

FREE GUIDE

3 Mistakes Killing Your Gains

The training and nutrition errors I see costing lifters years of progress — and exactly what to do instead.

I've coached hundreds of athletes, from first-time competitors to IFBB Pros, and after two Arnold Classic titles and two runner-up finishes at the Olympia, I've seen the same three mistakes derail more physiques than bad genetics ever could. None of them are about effort. Most of the lifters who make these mistakes train hard and want it badly. They're just aiming that effort in the wrong direction. Fix these three things and you'll make more progress in the next twelve weeks than you did in the last twelve months.

MISTAKE 01

Training Without A System

Most lifters are running someone else's program — a free PDF, a template from an influencer, whatever looked good on a thumbnail. The problem isn't that these programs are badly written. It's that they were never built for your training age, your recovery capacity, or your schedule. So you follow it for eight or ten weeks, train hard, and plateau — not from lack of discipline, but because the program was never yours to begin with.

THE FIX: Progress needs a structure that adapts to you specifically — volume that matches what you can actually recover from, and adjustments made based on how you're responding, not a fixed template that assumes everyone progresses the same way.

MISTAKE 02

Copying Someone Else's Nutrition

The second mistake is a borrowed macro sheet — numbers copied from a training partner or an influencer's "2,200 calorie bulk" post. Your maintenance calories, activity level, and training volume are different from whoever's numbers you copied. And even the right numbers on day one go stale by week four, because your metabolism adapts to whatever you've been feeding it. A number that was accurate once can be wrong within a month if nobody's tracking your response and adjusting it.

THE FIX: Your intake has to start from your own numbers and move with your training phases — reviewed against your actual weight trend, energy, and progress, not set once and forgotten.

MISTAKE 03

Ignoring Recovery And Mindset

The third mistake is treating recovery and mental preparation as optional. Sleep, stress management, and deload timing get skipped in favor of “one more session,” and the mental side of training — the discipline that holds up when motivation doesn’t show up — never gets trained at all. Overreaching without a recovery strategy is how good athletes stall out or get hurt. And the lifters who fall apart under pressure, in the gym or on stage, are almost always the ones who never trained their mind the way they trained their body.

THE FIX: Program recovery with the same seriousness as your sets and reps, and treat discipline and mental preparation as a trainable skill — not something you either have or don't.

READY TO FIX ALL THREE AT ONCE?

Every one of these mistakes disappears with a personalised training and nutrition program built around your body, your schedule, and your goals — with direct coaching and adjustments as you progress.

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