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**MUSCLE**

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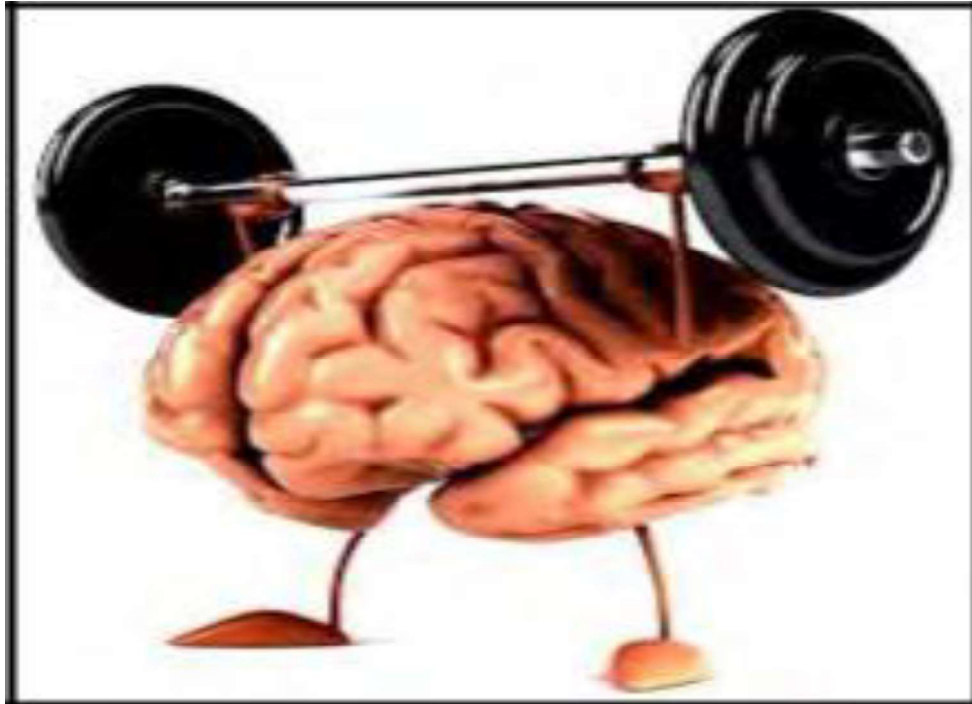
# CHAPTER 1

# MINDSET CONDITIONING





## The Power Of Mindset



Fitness begins with the mind, not the body. Never underestimate the power of your mind. The mind has always been at the core of building muscle. Hence, before adhering to any fitness program, the first GAIN MUSCLE is to get your mindset right. Clear all negative thinking and replace them with positive ones to empower your muscle building journey. Understand that your thoughts are what hold you back from what you truly want to achieve.

The essentiality of having a strong mind is often overshadowed by being strong physically. If you have the right mindset, you will have the mental power to stay focused and push yourself, even when things get tough. Not having the right mindset will result in you end