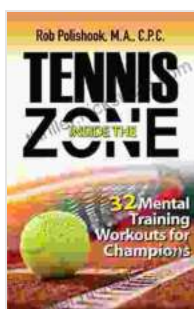


# 32 Mental Training Workouts for Champions by Rob Polishook

Rob Polishook, a renowned mental training coach, has developed 32 mental training workouts to help athletes, performers, and professionals achieve peak performance. These workouts are designed to improve focus, motivation, confidence, and resilience, and can be used by anyone looking to improve their mental game.



## Tennis Inside the Zone: 32 Mental Training Workouts for Champions (Rob Polishook) by Keith Ryan Cartwright

★★★★☆ 4.5 out of 5

Language	: English
File size	: 8237 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 228 pages
Lending	: Enabled



The workouts are divided into four categories:

- **Focus:** These workouts help you to improve your ability to focus and concentrate on the task at hand. They can be used to improve performance in any area of life, from sports to school to work.
- **Motivation:** These workouts help you to stay motivated and driven, even when things get tough. They can be used to help you achieve

your goals, whether they're personal or professional.

- **Confidence:** These workouts help you to build self-confidence and believe in your abilities. They can be used to help you overcome self-doubt and perform at your best.
- **Resilience:** These workouts help you to develop resilience and bounce back from setbacks. They can be used to help you cope with stress and adversity, and to stay positive and focused even when things don't go your way.

Each workout is designed to be completed in about 15 minutes, and can be done on a daily basis. The workouts are progressive, so you'll start with easier workouts and gradually move on to more challenging ones as you improve. You can do the workouts in any order, and you can repeat them as often as you like.

If you're looking to improve your mental game, Rob Polishook's 32 Mental Training Workouts for Champions is a great resource. These workouts are designed to help you improve your focus, motivation, confidence, and resilience, and can be used by anyone looking to achieve peak performance.

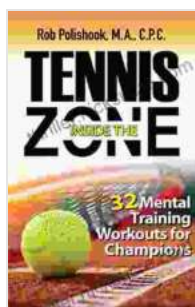
### **Here are a few of the workouts included in the program:**

- **The Focus Workout:** This workout helps you to improve your ability to focus and concentrate on the task at hand. It involves focusing on a single object for a period of time, and then gradually increasing the duration of time that you can focus.
- **The Motivation Workout:** This workout helps you to stay motivated and driven, even when things get tough. It involves setting goals and

visualizing yourself achieving them, and then taking action steps to make your goals a reality.

- **The Confidence Workout:** This workout helps you to build self-confidence and believe in your abilities. It involves identifying your strengths and weaknesses, and then focusing on your strengths. It also involves practicing positive self-talk and visualization.
- **The Resilience Workout:** This workout helps you to develop resilience and bounce back from setbacks. It involves identifying your stressors and developing coping mechanisms for dealing with them. It also involves practicing positive self-talk and visualization.

These are just a few of the workouts included in Rob Polishook's 32 Mental Training Workouts for Champions. If you're looking to improve your mental game, this program is a great resource.

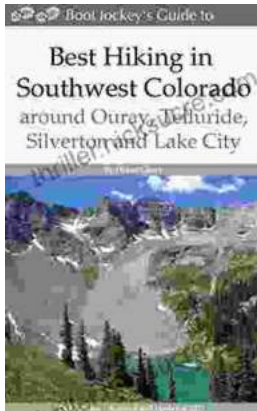


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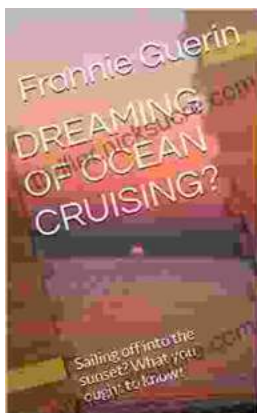
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