

“What’s my time?”
“What round is this?”

Some of the cries that can be heard during and just after most workouts in most Crossfit gyms. Then let’s not forget the banter that happens in between:

“Wow, great time.” When you’re really thinking “Liar” or “cheater.” Then, when you don’t post the times you hoped, a barrage of excuses then follow.

You plug in your earphones, or demand the trainer crank the music until the speakers explode from the walls.

You don’t get it. Your enemy is not the stop watch. Your enemy is not the whiteboard. These are simply tools...a rubric if you will to help give individual feedback on performance and progression.

Your enemy is not your fellow gym member. They are your brethren in joint suffering.

Your enemy is yourself. You try to block it out with music. You try to distract yourself with some quest to post a “good time” when inside you desire the destruction of all around you.

Your enemy is yourself.

When that voice tells you to quit – that is your enemy. When you feel tired and your muscles scream in a lactic erosion of agony – that is your enemy. When you feel the need to hurl the contents of your stomach to the floor – that is your enemy. When you buy into the notion that you are tired and stop on an exercise, or slow down – that is your enemy. When you sub an exercise for some hidden, unreal ailment, or because you “suck” at the exercise – that is your enemy.

When you pause for fear of falling or failing – that is your enemy.

The largest enemy you will face in this life is yourself: and its time to take the gloves off.

Stop jamming pointless music in your ears. Stop looking at your fellow Crossfitters for aid. Stop worrying about your time during the workout. Take the voice on. Take it head on. It is time for you to take that inner voice, that smaller version of you, by the neck and break it.

Engage yourself in the field of battle – right in the middle of workout.

Find the point where you torment yourself most and fight.

Rage...struggle...cry havoc and let loose the dogs of war.

Defeat yourself and you will truly learn to live.

Your time is irrelevant when compared to the larger war. Embrace your fear. Become master of your own mind. Learn to love what it is you hate. Become unbreakable. Transform yourself into a pillar of mental power.

Don’t quit. Never surrender. Now get busy....because it is TIME.