

# **4/6/15: Monday Motivation and Weekly Challenge (Video) - “Putting In The Work”**

This week’s video is sure to motivate and pump you up! I’m talking about the importance of “putting in the work” as it applies to your diet, your training, your process and your mindset. It takes more than a wish and desire to get the job done, it takes real work and dedication, all of which we’ll discuss today!

Our Weekly Challenge today picks up where we left off last week with our challenge, giving it all one more go, and seeing if we can continue to get beyond our current PR’s.

***Exclusive Member Content***

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