

# 5 TIPS FOR MENTAL TOUGHNESS



# TRAIN AFTER A HARD DAY

Unlike training your body, the optimal time to train your mind is when you are least motivated to exercise. By training when you least want to, you will push your mental toughness to the next level.





# PAUSE THE MUSIC

Listening to music suppresses your mental fatigue. By training without music you will be training under higher mental fatigue, allowing you to develop your mental toughness.



# SKIP THE CAFFEINE

Like music, consuming caffeine suppresses your mental fatigue. Cut the caffeine pre-workout to train under more mental fatigue, strengthening your mind as a result.





# COMPETE WITH YOURSELF

Be ruthless and continuously challenge yourself. Never get comfortable, but keep trying to get comfortable with the uncomfortable.



# TRAIN YOUR BRAIN

Use Brain Endurance Training (BET) in your workouts to train your brain specifically for mental toughness. BET has been shown to yield triple the improvement in endurance over a 12 week training period.

To learn more about Brain Endurance Training, check us out at [rewirefitness.app](https://rewirefitness.app)

