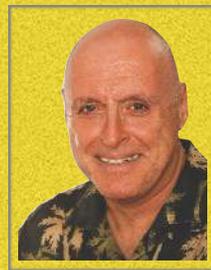


# THE EXTRA POINT

BY JERRY ROBERTS



## # 599 The Power of “Max”

About a year and a half ago we introduced the Power of Just and how it can help you grow. Today, a new power can become yours. I'm Jerry Roberts and that's up next on The Extra Point.

November 12 of 2018 I delivered Extra Point #194, entitled “Is it Time For You to Harness ‘The Power of Just’?” You can download that at [guamtraining.com](http://guamtraining.com).

The basic message was when you've done all you think you can do, you summon up a little bit more energy — energy you didn't think you had — and then do a little more.

It might be running a mile and then going an extra quarter-mile when you don't think you have it in you. It could be practicing a musical instrument for two hours when you normally stop at the end of one hour. Maybe you're a writer and you've never written more than 2,000 words in a single day. You decide you're going to write 3,000 today and you won't stop until you do.

The idea is to stretch your physical muscles or creative muscles and hit milestones you've never reached, then go a little farther the next time and the next. If you keep doing that one day you'll look up and realize that you're capable of doing much more than when you first applied the “power of just.”

Today, I want to look at another power, the power of “max.” It's not doing just a little bit more. The “max” is maximum and it's about going all out and doing as much as you possibly can.

I was living in California and lifting weights at a gym with a number of guys who worked for then-Continental Airlines cargo operation. These were beefy dudes and a pretty good bunch, until they found out I was a Rams fan, but that's another story.

I was slowly adding weight each time I worked out but wanted to accelerate. One of the guys told me I should do a whole week of what he called “max reps.” This was going all out and lifting the most weight possible once, maybe twice for each exercise.

I'd never done that for a week on all body parts and I wasn't sure I wanted to do it. I didn't see the value of it right away, as it seemed sort of like a stunt to me. He said it would change my perspective and he would spot me and help me through it.

The first exercise that day was squats, with the barbell on my neck and shoulders. I was then inching toward 300 pounds for 10 reps but hadn't made it yet. I was probably good for 275 with decent form. He said to try 315.

That didn't seem like an outrageous increase so I took the weight down slowly and he yelled “Explode!” I gave out a sound only bodybuilders understand and pushed up to a standing position. It was only 40 pounds above my current lift but felt really heavy. After the rep he told me it wasn't 315 pounds, that he had actually loaded up 365 pounds.

He said I was capable of a lot more than I was doing but I had to see it to believe it and that if he'd told me he had set the bar at 365, I might have been intimidated and not tried. He had me unload the weights from the bar so I could feel every pound.

He taught me that I should be trying to hit 25-35% over my current weights for every max exercise. I might not always get the extra weight up but that I would never truly understand my limits until I tried to exceed them. Now, there was another lesson, one even more important, and you have to get this to fully benefit.

(Con't.)

**THE POINT**  
93.3 FM / 1350 AM / 104.3 FM HD-3

GUAM  TRAINING

The next week when I went back to my normal routine of 10 reps per exercise, the weights somehow seemed lighter. The 275-pound squats seemed easier so I added 20 pounds and did 295 for 10 reps. That's when it hit me. I was really dealing with mental barriers as much as physical.

It was an incredibly valuable lesson that I've carried over into other areas of life and work. It's the age-old saying that you never know what you can do until you try.

So what are you doing now that you're inching along with, and you've never really tested your limits? Maybe it's athletic, or studies, or creative, or something to do with your job. Would you be willing to go all out and see how far you can go — just once?

If it works would you be willing to test your max every so often?

Okay, disclaimer time. Don't get crazy. Don't do something dangerous. Take necessary precautions. Be smart. Do all of that and you may find you're capable of much more than you ever imagined. It's the Power of Max and it could make a difference for you.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services from Jerry Roberts, please click this link: [guamtraining.com](http://guamtraining.com)

