

Think Like A Powerlifter

Brandon Lilly

Maybe I'm writing this because I have held it in for too long... Maybe it's because people have started to misunderstand my love for the sport, and hope for seeing it grow, as some kind of softness or acceptance of bullshit I see. I'm going to tell you a truth you don't want to hear. I've said it, I'm saying now, and I'll say it again... And if you don't like what I am about to say, and you don't like me for saying it, maybe you need to admit that it is the truth... The great thing about the truth is that no matter how much you resist it, it will always remain.

What is this "truth" I speak about? All the time I hear that I am a genetic freak, or this or that. The "truth" is, where were those comments five years ago when I was a nobody in this sport, struggling day in, and day out to get one more fucking pound on each lift. I remember my deadlift was stuck for 2 years, 4 months, and 3 weeks. I did everything I knew to make it go up, and instead of quitting, or giving up, I kept going for 2 years, and 5 months. I beat that previous PR. How many of you would have quit before then? I didn't change up my program every two weeks, I didn't look around and say my training partners were getting strong because they were on some magic formula or drug. I stuck to what I knew would work, and believed that in time I would eventually raise the bar again.

Call me stupid, but I see these guys that think they got it all figured out jumping program to program, and taking tons of drugs, and doing everything they think they know about lifting... But you already missed the point. You already gave up. When you said to yourself "What I am doing is not working... You gave up." Don't mistake what I'm saying, you will need change as you progress, but to think that there is miracle waiting just around the corner is where you failed. That is the whole concept behind "Lose Hope, Gain Strength". Stop hoping for shit to happen. Figure out how to get through this sticking point, actually get fucking stronger. Maybe I am stupid, but I followed the same

plan for over two years just to prove to myself that I could do it. I could get that deadlift PR without changing anything. If nothing else I am a consistent son of a bitch.

You can ask people that know me what I do... "He lifts." Maybe that is a bad thing to you, and maybe that's why we would never be friends, I don't understand or tolerate a "halfway" mentality.

Any great lifter I have ever know has been very similar to me in my mindset. I've lost friends, girlfriends, family, money, whatever over this sport. My favorite is the stories I get "Brandon, I want to be the best, I want to be just like you... But my girlfriend wants to do this, or that, and she hates the gym." My advice is always "Then don't have a girlfriend." Get rid of anything that hinders your goals. Henry Rollins has a great quote about people "I grow tired of listening to bitch. I hate my job, I hate my car, I hate my town. Either change it, or don't." The beautiful simplicity of his statement is that it is perfectly true. I've moved all over to train with the best people I can. I have traveled across this country, and around the world (out of my own pocket) to train, and lift with lifters I consider better than me. So why the fuck would I feel sorry for you that you have to drive 45 minutes to the gym? I used to drive to Westside with Jake Anderson, leaving Berea, KY at 2 am to meet Louie for breakfast by 6 am, train, and get back to work that afternoon by 3 pm. We didn't make this trip just once. It was a weekly, or twice a week journey until finally we both moved. We always asked others to come, but we were the only ones that made the trips.

What I am trying to impress upon you is that I am just a guy that made a firm choice. My dad has often joked "I wish you'd wanted to be a doctor this much." If this sport is what you choose, or hell, whatever you choose in your life then choose it. Don't be a half in, half out kind of person. There is nothing worse. Believe in yourself, and believe in what you do. Life is extremely short, and a perfect parallel to powerlifting. You get what you put into it. Don't sit on the sidelines wishing you had done things, take actions to make life, the gym, and your numbers turn to your favor. It's not too late. Commit, and conquer. The "truth" that I have spoken of is this... Life is yours. Life is what you make it. If you spend your life wishing, instead of doing, then you will always remain the one

making up excuses for why you aren't at a level others are. Stop being the one talking, and start being the one talked about... Then you will understand.