

Weak Sauce



1. Paltry, insufficient, and laughable in effort
2. Something that is incredibly lame, weak, or uncool
3. Insignificant, attempting to be like hot sauces, but not living up to expectations
4. Referring to a puny individual or a pathetic effort
5. When something is disappointing

By Ryan Hodge

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."

-Vincent T. Lombardi

Go Primal Fitness is not the right place for everybody. It is a training facility designated for improving fitness, the ability to survive and propagate oneself. Individuals lift, carry, run, jump, dodge, spin, throw, catch, and sometimes even climb to accomplish feats that often surpass even their wildest expectations. Success is common here and enjoyed by coaches and members alike. This environment has grown itself a community of individuals who are addicted to the achievement of difficult goals and has since nurtured it. Individuals who never saw themselves as “winners,” especially in physical realms, now lead the quest for physical might, setting an example for those up to the challenge.

This situation raises the question of how. How does a community of this type cultivate? The answer is simply stated in the opening sentence of this article: Go Primal Fitness is not the right place for everybody.

In my career as a coach I've worked with all types of personalities and people of all fitness levels. I have felt the sting of failure while trying to guide my clients to their goals and have wondered where I went wrong. What I found was that some people won't succeed, no matter the opportunity or environment for it. When presented with a path to their success, they look for a reason to not get there.

So where does success come from? How do coaches consistently get results from athletes and clients given that success is never inherent, regardless of personality or genetic gift? The true answer became evident at the beginning of a quest I undertook for success. I researched success in fitness at all levels, looking up coaches, gyms, athletes,

accomplishments, and consistency. What I realized is that success both starts with and ends up belonging to those who come to seek training. The gyms that consistently produced results and success limited their membership. They turn people away who won't succeed. This is not to say that they won't accept people who aren't world-class athletes. What is required is an appetite for achievement and the hardships that go along with the success in its most significant forms.

The problem becomes honesty. Most frail souls don't want to rise to even the first step of the challenge that this presents. People delude themselves, saying that they're fit-enough. Some of them do workouts to enlarge themselves, others to shrink themselves, without ever considering why they are doing these things. Who said these things define what is fit? Who developed the training model to which most people subscribe? Under what conditions was this model developed? Is the main attraction to this style of training the relative ease of the motions and routines? When answered honestly, these questions will paint the picture of possibility for success.

Although the self-delusion of those in training is a symptom of this, the real plague becomes apparent at the revelation that nearly the whole fitness industry is designed to further delude these people and steal their money. People almost never succeed on the latest diet. And that device on the newest infomercial may help, but hardly completes the necessities of training for the difficulties of everyday life. Whether through ignorance of the truth, or conscious deception, today's fitness "professionals" hardly seem like the group to go to for help. Many of these "pros" were the victims of this delusion themselves, and never recovered. The blind leading the blind, as it were.

Society needs real fitness: the ability to survive. In primal terms that means moving with comfort, ease, competence, and purpose. For those who want these things, a program built for these ends awaits them. It will be harder than the typical split routine at the closest "Big Box Health and Fitness."

What does it take to succeed at Go Primal? The same things that the human race has intuitively known for ages: Hard work, determination, a quality diet, and consistency bring one a healthy, happy body that will resist the trials of life. Our coaches know what has worked for human beings for thousands of years, augmented by an advanced understanding of the human body and movement science. Our members want real fitness and have the will to attain it. So, officially all are accepted at Go Primal Fitness, but it's not what everyone is going to want. Our job is to evaluate with honesty and scrutiny. Your job is to ask yourself if you really want the spice of life, or if you prefer the weak sauce.