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Kash Money - January 8, 2018, 2:56 am

Does anyone got any quotes they live by, or think whilst at gym or daily life (; gotta get that motivation

I follow terry crews words "god doesn't get cowards to do his jobs"

Xannedoutbrah - January 15, 2018, 12:50 am

I don't have a specific quote but I have a video. Used this for the past year to stay motivated at the Gym for the past year.

I can't link it because of post count, but go to Youtube and search "How Bad Do You Want It?"

Headspace - January 15, 2018, 4:48 am

"Don't wish for it more than you're willing to work for it." - Inky Johnson's adaptation of Rita Mae Brown's quote.

iNuke - January 15, 2018, 4:52 am

"If you don't finish this set, you're a bitch." - My friend (aka my coach).

Mektor - January 16, 2018, 4:03 pm

I don't have any quotes for you but Planet Fitness does have free pizza the first Monday of every month!

frostbite - January 16, 2018, 4:22 pm

"Don't look at the butt." - frostb1te. I say that a lot in my head at the gym.

Jakuzure - January 17, 2018, 7:16 pm

"You either do it or you dont, its that simple"

DBS2017 - January 17, 2018, 7:21 pm

Watch it till end, just 2 minutes Indian protein company promotional video, gives a massive boost to me.

[Video: https://www.youtube.com/watch?v=XZfjiojRB_w]

kannickel - January 18, 2018, 12:01 am

"you're not a weakling, get up"

ColbySaid - January 18, 2018, 2:27 am

You only get what you put into it.

FamousHater - January 18, 2018, 2:29 am

"Get off of HF while you at the gym unless you wanna be like bandors"

Jakuzure - January 18, 2018, 7:51 am

(Jan 18, 2018 03:29 AM)FamousHater Wrote: [\[CITE\]](#) "Get off of HF while you at the gym unless you

wanna be like bandors"

I wonder how much soy and hours on HF you need to achieve "Bandors Mode"

Jaatinen - January 20, 2018, 3:14 am

Every time you stay out late...

Every time you sleep in...

Every time you miss a workout...

Every time you don't give 100%...

You make it that much easier for me to beat you...

-Anonymous

Neurotheus - January 21, 2018, 2:36 pm

"Motivation is temporary. Discipline is forever"

Pirate - January 21, 2018, 2:41 pm

When you feel like giving up, thats when you should turn the beast mode on.

xP..