that produce both good and bad results.

For instance, the isotonic workouts include muscle tension verses contraction. The workout is a physiologic routine that relates to contractions and restricting of the muscles under invariable tension, such as lifting weights.

Isotonic workouts were, considered to re-supply the body's chemical demands, in particular instances when the body consumes fluids, thus it will require vigorous workouts to restore. Isotonic workouts then work in positive and negative respond to muscle contractions. One example of isotonic workouts includes inconsistent barbell workouts, i.e. you are not required to hold four seconds lifting and two seconds lowering the bells as you would in other types of training. , the resistance level you choose should remain constant. When consider isotonic workouts, combine dynamic workouts to receive positive results.

Isometric workouts are an equal dimensional workout that includes measurement. The workout involves pushing group or large muscles against other parts of the body. In other words, the workout puts the muscles tension against contractions. The muscle must have freedom to contract, and relax to work properly. Isometric workouts compose static or immobile contractions of the muscles, which works against motionless resistance. The workouts build the strength of the muscles, yet it stumps movement. The workout will enhance joint location in particular areas, but you have to train while increasing the volume of muscle strength routines, in more than a few positions during range of movement. While the isometrics deliver strength, thus the workouts including immobile response to muscle contractions affect the flow of blood. If you have cardio problems, or aging, the exercise is not a good, since the benefits lack, due to the affects it has on the heart and flow of blood.

The dynamic constant and variable resistance workouts are types of isotonic exercises. For instance, the dynamic constant resistant workout works are set resistance routines. An example of isotonic dynamics is, seen in barbell lifts. The resistance level in this routine remains constant. Yet, because of advantage purposes, when the muscles force is lower, it remains constant, as it would when the force of the muscles are higher. In other words, if the muscles force is low, it will remain constant, vice versa. During the range of movement in this exercise regimen, it poses low benefits, since poor corresponding of force in the muscle verses the force of resistance may hinder progress in development.

The variable dynamic resistance routines variables resistance during movement ranges. For instance, the types of machines you see advertised on



television for low monthly payments are types of Nautilus equipment. The machines have controllers that help you to situation resistance at your level and remain constant. Thus, the types of machines deliver higher benefits since the equipment works to maintain balance in resistance and muscle compel in a moving scale.

Isokinetic workouts require steady speed of movement. The machines base resistance on efforts applied, therefore if you work low resistance weights the machine demands consistency, which means you will see less results. In other words, the Isokinetic workouts, depending on resistance level keep you at range.

## **Exercising in How to Work Toward Peak Performance Ace Athlete Secrets of Peak Performance**

Exercising is one of the secrets that peak performance athletes learn. Exercising sounds easy when you talk about it, but getting started is the trick often. Exercise helps you to keep fit, train, use your body, and employ new strategies to enhance your flow. Ace athletes come in many makes and models, which include the endomorph type, which is often stocky if build. The stocky areas of prominent notice are the stomach area. These types have to work with strength exercises to lower the muscles and increase fat.

The Endomesomorph types generally work best in football or relating sports and require higher increase in muscle training and higher volumes of fat. These types of people often burn fat and calories at high volumes while working out. The Ectomorph is often tall and thin people. They often have physiological traits, which include long and lean limbs combined with tallness. These types often train to lower muscle and lower fat.

Mesomorph types are often husky. This type can easily fit in bodybuilding since the body is muscular often. The exercises best suited for these types include higher training volumes in muscle and lower fat.

The body types make a difference, however other concerns come into focus as ace athletes work to peak performance. While the body types play a role in reaching peak performance, balance also plays a part. Bodybuilders often work to increase steroids, adrenaline, while reducing metabolism. This type rarely seeks endurance or speed; rather they focus on muscle mass. This is a

big mistake for many, since endurance, speed, and the like is essential in maintaining health.

The types of endurance machines or workouts include swimming, tennis, skating, running, jogging, cycling, and so forth. The exercises should be, employed in exercise regimens regardless of your goal intention. In other words, if you are working to peak performance in bodybuilding, you want to include aerobics and endurance exercises since it can reduce heart risk. Lifting weights without endurance, speed, cardiovascular exercises, and the like is not healthy.

If you want to understand exercises consider that during common or standard weight training routines in a eight week plan, and in a breakdown weight training plan, thus the body will only increase stubborn weight to around eighteen percentage, while if you perform breakdown weight training you will reduce stubborn weight at twenty-five percent. What a remarkable increase.

Thus, understanding the types of exercises and what they can do for you will help you get on track while balancing your plans. This will help you to strive toward peak performance. Still, you want to consider diet while keeping reality in mind.

Diet plans are important. The body requires x amount of fat, proteins, carbohydrates, amino acid, calories, cholesterol and the like to function properly. The body requires balanced nutrients, thus again; it will depend on your body type. Fat works with our adipose tissues, which promotes insulin.

Insulin is hormonal regulators, which targets the glucose levels in the bloodstream. The hormones secrete through islets, including langerhans into the pancreas. The pancreas once hit starts to regulate the levels of glucose, which if deficient it will produce results, such as diabetes mellitus. Don't forget you need goals.

## **Goals in How to BE an Ace Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

As athletes work to peak performance, they often keep long-term goals in mind while working through short-term goals. Athletes work through goals by keeping details in mind. As peak performance athlete, works to their goals, they train. Most runners in marathons reach peak performance since they work to lower the weight of the body, thus the runners often reduce body fat, while increasing the lean weight.

Thus to get a leaning weight while reducing fats you would need a diet proper for your body type, as well as training in strength. If you want to work on fat-twitching fibers, or else work to enhance slow-twitching muscle fiber, you would need to include endurance workouts.

Athletes often include strength training in their exercise regimens. Strength training helps them to build muscles, bones, tendons, ligaments, muscle mass, cardiovascular, and the like while reducing the risks of illnesses and injuries. Thus, strength training should be included in your plans to reach peak performance.

Flexibility is another aspect you want to consider while working to reach peak performance in fitness. Strength training is helpful, since it has shown proven affects in giving the joints freedom to move easier. Studies recently showed improvements in the hip-trunk area as for flexibility achieved from strength training.

Overall, you want a regimen of exercise that will work with all areas of your body. The areas to consider is the neck, shoulders and deltoids, back, latissimus dorsi, teres major, and trapezius. The chest area will include the pectorail majors, and the front arms will include the biceps. You also want to work the back area of the arms, which is the triceps. The forearms include the flexors and extensor group. Sides include the oblique, while the midsection or stomach includes the rectus abdominis. The lower back includes the erector spinea groups, and the hips include the gluteus, illopoas tensors fasciae latea. The inner thighs include the abductors group, and the back thighs include the hamstrings. The front thigh includes the quadriceps, and the calves include the gastrocemius and the soleus.

While you do not have to worry about learning each name, you do have to worry about working out to target the various areas of your body.

While you work to strengthening the bones, muscles, tendons and the like, you will also need to consider body composition. Body composition focuses on fat tissues, i.e. the lead tissues, which express the fat percentage in the body. Thus, to control body fats, you should eat fewer calories, run, bicycle, step, skate, and the like. Pick your choice, or combine two.

Women's body fat measures should be around twenty-five, while men should have a body weight at around fifteen percent. To increase metabolism you should set up a regimen of both strength and endurance training. You may also want to combine strength training with stretches to increase the strength in your muscles, while enhancing speed.

If you are unfamiliar with gym equipment, and what each machine does, you may want to read up on information. Strength training often requires the use of equipment, which for now you can start aerobics. Aerobics could include running, jump rope, and so forth. You can also bicycle, skate, until you can move toward weights for strength training.

While we can discuss many strategies for reaching peak performance, it takes you to train the mind, set goals and work to achieve them. Therefore, if you want peak performance conform your mind to thinking healthy and work hard to achieve. Overall, there are no secrets, since valuable information is always available to you. You must grow in to become an ace athlete.

## **Growing in How to be an Athlete Ace Secrets Behind Peak Performance**

At what time you considering reaching peak performance you must consider exercise, diet, and consistency. Yet, one of the biggest letdowns in training is that often athletes do not balance their exercise routines. Balance of exercising is important, since it helps you to workout all parts of the body.

Exercises should include workouts for the major muscle groups, while using the proper weight machines. The workouts should start with quadriceps, which include leg extensions and leg presses. Workouts should include hamstrings enhancement, such as leg curls while seated, prone or horizontal leg curls, and leg presses.

This is a start, however the workouts should continue with hip adductor routines. Hip abductors is the area of muscles that pull the legs or arms toward centerlines of the body, toes, fingers, and the like, pulling toward an axis such as the arm and/or leg. Hip adductors perform the same action. The pectoralis majors requires a ten degree chest movement at a 50 degree angle across the chest, while performing decline presses, incline presses, bench presses, and chip up workouts.

Latissimus dorsi requires superior pullovers with the hands behind the neck, while working the torso arms, and compounding rows combined with chip up routines.

Deltoid requires the preacher curls while the chin is up. The biceps demand triceps extensions with the chip upward, and position in a sitting dip. You



will need to work the triceps, lower back, abdominal, and neck as well. Next, you will need a routine of exercises that focus on the minor muscle group. The workouts should include rotary torso routines for oblique, exercises for the shoulders and neck, to benefit the upper trapezius, hip flexors, which works the lower stomach area, calves routine, which requires seating, and forearms, which demand superior forearm routines.

Once you focus on routines for the entire parts of your body, you can move ahead to placing the exercises in order. After order is achieved, you can move toward frequency, sets, resistance workouts, repetitions, progression, speed, range, active order, breathing, intensity, high-intensity, and so forth.

Frequency is the process of strengthening the muscles through progressed stress, which the muscles manufacture levels of tissue micro-trauma. During the frequency phase, your muscles will work out the stress in the tissues while reconstructing and repairing any damaged tissues or muscles. Thus, the stress is released.

During the set phase, your routine will be in order and you will have a schedule developed.

The resistance phrase will help you to establish resistance desire, muscle strength, and repetition flow. During the progress phrase, you will start the process of increasing resistance while increasing repetitions. Gradually you will build speed, while reaching your movement range, and keeping your sequence of routines in order. Thus, you can move to breathing tactics to help you maintain oxygen and workout properly, thus moving to intensity, and then onto high-intensity workouts.

As you can see ace athletes have a lot of adhere to, to reach peak performance. Still, the mind plays are role in reaching peak performance. If the mind is not set to produce ongoing results, likely setting up your routine will lead to blunder. If you do not set your mind and routines, thus you will find it difficult to reach peak performance, therefore, I recommend you learn more about exercise routines, diet, and mind set for peak performance results.

Ace athletes learn ongoing, thus they read many books, magazines, and the like while asking questions. Ace athletes are not afraid to keep learning while setting their minds on the goals. Do you take herbs?

## **Herbs in How to become an ace athlete**

### **Secrets behind herbs leading to peak performance**

Some of the useful herbs athletes will use are Ginseng, which comes from Asian and other parts of the land, as well as Siberian Ginseng, and other types of ginseng, including Guarana Ginseng. Herbs come from natural resources, which help the body to feel better. Some of the herbs build on the body's requirements, the promoting health. Still, ace athletes while sometimes taking herbs will not let this be the only health resource available to them while reaching peak performance. They realize they need balance in diet and exercise. Thus, herbs are only additives that promote their health.

Whether you are getting yourself prepared for competition or light athletics for your health, nutritional state of your body plays a large and very important part to become ready for either routine. The better you prepare yourself nutritionally the less you will experience fatigue or reduced endurance. You would be able to perform at a higher level to reach a higher outcome than you have previously achieved. Your personal diet is a very high demand for yourself in obtaining an ace athlete. You do not want to overdo your exercise as it may cause your nutritional intake to be less useful for your self. It is very important to find a common balance within the two to end up with the best results for yourself. The goal is to, not have to take nutrients to help achieve your peak performance.

Remember your goal is to make yourself an ace athlete and peak performer so remember to balance your diet with exercise and eliminate nutritional supplements.

There are several different supplements proven to, be very helpful to all types of ace athletes to help them become peak performers within themselves.

One example of these supplements is, called Amino Acids. This is the different constituents of protein. This supplement appears to improve your overall performance. One chain of this supplement is BCAA; it has been, known to decrease the body's loss of muscle but at the same time enhances the muscle build up. Most if not all ace athletes can obtain these supplements in their own everyday diet but may need the BCAA supplement to do extreme training to become a peak performer within them?

The second of these supplements would be Antioxidants. This supplement contains Vitamin C and Vitamin E, which is very important to the resistance against the injured muscles caused from exercising the body. Exhausting exercise of the body enhance the making of complimentary radicals. By doing this it can prove to be harmful to your muscles, which can result in a lot of swelling which in fact will cause pain. Even though exercise enhances your normal resistance against complimentary radicals, Ace Athletes may gain from adding this supplement and by doing extreme exercise to obtain their peak performance within themselves.

Another form of supplement would be B-Complex. This supplement can be used to make the most of your energy by foods that are high in carbohydrates that you intake in your diet. In part, there are three different vitamins you can seek in order to be an Ace Athlete. The vitamins will help you in the goal to reaching your peak performance. These would include, vitamin B2, Vitamin B6 and Pantothenic Acid. Overall an Ace Athlete with the help of a daily diet {and some with the help of supplements} can and

will become a Peak Performer. Still, vitamins requires exercise and diet at balanced levels, otherwise it is impossible to reach peak performance, therefore do not rely on vitamins and herbs alone, since you need more. Does your hormones, work right?

## **Hormonal Response in how you can become an Ace Athlete**

### **Secrets behind Success in Peak Performance**

Hormones play a huge part in achievement. If the hormones are off balance, it could reduce your odds of reaching peak performance in exercise, diet, and even in life. Hormones regulate the chemicals in our body. The hormones are biochemistry chemicals, which produces substance at the same time producing endocrine glands, or other types of cells. The producing exerts the regulatory functions, thus producing stimulatory effects, such as metabolism, which may increase or decrease.

The endocrine glands are hormonal-secreting glands, which the body secretes into the hormones, thus directly into the bloodstream and into lymph, such as the thyroids, pineal, pituitary, or adrenal glands. The bloodstream flow must then circulate through vessels. Working in harmony, the lymph is fluids, which contain white cells. The cells work chiefly with lymphocytes, which drain into the tissues spacing vessels and the lymphatic system. Thus, the process continues to transport bacteria, cancer cells, and viruses out of the system, otherwise you would fall to disease or illness.

The thyroids affect the cartilages. Secretion of fluids must reach the thyroids to promote the glands at balance otherwise, problems occur. Now, we see thyroids relate to the large endocrine glands, which the skull and vertebrate lies near the baseline of the neck, additionally it produces hormones, such as trilodothyonine or thyrotropin, which is a thyroid-stimulating hormone. The pineal secretes affecting the hormones.

The pituitary glands are growth-influencing glands, which seat at the baseline of the brain. The glands are small in size, and oval in shape. The glands connect the vertebrate, while producing hormones. The hormones control other body glands, which influence growth of the bones structure, as well as sexual maturity, and overall metabolism.

The adrenal glands are organs, which secretes hormones. The endocrine glands are situated above the kidneys, and inner parts (known as medullas) of each glands secrete epinephrine to the outer parts (cortex), thus secreting steroids.

Now tie this together and see how hormones can hinder you from reaching peak performance. While you consider the details think metabolism, steroids, and the like while recognizing its function. The epinephrine is the adrenaline. The adrenaline functions to relax airways, while constricting blood vessels. This helps to reduce asthma or loss of blood.

The adrenaline is essential, since it too is a hormonal secretion functioning alongside the adrenal glands. The hormone glands secrete into the adrenal glands, which raises the pressure of the blood. Thus, the pressure raises the heartbeat, which acts as neurotransmitters, once the body subjects to danger and stress. Now, we see this can affect the emotions and mind negatively, if the hormones are not working accordingly. Thus, hormones should get the adrenaline pumping properly otherwise hindrance will follow you.

Metabolism is our life-sustaining force, which are active chemicals. Metabolism functions continually while interrelating, in succession of chemicals through interacting process, which takes place in the living

organisms. Thus, the process produces energy, which promotes nutrients the body needs to sustain life.

Now, if the hormones are not working properly it will affect the metabolism. If the metabolism is negative, thus problems with exercise will occur. In other words, your energy level will drop, thus hindering you from progress. Now, you may need to remember all the words in medical relations, not the processes, but you need to understand that ace athletes work to maintain their metabolism, adrenaline, steroids, hormones, and the like to reach peak performance.

Hormonal responses in how to become an ace athlete plays a huge part in reaching success in peak performance.



## **How to Ace Out in Athlete Performance**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

How to ace out in athlete performance takes you to remove issues in the mind. Some of the biggest problems people have are allowing doubts, fears, and other negative reactions stop them from achieving.

Doubts are emotional fears that hinder us from achieving goals. Doubts are misgivings that cause us to worry, and most times the worry is overwhelming since our uncertainties, reservations, and fears lead us to suspicion, which distressing the mind. Fear is the number one reason people fail in any area of life outside of health issues. Still, most health issues are resolvable, thus putting fear in number one position of robbing people of their goals. If you want to reach peak performance, you have to remove the fears out of your way and work hard.

Fear often causes dread, fright, panic, alarm, trepidation, apprehension, concern, worry, anxiety, phobia, and the like. If you have all this negative energy, how in the world can you achieve any goal?

The key then is instilling positive energy through positive thinking to reach your goals. You need goals, plans, and action while using that positive energy to achieve.

Most times fears are irrational. Valid fears do not include illogic, unreasonable notions, foolish thinking, crazy ideas, absurd thoughts, and so forth. Thinking involves coherent thoughts. As you think, you feel balanced, while the lucid thoughts keep you coherent to your goals.

Therefore, to reach peak performance you need to learn skills, such as thinking logic while basing your ideas on reason. The wise conversion will lead you to realistic views. How do I start?

You start by retraining the mind. Start with the affirmation, I intend to reach peak performance in athletic. How realistic is this affirmative to you?

**Think:**

How is my overall health?

What can prevent me from achieving my peak performance?

Do I have health issues that will prevent me from achieving ace athlete?

How can I improve those health issues to work toward peak performance?

If you come up with the idea exercise and diet, you are on the road to improving health while working toward peak performance. The notion is realistic, marked with positive influences.

What is my goal? How much effort am I willing to put into reaching peak performance?

My goal is to become an ace athlete. I need plans. Plans help promote positive thinking. What are my plans? Do I have intentions, purpose, and meaning to back my plans and goals? If not what can, I do to find meaning in achieving ace performance.

Meaning leading to positive thinking:

What is my significance?

Do I have value?

What is my worth?

Affirmative: I am significant as a human being, and I have value and worth that will drive me to my peak performance.

What are the insignificant doubts and fears that could hinder my efforts, plans, and goals? Do I fear achievement? Do I fear success?

What is achievement? What is success? Why should I fear it?

Achievement is success, which leads to accomplishments, and reaching realization.

Success is failure turned upside down, thus pushing me to victory.

What are my fears and doubts and why do they exist? What do I need to stop or start to reach my goals? Do I smoke? Do I drink excessively? Am I worth the effort it will take to reach peak performance? Can I stop the hazards that bring me doubts and fears that will hinder my efforts in achieving my goals?

Affirmative: Yes, I can stop and I will, since I want to be a peak, performance athlete ace in the game of life.

## **How to Be a Peak Performance and Ace Athlete (Peak Performance Secrets Every Aspiring Athlete Should Know)**

If you want it, you can get it. Life is too short to deny self of what you want, therefore if you want to be a peak performance athlete, or ace athlete you must work for what you want. Many people make the mistake of sitting around waiting for things to happen without putting forth effort to achieve. Often people will instill in their minds, “That is for sports stars.” The fact is sports stars work hard to achieve goals. Many make mistakes; however, they continue to work toward their goals, despite the many failures.

Most times athletics fail however, since they fail to gain balance. Trainers will often teach them to build stamina, staying power, muscles, and the like depending on the sport, without informing, them that a variety of exercises is necessary to build all qualities that make them peak performance or ace athletics.

It depends on your body type, however if you are searching to gain fitness you might want to start out low and work up to a full exercise regimen three times per week. I am a medium body frame, and working out three times a week keeps me fit, tone, firm, and healthy. If you have a small frame and want to gain weight, you may want to look into programs that help you to gain weight while staying fit, tone, firm, and healthy. Regardless of the body type if you learn the types of exercises right for you, you can gain what you want.

Still, you have to start somewhere. If you do not start somewhere you will not see peak performance, nor will you see ace athlete. If you goal is to run,

play football, baseball, soccer, hockey, and so forth, still you will need to balance your exercise regimen to achieve your goal.

The first thing you should do if you are just getting started with exercise and diet is to set up a plan. In the plan, you should include a schedule, short-term and long-term goal. In the plan, you can write down the things you intend to do to reach peak performance and then work toward achieving your goals. Start achieving the short-term goals and work through to the long-term goals. The more effort you put into reaching your goals, the more you will get from your efforts. Still, you want balance; therefore do not start lifting heavy weights and exercising 7 days a week. This is not going to help you; rather in the end, it will harm you. After you get started, you also want to avoid stopping your schedule and reaching your long-term goal. Stopping will only harm the body and mind.

Goals, plans, schedule and action is what many sports fan do each day to achieve peak performance. If you have goals, plans, schedule and put forth the effort, you will not have to be a famous football player to reach peak performance, or to become an ace athlete.

Keep in mind you need balance. Once you get started pick out the exercise plan, combined with aerobics that will work all parts of your body. Instead of focusing on one area to train, train you entire body so that you have intensity, endurance, mass, muscle, firmness, fitness, tone and so forth. If you do not want to build, much mass or muscles take care not to lift the heavy weights. If you avoid the heavy weights, it will help you maintain the body frame you want to achieve.

**How to Be an Ace Aspiring Athlete**

## **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

How to be an ace aspiring athlete depends on you and what efforts you want to put forward to become an ace. Champions often strive hard every day to achieve goals. Champions strive to be winners in the games; however, winners are losers working hard to achieve. If you get the notion out of your head that you must win every game, you will start your course to reaching peak performance with fewer hassles.

Ace athletes do not win every single game. Yet, when an ace athlete fails, he looks at the mistakes he made to work toward doing better on the next game. Thus, he keeps striving to achieve, realizing that no one is capable of winning every game. Athletes often contest, and participate in many sports, training, and the like to work toward competition. Often ace athletes will work as team members, thus realizing two minds are better than one in most instances.

Athletes are team players, thus willing to effort cooperatively, thus working along with others to reach similar goals. Often they are subordinate, and show personal interest in self and other while working to reach common goals. Peak performers often max out in training, while hitting their highest points. Athletes at peak performance reach climaxes, by knocking down mountains and making their goals easier to reach.

As the team players work together, they often consider others, while helpfully working together in willingness. As peak performing athletes train, they teach others how to reach their peak performance while guiding self to their goals through preparation. The peak performer will go through

sequences and chains of events to master their goals. Successions lead them to progress.

Athletes train, and try to balance as they work along to reach their goals. Some of the training involves aerobics to maintain cardiovascular, and weights to build strength. Strength building brings in power, force, and muscle. Strength building helps them to reach their strongest points, concentrate on the goal, and add intensity to depth.

Once the athlete reaches power, he ignites his authority, while controlling his life, and influencing others to reach their peak performance. Thus, power increases energy. Now that you learnt a bit about aspiring athletes reaching their peak performance, it is time to consider a few exercises that will help you get started on reaching your peak performance.

### **Training the mind**

You must train the mind first, since training the mind will help you achieve ambition and drive to start your process of reaching your goals. Ambition is vital, since ambition moves forward goals, aims, objectives, aspiration, dreams, hope, desire, and most of all-purpose. Ambition is your drive to get-up-and-get-going. You now are motivated. Now, sit down and write a short-term goal, considering what you want to achieve. Per se, you want to achieve tone in the first couple of weeks. Now, consider what you can do to gain tone. What else do you need to maintain that tone, as well as firm the body, strengthening the muscles and bones, and so forth? How do you get stamina?

Stamina is staying power, energy, and resistance all in one that builds strength, and determination. Once you get that power, you will need to ask self, are you willing to put forth effort? Effort starts with attempts, tries, and the like, however turns into practice, which turns into strength. Once you decide your goal, put together a plan to help you reach the goals. Next, put forth the action while using the plans to reach your peak performance goal. Are you ready to be a star?



## **How to Be an Ace Athlete Star in Peak Performance**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Any one of us can do our best, but is it good enough. Sure, it is. When you do the best you can do in any area of life, you are reaching your peak performance. As people, we often think that our best is not good enough. This plants defeat in the mind, which comes out through our actions. Thus, you must conform to positive thinking while realizing your best is as good as it gets.

Ace performers often complete a short-term goal to reach long-term goals. For instance, a person producing records will deliver high quality music by working long hours, and making sure the music is at its best before delivering the music to an audience. The ace performers start at the beginning but visualize self at the finish line and works backward to see through his plans. This high dog quality helps him do his best.

Ace performers strive to achieve their goals. This keeps them up and running. Athletes also build staying power, stamina, energy, and strength while working on endurance, progression, range, and the like. This boosts their self-esteem, which forces the mind to remain positive in thinking.

Athletes seeking to reach peak performance aspire while training, practicing, and keeping in check with reality. Athlete's goals are always on their minds. The goals and plans keep them striving to do their best. While athletes may challenge many they realize that their competitors are their friends. Thus, they have the same goal in mind, so asking questions from other athletes

seeking the common goal is not an issue. Athletes read and ask loads of questions.

Winning is not the ultimate thing that ace athletes think of, rather they want to win, but the goal is reaching peak performance. Thus, if they fail they know that recourses and refinements are, needed to do their best in the next race.

Athletes train hard. Athletes achieve their goals by remaining constant in diet and exercise. Ace athletes train daily, yet they setup routines three times or more per week to work intensely. While athletes train, these souls continue their journey to success by keeping the goals in mind. Athletes fail in training, since most times they do not balance their routines and keep their ambitions driven.

Athletes fail at times, but they do not let this get them down. Sometimes the failure comes from state of mind, fitness and exercise routine balance, and diet plan issues. Athletes may train one part of the body, failing to train the entire body, which is a common big mistake. Proper exercise should include endurance, aerobics, and weight training regardless of what sport you intend to work to achieve. Ace athletes mix their training and exercise to produce results. Accordingly, while training they build stamina, muscle strength, endurance, power, energy, and so forth.

Athletes, once starting the training process will not cease. They realize slowing down only takes them back. The body conforms to health once the training begins, which again boost the mind. Aspiring athletes set their

minds on the goal. They realize that exercise and diet ongoing is essential in reaching the target.

Some types of exercises that are available to help you get started on reaching your peak performance includes leg presses, compound rows, resistance training, endurance training, aerobics, isometrics, dance, strength training, and so forth. Try hard as you begin working toward peak performance to set up a regimen of exercises that will work the entire body. As you workout train your mind to reach for your goals.

## **How to Be an Ace Athlete Star**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Anyone out to ace any project in their life must conform to a positive state of mind. The person regardless of what subject he takes on should think from start to finish with leader qualities in use and star on his mind. Athletics strive to achieve, which is what keeps them going, however athletics also build stamina, staying power, metabolism and so forth, which boosts their mental and physical health.

To reach peak performance aspiring athletics will train, practice, while keeping their goals in mind. The goal in mind often keeps them striving to do their best in every sporting event they challenge. Keeping your goals in mind while working hard to reach the goals will boost self-esteem, confidence, and so on. The higher the quality level, i.e. leader quality levels the better chance you stand of winning.

Still, athletics train hard to achieve the ace athlete goal. Aspiring athletics train daily to achieve their goal in mind. As they train, they keep the long-term goal in mind while working to complete the short-term goals. Around 10% of Americans fail to exercise or work toward fitness, however athletics show their special ambitions by working hard to keep up staying power.

Few athletics will fail, simply because they do not develop a fitness plan that is well balanced. In other words, the athletic will train the muscles, but will fail to train other parts of the body. Thus, aerobics and weight training works hand in hand, since it covers all areas. The athletic mixing training to work the whole body is an athletic working toward the ace star athletic position.

Thus, training for stamina, muscle strengthening, endurance, power, and so forth needs to work together to bring forth a peak performance athlete. Still, there is more.

Once the athletic starts training, there is no room for stopping. The body once conformed to healthier living will frail badly if training ceases. Therefore, peak performance athletics will not stop.

Athletics with aspiring goals in mind often learn the importance of different exercises, such as strength exercise and so forth. Instead of learning one type, the aspiring athletic will learn all exercises available to him or her. While focusing on various aspects of the body, muscles, and so on aspiring athletics set up programs and stick with them while focusing on the body parts. To help you understand the types of programs I can show you how to do particular exercises that will help build the majority parts of your body.

### **How to put exercising in order:**

Leg presses should include one set of training with around 8 to 12 repetitions, and 2-4 speed levels. The exercise should continue while working with weights that will work the hip adductors. The training will include one set of training with 8 to 12 repetitions and 2 to 4 speed levels. Continuing you will work the hip abductors at one training set, 8 to 12 repetitions, and speed at 2 to 4. Moving on you will work the decline press benches, exercising in one set at 8 to 12 repetitions and around two or four speed levels. Continuing to the compound rows, you will perform the same sets, repetitions, and speed levels while moving onto the lower back exercises continuing the same speed, repetitions, and sets. The final set is your abdominal, which you will also perform the same action. If you

continue these exercises you will soon notice a big differences in the way you feel, as well be on the road to becoming a peak performance athletic.

## **How to become the Next Ace Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Becoming the next ace athlete takes hard work, patients, endurance, and the staying power to continue. It starts with the mind, setting goals, making plans, and working hard to achieve. Therefore, sit down and consider what you want to do. Once you achieve your goals, plans, you can set a regimen to start exercise and diet. In the plan, you should setup short and long-term goals. You can work between short-term goals while keeping the long-term goals in mind.

Goals are aims, or objectives we set for self. Goals give us ambition while working toward a result. Goals give us purpose as we work toward reaching a target. Goals are our aspiration.

Plans take us to a level where we map out our goals. We set up diagrams, while making charts and tables. Thus, this is the process of preparing to reach the goals while arranging the plan. We arrange each detail to the specifics, which helps us to prepare, design, and setup our intended goal while keeping the purpose in mind. To help you see how plans and goals work together, we can consider the following chart.

#### **Heart Rate Charts**

200 - Highest peaks

65 - Lowest peaks

In the middle, you will include the target zone, which the arrows will raise and fall as you start your exercise regimen.

Goal: to reach heart rate while counting beats per minute and factoring by age.

Time Schedule: Workout three times per week, working up to one hour per session:

Start exercises: Warm Ups and Stretches

Center Sessions: Workout, which includes endurance, intensity, staying power, muscle, bones, joints, and so forth. The sets will work all parts of my body.

End Session: Cool Downs and Stretches:

Diet: Based on body type and requirements I will conform to a diet suitable for me. I will consult my physician to learn what diet is best suitable for my type.

Calories: Reduce calories:

Fat: Reduce Fat:

Carbohydrates: Reduce Carbohydrate intake:

Cholesterol: Reduce Cholesterol intake:

Goal: Seek balance in exercise and diet.

This is a brief goal plan, which you can use for self and start your own goals and plans. Once you get the plans down, put forth the effort to achieve while keeping the goal in mind. Ace athletics achieve through training, doing groundwork, handling and finishing homework, researching and doing some more groundwork. Therefore, keep in mind what ace athletes do while you work toward your peak performance.

Performance is a recital, rather a continuous to achieve. Performance starts by putting in the mind that you intend to act out on your plans, while



accomplishing your goals. Thus, implementing and execution of actions is ongoing to reach peak performance. While you may think that working out everyday, while exerting the body is the ultimate solution for reaching peak performance, thus you are wrong. Working out three times per week at hour intervals and maintaining a diet can work the body toward healthy. In other words, you need balance.

Balance builds on equilibrium, while helping us to keep our poise. A sense of balance helps maintain stability, while keeping steadiness in check. If you have balance, you will maintain self, while training the body and mind through reminders what the goal is. Balance includes rest time, consideration, and measuring to maintain a schedule that will make you an ace athlete. To learn more we recommend you visit the Internet to learn how you can become the next ace athlete while reaching peak performance. Be sure to check out exercises and the types to learn which program is right for you. Do you keep reality in mind?

## **Keeping Reality in Mind in How to become an Ace Athlete**

### **Secrets behind peak performance athletes**

What is your secret? If I had a dime for every question people ask on secrets to success, I would not be sitting at this computer beating my head to the pulp to help you know how to become an ace athlete. Instead, I would be over in Jamaica working out in the gym and hanging out with the fun people after dark. Instead, since many people keep asking the question, I guess I will keep writing to help you find peak performance while working to ace out in athletes.

Ace athletes work hard, eat right, and maintain balance. Ace athletes perform many duties while keeping reality and their goals in mind. One of the most irritating things I see in life is people sitting around talking about goals, yet the fail to set the goals, and fail to apply self to reach the goals. These people often look for handouts or someone else to do their work for them. As a dedicated worker, devoted to my career and goals...this type of people annoys me. Therefore, if you are working to reach peak performance, quite sitting around waiting for it to happen or else expecting someone else to do it for you.

Reality means to work hard, set goals, make plans, and work hard some more to reach the goals. If you work the strategy of reality in full effect no matter what you do in life you will reach peak performance. Reality stays in the mind of ace athletes. Thus, these souls realize that reality is a focus that helps them to reach their goals. The reality includes avoiding people that will hold them back, and swinging with people that will help take them to their goals. In other words, they keep positive, hang around positive, and

sort with people of similar interest. This is a reality athletes adhere to, while striving to reach peak performance.

Still, while ace athletes keep reality and goals in mind they strive hard by putting forth effort while maintaining balance in exercise and diet. Exercise procedures are essential, since if you do not have balance it could throw you off your goal. Thus, ace athletes learn from mistakes in workout and thus refine their routines often.

Therefore, if you have reality, goals set, and plans made to reach peak performance, along with mindset, you will need to consider what types of exercises can benefit you.

One thing you want to keep in mind while working toward exercise routines is to avoid adding too much stress to the joints. Many types of exercises can benefit the body; however, I recommend the 'powerhouse' routines. This routine will sculpture the body, build strength, augment breathing, and stretch the body's muscles. The routine will not stress the joints, which is important while working to peak performance. Even if you want muscle mass, you want to maintain minimal stress on the joints.

Before starting any exercise stretch and perform warm ups. Once you finish warm ups and stretches you can start your full body workout. Some of the types of exercises, which are commonly, employed by ace athletes, are the upper back routines. The upper back routines focus on the various muscle groups, yet it also focuses primary on the latissimus dorsi. The super pullovers focus on the larger groups of muscles. The routine will work the teres major. While this one type of exercise it is common, since the routine

provides a rotary movement path to follow while working primary mover muscles, and producing joint action. What learning tools do ace athletes employ?

## **Learning Tools in How to be an Ace Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

What are the learning tools that help us to reach ace athlete performance? Various learning tools help purpose, goal, plans, effort, and us to reach ace athlete performance, however the primary tool is meaning. We can spend hours thinking and talking about reaching peak performance levels in athlete, however if we fail to have meaning, purpose, and apply effort we will not see the goal.

Athletes necessitate proper rest, balanced exercise, and diet, while focusing on goals. Therefore, we have many learning tools, which can help us to reach ace performance peaks.

Some of the excises that peak performance athletes employ include endurance and strength training, aerobics, and the like, while maintaining and using learning tools. Strength training gives peak performance athletes power to move ahead, force to continue, might to keep trying, potency, or influence to strive, muscle to pull the weight, and vigor to keep strong. Their forte is to intensify, while concentrating on depths of their goals.

Training includes preparation. When athletes are, prepared they often find it easier to strive ahead. Training requires teaching which helps them to build learning tools in reaching ace athlete position. Training guides, educates, and schools athletes while instructing them to reach their goals. As athletes train they exercise, workout, while maintaining a short-term goal to keep fit. Often workouts are in successions or sequences. Ace athletes will often

cycle, run, string, and pull together groups of exercises that balance their flow, working toward endurance, strength, and stamina.

Endurance training is the tools for gaining staying power, energy, stamina, fortitude, survival, patience, and so forth. Once endurance gains patience, aspiring athletes often feel serenity, and persistence. The persistence drives them to reach their peaks. Energy is important, since it gives us get-up-and-go juice. Energy promotes power, force, vigor, liveliness, and oomph. Thus, if you want to work toward peak performance and just starting, think energy and learn the tools to help you achieve.

Energy comes from metabolism. Thus if you want energy learn how to balance your body's metabolism.

Metabolism is our life-sustaining chemicals that promote activities. The energy prone chemical keeps ongoing interrelations, i.e. chemicals interacting while working with the living organisms. The living organisms provide us energy, as well as nutrients, which we need to sustain life. How do I stabilize metabolism?

It depends on your body, age, and other factors, however to increase metabolism you will need a proper regimen of exercise and diet combined.

Before we can decide on what you need to promote metabolism, we must keep realization in mind, including expectations. In other words, genetics play a part in your metabolism potentials and ability to reach peak performance.

While considering strength potentials, consider that gender, age, muscle fibers, and its type, as well as body type plays a part in what you can achieve. You want to consider age while considering strength, since it moves you to metabolism, stamina, and so forth. Keep in mind that it does not matter what age you are, you can still reach your peak performance. You will need to augment your muscles through strength training and resistance workouts.

Next, you want to consider gender. Females have less muscle mass than men have logically. Still, women can benefit from strength training, resistance workouts, and so forth. The workouts should include leaner weight strengths and lower fat weight strengths.

The body types include the Mesomorph types, Endomesomorph, Ectomorph, and the Endomorph types. If you are the Mesomorph type, thus your body requires higher muscle training and lower fat training. The endomorphs require lower muscle training and higher fat intake. Endomesomorph types require higher muscle training, and higher fat intake. Ectomorph requires lower muscle training and lower fat intake. Have you made plans to reach peak performance?

## **Making Plans in How to become an Ace Athlete**

### **Secrets to becoming the best in sports**

Sports trainers work hard to achieve goals; however, they have plans in mind. The plans often include exercise and diet. Still, there is more. The plans also include types of exercises, ranges, progressions, repetitions, diet plan, resistance, strength, energy, staying power and more. To help you see how this works we can consider.

I need to set up an exercise workout routine that will work all parts of my body. Where do I start? I need to consider. Strength and endurance workouts and the importance of strength training is something to consider. I need to understand the importance of endurance training. I need to set my realistic views and expectations so they conform to my plans and goals. To do this, what could I consider? How does heredity play part in influencing my plans? What is the potential of my fitness ability? What are my natural limits?

What about strength and my potentials: include the body and mind abilities: What about my age and how will it affect my goal? Do I need resistance training? What about my gender: What about my body type and what part does it play in my plan? Am I endomorph, Ectomorph, Endomesomorph, or Mesomorph type? How about the length of my limbs:

Does muscle insertion points have anything to do with my plans? What about the length of my muscles and how about the muscles fibrous types: Do I need to work the slow-twitching fiber muscles and the fast-twitching fiber muscles? On the other hand, do I have one type of fiber muscle? Is



endurance potentials part of my plan? What about my lungs and heart capacity: How does my age factor into my capacity of lungs and heart?

Do I need body build and composition training? What are the benefits of training in strength? How does strength training affect my joints flexibility? What is body composition? Does it include fat and lean tissues? Do I need to rest my metabolism? What about my capacity in overall physical: short-term goal: enhance health.

### **Health risks:**

If I start working out now to reach my peak performance I will prevent injury, bone mineral concentration, glucose metabolism, gastrointestinal transits, cholesterol or blood lipid problems, arthritis, cardiovascular problems, and will rest my blood pressures.

What are the micro-mechanics of muscle movement? How does protein filament play part in my plans? How do I activate my muscles? How do I relax my muscles? What are the mechanics in the movement of muscles and resistance in exercise and how do they apply to me? What part do muscle contractions play in my exercise routine? What is the output of my muscles force?

What are stabilizers, prime, and antagonistic muscles? What is the type of my fiber? What are the units in motor skills? What do fatigue muscles mean to me? How can I get in touch with my discomforts to deal with sore muscles?

What kinds of exercises should I combine? Do I need isometric, powerhouse, Isokinetic, aerobics, isotonic, dynamics in constant resistance, or dynamics in variable resistance routines?

What selection of exercise do I need to consider and in what order? What frequency of exercises do I need to consider and for what parts of my body? Do I need a set? What does resistance routines mean to me? How many repetitions should I start with in my routine? What is my progression and speed level?

This is a helpful thinker plan to help you set up your exercise regimen. You still need to consider your diet plan, and long-term goals. What is the meaning?

## **Meaning in How to Become an Ace Athlete Secrets to Peak Performance**

Meaning: What is the meaning of becoming an ace athlete? What is the meaning of reaching peak performance athlete? What does it mean to me?

We can sit here day and night discussing strategies in becoming a peak performer, or ace athlete. Yet, until you find meaning, what's your purpose?

Meaning gives us purpose, which leads to goals, plans, and effort. Ace athletes aware of their meaning will often place importance on their goals and plans. Through senses, ace athletes import significance on self, while finding their value and worth and facing consequences. Consequences are great tools many seem to think as negative energy. Consequences are results from our actions, which bring forth results. The corollary is outcomes that bring us value, significance, and importance.

From consequences, we find meaning, which builds our worth and charges us to do better. We can assess our life from consequences to find meaning. Consequences and meaning thus bring us profit.

How do I find meaning? You find meaning by examining your intentions. If you intend to work toward peak performance to become an ace athlete, then ask self why. After asking the question, conjure in your mind ideas that will lead you to understand and accept your meaning in becoming an ace athlete. Assess the meaning while moving to purpose.

Athletes often find purpose after examining many details of exercise and diet. Their purpose gives them reason to reach their point once they get their goal in mind. Athletes with purpose will come up with new ideas as restate principles once they learn from trial and error. Their underlying principles help them to rationale when exercise is not working properly, thus motivating them too search on higher grounds of competition.

Athletes often compete, yet they do not view the competition as an antagonizing event, or war. Athletes with goals in mind realize that their competitors are friends, which are struggling also to reach common goals. Thus, the goal always stays in their mind. Athletes will often visualize self-reaching their goals.

Athletes will imaging, envisage, and picture their long-term goal results while seeing through the mind's eye to the future and at present time. Thus, athletes will dream backwards to current, while envision self on the win line.

To help you get started on your goal to achieve ace athlete we can consider a few working exercises.

Let's get started:

Stretch for a few moments to flex those muscles. After you finish sit in the floor with the elbows on the knees, and the legs slightly flexed. Now straighten with your elbows bend and rising over your head while spreading the legs, then extending the arms over your head as far as you can reach with your legs stretched out and apart, and toes pointing. What is the meaning?

The meaning of the exercise is to work the inner thighs, back, and waistline while stretching and strengthening the muscles. During the start, you sit with the legs stretched apart, and the arms over your head, which you should feel slightly pulling. The pulling is indication that your muscles are reacting or responding. If you feel too much stress on the muscles, stretch, relax, and try the exercise again.

Start:

Sit on the floor straight up, lean forward while touching feet with the hands, thus capping the hands about the middle foot area on both legs. Relax and then stretch up. The meaning of this exercise is to loosen the body, thus you may want to perform this exercise next time before performing the leg flexes. See how this works, you have to sometimes think, backwards to see purpose. Are you ready to reach your peak performance?

## **Peak Performance in How to Be an Ace Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Peak performance is important to those seeking to achieve in sports. Those seeking to gain fitness, tone, endurance, and the like can benefit even if you do not intend to join in sports. Peak performance however takes action, training, and consistency to achieve.

Many aspiring athletics often make big mistakes while training, i.e. they will often train to increase mass while ignoring other details of fitness. Therefore, if you want peak performance you have to combine weight-training, aerobics together and work that entire body. Failing to do so will only cause problems later. For instance, if you work to build mass without building endurance, your staying power will minimize and later you will feel lack of energy.

Energy helps you to maintain a healthier feeling; therefore combining various types of exercises with aerobics can help you gain staying power that will last. While you may think building muscles is the only task you must achieve to reach peak performance, you might want to think again. Exercise builds metabolism, hormones, and the like, thus helping you to stay fit. The inner side of the body then also needs your immediate attention to reach peak performance and become the ace athletic.

How do you do it? First, you must set up a regimen of exercises that will work best for your body type. You must then work out at least three times each week, starting out at fifteen minutes per session. Once you begin exercise, by the third day you want to increase the time you spend working out. Work up to around 30 minutes and the following week work up to one

hour per day. By the time you start working out one hour each day you will have three hours per week if you following the three day workout. While you might think extensive training is best for peak performance, the fact is balance is necessary to gain success. Most trainers will over train failing to see that it brings down the staying power. Over training is for the birds.

It depends on what you want from exercise, but if you want to include weight gain, mass, muscles, and the like, you will have to exercise to begin lifting heavier weights. Still, you want to include aerobics as well as other styles of exercising to build staying power, endurance, mass, and the like.

The more you exercise, the more you will grow into the healthier way of living. Once you start, it is important to continue your regimen. Stopping will only cause weight gain, weight loss, deterioration of the bones and muscles and so forth. Thus, keep going is what makes you an ace athlete.

Now that you are up to three-day schedules and one hour per session, you also want to reconsider your diet. Diet plays a big part in peak performance and ace athlete. Of course, you should speak with your doctor, since he will know your body type. Your body type plays a part in exercise and diet. If you have injuries, illnesses, and so forth talk with your doctor before starting any exercise or diet program. Why make trouble when you do not have to. On the other hand, if you have health issues, do not ignore exercise and diet, since it will enhance your life tremendously. Never say I cannot do it, because if you try hard enough you will soon learn you can. Cannot is a powerful negative word peak performance, ace athletics stay away from at all times. Do you have purpose?

## **Purpose in How to Become an Ace Athlete Secrets in Peak Performance Wins**

Athletes with positive attitudes and proper training can work toward ace athlete position. Athletes when loosing games will often take the lost in stride, while training harder of differently the next time to do better.

Athletes reaching peak performance, practice, train, read, gather information, ask for help, train, and practice some more. Through trial and error, they often learn the best types of exercises and diets for them. Thus, ace athletes put their mind, soul, and heart into achieving their goals, while maintaining purpose and meaning.

Athletes strive hard while keeping reality in focus. Athletes often spot the goal by reviewing and previewing various sports. For instance, an athlete may watch football, practice the game, get the feel, and realize that football is the sport for him.

Athletes realize that training takes experience, thus they will often hire or work with couches. Athletes often train with others, thus realizing that training alone could hinder them from achieving. Thus, athletes take stride while feeding on advanced trainer's experience, and so forth.

Most athletes train before they go into the game. Athletes train under authority of coaches, while keeping the future goal in mind. Ace athletes generally induce their goals into self, thus making it more a reality. In other words, these aces set their mind on something, induce into self, and become the future.



Athletes or ace athletes often focus on their goal, however they do not consider winning as priority. Thus, obsession is mania, which only leads to failure. As for the secrets of ace athletes, thus the cloak-and-daggers are inside them, just as the secrets of you becoming an ace athlete is inside you. Most athletes that fail tend to remain blind to their inner abilities to achieve, thus they miss the goal to ace out in athlete.

Thus, ace athletes are in contact with their needs. Needs are requirements you must understand to develop tools for acing out in anything you do. Needs is a call for wants, which necessitate your ability to take action. Needs are essential human makeup, which prerequisites basic understanding and acceptance. Needs recognize bring forth purpose.

Weaknesses and strengths are common in us all. Ace athletes often use both their weaknesses and strengths, thus pulling them together to use to their advantage. Weaknesses are flaws we all have, thus setting limitations and sometimes holding us back. A peak athlete will recognize his weaknesses and work to strengthen the flaws.

Strength is our strong points, or potency that gives us vigor. Ace athletes recognize this quality and strive for intensity, depth, and keeping balance along the line.

Ace athletes keep their mind set on achieving. The mind is powerful, thus if you do not set your mind, it will fail you. Thus, mind over matter, and the power of the mind is every ace athlete's goal, i.e. to maintain this state of mind.

Exercise is valuable to ace athletes. Thus, exercise to athletes acing in the game has meaning and purpose combined. For instance, you may think that head tilts and should shrugs, as well as shoulder touches and elbow touches are redundant or superficial exercises, or you may think that the exercises have meaning and purpose. The combination of exercises named, are valuable since the two routines overstate ordinary gestures, which effectively relieves tension, especially in the neck and upper back area. The exercises also tone and firms the legs and upper arms, thus it has purpose and meaning. Now you think about the exercises known as leg flex, and consider what it means to you. What is its purpose? If you are familiar with the exercise, you know that it works the inner thighs, back, and waistline respectively, while stretching and strengthening the muscles. Reaching for the stars may land you on the moon.

## **Reaching the Peaks in How to become an Ace Athlete (Peak Performance Secrets Every Aspiring Athlete Should Know)**

What does your body compose? Did you know that workouts should include working all parts of the body? Did you know that some exercises are harmful while others are healthy? The body has more than a neck, arms, shoulders, back, stomach, legs, and pelvis to consider. The body is made up of quadriceps, hamstrings, calves, lower and upper back, hip adductors and abductors, pectoralis majors, large muscle and small muscle groups, triceps, biceps, latissimus dorsi, deltoids, and this is only naming a few.

All parts of the body requires attention when exercising, otherwise you cannot reach your peak. Some of the biggest mistakes made in sports and exercise is that trainers will train particular parts of the body, thus focusing on this part, and will ignore the rest of the body. For instance, runners strive for endurance. Often runners will train accordingly without realizing other types of exercises are necessary to reach and continue peak performance. Thus, exercise requires balance and workout that include the entire body.

Athletes aspiring to reach goals will maintain schedules and balance at all times. Athletes may train daily, however the body requires rest, so full workouts everyday only causes harm. The proper workout strategies depend on you and your type of body, but most of us can handle and succeed at three intervals per week, at one hour per session. When beginning workout you should workout the entire body for around fifteen minutes, thus working up to one hour per session. Overtraining in weights and aerobics will only burn you out. Under training can burn you out in other ways, therefore you

need balance. Still, you need diet plans and mental status maintained to work toward peak performance.

When you set up a diet plan, it is critical that you stick with the plan. Sure, sometimes you may have to refine, but all of us do. Aspiring athletes use supplements, herbs, and other products to compliment their bodies. The supplements, herbs and the like can enhance progress. Still, should not be solely relied on to reach peak performance. Athletes in small and large numbers will shoot hormonal supplements into their bodies, believing this will enhance their progress. This is a bad idea. If you want to build mass workout correctly, otherwise sit on the porch with the smaller dogs.

When you start exercise habits, you need to consider many details. For instance, once you get started in weight lifted you want to stay aware to repetitions. Resistance matches repetitions. The quantity of resistance we employ against the repetitions can determine poor or good results. You also want to consider workout resistance. Overloading the muscles is something you want to avoid despite that many adhere to this type of exercise all over the world. What these trainers are failing to see is that they are setting self up to suffer injury easily.

Overall, the body has oblique, upper trapezius, calves, forearms, and hip flexors, which you want to take special precaution with while working out. The areas can suffer great injury if improper exercises start and continue. You want to avoid exercises that will place high volumes of stress on the joints as well.

Some of the exercises you can consider include the leg extensions and presses; leg curls seated, leg presses and prone curls that work the legs. You can consider chest crossing routines, declines, incline presses, bench presses, chin-ups, low back exercises, lateral raise, rotary shoulder, row back, and so forth to work all parts of the body. You need to, sometime ride the corners while striving to ace position.

## **Riding the Corners in How to Be an Ace Athlete (Peak Performance Secrets Every Aspiring Athlete Should Know)**

If you are riding the corners in how to be an ace athlete, go on about your business, since you will ride the walls until something hits you in the head and wakes you up. Life is short. I said, life is short, and if you do not feel good now about self, what makes you think you will feel good later if you haven't put forth the effort to move ahead. Mind over matter brings forth power to move ahead. Move your mind.

If you are riding the corners now, you will miss what's really going on inside of you. The secret of athletes with aspiring minds or not, to become better, is that the athletics work hard to achieve. These people have a goal in mind with plans to back their goals. Thus, goals, plans, and action are what it takes to reach peak performance.

The goal is to reach peak performance while applying effort in a plan to achieve the mission. In other words, set your goals, make your plans, and put forth the efforts to achieve the goals and plans. Reverse that role and use the plan to work toward the goal. Learn what it takes by looking at the aim, goals, and the like while working to get it. One of the biggest problems I see in the world is that most people have no clue to the words they use. In other words, definition means nothing. We need meaning to make aims, goals, and the like. Now let's look at aim first while moving ahead.

Aim is an intended goal, which endeavor involves self to meet want. The person will strive for what he or she wants by applying effort to achieve.

Goals back the aims. Since goals become an objective that drives the person to ambition to achieve the goal, i.e. purpose is behind the goal and aim to achieve. What we have is aspiration to reach a target when we conform, the mind to think accordingly.

Effort is an attempt to do something you put in the mind. Effort is trying to achieve what you want to happen. Effort brings forth trying and attempting while endeavoring to achieve. Not only do you take a crack at what you want to do, you put power behind the efforts while struggling through trials and errors to achieve. Notice I said struggle. This means you put forth force, power, energy, and strength to get what you want.

It's funny that most people think that exercise is what makes them strong. The truth is, the mind is what makes the body works, and the body is what makes the mind work properly. You have to go with the mind first to make the body, work in harmony with the mind.

I am sitting here talking to myself, aren't I? What did I say you would need to reach peak performance? What did I say would take to make you an ace athlete? If you think I am going to sit here all night telling you what it takes, and telling you the secrets of become an ace athlete, you had better think again. I said, mind over matter, efforts, body and work toward your goal. Goal, did I say that? Did I say goes help you to reach your end? Did I say you have a target in mind when you set goals? Did I say behind goals is ambition, drive, hope, and desires? You know what, if you don't have it by now, what makes me think you will get it later. Give me some action! What is your secret?

## **Secrets in How to Be an Ace Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Peak is reaching the highest point in whatever you do. Peak is reaching a climax while maxing out to achieve a goal. Performance is the presentation of the peak you want to reach. Performance puts routine in place while you show everyone else what you can do. As you perform, you start to function toward implementing peak into your actions, which becomes an action that leads to success. Now, if you want to work toward acing what you consider, you will work toward first-class, the top, or become the champion in any game you play.

What is your goal? The goal that you set is putting an end to what you want to do. In other words, you are accomplishing an aim, objective, or purpose. The problem is many people fail to see their purpose in life. What is your purpose?

Let's find your purpose.

What reason do you have behind achieving peak performance to become an ace athlete?

What is your point?

What ideas do you have in mind that makes you think you want to reach a peak performance in athlete? What ideas make you strive to become the best?

What are your principals behind the walls of ideas you conceive?

What rationale do you consider to contribute to your ideas, notions, and desires?

What functions puts you in this state of mind?



Do you have use in life?

What are your intentions? Do you know what you want to do?

What is the aim?

What is the objective?

Do you have goals?

What are the goals?

Do you target your goals? Do you aim for the results by applies effort?

Do you have drive to become the peak performance, ace star you want to be?

If you answered that, your goal is to better self on number one then you are off to a great start in achieving your goals.

If you said your point is to become better at what you do on the second question, then you are working in harmony with the first question.

If you said you use your mind to find new ideas, and power your mind to do what you intend on the third question, then you are off to peak performance and you will ace what you want to do.

Did you say I explore my ideas to do what I want? If you said yes, then guess what, you are in line with one, two, and three.

What did you say your principals were? Do they work in harmony with your goals and plans? Do your ideas work to make your principals come alive?

Wow, what rationale did you decide would contribute to your goals?

What are your intentions? Do you know what you want to do?

What is the aim?

What is the objective?

Do you have goals?

Did you say your intentions were to reach peak performance and become an ace athlete? Did you say you would work on a balance exercise and diet regimen that would bring you to your goal?

What is your goal?

Did you say the objective was to reach peak performance and then work toward acing your goal?

What is the goal?

Did you know that goals without intentions, without plans, without effort would not work? If you want to know the **secrets in how to be an ace athlete, then keep asking the questions while working toward achieving. If I have to keep asking and you make no move to achieve, thus forget reading and go off on a venture to nowhere.**

## **Secrets in how you can be an Ace Performance Athlete**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Secrets that athletes use outside of self to reach peak performance are non-existence, since the secrets are within themselves. In other words, ace athlete pulls up the secrets inside of them to achieve. The fact is ace athletes do not have secrets; rather they have meaning, purpose, goals and plans. They use ambition to take them to the goal lines.

Peak performance athletes work hard. The athletes work to achieve short-term and long-term goals. As they work to the goals they keep their purpose and meaning in mind. Ace performers strive with determination, which is one of the secrets they employ to achieve. The determination gives them the will to carry on, while putting their plans in motion to reach their goals. While determination is one secret, ace athletes use other secrets within, including affirmations, willingness, and purpose.

The purpose once established takes ace athletes to determination, while affirming their goals. The affirmations build ambition. Thus, ace athletes not only plan to do something they tell themselves through affirmations that they will do it. For instance, I plan to write this article in five minutes. Affirmative, I am going to finish this article in five minutes. This is one example of an affirmative, which ace athletes use all the time.

Effort is action. Effort when used will help you to achieve. Ace athletes secret behind effort is that sometimes they realize they are not working to peak performance, thus they may refine their exercise and diet plans, or even habits to achieve.

Athletes purpose while reasoning. Ace athletes will not reason with anything that will bring them down. For instance, if someone asks an ace athlete to try drugs, he will use assertiveness and affirmatives to say no. His principles and rationale come together to help him see underlying principles. He knows that you have to say no some times, as well as look into his routines to refine if necessary. This brings ace athletes to function, which puts their mind and body to use. His intentions are in focus, and thus he moves toward his goals without cease. He reaches the end, which brings him resolves. His determination enhances, as he persists to strive through perseverance. His tenacity helps him to keep his mind on the goals, while looking for resolutions when consequences are not in his favor. Thus, athletes accept consequences. He will work with the results to enhance his performance. He removes indifferences and prejudices out of the way, realizing that these negative energies will only hinder his ability to perform.

Ace athletes keep focused on reality. He knows that idealisms only lead to chaotic minds. While he may use idealisms, reality is in focus. This drives is motives home, and he works to a healthier way of life. Ambition drives ace athletes. Ambition keeps his dreams, hopes, desires, wants, needs, purpose, aspiration, and goals in focus.

This brings him to visualize. Ace athletes put themselves in the future achieving their goals mentally, thus watching observantly the results. The athlete moves backward mentally through his plans up until now, and works to remove any hindrance he discovered through visualization out of his way. He affirms his goals.

Ace athlete secrets then are inside self. Ace athletes dig deep within their minds to discover the hidden truths. They use resources, ask questions, read, and work to understanding their needs and desires, while striving to gain purpose and meaning. Once they pull the human inside secrets together, they begin using their newfound qualities to work toward success. Are you ready to select your equipment?

## **Selecting Equipment in How to become an Ace Athlete**

### **Do you know the secrets of peak performers?**

Selecting equipment is one of the secrets that many leave behind when working toward peak performance. The first piece of equipment you want to consider in gym, or at home is endurance machines, or your preference of endurance workouts. Why?

Endurance exercises builds staying power, patience, survival, stamina, fortitude, and continued existence. Vigorous souls may want to elect treadmills to include endurance routines. Bicycles or cycling machines are idea for obesity bodies or for those lacking in exercise.

Exercise and diet is just the start of reaching peak performance, however equipment, exercise types, body types, and how the exercises work plays a vital part in reaching peak performance. For instance, if you are working to build mass and only workout pumping heavy weights and adding more weights to overload a muscle, you are setting self up for injury. Likewise, if you are only working to build large muscle groups without building endurance, cardiovascular and the like, you are throwing fire on flames. The key then is picking the right equipment that includes endurance, strength training, reduction of stress on joints, and so forth to reach peak performance. Still, you need diet, and mind set to work toward your goals. Next, we can consider aerobics.

Aerobics supply oxygen to the lungs. Aerobics build speed in the respiration system while increasing the respiration and the rate of your heart. Thus, aerobics provide a complete cardiovascular workout.

Strength training exercises build muscle strength. Thus, you want to consider strength-training equipment, since it flexes the joints, builds body composition, rest metabolism, and enhances the overall physical faculty. Strength training also enhances your health while reducing risks of injury, bone density mineral, glucose metabolism, arthritis, gastrointestinal transmitting, cholesterol, and blood pressure issues.

Strength training also enables your muscles to relax and contract. Your protein fibers functions proper when using the proper strength training routines. Once the muscles active you will feel relaxed, while the muscles contract and the force of your muscles output will expand. Strength training works the prime mover and stabilizers muscles as well as the antagonistic muscles. The antagonistic muscles are the aggressive muscles.

Thus, the types of exercise play a vital part in determining if you can reach peak performance. Some of the exercise types include isometric, aerobics, Isokinetic, powerhouse, isotonic, dynamic variable and constant resistance and so forth. The aerobic and powerhouse are types of cardiovascular and strengthening routines, while the other named exercises are strength training.

Nautilus, Pilates,' dumbbells, and so forth are all types of exercise equipment you want to consider while working to peak performance.

For the most part the types of endurance exercises include treadmill, cycle, running, skating, step, tennis, and so forth. Tennis is also an aerobic type of exercise. If you do not have exercise equipment or the money to purchase machines now, or if you do not have the money to pay gym expenses you

can start with aerobics at home and if you do the right form of exercises you can gain strength training, aerobics, dance, endurance, and more all in one routine. Some of the types of aerobics you can consider include.

Warm ups and stretches:

Reach up

Side stretch

Arm swing

Elbow lift and torso twist

Head rolls

Knee lift and elbow touch

Forward bob and elbow touch

Forward lunge and elbow touch

Side steps

Exercise routine

Toe touches

Rocking

Hip twist

Flicking kicks

Shake it

Jumping knee slap

Knee lifts

Floor exercises

Point and hold and flex and hold

Sit-ups

Flex kicks



Head tilts and shoulder shrugs

Shoulder and elbow touches

Side flutter kicks

Yoga stretch

Fanny lifts

Single flex kicks

Front and back leg lifts

Stretches

Leg flexes and leg stretches

Tuck and balance sit-ups

Now get to work and set those goals!

## **Setting the Goals in How to become an Ace Athlete**

### **Secrets in how to become an ace athlete in peak performance**

The secret to becoming an ace athlete is inside you. In other words, I could sit here all night and talk about my secrets, but until you reach inside you and pull up your own, I will reach peak performance and you will still be reading how to become an ace athlete in the secrets of reaching peak performance.

Athletes are hardworking people that strive to reach goals. First, they set the goals before starting their process to create plans. The goals ignite a flame inside the mind, which leads to creating new ideas and developing strategies to reach the goals. The plan comes to action. Therefore, to help you learn the secrets inside you to reach your peak performance we can consider a few areas that will help you set your own goals.

Now ask. What do you want to do? Why do you want to become an ace athlete? What is your goal? What are your plans? How can you reach your peak performance? Asking questions is a surefire way of learning. When you start to ask questions, you soon find answers. If you are not familiar with exercising and dieting, you may want to read loads of information, since this is what peak-performing ace athletes do.

Now ask. Why do you want to become an ace athlete? Is it because you like the glory and fame that it presents? Do you like to compete? Do you strive to win?

If you want to be an ace, for winning, then you are off on the wrong foot. Ace athletes think winning, but their ultimate goal is to achieve. Sometimes you win in games and sometimes you lose, thus ace athletes know when they lose they are the winner in the next game. If you want, fame and glory remember your failures will appear live on television. Fame and glory is an achievement, but it should not be your ultimate goal. If you like to compete then you have qualities of an athlete, yet competing is not the only quality you need. If you are striving to win, think lose, and you will find an answer at the end. Winning is losers and losers are winners. If you cannot see the facts behind the logic, thus refine your thinking.

What is your goal? Do you have a goal set? For instance, I have sit here writing articles all day on how to be an ace athlete and my goal is to bring you to realization of your intentions, purpose, meaning, goals, plans, and ability to achieve. My plans is to write informative how to articles, while providing tutorials, thinkers, and other strategies to complete my mission.

What are your plans? Do you have plans? Are they working? If you do not have a plan to reach your goal, thus you will not reach your goal. Plans help us to arrange things in order. Plans are diagrams, charts, maps, tables, sketches, graphs, arrangements, and preparation. Whoops, did I say preparation. Well, you have to prepare before making plans or setting goals.

Plans help us to set up strategies, backup plans, and the like to reach our goals. Plans design our goals. Plans give us purpose, intention, and meaning, while helping us to bring things into order, which is exactly what you will need to do when setting up exercise and diet routines. What does it boil

down to; it boils down to balance. Balance is steadfast, and stability on a set of scales. How can strength training benefit you?

### **Strength Training in how to you can be an Ace Athlete (The Secrets Peak Performance Aspiring Athlete Should Know)**

Strength training requires resistance, consistency, frequency, balance, intensity, high-intensity, range, order, breathing, speed, active order, progression, repetitions, and so forth. You cannot have one without the other. Strength training assists in helping the large and small muscles group straighten, while promoting elasticity to the joints, building body composition, metabolism, and augmenting the health's overall performance.

Straight training augments muscle size, while strengthening the muscles. The process expands the larger groups of muscle, while elongating the strength. The muscles, body tissues, and so forth produce pressure or movement while working through various types of actions. During strength training the muscles repeatedly contracts, while the body relaxes. Movement is essential, which works all parts of the body. During the process of strength training each muscle preserves tension. Thus, liquids pump throughout the body, thus pumping the adrenaline and blood flow.

The body's composes muscle tissues, organs and all work to produce bundles or sheets of tissues. The joint connectors link with tissues, which include the tendons, ligaments, and joints, thus producing contractions in the muscles, which attach to the bones. The bones, joints, and muscles combined influence the muscles strength, staying power, and ability to move.

The body's cartilages or joints work alongside the muscles, however stress must be, reduced to promote healthy joints, and extend elasticity. This promotes flexibility. While cartilages or joints are strong and have strengthening elasticity, applying pressure could lead to problems, since the joints decide the growth of bones.

Strength training helps to promote strength while enabling you to work toward peak performance. As you start strength training, your body starts to resist forces, pressure, and stress. The process not only builds the mind, it enhances the body. Strength training provides us the tools we need to resist health problems, injuries, illness, and the like. As you start to train in strength building routines, you will feel intense. You will also feel effectiveness alongside strengthening of the body. The process not only promotes strength of the body, it sparks strength of the mind. As you start to feel good, then it is time to set the mind to work toward peak performance.

Intensity is strength. The training drives us to desire to do our best. Desires established take us to a new level, thus training and diet becomes intense at its highest peak. While you work to peak performance, the intensity grows. This brings you to feel empowered, forceful, and strengthen all at once. Once your qualities come together, you will feel at ease when concentrating on your goals. In other words, it promotes concentration. Intensity strength training builds you desires. You start to take serious your goals and work toward accomplishment. Your attitude and state of mind becomes positive and provoking.

At this time, you are ready to set your plans and goals in motion. Thus, strength training provides much help in working toward achievement,

however the types of exercise and equipment plays a part in reaching peak performance also. You must set a routine that works all parts of the body, while balancing the exercise.

Strength training can give you energy if you add endurance routines, alongside resistance balance, progression, and the like. If you are unsure of the types of exercises that will help you reach your peak performance, we encourage you to continue reading articles that help you learn how to become an ace athlete. Strength training becomes beneficial when you have the right routines, along with cardiovascular exercises and endurance routines. Cardio exercises are aerobics in form. Are you ready to sustain your life?

**Sustaining Life in how you can become an Ace Athlete**  
**Secretes of Peak Performing Athletes**

Athletes sustain life, since athletics work the body while adhering to a diet plan. Ace athletes often avoid harmful chemicals and substances while working toward their goals. Thus, they realize hazards lead to failure.

Ace athletes realize that their existence brings them energy and excitement. Thus, it gives them verve to get-up-and-go. Learning life and what it means to you can, help you achieve ace performance peaks. Thus, ask self, what does life mean to you? What is death verses life?

Non-exercise, diet plans: This is death, since it leads to bereavement, loss, demise, and decreases your energy, which is your life-sustaining force.

Life is exercise and diet, since it enhances your life by adding years and days to your existence. How does it work?

It works with exercise and diet, while sticking to goals and plans. People often experience lethargy when failing to exercise or diet. This brings the mind down, which leads to stupors, weariness, lassitude, tiredness, exhaustion, laziness, indolence, and sluggishness. Thus, ace athletes are aware that lack of exercise and diet will lead them to frustration, thus failing to reach their goals.

Still, ace athletes realize that exercise and diet builds staying power, strength, and so forth. Exercises endorse power, which drops exhaustion to the floor. When you exercise, it increases energy, which helps you to feel vivacious. To sustain life then, you have to keep metabolism at a level.

Metabolism is chemicals that include substances, which compose our living organisms. Metabolism is our life-sustaining chemicals that promote activity. Through reactions and interrelations, the chemicals promote living organism, which provide energy, thus sustaining life. Diet is essential, since nutrients promote metabolism. What does it take?

It takes staying power, which is the ability or drive to continue working toward goals. The staying power provides energy, which is necessary to keep forcefulness and liveliness in action. We find ability to work while applying efforts to reach the goals. Staying power brings us vigor, which helps us to move to action, while concentrating on the energy we spend to achieve a mission. How do I get staying power?

You exercise and eat right. What types of exercises should I consider? You should consider strength training, resistance workouts, endurance training, and balance overall. What type of diet should I consider? The bodies require carbohydrates, proteins, amino acids, fat, calories, and the like to continue working properly, and require balance.

Setting up exercises and diet requires equilibrium. Equilibrium gives you poise, which you maintain your sense of balance. Thus, equilibrium diets and exercise promote steadfast and stability. Thus, it is a remainder, which you consider often while evaluating intake and exercise regimens. You learn to calculate and estimate the balance.

To sustain life you need balance, and effort. Effort keeps you in the front seat, while you attempt to achieve, try hard to reach your goals, and take cracks at your mission. You sweat and struggle, however as you grow to



enhance life, you learn that worries, concerns and the like are a part of life that you can conquer. Your endeavors move you to venture or gamble while undertaking various tries and attempts to achieve.

Various aspects of the mind can help you to see how you can become an ace athlete. The fact is you have to set goals, plans, while applying efforts to achieve. You need determination, strength, power, and energy to strive toward your goals. Your goals is the end of a race, which you will feel life sustaining your future.

## **The Goals in how you can be an Ace Athlete Secrets Peak Performance**

Goals are important in any area of life. If you do not have goals, you will not plan, and if you do not have plans, you will not put forth effort. Goals help us to keep in touch with reality. Reality is the truth, our certainty, idealisms, veracity, actuality, authenticity, and so forth.

We can help you understand that the secrets are inside of you and no one can tell you truthful how you can become an ace athlete. While authors can inform you of solutions that will help you reach peak performance, no one can tell you how to do it. Therefore, we are going to consider exercises that will help you establish a goal, thus helping you to pull up the secrets inside you.

### **Starting now:**

Start; begin your position by lifting the arms over the head with your feet slightly apart, thus readying to stretch. With the right arm stretch up high over your head, while the left arm extends half way up. Now perform the same action on your left arm while stretching way up high, thus with the right arm stretched halfway upward.

What is the intention of this routine? Do you know? What can it do for you to help you start the process to reach peak performance? The exercise is a warm up, stretch routine that will relax the body preparing it for full workout. The exercise reduces stress on the joints and muscles, while refining elasticity, thus helping the body to flex. The goal is to reach relaxation while preparing to perform full workout, yet the long-term goal is

to train the body to practice warm ups and stretches before starting any exercise routine.

**Next:**

Side stretches is your next routine. Try hard to keep the arms straight as you perform the action. You can use a towel, thus holding it to benefit the upper back area. Now, stretch right, front, left, and up. Reverse the action, thus up, left, front, and then right.

Again, what is the intention? What could this routine do to help you work toward peak performance? Again, the routine is a warm up exercise that stretches and prepares the body for full workout. If you continue the exercise three times per week, you will start to curve the waistline, strengthen the back, thighs, and arms. Now you spot the goal.

**Succeeding routine:**

Arm swings include stretching up, swinging back the arms, and bobbing forward. Start, with the arms over the head, bob left while extending the arms backwards, stretches up and then down right with the arms extended to the back. The exercise routine will enhance your arms, strengthen the back, firm the thighs, and so forth if you continue to perform this with normal routines every three days, four times between sets. The goal is to warm up, stretch, and work toward a superb body.

Now perform the side stretches again twice. The elbow lift and torso twisting follows. The elbow lifts include eight times, two sets. Start; put the arms over the head with the elbows bended and the hands cupping the

elbows. Keep the feet apart, stretch up, down, and right while the hands grasp the elbows. Keep the arms up high and then left, and twist it.

**Routine:**

Six times, repeat the side stretches

Repeat the arm swings twice

Now repeat the elbow lifts and torso twisting eight times, four sets

Now eight times perform the side stretches.

Repeat the arm swinging process 4xs and finishing with the reach up routine.

The routines are starting kits, however if you practice you will soon know you next steps in becoming an ace athlete. Need some tools to train toward peak performance?

## **Tools in how you can be an Ace Athlete**

### **Secrets of Peak Performance Athletes**

Exercise and diet has meaning and are tools that can help you ace out in athletic. Exercises give advantages since it implements training, fitness, and diet while focusing on results. For instance, stretch exercises helps the joints and muscles by making them bigger, longer, and extending them to flexibility. Cartilage is joint members, which require strong, elasticity to maintain healthy tissues, which can change how the bones grow. The muscles help us to contract, relax, and produce grouped muscle movement while maintaining the body's tension level, and pumping fluids throughout the body. Exercises, and then gives us tools to achieve elasticity, flexibility while keeping the tissues healthy and the fluid pumping.

Diet works with exercises, since diet helps us to watch our weight, waistline, and watching what a person eats. Thus, diet helps us to cut down, reduce, and sometimes fast. Diet also gives us a plan as we set regimens, including low fat diets, salt-free-diets, and low-fiber-diets. Our eating habits conform to healthy and nutritional regimes, which promotes exercise. Once we have diet and exercise in control we work toward legislatures, while assembling our goals. Legislature gives us direction, supervision, organization, management, and processing to achieve a mission.

Thus, tools in how to become an ace athlete is inside you, thus if you want the secrets start digging now. We can consider a few exercises and think of what each routine means to you. If you can see positive reflections and results, thus you will have a start on achieving peak performance.

Think isometric exercises and consider what it means to you? Isometric exercises are equilibrium dimensional workouts that produce measurement while pushing muscles against other muscles. Thus, isometric is a strength training process, which puts the muscles under tension without allowing them to contract. This causes problems. Therefore, while training you must learn the types of exercises, including what each can do for you to work toward peak performance. My point is some tools for aging out in athletics can work against you.

Isometric is one type of exercise that aged, or cardiovascular patients should avoid. Since, contractions are restricted in these types of exercises, thus the static responses affect the blood stream flow.

Now we can see tools for gaining ace athlete, but we can also see that some tools are not in our best interest. Therefore, when working toward peak performance, read, live, learn, practice, and read some more.

Other types of exercises include the Isokinetic workouts. The Isokinetic workouts spark a positive charge in muscle contractions. The workouts work against obliging electronic and/or hydraulic opposition and/or resistance. **NOTE:** Hydraulic resistance is, related to pressure applying to fluids, which give rise to force. During the Isokinetic workouts, you can continue speed, while the force of muscles workout can decide on the level of force you achieve during training. For instance, if you train low force of muscles, you reach low force resistance levels and maintain the level. Thus, the Isokinetic workouts, according to reports, claims to reduce benefits of reaching peak performance, thus, reducing the odds of your becoming an ace performer.

Now that we reviewed isometric and Isokinetic workouts, we can see meaning is fewer in the two weight training tools combined. Therefore, we must consider where each exercise and diet fits into our plans and achieve the highest benefits to become an ace athlete through peak performance. For more information on exercises, consider isotonic, dynamic constant resistance, dynamic variable resistance and so forth. Each exercise type has its meaning and purpose, which after understanding can help you decide on what you need to do to reach your goal in peak performance. What types of exercise do you do?

## **Types of Exercises in how you can become an Ace Athlete Secrets to Peak Performance through workout**

Various types of exercises can help you reach peak performance. It depends on your goal, i.e. do you want to ace out in athletic, or do you want to reach good health while firming, toning, and enhancing your body. Regardless of your answer, you can do exercise routines that will help you swing one way or the other.

Some of the older routines of exercises include dance and aerobics. The exercises enable you to have fun while working toward fitness. The exercises we can work with will help you to reduce stress. Before we get started however, I want you to put on a nice comfortable and fitting pair of tennis shoes to protect your ankles and other parts of the body from injury. Wearing proper attire and shoes is a strong recommendation you should always adhere to before exercising.

If you do any slide exercises, which involve the feet, you may want to take off your tennis shoes, since it will add weight. It also makes it difficult to slide. You should always start exercise routines with stretches and warm ups. Once you finish exercise, you should always perform cool down and stretch exercises again. The warms up and stretches will reduce tension, stretch the muscles elasticity, and strengthen the body, preparing for intense workout.

Stretching makes the muscles bigger and longer. Stretching draws out the body by extending the elasticity. The muscles start to elongate, which straightens the muscles, which produces flexibility. Let us stretch the body.



Stretch the arms over the head and pull the body upward as you stretch. Feel the tension start to leave your body. You will notice slight pulling in the arms, and will feel the tension leave the stomach area. You might notice discomforts but this is ok. Unless you feel extensive pain, you are stretching and strengthening the body.

The bodies once you continue stretching it will soon move about with ease, since flexibility will have, been restored. After you stretch the arms and back, you can stretch the legs. Sit on the floor. Never bounce while you stretch the muscles. As you sit on the floor spread the legs as far apart as possible. You may feel pulling, but again, unless it is extensive pain, you have nothing to worry about, since the body is only adjusting to changes. Now with the legs apart, stretch to your right while cupping the hands over your foot. Hold in position a few seconds, and stretch up. Sit with the posture straight while stretching up, and make sure the arms are over the head. Now stretch to the left performing the same action you conducted on the right side of the body. I recommend you perform this stretch five times to start, and then perform the same action in between full routine.

Now move into the tuck and sit-up balance routine. Position to change your seating with the legs coming together then tuck inward with your head coming forward and the arms cupped about your calves. Your back should extend slowly backwards while holding balance. Now straighten with the legs lifted, hands cupped under the higher thigh at the back, and balance. Tuck the body inward again in the first position and then lay straight back on the floor, relax.

The stretching exercises will work you into a full routine, however if you continue the exercises you will soon feel stress relief, strength in the body, and so forth. Each time you perform the exercise you will start to feel good, the mind will start to work in harmony, and in time, you will work to peak performance. What else do you need to know?

## **What You Need to Know in How to be an Ace Athlete (Peak Performance Secrets Every Aspiring Athlete Should Know)**

Strength training, aerobics, and diet are important in reaching peak performance. The body types make a difference also, since you must conclude the diet right for you. Many types of exercises are good; however, you must set up a regimen that will work all parts of your body. You need endurance, stamina, strength, resistance, and the like to achieve ace athlete position. The body and mind, is amazing and will work with you, providing you learn the rules. The body and mind will let you know the rules.

Peak performance takes effort on your part, while goals are important also. If you do not have a goal, you might as well forget peak performance. Goals drive us to a point in life. If you do not have point or purpose, your efforts will fall behind. In other words, you may start exercising, but if the goal is not there, eventually you will stop. Peak performance athletes start and continue without stopping.

High performance athletes conform to working out often, thus some of the exercises include strength building, aerobics, and endurance training. To help you get started we are going to consider shoulder, leg, chest, neck, and upper back, arm, and midsection workouts.

If you do not have, weights do not worry, because aerobics exercises exist that will help you reach a result. If you have, weights make sure you place the weight capacity at your desired level. Make sure the weight machine is proper so that you do not endure any problems.

While getting start you want to take it slow. Fast repetitions only cause problems. You want to lift up four counts, holding the few seconds, and lower about two counts. The exercise procedure will last around six seconds. Now you may think that the timing would produce fewer results, but the fact is proven records show that you will get good results. Next, perform eight to around twelve repetitions, which will build the metabolism or staying power. If you do not have weight machines, do shoulder touches and elbow touches combined. Various types of aerobic procedures that can work also; however, in this instance we can perform the named action.

Thus, sit in the floor with your legs crossed and sitting up straight. Raise your arms over the head, stretching up, then down while touching the hands at the shoulder area. Lift up again, and down back to the shoulders. Perform the action ten sets.

Leg exercises include the hip and back. If you have weights, you want to work the joints, *prime mover muscles*, including the erector spinea, hamstrings, and gluteals. With weights, you want to pull back on the brakes, while positioning self to work properly with the movement pads, upright. Next, lie flat on your back with the legs placed over the group pad, and the hip joints in alignment with the axis of the machine, thus rotating with the red dots. Now grip the handles evenly.

Next, you will extend the legs while pressing the group pad in a downward position to a full working muscle/strength contraction. Repeat the process.

We can do flex kicks or other types of aerobics to achieve similar or the same results without a weight machine. You can work the prone curls working with the legs to enhance the buttocks, hips, legs, and lower back. Thus, the action will enhance the hamstrings. Various types of exercises will help you work the chest muscles, upper back, and so forth. I recommend with aerobics that you perform the head tilts, and shoulder shrugs, as well as the shoulder touches and elbow touches. Do you know what you should know?

## **What you should know in How to Be an Ace Athlete (Peak Performance Secrets Every Aspiring Athlete Should Know)**

Many athletes work hard to achieve goals, yet the problem is during training they often fail to balance out the strategies that it takes to reach peak performance. Today we are going to balance.

### **What can you do?**

What you can do is do your cool downs and perform stretches before starting exercises. Instead of thinking of exercise as effort, think of it as fun waiting to happen. After you start, your stretch exercises break off into a routine. What we do first is side stretches, arm swings, elbow lifts, and torso twist, side stretches, arm swings, reach ups, and head rolls. Now we are going to move into intensity.

After you do your warm ups and stretches it is time to move into exercise. It is time to do knee lifts and elbow touches. After stretching and warm up, we are going to do sixteen times knee lifts. What you are going to do is stand up straight, turn to the side, and bring the left up while touching it with your right elbow. Do the same on the other leg. Now, you will start the forward bobs and elbow touches four times. Touch the right knee, bob forward, up, left up and knee following, and then down again.

Now you can relax, stretch and move onto the next step. Now we are going into the forward bob, while touching the elbows to the knees. Stand up straight, bring the left elbow down to the right knee, bob forward, up, bring the right elbow to the left knee, and then bob forward again. Do this around four times.

Now we can move onto the forward lounge while touching the elbows. Stand straight, while putting your right knee up and then lounging forward to the floor. Hold the position and then lift the left knee upward and hold the position.

Regimen: Perform knee lifts at least three times each week at eight times per set:

Perform forward bobs four times each week during exercise sessions:

Perform forward lounges one time per set

Perform knee lifts per set at least eight times after first session

Perform forward bob at least eight times per session after first set

Perform forward lounges twice after the first sets and warm ups

Now move onto the side steps. Bring your exercises home, by snapping your fingers, while clapping the hands left, right, right, left, sideways, right, left, sideways again. In other words, shake those hips while you toss the hands and fingers left to right snapping and clapping. Step forward, while bringing the legs together, and then step to the side while you touch the feet together, and then take the feet to the back while you snap and clap.

Time to move on, which now you will perform toe touches: Sixteen times, you are going to bend down while touching the toes right, center, up, center, and then left. Work that waist. In other words, bend down left with the hands touching the toes, then rise with the hands on the hip, and up over the head. Now put the hands back over the hips again, and then bend down to the right while the hands touch the toes.

Are we done yet? No, we are only getting started. In other words, aspiring athletes work hard to reach goals, and goals is the ultimate thing these athletes have in mind while working hard. Now, rock it. Rock side to side, while stretching your body, thus alternately, rock, by hopping your body from one foot to the next foot. Thus, pointing your toes as you go. Where is your peak?



## **Where is your Peak in How to be an Ace Athlete?**

### **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

The questions in your mind will rob you of the answers that follow behind if you do not search deep within you. Peak performance is, based on mind, rather than body. In other words, athletics put in their mind, a goal that leads or drives them to achieve their mission. Therefore, you must ask you, what is your goal? What is your determination? How do the two work, hand in hand? Do you know?

I am a firm believer in making someone think before making him or her act: let's think and then act:

**Determination:** I have strength of mind to do what I want to do. I have the willpower to stand up for what I believe in and I will not fall, no matter who knocks me down. I have resolves, since I search my mind to find answers, drawing from my experiences, knowledge, intelligence, and the like, I will not fall. I have fortitude, since my purpose is to move ahead while working to better myself. I am not weak. I am strong and I will not fall.

Look at the definition and draw from it. Fortitude, first of all is strength that we draw from the mind, thus it is the staying power. Fortitude then is staying power. Hello! Definition is the strength, courage, and guts to do what you want to do. Definition brings you stamina, which works toward endurance.

If you want to be an athlete or ace in athlete, you have to train the mind to work in harmony with the body. If you fail to bring the two together, I have mercy on you. The biggest problem with people today, which includes

famous sport stars, is that they fail to connect the mind with the body. They think, “Oh, I have determination,” but they fail to understand what determination means to them.

Determination means to make up your mind as to what you want to do. Determination is the process of deciding what you want to do, while coming to a closure and work steadfastly to achieve your mission. You have power.

You can sit on a weight bench all-day and think about peak performance, but until you get in your mind you are going to achieve a goal, you will never make a step to achieve the goal you have in mind. In other words, if you do not put in your mind that you want to be an ace athlete first to reach your peak performance, you will not have a start. Still, once you put in your mind that you want to be an ace athlete, you must plant plans in your mind.

Plans fall back on goals, since plans draw a diagram in your mind, thus mapping out the preparations you will take to achieve the goal. Plans give proposals that prove you an arrangement of the mind, which leads to a meaning. If you do not have a meaning, what’s the purpose? As you sketch in your mind what you want to do, you will draw on the goal, thus making it happen.

If you missed the point, what I am saying is that you have to establish a goal, plan, and work to achieve the goal while working through your plans. The life of an athlete is, based on the mind. While many will tell you their failures are, based on their performance, the fact is, it is a state of mind that makes them peak, or creep. Do you work hard?

## **Working Hard in How to Be an Ace Athlete (Peak Performance Secrets Every Aspiring Athlete Should Know)**

Everyday I get up in the morning, go to work, come home, and take care of my family. When do I ever find time for myself? Let me take you into reality. What is your goal? Do you ever find time to exercise? When do I find time for self and better health?

I know scores of people with different types of backgrounds. I watch people work in schools, construction, doctor offices, and the like, and I often hear them telling me what to do as they work, but never do they tell what they tell me to do themselves. In other words, to them exercise, fitness and diet is important only for those seeking advice. Ha, ha, I think, I can laugh forever. If I will never laugh at all, because I fail to see what they are saying to me: What they are you saying is to, never think someone is doing better than you are. This is a big mistake many people make and hinders them from achieving. Most people aspiring to reach peak performance in athlete will dream about the famous football stars and so on, and say it only happens for people like them. This is not true. If you apply hard work, you too can become an ace athlete.

Look at Michael Jordon. This multiple player winner took off and won many games, until someone told him he had a disease. Once he had a disease, you stopped hearing about him. Notice I said you. The sad part is this is a peak performance, ace in the game of sports, which lost in the game of society. What a magnificent man that was turned out by media, I said media>>> While many may have their opinions of him, Michael is one of the most inspiring stars in basketball and will live on. Once you heard he had AIDS,

you stopped hearing from him. My point, did you ask him? This man continued to practice and work toward bettering his health, although he was at risk of death. In other words, stopping is only adding burden to burden. Therefore, when you start exercise, you must continue the journey to become an ace athlete.

The point is where are you heading? Michael Jordan was heading down a lost past because the media danced with him. This outstanding athlete danced with death. So what are you going to do?

I love Michael and I think he is one of the most aspiring athletics in the world. The man stood up against death and told it like it was while continuing his fight to ace out in sports. If you want inspiring and want an example, take it from Michael Jordan. This man is one of the most inspiring athletics in the world, and no one can come close to him.

Yet, what did Michael do? He applied himself to a battle against others to ace out in his career. Michael Jordan took on exercise routines that will keep in excellent performance status. He worked toward endurance, stamina, intensity, muscle, and the like, while maintaining balance.

You too can become an ace athlete if you learn to balance your diet and exercise. Even if you are not considering a career in sports, you can better your health by conforming to the ace athletic rules. The downside is many trainers fail to teach you that regimens combined with aerobics and weights will help you reach peak performance, providing balance exists. Get started now!

**Performers Reaching their Peak in Ace Athlete**

## **(Peak Performance Secrets Every Aspiring Athlete Should Know)**

Secrets are underhanded, surreptitious, and sly cloaks-and-daggers that people conform to use to keep something hush-hush. The fact is aspiring or ace athletes do not have secrets that help them to achieve, rather they have goals, plans, purpose, and ambition that drives them to the finish lines.

Peak performance athletes are aces when they work to achieve their goals with a purpose in mind. Therefore, the how you can be an ace performer determines on what you want, what you are willing to do to get it, and what plans you have behind reaching the goal.

To help you decide what your goals are we can consider your purpose, determination, plans, willingness to apply self, affirmations, and goals.

Purpose

Goal

Plans

Determinations

Affirmations

Effort

Look at the list carefully and consider each word carefully. Now start writing your purpose on paper.

Purpose includes reason, points, ideas, principles, rationale, functions, use, intentions, aims, and an end. Purpose also includes resolve, determination,

persistence, perseverance, tenacity, and resolution. You want to remove any indifference from your mind while exploring your purpose.

**Purpose:** I reason I have cause to work toward achieving my goals, which is to become an ace athlete. My basis provides me motive. The incentive is to become healthier.

**Point:** My point is to summit an end to reach peak performance.

**Ideas:** The ideas come from my thoughts, which proposes inspiration that helped me plant images, impressions, and outlines of my goal to be the peak performer.

**Principles:** My principles are my opinions, based on beliefs, standards, and attitude that promote me to achieve ace athlete performance.

**Rationale:** I rationalize that my basis and reasoning for becoming a peak performance athlete is logical.

**Function:** My function is to spot my purpose, while giving meaning to my goals.

**Use:** My use is to bring into play a workable goal in which I assert that I can achieve if I put my mind to it.

**Intention:** My intentions are to provide meaning and purpose to reach my goal, which includes workable plans.

**Aim:** My aim is to try hard, aspire in building hope while intending to set my sights on my goal, thus striving to reach and end.

What is my goal? We set up the pathway to look into the goal by examining our purpose. The purpose is to find meaning to achieve your goals. Thus, decide your meaning before writing your goals.

Meaning: My senses tell me through common sense that if I do not work to better my health I am at high risk of health issues. What is my worth? I am worth the price it will cost me to better my health. My purpose is to better my health while reaching peak performance, thus I am the meaning behind my purpose, since I have value and worth.

What is your goal?

Goal: Goals include objectives, aims, ends, ambitions, purpose, target, objects, and aspiration.

My objective is, based on ideas, reason, and intent, thus removing partiality to achieve a mission. My short-term goal is to remove any doubts from my mind that will hind me from achieving peak performance.

My aim is to try hard while endeavoring to reach my goals, while keeping the goal sights in my mind. My impressions, images, and visions help me to see the finishing line. I see my self-reaching peak performance.

Ambition includes my dreams, hopes, desires, purpose, aspiration, and goals. Thus, I dream of being an ace athlete, thus, I need to cultivate my desires and wants. My short-term goal is develop my desires and wants to achieve my goal. My aspiration brings me to achieve what I wish and desire to achieve, i.e. I want to be an ace, peak performance athlete. My long-term goal is set.

What is your goal? What is your purpose? Do you have meaning? Do you have ambition? Set your goals.

**Conclusion:**

Performers reach their peak when they apply themselves. The performers take on new challenges, while keeping their goals in mind. The minds of ace athletes never blunder to negative energies; rather the minds pull the energy together making it a positive force. The truth is if you want to reach your peak performance and become an ace athlete, you have to strive, dig, and find the secrets inside of you.