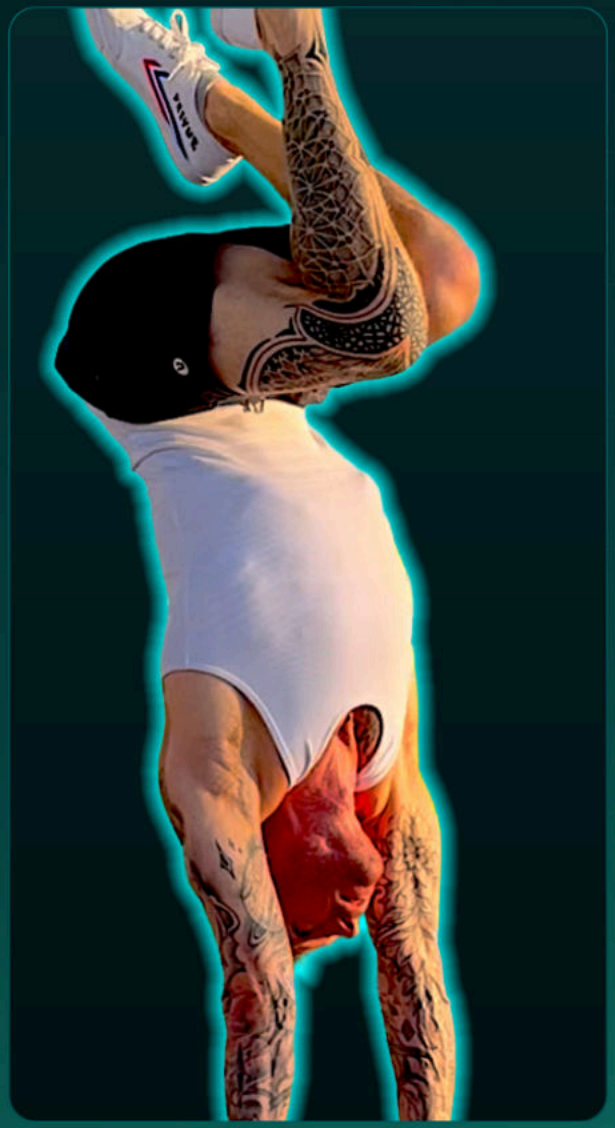
KYLEWEIGER

FREE GUIDE

BE BORING IN YOUR TRAINING

BORING PEOPLE GET RESULTS. **THE FOUNDATION IS THE SHORTCUT.**



BORING

SAME ROUTINE, DAY IN AND DAY OUT.

WHAT IT LOOKS LIKE

- ✓ EXTRA WRIST AND SHOULDER PREP
- ✓ SCISSOR, TUCK, AND STRADDLE ENTRIES
- ✓ STRAIGHT LINE HOLDS

THE RESULT

- ✓ ENTRIES YOU'VE MASTERED
- ✓ A FOUNDATION THAT HOLDS UP
- ✓ RESULTS OVER THE LONG TIMELINE

THE PAYOFF
Five extra minutes of prep before the fun part, every practice, adds up.

IMPATIENT

WORKING AHEAD OF THE FOUNDATION.

WHAT IT LOOKS LIKE

- ✕ SKIPPING PREP FOR THE FUN PART
- ✕ FLASHY, DYNAMIC HANDSTANDS
- ✕ PRESS OR ONE ARM AT 5 SECONDS

THE RESULT

- ✕ STUCK ON INTERMEDIATE SKILLS
- ✕ MONTHS WITHOUT PROGRESS
- ✕ IT ACTUALLY TAKES LONGER

THE TRAP
A 5 second handstand, then straight to the press. Six months later, still stuck.

BORING WORK = REAL RESULTS

Working ahead feels faster, but it takes longer. Lay the foundation first and do the same work day in and day out. **The boring work gets results over the long timeline.**