

Performance First

The physiology of the human body

is designed for one purpose: survival through homeostasis. Your body wants and needs to keep things constant. If you drastically cut calories from your diet, your body will slow down your metabolic rate, trying to hang on to as much of its precious energy reserves as it possibly can. Your body does this to keep you from starving to death, which was a valuable survival mechanism for most of human history. Today, for us overfed and overfatted Americans, it's a nuisance that keeps us from seeing our abs.

Your body is going to resist your desire to build bigger muscles, too. Muscle tissue is metabolically costly. It takes a lot of energy—food—to maintain, and screws with your body's preferred balance.

So when you're trying to change your appearance, whether you're trying to get bigger or leaner, homeostasis is your enemy. You have to force your body to change.

That's why you must seek performance first, no matter your goals. If you want bigger muscles, you must first make those muscles stronger. Your body will allow your muscles to grow bigger when you give them a reason. If you lift ever-heavier things, your body has few options other than allowing muscle growth to take place (assuming, of course, you're eating enough food to allow the process to take place).

Fat loss is the opposite side of the same coin. If your body is perfectly happy with the extra fat you've put on over the years, and is perfectly willing to