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TRAINING STRATEGY STARTER



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3 Distinct Differences between Bodybuilding and CrossFit

The landscape for fitness has changed tremendously over recent years. No longer do gyms only cater to the weight lifting mobs, the cardio enthusiasts or the people looking for Zen in their life, they now serve as a place where people can test their abilities in a multitude of ways using many different facets of fitness training. The biggest change in how people approach their fitness has probably come by virtue of the presence of CrossFit. This endeavor challenges people's capabilities to perform high intensity type activities within a certain period of time all the while being supported by those around them. The functionality components of the workouts are impressive and it can help one build confidence, build stamina, improve body composition and better themselves at performing exercises. With that said, if building muscle is your priority, then CrossFit may not be the avenue for you and you may be better served by following a bodybuilding type lifestyle. While there are many similarities between the exercises used by both Bodybuilding and CrossFit, and both groups of people do carry more muscle mass than your average person, the approach to how these exercises are used, how the workouts are constructed and what the end goal is, is what varies greatly. The following are three distinct differences between Bodybuilding and CrossFit, which will help you decide which lifestyle you would like to pursue.

Isolation versus Community

Bodybuilding has long been described as a solo venture whereas you are only as good as your will to be good. Building a world-class physique or just simply working towards accruing as much lean muscle mass as possible requires a tremendous amount of effort all day long. You have to train with weights, perform your cardio, eat all of your meals, get your rest, take your

supplements and then wake up and do it all over again consistently year after year. Due to this rigorous lifestyle, you can become very alone in your pursuit, as much of what you do is very self-centered. CrossFit on the other hand, thrives in the presence of others and a highly positive training community is created when like-minded individuals get together for their workouts. WOD's are pursued in a very supportive environment, everyone in the CrossFit gym seems to want others to excel as they do themselves, a sense of belonging to something greater than individualism is gained and overall fun is ensued. If you are more of an introvert, then bodybuilding will most likely fit you personality and that's great. If you're more of an extrovert, then I would suggest you try CrossFit.

Time Under Tension versus Beating the Clock

The workouts of a bodybuilder compared to someone who participates in CrossFit are vastly different. Much of what a bodybuilder does is target specific and the goal of the workout is to stimulate one or maybe two distinct body parts using the tension provided by selected exercises. The best way to do this for hypertrophy to occur is to maximize the time under tension component of training. The longer you can keep a muscle under stress, the greater chance of growth there is. Rushing through your sets and reps only exists if you have a limited amount of time in the gym; slowing things down to really focus on the muscle being worked so that you feel the movements working your muscles from origin to insertion is all that really matters. When you indulge in CrossFit, what matters most is how efficiently you can complete a set of tasks or exercises and taking the time to generate the mind/muscle connection becomes very little of importance. Repetitions are completed in ballistic fashion, the form used to complete the movements can easily break down and the rush of beating your time supersedes the rush of knowing what you're doing is building muscle. If that element of competition excites you, then carry on. If the element of competition on stage excites you, stick with bodybuilding.

Appearance versus Performance

Bodybuilding is all about how good you can make your physique look. Larger than life muscles, coupled with thinly tightened skin, delineated muscle groups covered in bulging veins and a coat of paint with some oil added in tops of the look prior to heading out on stage. Everything you do within the bodybuilding lifestyle boils down to how good you look. There are no lifting events on a bodybuilding stage, no one cares how much you can bench, how many hours of cardio you did or what it took for you look the way you did. All the judges care about is what you look like in that moment. CrossFit, on the other hand, is all about how well you can perform and how quickly you can do so. All of the training you do is to better your ability at becoming more efficient in completing your exercises so that you can do more or so that you can do more in a certain period of time. What you look like, physique wise, is irrelevant (even though most top CrossFit athletes have tremendous physiques), all that matters is you perform exceptionally well within the physical requirements you are tasked with. Like I mentioned before, both venues provide an element of competition; it's up to you to decide which one you like best.

Personally speaking, I am a bodybuilder and always will be but I can give respect where respect is due. If participating in CrossFit gets you up and off the couch and putting down the cookies, then power to you. If you want to be larger than life and build upon that freak factor in your personality, then bodybuilding is probably right for you. At the end of the day, training is training and you're working at bettering yourself so how can anyone be down on someone for that. Regardless of which way you choose to go, it's a step in the right direction. If CrossFit suits you better, make sure that step is in a pair of the new Missile Runners. If it's bodybuilding, try the [Super Shift](#). Either way, you'll be doing the right thing.

5 Characteristics of a Successful Bodybuilder

Bodybuilding is a sport of self-gratification. You train, eat and sleep to improve your body and mold it into something you can be proud of. Are there struggles? Of course there are but if you dedicate your mindset to loving and enjoying the process, the eventual return will be one of great satisfaction. Bodybuilding is not an easy endeavor but those who push past the daily struggles, the plateaus and the pain will ultimately achieve what it is they are looking for. After being in and around the sport for the better part of twenty-five years, here is what I believe it takes to be successful as a bodybuilder.

Persistence

You have to want it and want it bad. You can't stop for one second, you can't take a break and you can't sit back and hope that everything will just fall into your lap. Everyday needs to be dedicated to accomplishing goals and then improving upon those goals. When you feel like shit, you find a way around that. When you're too tired to do your cardio, you have an extra cup of coffee and then get yourself to the gym. You need to be the person who never gives up, will settle for nothing less than what you are trying to achieve and will never back down from a challenge.

Consistency

Take everything that I just said and then do that every single day for five years straight. I'm serious, if you can do what it takes for that amount of time then success is surely on your horizon. You can never miss a workout, never miss a meal, never stray from your diet, never stop educating yourself and never stop thinking about anything but being a bodybuilder. Being a bodybuilder is a full time commitment. You can't jump in and jump out of the lifestyle and hope that you'll make it. It just doesn't work like that.

Innovative

There is going to come a time when things aren't clicking for you the way they used to. Strength levels may be levelling off, muscular gains are a thing of the past, motivation levels could be down and it's at this point that many people throw in the towel. With that said, those who possess the first two characteristics will find a way to re-create themselves and their approach and find that next level. If you can find a new way to do things, something that you've never seen before, a thought that turns into an action, a new twist on an old habit, whatever it may be, then this innovation will breed success for you.

Reflective

You've all heard the one about not knowing where you're headed until you know where you've been right? For the successful bodybuilder, this reflective practice is a daily occurrence. You should always be analyzing what you've done, how you responded to the training you do, the food you eat the supplements you take. If you're not paying attention to the process and revisiting the past, there is no way you'll ever know what's working, what's not and what needs to change. This may be the most important characteristic of them all because if you don't know what's working for you, who will?

Passionate

The final step in your bodybuilding journey and the one that will carry you further than anything else is passion. Bodybuilding has to be something that fulfills you, compliments all other facets of your life and makes you get up every day wanting to do it. When you love what you do and find daily inspiration in what you are trying to accomplish, anything is possible.

The characteristics that I believe are needed to be a successful bodybuilder aren't really different from anything else in life that you are trying to be great at. Take Heyday Footwear founder Darin Hager for example.

If it weren't for him possessing all of the qualities mentioned above, we would never have the luxury of being able to wear the best training shoes that have ever existed. As that thought resonates with you, find what it is that you want to be successful at, dedicate yourself to the process and make sure to lace up in a pair of your favorite **Super Freaks**. It's going to be a long road ahead but a journey worth taking.

Top 10 Benefits of Being a Bodybuilder

“Everyone wants to be a bodybuilder, but no one wants to lift no heavy ass weights”. If you know where that quote came from then you will undoubtedly agree with everything that you are going to read on my list of top ten benefits of being a bodybuilder. Without further ado, here they are:

Benefit #1: Look Different from Everyone Else

Who wants the ability to blend into a crowd and get lost in a sea of faces? Not this guy and chances are neither do you. Which is why you hit the gym every single day to make yourself look different from the masses you are surrounded by with your own type of mass.

Benefit #2: Daily Structure

Bodybuilders design their days around specific events that must take place on schedule each and every day. Procrastination will derail any and all hopes of becoming the best bodybuilder one can be which is why the most successful bodybuilders are structured, with a plan in hand and a check list of things to accomplish every single day.

Benefit #3: Health is a Priority

You can't build the ultimate physique when health concerns keep creeping their way into your life. Bodybuilders understand this and do all of the things necessary to maintain optimal health. Regular trips to the doctor, chiropractor, physiotherapist and so on become weekly rituals, exercising and eating right is the foundation and being in tune with what your body is telling you becomes second nature.

Benefit #4: Goal Chasers

When a goal is set, there is nothing that will stand in the way of a bodybuilder from achieving that goal. It doesn't matter how small or big the goal is, through sheer will and determination, it will happen. Most people lack this type of drive but a bodybuilder can't if they want to be successful.

Benefit #5: Ability to Motivate Others

Because motivation levels are so innately high with a bodybuilder, it's really hard for it not to rub off on those around them. A positive attitude can go a long way in achieving your own goals and propelling others to achieve theirs.

Benefit #6: Inspiration to Others

Some people just have to look at what another person has accomplished to want to evoke change in themselves. Often times, seeing what a bodybuilder was able to accomplish not only physique wise but also maybe on the business side of things, can be very inspirational and you have to remember that you never know who's watching you.

Benefit #7: Different Perspective on Life

Bodybuilders tend to look at things a little differently from others. Much of the day is task oriented which means there's always work to be done and little to no time to waste. As such, bodybuilders become very efficient in completing what needs to be accomplished and waste very little time.

Benefit #8: Body Awareness

There is so much to learn about the body and how it works that in order to ensure that the body is working at optimal levels, bodybuilders choose to educate themselves as much as possible on this topic. Learning about kinesiology, biomechanics, nutrition, care and prevention of injuries as well as

knowing how to time everything perfectly is a skill that many others just don't have.

Benefit #9: Stronger than Most

I remember reading one time about a concern parents had for their children when it came to lifting weights and the possibility of injury because of the weights being too heavy. In response, the person in the article stated that there was nothing wrong with lifting heavy weights and getting stronger; being weak is what's dangerous. Try being weak and see what happens. I couldn't agree more and the strength that comes along with being a bodybuilder is invaluable.

Benefit #10: Unique Brand of Style

Much like the reasons for not wanting to physically look like everyone else, nor do bodybuilders want to dress like everyone else. Most times it's because they can't fit in "normal" clothes but other times it's just because the type of clothing conducive to comfort can't be found on the rack at the mall. Stringers, cut offs, hoodies, shorts and great pair of bodybuilding shoes like the [Super Shifts](#) from Heyday Footwear is all that a bodybuilder will ever need.

If you got into this game to be like everyone else, I'm sorry to say that it ain't gonna happen. Accept it, embrace it and keep lifting those heavy ass weights!

How Your Body Type Can Affect Your Gains

None of us are built the same. Our unique genetic code allows for this to happen and creates diversity amongst us. In the world of bodybuilding, this means that there is plenty of opportunity for us to witness all different shapes and sizes of physiques and gives everyone of us examples for which we can strive for and identify with. On a greater scale though, science has given us three distinct categories or body types for which all physiques can fit into; they are as follows: Ectomorphs, Endomorphs and Mesomorphs. The category you fit into can have a tremendous influence on your ability to succeed in bodybuilding and understanding the elements of each group and what you can expect from your body will ultimately lead you to determining the best course of action for you and your aspirations. Let's take a further look at each body type and how your placement within can affect your gains.

Ectomorphs

Ectomorphs are generally very lean, with small but longer bone structures, have greater distances between the origin and insertions of their muscles and are most times fairly small for their height. People who fall into this category will most likely have a very difficult time packing on considerable size simply because of their heightened metabolic rate, which keeps them very lean despite or in spite their dietary habits. If you are an ectomorph you can look at it two ways; the first being that getting yourself lean or shredded will be extremely easy to do. If getting huge is a priority, you have a long road ahead of you. The good news overall however, is that when you do put on muscle, it will be readily seen and look pretty impressive. To improve upon your chances of success in bodybuilding, I would suggest you train as heavy as you can and pay close attention to your diet. You're not going to want to eat a small to medium sized meal every two to three hours as prescribed for most

bodybuilders. Instead, you'll want to eat an enormous amount of food, every four to five hours. This will help slow down your metabolism so that the calories consumed can go towards building muscle and not just get burned up upon entry into the body.

Endomorphs

Endomorphs are generally very adept to gaining body fat very quickly and carry that body fat with relative ease. They are also very good at putting on muscle as their body doesn't release energy as efficiently as an ectomorph does thereby giving their body a better chance at using the fuel provided to build muscle. Insulin sensitivity is often a problem for endomorphs, which is why paying strict attention to the foods in their diets is a must. For bodybuilding purposes, being an endomorph can be a great thing but it can also be a detriment depending upon the goals. If building size and being a mass monster is the goal, then you have everything you'll ever need, physiologically, in spades. If getting shredded for a contest or for the summer season is the priority, then this is your mountain to climb. Endomorphs naturally have a slow to very slow metabolism and releasing fat isn't the priority of the body. Instead, calories are easily stored and fat accumulation happens very quickly. In order to combat this, what endomorphs have to do is reset their metabolisms and train it to become more efficient. You do this by implementing smaller sized, low calorie meals that are to be consumed very frequently throughout the day. Think of this strategy as stoking a fire. You have to keep adding wood to the fire to keep it burning. Once you get your metabolism working with you instead of against you, then you can continue to pack on lean muscle tissue while keeping body fat levels to a minimum.

Mesomorphs

Mesomorphs are the holy grail of all body types. It seems that no matter what these people do, they can build muscle and keep body fat levels at bay. They have a natural athletic build, always seem to be the bigger and thicker individual of their peer group, even from an early age, and often times excel

very easily at anything physically they try to do. True mesomorphs become bodybuilding's greatest champions and rightfully so; they have been genetically predisposed for this to happen. Once they tap into those genetics, gains like never seen before occur. If you are a mesomorph, take advantage of what you were given at birth. You will be bigger, stronger and faster than everyone around you, if you work for it. The unfortunate thing with mesomorphs is that because everything of a physical nature has come easily to them, they can become "lazy" by others standards and not fully exploit all that their genetics have to offer. However, when mesomorphs do put in the work and train like there's no tomorrow, they become the best bodybuilders in the world.

You may be wondering to yourself if there can be any crossovers between the three and the answer to that question is yes. Once you get into this whole bodybuilding thing you'll eventually find out where your body lands within these parameters. When you do land, make sure you've got on a pair of the new **Mission Trainer hightops**. They'll support you in all of your endeavors regardless of your body type and when it comes to your gains, that's all that matters.

How Scheduled Breaks Improve your Gains

The human body is not unlike a machine and as such, it will eventually break down. We can only handle so much stress for so long until our parts start to deteriorate and unwanted aches and pains set in. Like a machine, we too can replace parts if necessary but that should be the very last option. Instead, we have the ability to heal whereas a machine really doesn't and a replacement of the part is the only option available. Scheduled breaks from training and the bodybuilding lifestyle are incredibly important for longevity in this sport and as a way to just feel normal for a little while. Not only that, but a nice break inserted strategically into your training calendar will also go a long way in supporting continued gains and breaking through plateaus. If you're having a difficult time pulling yourself away from the gym in fear that you'll lose everything you've worked so hard for, then read on to see exactly why you need a rest.

Time to Physically Heal

As mentioned in the introduction of this article, our parts will eventually break down and fail to respond to the training stimulus as we want them to. It is for this reason that we must keep in mind the very important fact that our body does have the ability to heal itself (in minor circumstances) and we should take every opportunity that we have to allow for this to happen. You can tell when you just don't have the same type of power that you usually have when training and you can also feel when fatigue begins to creep in. Nagging aches and pains should also be a signal for you to back off. Rather than trying to push through this, which is what we all tend to do, take some time off and simply let your body heal itself.

Time to Mentally Heal

Continuously bringing your mental state to the level that is necessary for world-class gains isn't an easy task. It takes a ton of mental fortitude to muster up the type of intensity levels needed to build a physique of ultimate proportions. This type of mental preparation can wear on a person and can eventually cause lapses in judgement, loss of clarity and focus which can then lead to possible injury in the gym. If you're feeling less than into what you are doing and you find your mind wandering instead of focusing on the task at hand, it's another sign telling you to take a much needed break.

Re-charge Motivation Banks

Sometimes just getting away from something you are so immersed in is exactly what you need to regain new perspective on what it is you are trying to accomplish so that you can re-visit the reasons for why you are doing what you are doing and just fire up those motivation levels once again. When you step away from something you love doing, you quickly realize just how important it is to you and you can't wait to get back to doing what you love again. A nice little break from the gym and bodybuilding lifestyle will give you everything you need to get jacked up again for the training ahead of you.

Seeing as being a bodybuilder is a 24/7 endeavor, it only seems like an overall healthy thing to do to just take a step back every once in a while. When you do, let Heyday Footwear be a part of it. Just like our motto says, "from leg day to cardio to date night", you don't always have to think about the gym and all that it entails. At the very least, you'll still feel like a bodybuilder in your [Max Bodybuilding Shoes](#) even though you are nowhere near a gym, and that in itself will be enough to comfort your guilty thoughts about not training and allow for you to reap the benefits of a much needed break.

Mental Preparation and its Effects on Training

The physicality of weight training and the importance put upon it often times supersedes what many consider to be the main contributing factor to success in this sport; mental preparation. Yes you have to train hard, train intelligently and be consistent day in and day out with the physical tasks needed for progress to occur, but your approach should start well before you hit the gym floor. Much of your time out of the gym should be dedicated to thinking about what you're trying to achieve and mentally preparing yourself for what's about to occur. You need to be thinking about the exercises you'll be completing, the pain you're going to endure, the mundane existence of eating the same foods every day at the exact same times and then you have to be able to clearly see your finish line in your mind. Once you've mastered that, then you are well on your way to being successful in this sport. If you haven't already practiced this approach, here are a few starting points for you to maximize your mental preparation as it relates to training.

Visualization (Mental Imagery)

When you close your eyes what do you see? Do you see yourself winning, do you see yourself executing the most difficult of goals you have set out for yourself or do you see yourself failing and unable to complete what you have set out for yourself? The positive or negative impact that visualization can have upon our mental approach is huge and is therefore a facet of training you must conquer. Every time you think about your performance, it must always conclude with a positive outcome for you. Any type of negativity that may be imbedded in your conscious and unconscious thoughts must disappear for you to be as successful as possible.

Positive Reassurance (Self-talk)

Believe in yourself and in your capabilities and tell yourself you can achieve greatness. Often times athletes will talk to themselves about their game plan just so they can simply hear it out loud and work their way through any type of mental barriers they may have put upon themselves. Other times you may hear people reciting motivational quotes or song lyrics in an attempt to muster up the motivation and courage to carry out whatever physical task is in front of them. Self-talk and positive reassurance of one's abilities can be a significant driving force behind any type of training or athletic performance; especially in the absence of outside support.

Invoke Intensity

Take hold of your emotions, master the art of control and then call upon your inner demons when the time is right. For many, just thinking about the gym is enough to invoke rage and intensity but for others it may not be enough. The trick is to find something that infuriates you to the point that you need a positive release of that pent up anger and energy. Once you've found that trigger, apply it to your training and then watch and see just what you end up being capable of doing. The level of intensity at which you work while in the gym is the only limiting factor in your success or failure in this sport. Find true intensity, learn how to invoke it on call and then enjoy the ride to a whole new physical dimension.

Your ability to mentally prepare for the gym will have a tremendous effect on your overall training. To take things to the max you must maximize this facet of your life and what better way to do so then by envisioning all of the things you plan on doing while rocking a pair of [The Max Hightop Bodybuilding Sneakers](#) by Heyday Footwear. I can see it now, bar bending on your shoulders, legions of fans screaming in adoration for you to complete the lift all while wearing the sickest squat shoes anyone has ever seen!

5 Ways to Ensure Your Success as a Bodybuilder

Bodybuilding is a sport of self-gratification. You train, eat and sleep to improve your body and mold it into something you can be proud of. Are there struggles? Of course there are but if you dedicate your mindset to loving and enjoying the process, the eventual return will be one of great satisfaction. Bodybuilding is not an easy endeavor but those who push past the daily struggles, the plateaus and the pain will ultimately achieve what it is they are looking for. After being in and around the sport for the better part of twenty-five years, here is what I believe it takes to be successful as a bodybuilder.

Persistence

You have to want it and want it bad. You can't stop for one second, you can't take a break and you can't sit back and hope that everything will just fall into your lap. Everyday needs to be dedicated to accomplishing goals and then improving upon those goals. When you feel like shit, you find a way around that. When you're too tired to do your cardio, you have an extra cup of coffee and then get yourself to the gym. You need to be the person who never gives up, will settle for nothing less than what you are trying to achieve and will never back down from a challenge.

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Take everything that I just said and then do that every single day for five years straight. I'm serious, if you can do what it takes for that amount of time then success is surely on your horizon. You can never miss a workout, never miss a meal, never stray from your diet, never stop educating yourself and never stop thinking about anything but being a bodybuilder. Being a bodybuilder is a full time commitment. You can't jump in and jump out of the lifestyle and hope that you'll make it. It just doesn't work like that.

Innovative

There is going to come a time when things aren't clicking for you the way they used to. Strength levels may be levelling off, muscular gains are a thing of the past, motivation levels could be down and it's at this point that many people throw in the towel. With that said, those who possess the first two characteristics will find a way to re-create themselves and their approach and find that next level. If you can find a new way to do things, something that you've never seen before, a thought that turns into an action, a new twist on an old habit, whatever it may be, then this innovation will breed success for you.

Reflective

You've all heard the one about not knowing where you're headed until you know where you've been right? For the successful bodybuilder, this reflective practice is a daily occurrence. You should always be analyzing what you've done, how you responded to the training you do, the food you eat the supplements you take. If you're not paying attention to the process and revisiting the past, there is no way you'll ever know what's working, what's not and what needs to change. This may be the most important characteristic of them all because if you don't know what's working for you, who will?

Passionate

The final step in your bodybuilding journey and the one that will carry you further than anything else is passion. Bodybuilding has to be something that fulfills you, compliments all other facets of your life and makes you get up every day wanting to do it. When you love what you do and find daily inspiration in what you are trying to accomplish, anything is possible.

The characteristics that I believe are needed to be a successful bodybuilder aren't really different from anything else in life that you are trying to be great at. Take Heyday Footwear founder Darin Hager for example. If it weren't for

him possessing all of the qualities mentioned above, we would never have the luxury of being able to wear the best training shoes that have ever existed. As that thought resonates with you, find what it is that you want to be successful at, dedicate yourself to the process and make sure to lace up in a pair of your favorite Super Freaks. It's going to be a long road ahead but a journey worth taking.

Top 5 Daily Bodybuilding Essentials

You can spot a bodybuilder from a mile away. Sure, you'll be able to see the size and overall musculature of a bodybuilder quite easily, but to the trained eye you'll see much more than that. Each and every day in the life of a bodybuilder is filled with precisely timed events and each of those events requires certain elements to be on hand when needed. For this reason, there are a number of daily essentials required for bodybuilding success that must get toted around everywhere we go. The following are what I would consider to be the top 5 bodybuilding essentials that you will never see a bodybuilder leave home without.

Gym Bag

The key to being able to carry around all that you need is a good gym bag. It needs to be big enough to fit all of your gym gear, extra clothing and food as well as any supplements you may need during your day. Extra pouches and departments within the gym bag are also necessary to carry other items such as your gym pass, wallet and keys and a good over the shoulder strap is of the utmost importance especially if you need to walk around for any sort of distance.

Shaker Cups

You can't slam down a protein shake or some pre-workout without your shaker cups. And chances are, if you're spending the day away from where you live, multiple shaker cups are going to be stuffed into your gym bag. Make sure the top is on tight so no spillage occurs (I'm sure many of you out there can relate to this) and also make sure to take them out of your gym bag and clean them at the end of the day. Otherwise, a unwanted stench will be coming from your bag and I'm sure you can all relate to that one as well.

Tupperware

Aside from training, food is the next most important aspect of a bodybuilder's day and you should never go any more than two to three hours without eating. This is why packing food in tupperware containers or any other type of container is a common occurrence for a bodybuilder. Just make sure that you do your best to keep your food cool so that it doesn't spoil and then spoil the rest of your day.

Headphones

Sometimes you just need to escape reality to be able to get yourself into a mindset conducive to killing it in the gym. There's no better way to do that than music. Once you have your play lists set up on your device, all you have to do is plug in and block out the rest of the world. Whether you decide to thrash your way, sing your way, hustle your way or grind your way through a workout, a good set of noise cancelling headphones is a must.

Bodybuilding Shoes

To take your bodybuilding game to the next level, you need to have on the right gear and it all starts with your shoes. If your shoe game is on point, then everything else will follow in step (pun intended). If you want to be the best then you have to have the best on your feet and that only comes by way of Heyday Footwear. All of the choices you have from Heyday are excellent and second to none. Try a pair of the [Super Shift Bodybuilding Shoes](#) for starters and then go from there. You won't be disappointed and it won't be long before you're ordering another pair of Heydays; trust me on this.

There are certain things in life that you just can't live without and there are certain things in a bodybuilder's life that can't be left at home. Make sure you always have everything you need to continuously improve with each hour that passes and be sure to make Heyday Footwear an essential part of your journey.