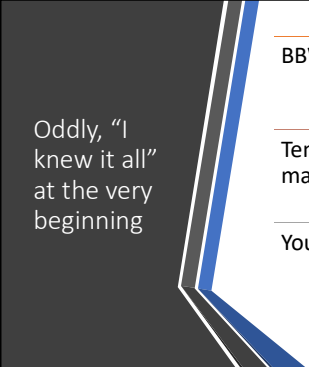




Things I have Learned, Relearned, Rerelearned and rerelearned...and...

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- 801-288-9180
- dan@danjohn.net
- danjohn.net
- Skype and Youtube: dj84123
- Instagram: coachdanjohn



Oddly, "I knew it all" at the very beginning

BBWb: Boring basics work best.

Tension MUST be taught, mastered and revisited constantly.

You MUST know what to measure.



Aunt Marie Dies, \$500: 1965

110 Pound Sears Ted Williams Barbell Set

- Put Weights Overhead.
- Pick 'em up off the floor
- (In the "Real World," we Picked 'em up and Carried Them!)

Two Sets of 5.

Clean and Press, Curl, Clean and Jerk, Shrug, Snatch, Pull Over, Squat (on toes!).

It only took me 35 years to relearn this...

Three Life Changing Books: 1970




Myles Callum's "body building and self-defense"

"This method (isometrics/tension) is based on a new theory (the book was published in 1962) of muscle growth. German and American scientists and doctors have found that a muscle can grow at only a certain rate. And, according to this theory, it doesn't take as much work as we used to think. If you flex any muscle to its maximum power and contraction, and hold it there for six seconds, once a day, the scientists say, the muscle will grow in strength just as fast as it can grow (in Strength!!!).

Whether or not this method of muscle tension can ever really replace weight-lifting is still a matter of controversy. Some scientists say it can; endless repeating of strenuous exercise, they say, "does not make the strength of a muscle grow any faster." Weight-lifting, however, may make the size of the muscle grow faster."

It took me Forty-Five Years(!!!) to understand the role of Tension (and Arousal) in Training



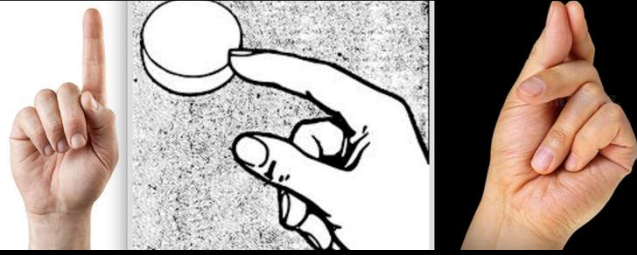


*Flexible but Strong
Strong but Flexible*

The "Moving Plank!" Family:
Overhead, Goblet and Front Squats
Suitcase and Farmer Walks

LINKAGE
Not, Leakage

Chain Link Fence




Pull My Finger: The Three Ps of Performance
Point, Push, snaP

"Point, Push, snaP"
The Movement Matrix
EACH is "Key!"
(Push and the
Hormonal Cascade)

Movement	Planks as a Program	Strength Training <small>(aka: Hypertrophy)</small>	Anti-Rotation Work	Triads	Olympic Lifts
Push	PUPPs Plank	Bench Press Push-up	1 Arm Bench Press 1 Arm Overhead Press	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="border: 1px solid black; padding: 2px;">Pistol/Plank</div> <div style="border: 1px solid black; padding: 2px;">Swing</div> <div style="border: 1px solid black; padding: 2px;">Lunge/Plank/Levitate</div> </div>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="border: 1px solid black; padding: 2px;">Squat/Press</div> <div style="border: 1px solid black; padding: 2px;">Clean & Jerk</div> </div>
Pull	Get Wing	Pull-up Row	1 arm TRX Row		
Hinge	Gluteal Bridge with All Hold	Hip Thrust Back Delt Goat Bag Swing	Hill Sprites/ Stadium Steps Skiing/Bouldering/ High Knee Work		
Squat	Goblet Squats B point Rocks	DBL KB Front Squat The Whole Squat Family	Bear Hug Carries Bear Crawls Bear Hug Carries with Monster Walk		
Loaded Carry	Farmer's Walk Horn Walk	Proveler Car push	1 arm carries Suitcase Carry Water Walk Rock Walk		

Progression...
NOT JUST LOAD!


From Isometric (no movement) to Ballistic
From Single Joint to Multi-Joint to the Whole Body
From Bodyweight to Load to Load/Sprint
From No Speed to Slow Speed to Blinding Speed
From simply "Here, Do this!" to Years of Mastery
Reps and Sets progress (Or reduce, if you are using a lot of load)
...and, of course, Load.



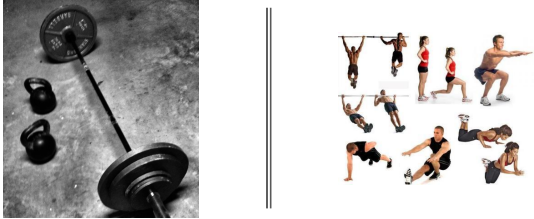
Practicing Tension is ongoing...but NOT longer and longer




The "Hormonal Cascade"



Equipment DICTATES much of this!
Waddya Got? Do you know how to use it?





The Killer Apps Insight

Barbell: Deadlift and Press
Kettlebell: Goblet Squat, Swing, and TGU
TRX: Rows, T-Y-I Pulls
Ab Wheel: Ab Wheel
Mini-Band: Lateral Walks

Core, Crawl
and Carry
and the
BOLD Moves

Movement	Planks as a Program	Anti-Rotation Work	Triads	Olympic Lifts
Push	PUPPs Plank			
Pull	Bat Wing			
Hinge	Gluteal Bridge with Ab Hold	Hill Sprints/ Stadium Steps Slipping/Slounding/ High Knees Work		
Squat	Goblet Squats 3 point Rocks	Bear Hug Carries Bear Crawls Bear Hug Carries with Mini-Band Walk		
Loaded Carry	Farmer's Walk Horn Walk	Proximal Car push		
		L arm carries Suitcase Carry Water Walk Rack Walk	Chariots, Lizards	

PUPPs

Bat Wings

Glute Bridge

Goblet Squats

Farmer Walks

Hill Sprints

Stadium Steps

Bear Hug Carries

Suitcase Carries

5

The "Perfect" Approach to the Three Ps
From Kid to Casket

1. Ballistics (O lifts, Swings, KB snatches), Basic Plyos
2. Grinds (Powerlifts, General Push, Pull, Hinge, Squat)
3. Hypertrophy (Bodybuilding...with Mobility)

(O lift then Powerlift then Bodybuilding)


Summary of Exercise Decisions

Could we do X?

- Done Correctly, yes.

Should we do X?

- It Depends.



Tiffini John
 "Proof of Concept:" Does X work?
 Sometimes you need X...because...

Asymmetrical Discussion
 72 hour kits in every car (Chains, Jumper Cables). The cost of a 72 kit is small and I will probably never use it. If we **DO** use it, the value is asymmetrical.

- Does X work?
- If my competition/enemy is using it, do I need to use it?
- Winning, for example, in American Football is Block, Tackle and Fall On the Ball. But...you win games with special situations. The Principles keep you in the game...to WIN the game

Quick Point Number One: Crushing Strength and Conditioning

Quick Point Number Two: The Peak, Plan and Program Problem

DOGHOUSE DIARIES

Quick Point Number Three: Frank Forench's Influence

Vlad Janda and Phasic/Tonics

Phasic	Tonics
Glutes	Hip Flexors
Deltoids	Hamstrings
Triceps	Biceps
Ab wall	Pectorals

The Exuberant Animal Experience: "It's safe to assume a lack of"

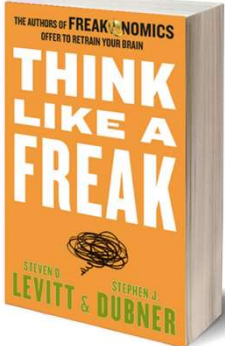
- Extension
- Lateral Rotation of the Shoulder
- Extension and Lateral Rotation of the butt
- Core

Rererelearning

BBWb: Boring basics work best.

Tension **MUST** be taught, mastered and revisited constantly.

You **MUST** know what to measure.



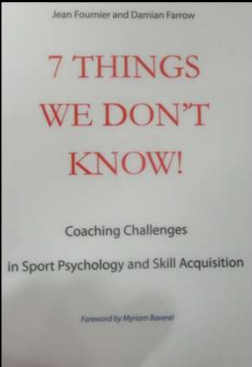
The Key to Coaching: Econ 101

Knowing what to measure simplifies life.

Strength Coach: Load?
 Track & Field: Time? Distance?
 Fitness: Waistline?
 Author: Royalties?

What are you measuring?

Please NOTE the above bulleted points...this is why I tend to be happy.



Your MEASUREMENTS must be "right."

Division One Basketball Players hit 6 or 7 in a row...ALL THE TIME!

But, they shoot 69% in games. And...Kozar discovered...69% on the first two throws in practice.

One does NOT shoot 6 or 7 in a row. They shoot TWO.

It's like using the scale, clothes "sizes," or photo-shopped pics

Hard Lesson: You are as Strong as Mr/Ms "35" Team Sports Issue

Big Silver Club (Girls)

One Arm Bench	12kg10 Right/10 left
Standing Press	70
Power Clean	95
Deadlift	205
Back Squat	135
Front Squat	95
Power Clean & Jerk	75

All done in one workout, by the way.

Big Blue Club (Boys)

One Arm Bench	32kg5 Right/5 left
Standing Press	115
Power Clean	205
Deadlift	315
Back Squat	255
Front Squat	205
Power Clean & Jerk	165



Glenn Passey: National Champ Bdwt: 178 Individual Sports Issue

"I didn't lift like you guys!"

Offseason: Farmer Walks and Hay Bale Tossing

Fall Lifting: Get up to Bdwt Clean and Press, Snatch and 20 to 30 pounds more on Clean and Jerk. Then...STOP!!!

Wait a few weeks and test. If needed...train. If not, don't!

Tom Fahey's Elite Discus Numbers:

Bench 400 Snatch 250 Clean 300 Squat 450

1. Most throwers weigh at or more than 250.
2. If you have these numbers but aren't throwing FAR, you are a lifter that throws...not a thrower that lifts.

A lifting TRUTH: Enough is Enough. More is JUST more.

Training Elite Athletes is Simple! *(Simple, not Easy!!!)*

Movement	Planks as a Program	Strength Training <small>(with min. 11-12 rep)</small> Hypertrophy	Anti-Rotation Work	Triads	Olympic Lifts
Push	PUPPs Plank	(Bench) Press Push-up	1 Arm Bench Press 1 Arm Overhead Press	Push press/jerk Swing Chin-ups, pull-ups Squat Snatch Clean & Jerk	
Pull	Bat Wing	Pull-up Row	1 arm TRX Row		
Hinge	Gluteal Bridge with AB Hold	Hip Thrust Rack OLC Goat Bag Swing	Hill Sprints/ Stadium Steps Skipping/Bounding/ High Knee Work		
Squat	Goblet Squats Sport Racks	Del KB Front Squat The Whole Squat Family	Bear Hug Carries Bear Crawls Bear Hug Carries with Monster Walk		
Loaded Carry	Farmer's Walk Horn Walk	Prowler Car push	1 arm carries: Suitcase Carry Water Walk Rack Walk		

The Matrix and Charlie Francis's Motor Units

Movement	Planks as a Program	Strength Training	Anti-Rotation Work	Tricks	Olympic Lifts
Push	Pushups	Shoulder Press Bench Press	1 Arm Squat Press 1 Arm Overhead Press		
Pull	Lat Wre	Rowing Deadlift	1 Arm Row 1 Arm Deadlift		
Hinge	Deadlift Squat Squat	Back Squat Front Squat Deadlift	1 Arm Squat 1 Arm Deadlift Over the Top Carries Over the Top Carries		
Squat	Back Squat Front Squat	Back Squat Front Squat Deadlift	Over the Top Carries Over the Top Carries		
Loaded Carry	Farmer's Walk Suitcase Carry	Farmer's Walk Suitcase Carry	Farmer's Walk Suitcase Carry		

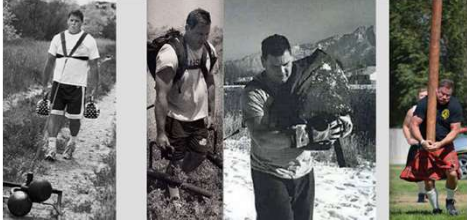
Snapacity: The Key to Superlative Performance

“Combining
Snap with Work
Capacity”

Movement	Planks as a Program	Strength Training	Anti-Rotation Work	Tricks	Olympic Lifts
Push	Pushups	Shoulder Press Bench Press	1 Arm Squat Press 1 Arm Overhead Press		
Pull	Lat Wre	Rowing Deadlift	1 Arm Row 1 Arm Deadlift		
Hinge	Deadlift Squat Squat	Back Squat Front Squat Deadlift	1 Arm Squat 1 Arm Deadlift Over the Top Carries Over the Top Carries		
Squat	Back Squat Front Squat	Back Squat Front Squat Deadlift	Over the Top Carries Over the Top Carries		
Loaded Carry	Farmer's Walk Suitcase Carry	Farmer's Walk Suitcase Carry	Farmer's Walk Suitcase Carry		

Build the Hammer and the Stone

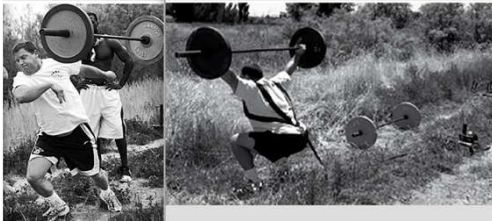
Career Changer: *Loaded Carries!*
Building the STONE



What Muscle does this Build?

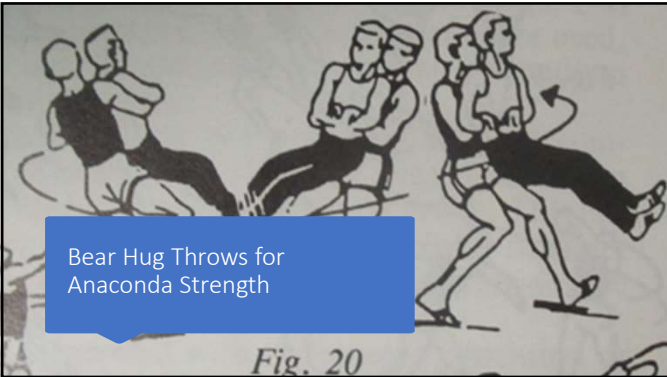


Hinge/Squat to Sprint/Sled Pull:
Best Years EVER! (Ages 47-50)



Teaching
Bear Hug
carries with
Monster
Walks





The Route to Being a Good Strength Coach (PT or Whatever): **Do THIS!!!**

1. Learn the **FUNDAMENTALS** of "Our World."
Olympic lift, Power lift, Loaded Carries, Games, Sports, Calisthenics, Gymnastics, Military Sports, Nutrition, Bodybuilding, and, of course, Fat Loss
"Learn the HOW, before you learn the WHY!"
Ole Stougaard
2. Then, learn the **IDEAS (Principles)** (The WHY!)
"Only the general ideas of underlying noteworthy training programs, *not the entire protocol*, should be understood and creatively employed."
Vladimir Zhatovski
3. Focus on "What Works"
Don't be afraid to stick with What Works. If you are like me, you will forget this.

We must overcome these "errors"

For Performance, Active Athletes:

Measuring the wrong things:

"Looks like Tarzan, Plays like Jane.**"

Bodybuilding as our Steno Symbol for lifting

"Make a Muscle"

Lack of foundational training (Planks),the basic basics:

Learn (and Relearn) TENSION

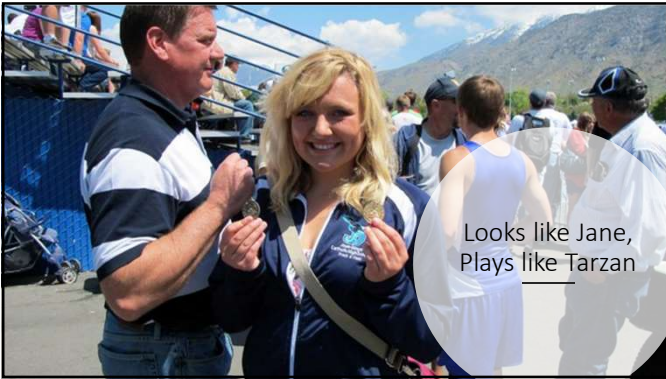
For General Population, Everybody Else:

Using Performance tools for training E²s

Believing one can counter "Sinful" behaviors (even with non-believers) for the goal of FAT loss.

FAT loss happens in the kitchen.

* See Next Slide



Looks like Jane,
Plays like Tarzan

For High Performance:
"Do what you have to do."

(And just "get rid" of
everything else!)

"Make yourself a slave to good habits."
Ralph Maughan

Sleep Ritual: Make coffee for the morning.
Supplements: Make tomorrow's To Do List (From Robb Wolf)

Wake up and be grateful. (Pat Flynn)

One Minute Meditation (App on iPhone)

Daily work on Original Strength (Tim Anderson);
A-B-A, B-A-B training. Other work as appropriate
(Ben Fegol)

Eat Eight different veggies a day. (Josh Hillis)

Live Laugh Love

The Land of LIVE LAUGH LOVE

Rererelearning

BBWb: Boring basics work best.

Tension MUST be taught, mastered and revisited constantly.

You MUST know what to measure.

Performance Template

Push	Squat
Prone Neck Nod	Six Point Rock
KB Waiter Walk	KB Single Side Squat; test both sides for vertical integrity (don't twist!!!)
Lift	Lift
Bird Dogs	Hip Flexor Stretch
Pull	
Prone "Find Your Shoes"	Loaded Carry
KB Single Side Rack Walk: Down and Back	Bear Crawl
Lift	Dog Walk Drag: One arm Sled Pull; Down and Back
Elbow Roll	The Carry: Whichever thing you are doing that day! Farmer Walks, Bear Hugs, Juggernauts.
Hinge	CrossCrawls
Six Point Nods	
KB Suitcase Carry: Down and Back	
Lift	
Single Side Bird Dog	

Questions?



