

## Check you have set realistic goals for yourself!

Written by

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Unfortunately, many people's training expectations are set too high. In just a few weeks of training, women can't expect to regain their full fitness after giving birth, or a man a six-pack after being inactive for the last 10 years.

- Learn to enjoy your training sessions and appreciate every small improvement on your journey to your dream body.
- Keep a record of your training progress in a daily log. This will help you measure your progress, and warn you of a training plateau.

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