Jeremy's Fantastic Guide 2 Stamina Improvement

1. Stop caring about block difficulty; Only care about (Bpm, max-passed-measures)
      -Example Why Block Difficulty Is A Meme: 192m@180 and 140m@200 are both 17s

2. Can you pass more than 64 measures of <BPM>? Nice! Stop playing that BPM outside of your warmups

3. Can you pass a song with 400+m of <BPM>? Nice! Stop playing that BPM entirely.
      - not even as your first song

4. Play 3 times a week, give yourself a rest day between sets
      - v important that you consistently do this over many weeks

5. Google "How much protein do I need to build muscle" and eat that much every day

6. If you're not improving over the course of a month you're fucking up one of the above points -- fix it.