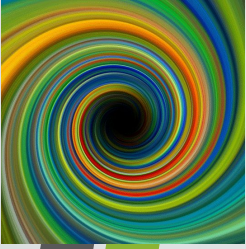




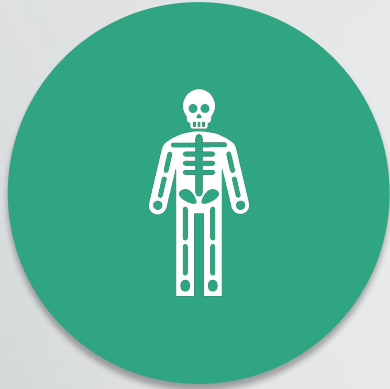
Hypnosis & Working Out

Mike G

(HypnoDaddy/ GreyMuscleBear)



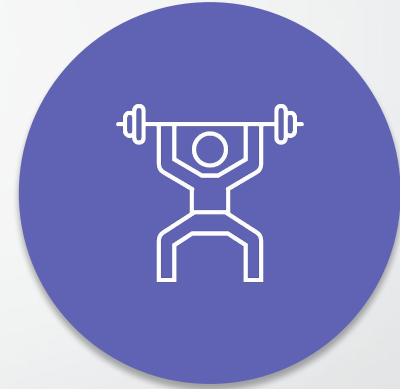
What are your goals for working out?



TONING MUSCLE



MAXIMIZING SIZE



MAXIMIZING
STRENGTH

{Weight-loss may also be a goal, but that is not my focus today}



Minimum Requirements for Adding Muscle

- **Adequate Testosterone**

- Testosterone levels drop naturally after the age of 30.

- **Regular Sleep**

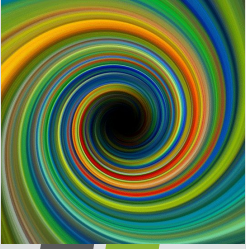
- It is important to get sleep to rest the body properly and reduce stress hormones.

- **Sufficient Protein**

- It is recommended to get .8 to 1 gram of protein per pound of body weight daily. 1/2 that number for weight in kilograms.
- You can consume up to 70 grams of protein in one sitting.

- **Consistent Lifting / Weight Training**

- Lifting at least five days every week seems to trigger change very quickly in the body for muscle growth.



How Hypnosis Can Be Used

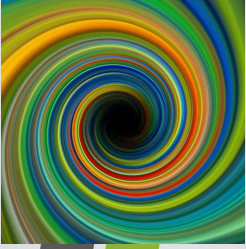
(Functional / Structural)

- **Self-Discipline / Structure**

- Encourage adherence to a regular workout plan
- Encourage following a regular diet or meal schedule.

- **Gym Habits**

- ***Get there.*** (Increase motivation to get to the gym)
- ***Enjoy it.*** (Manage comfort level with the gym environment)
- ***Push Yourself.*** (Improve motivation while working out)



How Hypnosis Can Be Used

(Emotional / Psychological / Kink)

- **Self-Image / Stress Management**

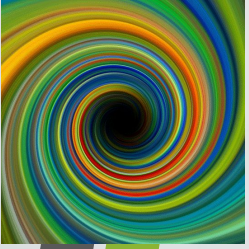
- Help the subject with body dysmorphia
- Help the subject to reduce stress by turning that stress energy into muscle

- **Reward / Positive Feedback Loop**

- Make the subject feel wonderful after working out
- Make the subject feel wonderful after eating healthy or enough protein

- **For Eager-to-Please or Submissive Guys**

- Give them an obligation to go to the gym
- Fulfill the need-to-please their Dominant by making physical changes



Tips for Working Out

- **Eat & Hydrate**

- Make sure to not go to the gym completely hungry. Bring water, it helps.

- **Listen To Your Body**

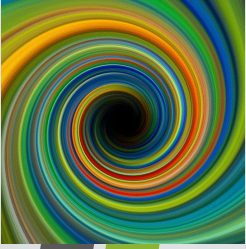
- If when you are lifting an exercise, it feels weird or painful, stop and go down in weight for a while.

- **Explore & Research**

- Explore ideas & routines on the internet sites & YouTube.
- *(I can make some suggestions for toning / building strength)*

- **Stay Positive / Don't Project**

- Most people in the gym are just trying to get through the work out like you are. They are probably not judging as much as you think.



My Workout Habits

- **I Lift for Size**

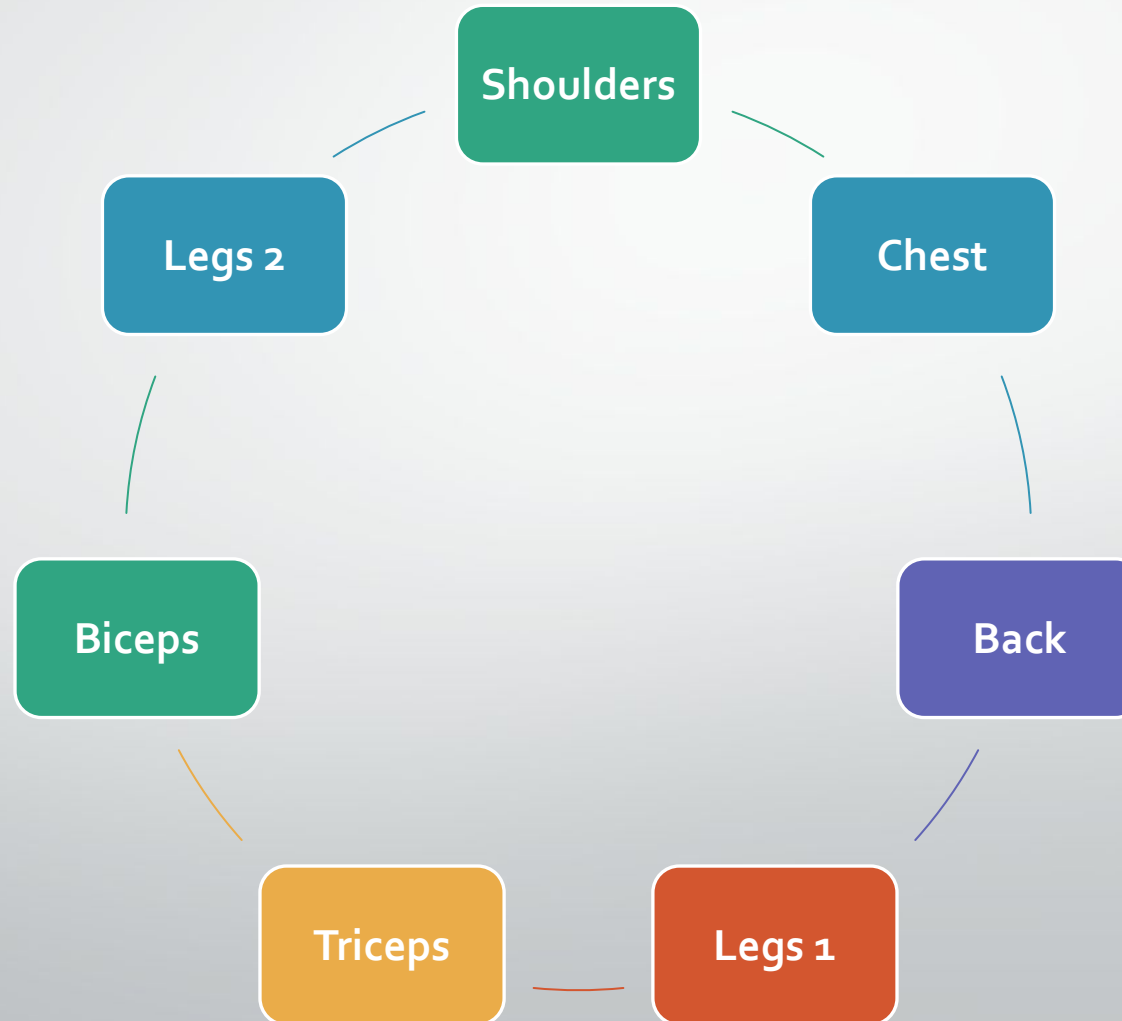
- I do weight training at least *five days every week*.
- Cardio can be done in addition to that, but it should follow the weight training

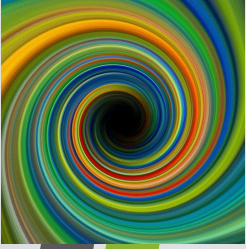
- **Warm-Up & Reps**

- I do one warmup exercise and at least six exercises per muscle group each gym visit.
- I do three sets of 8 to 10 reps per exercise. If you cannot do eight, then go down in weight. If you can do 10 or more, then go up in weight.



My Workout Schedule (Rotation)





About Me...



HypnoDaddy on Scruff



GreyMuscleBear on Recon, Discord, & HFG



Questions
Comments
Open Discussion

THANK YOU !