



The Human Optimization Project

Pod-Club

E35 How to Build Muscle & Get Stronger: What Everyone Needs to Know and Do

Discussion Questions for this Episode:

- 1) What is your “why” or reason for wanting to get stronger? If you have more than one, rank them in order of priority.
- 2) In the past, what have been the biggest hurdles that prevented you from achieving your strength goals? Separate these out by factors that are directly in your control vs. those that are not.
- 3) We mention the 4 factors that contribute to strength are genetics, nutrition, sleep, and training program. How has your nutrition and sleep positively or negatively influenced your strength goals?
- 4) After listening to this episode, did you discover any new reasons as to why you haven’t seen the strength gains you seek?
- 5) Do you currently have any sort of accountability in your training program (writing down your workouts, working with a coach, having a training partner)? If so, how has that helped? If not, how could you practically implement some accountability?
- 6) Are you willing to consistently commit to a program that appropriately challenges you for 6 months? If so, what benefits do you expect to see (think about benefits along the way as well as the end result). If not, what would it take to improve your motivation to do so?
- 7) What is one change you are going to make this week to get the first win in your quest to improve your strength? Make this very clear and concrete.