

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

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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

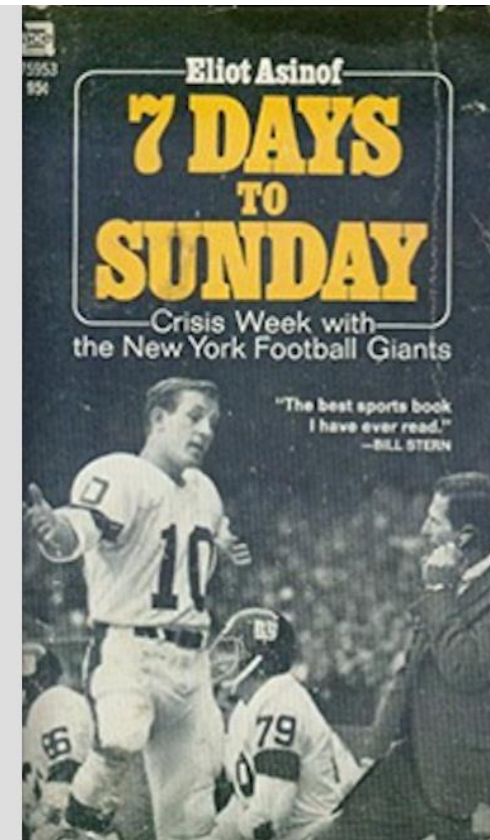
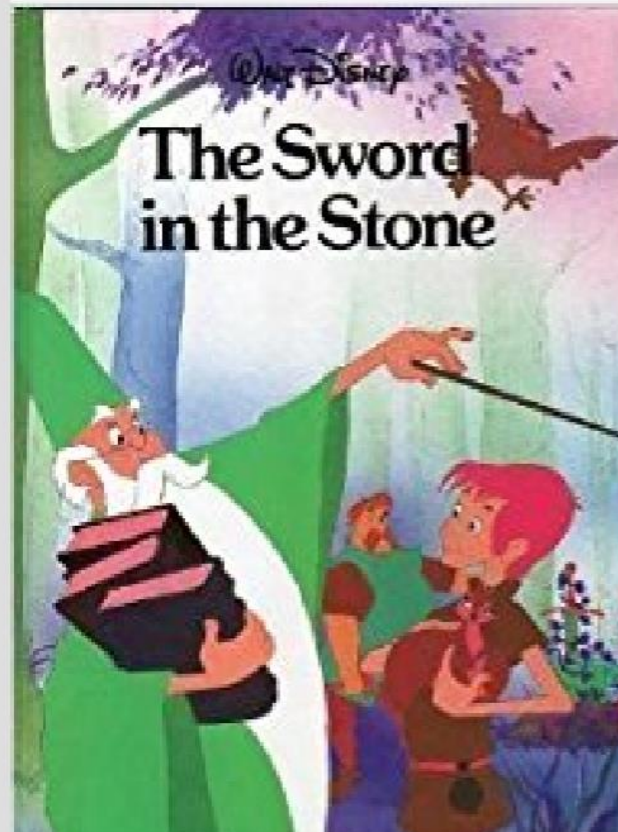
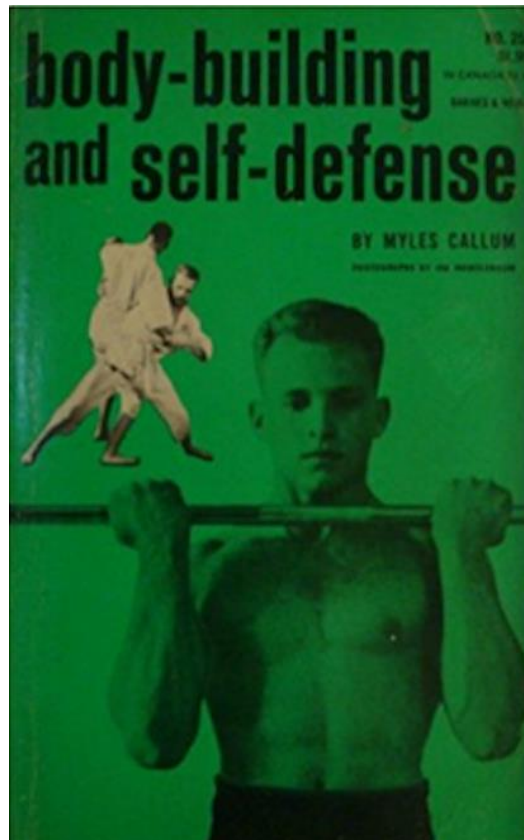
- Put Weights Overhead.
- Pick 'em up off the floor
- (In the "Real World," we Picked 'em up and Carried Them!)


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



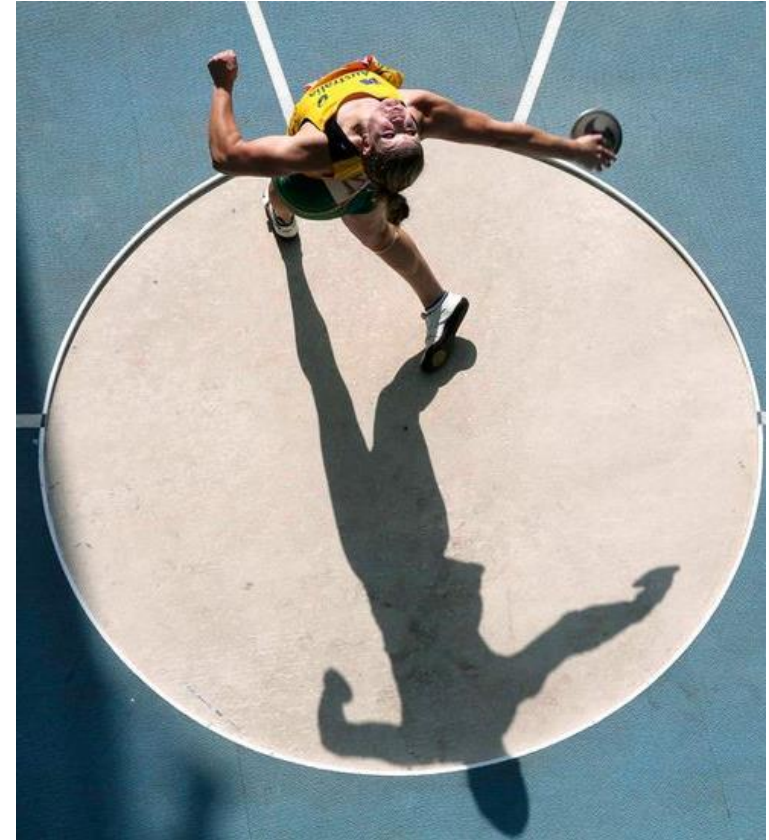
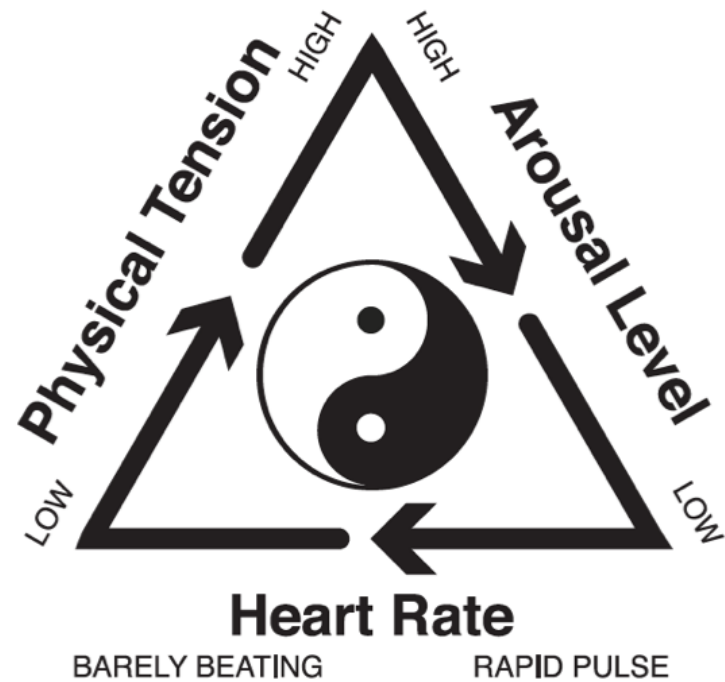


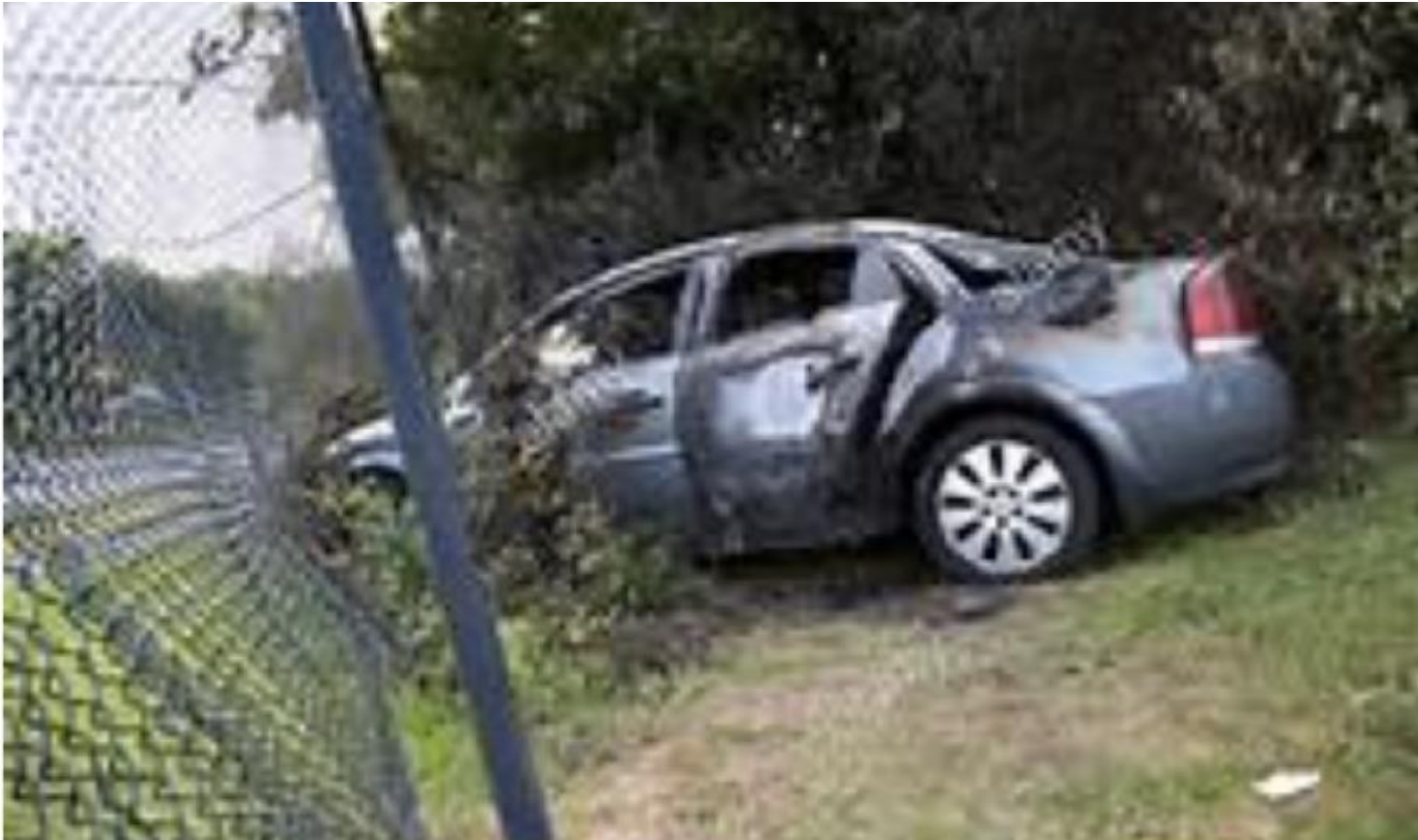
Myles Callum's “body building and self- defense”

*“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





Chain Link Fence

Flexible but Strong

Strong but Flexible

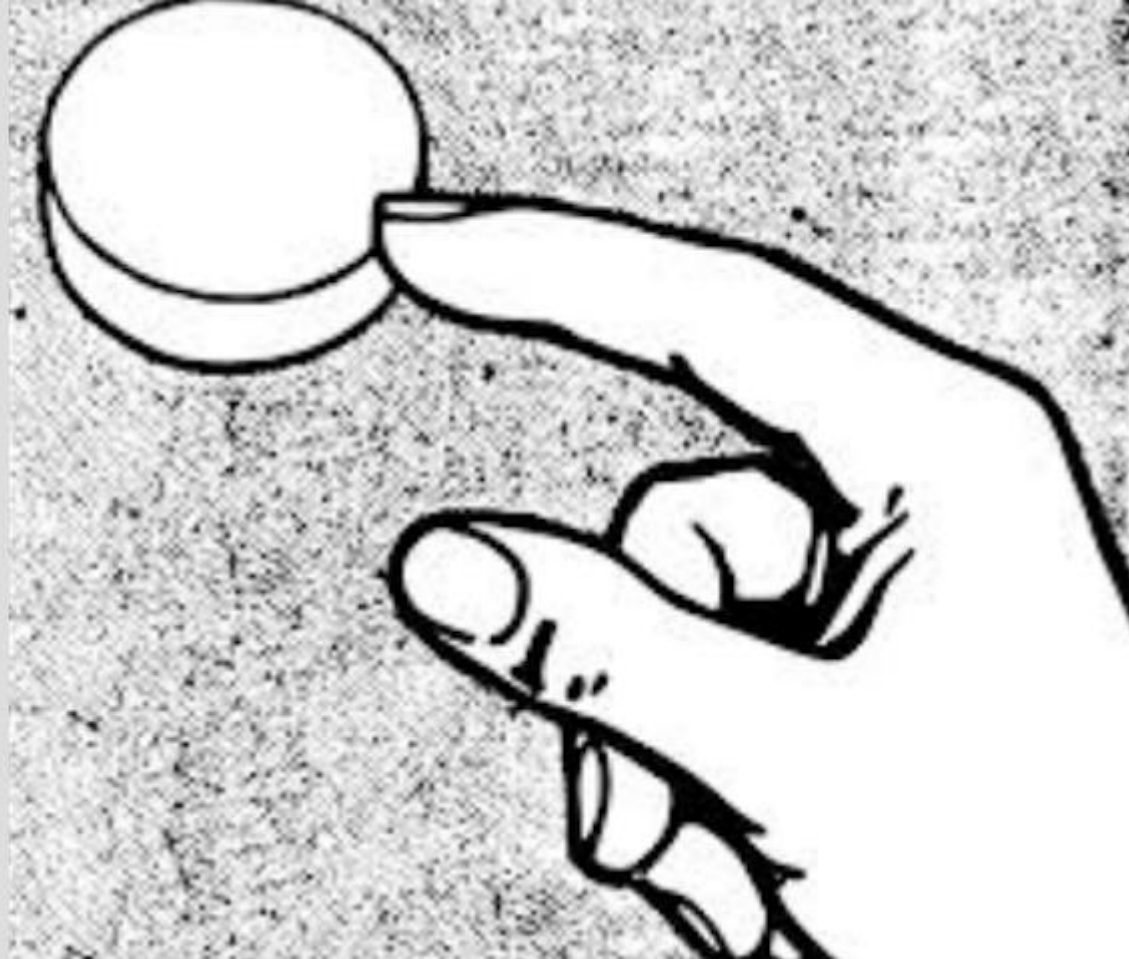
The “Moving Plank!” Family:

Overhead, Goblet and Front Squats

Suitcase and Farmer Walks

LINKAGE

Not, Leakage



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>(Less than 10 reps)</small> Hypertrophy <small>(15-25 reps)</small> | 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 Litvisprints, Litvisleds | Squat Snatch Clean & Jerk |
| Pull | Bat Wing | Pull-up Row | 1 arm TRX Row | | |
| Hinge | Gluteal Bridge with AB Hold | Hip Thrust Rack DLs Goat Bag Swing | Hill Sprints/ Stadium Steps Skipping/Bounding/ High Knee Work | | |
| Squat | Goblet Squats 6 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 | Prowler Car push | 1 arm carries: Suitcase Carry Waiter Walk Rack 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

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PUPPs

Goblet Squats

Stadium Steps

Bat Wings


Farmer Walks

Bear Hug Carries

Glute Bridge

Hill Sprints

Suitcase Carries



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

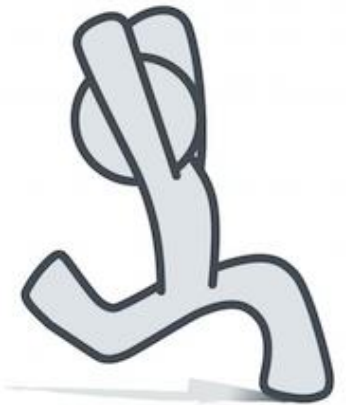
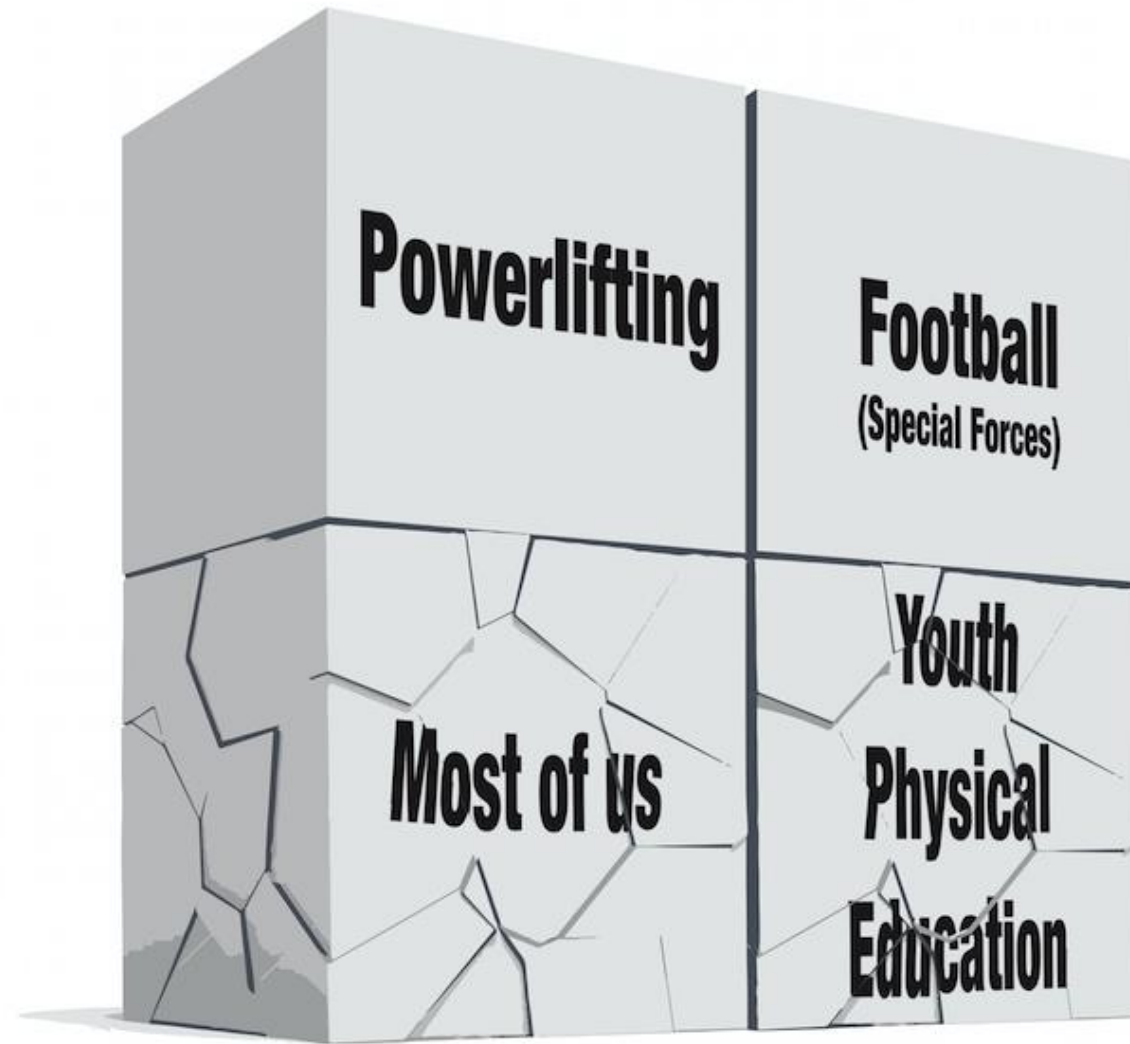
“Proof of Concept:” Does X work?
Sometimes you need X...because...

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.

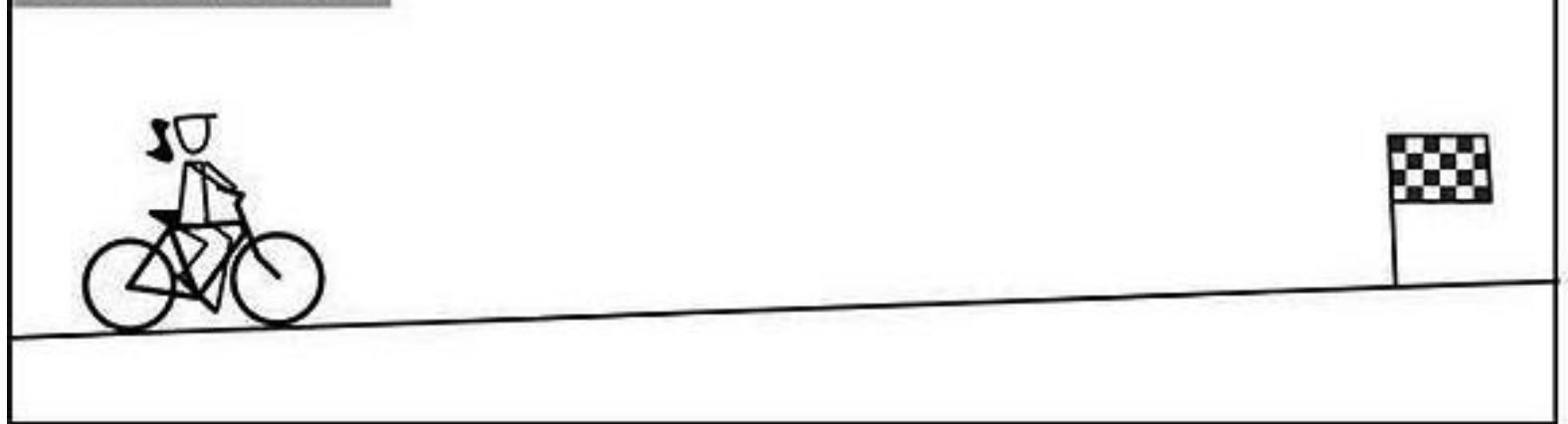
- Does X work?
- If my competition/enemy is using it, do I need to use it?
- Winning, for example, in American Football is Block, Tackle and Fall On the Ball. But...you win games with special situations. The Principles keep you in the game...to WIN the game

Quick Point
Number One:
Crushing
Strength and
Conditioning

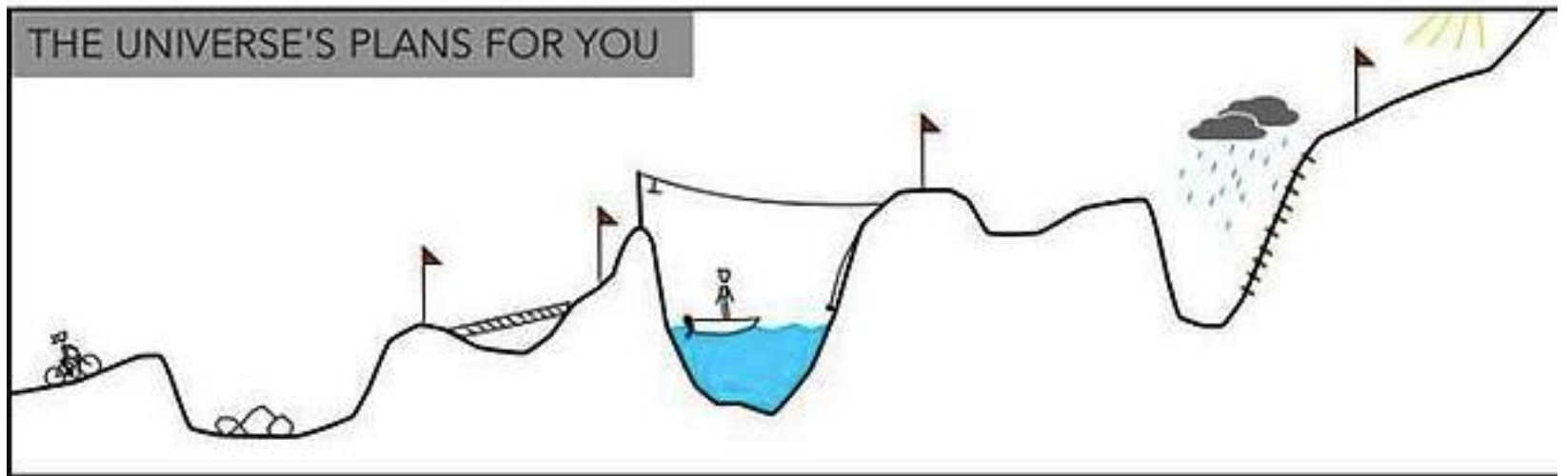


Quick Point
Number Two:
The Peak, Plan
and Program
Problem


YOUR "PLANS"



THE UNIVERSE'S PLANS FOR YOU



DOGHOUSE DIARIES



Quick Point
Number Three:
Frank
Forencich's
Influence

Vlad Janda and Phasic/Tonics

Phasic

Glutes

Deltoids

Triceps

Ab wall

Tonics

Hip Flexors

Hamstrings

Biceps

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

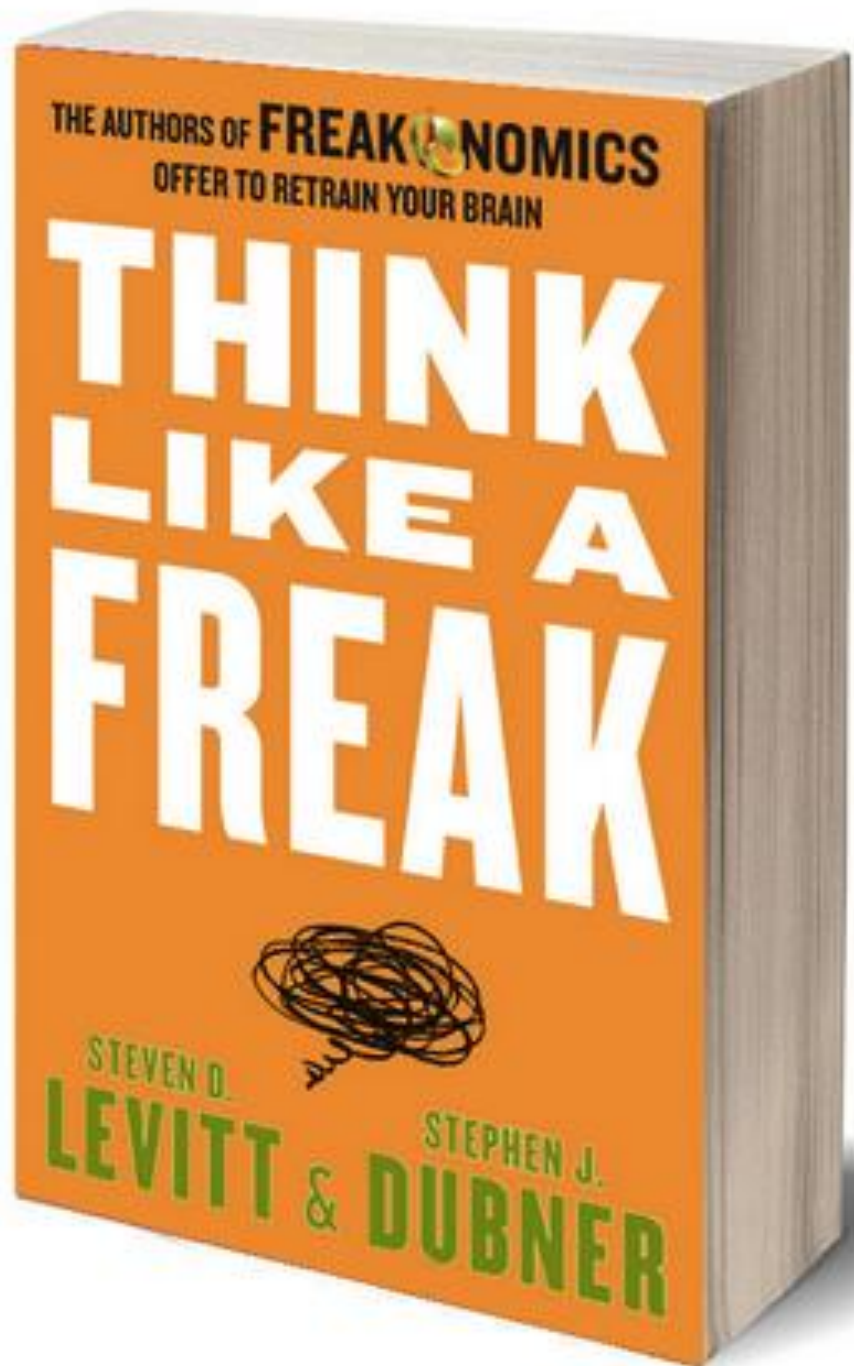
Core

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.

Jean Fournier and Damian Farrow

7 THINGS WE DON'T KNOW!

Coaching Challenges

in Sport Psychology and Skill Acquisition

Foreword by Myriam Boverel

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

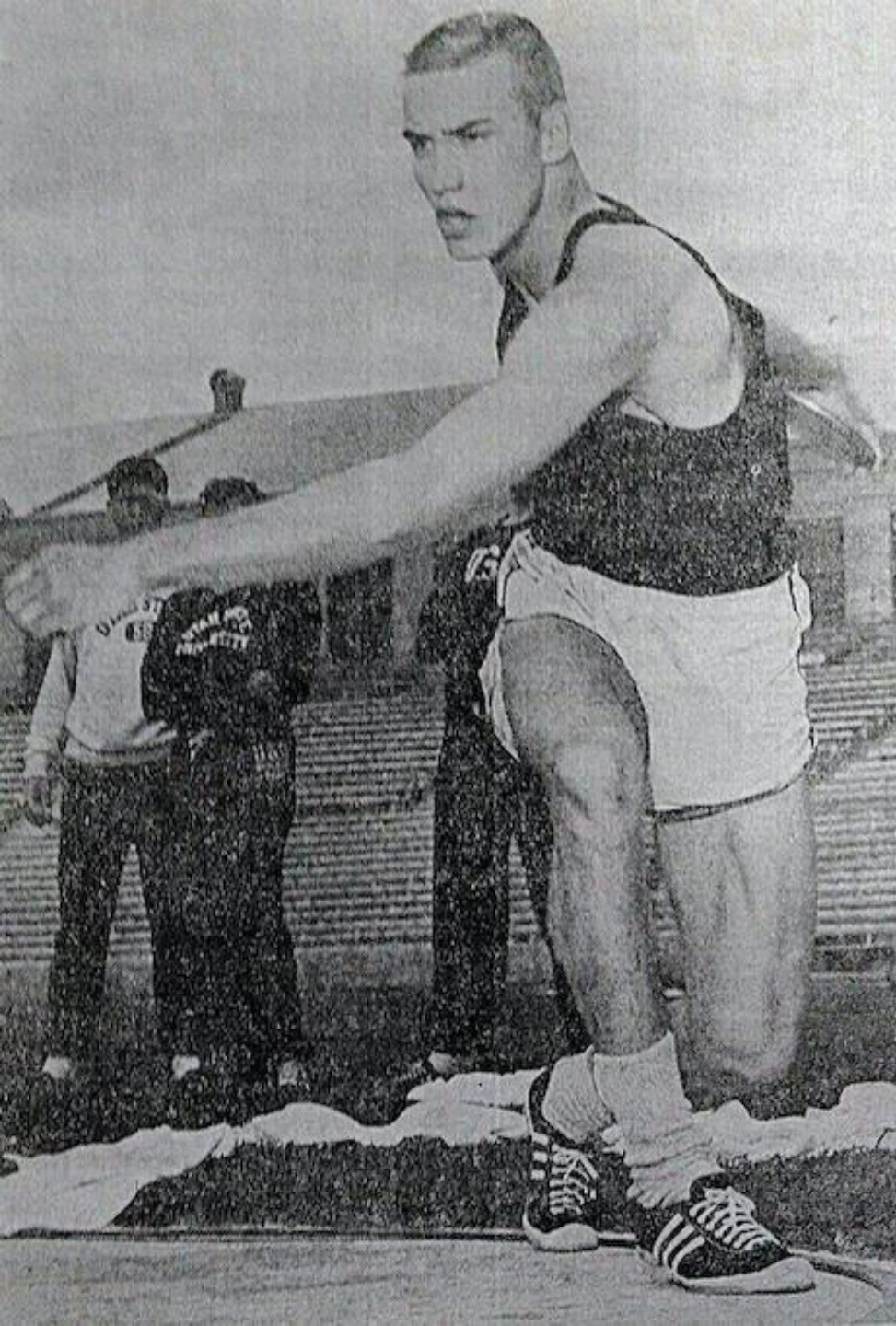
| | |
|--------------------|-----|
| Standing Press | 70 |
| Power Clean | 95 |
| Deadlift | 205 |
| Back Squat | 135 |
| Front Squat | 95 |
| Power Clean & Jerk | 75 |

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.

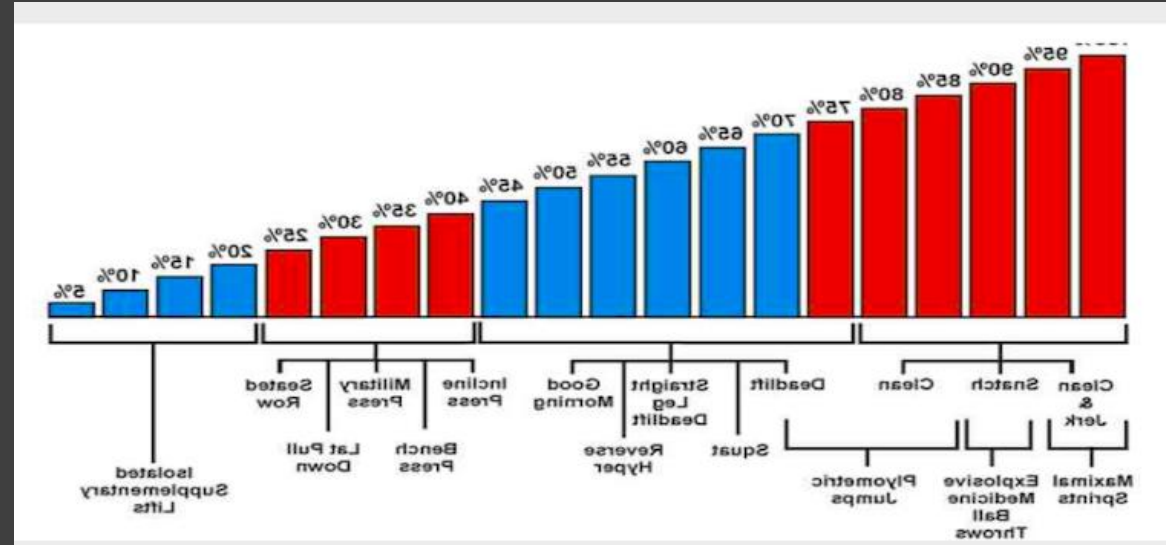
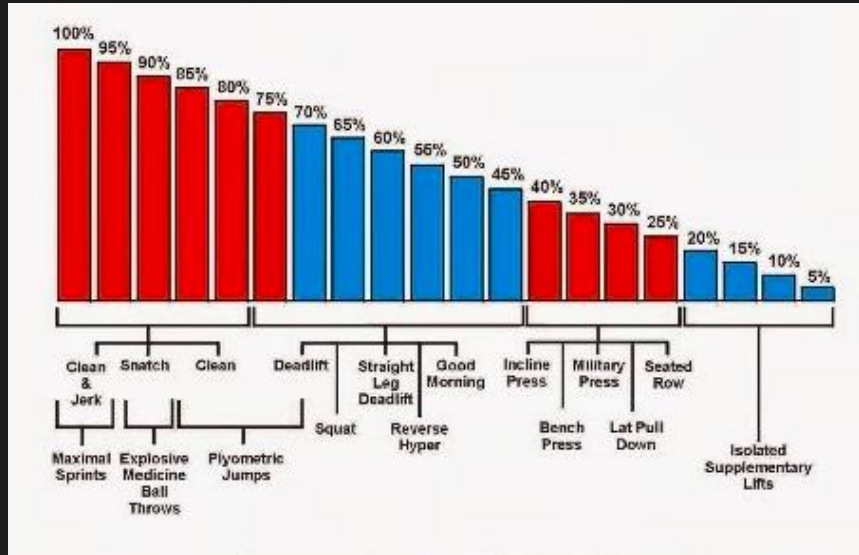
A lifting TRUTH: Enough is Enough. More is JUST more.

Training Elite Athletes is Simple!

(Simple, not Easy!!!)

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The Matrix and Charlie Francis's Motor Units



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Snapacity: The Key to Superlative Performance

“Combining
Snap with Work
Capacity”





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Build the Hammer and the Stone

Career Changer: *Loaded Carries!*

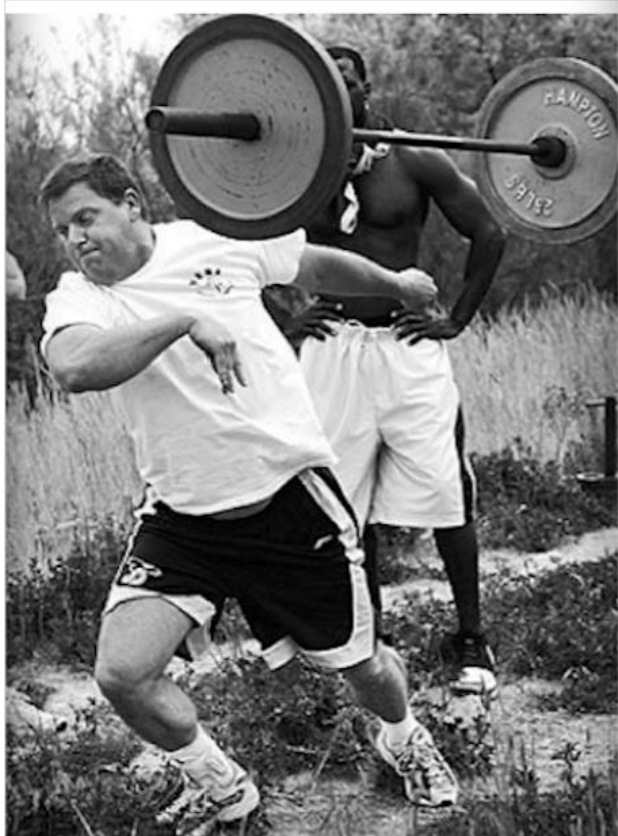
Building the STONE



What Muscle does this Build?



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



Teaching
Bear Hug
carries with
Monster
Walks





Bear Hug Throws for Anaconda Strength

Fig. 20

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 Zhatorski

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

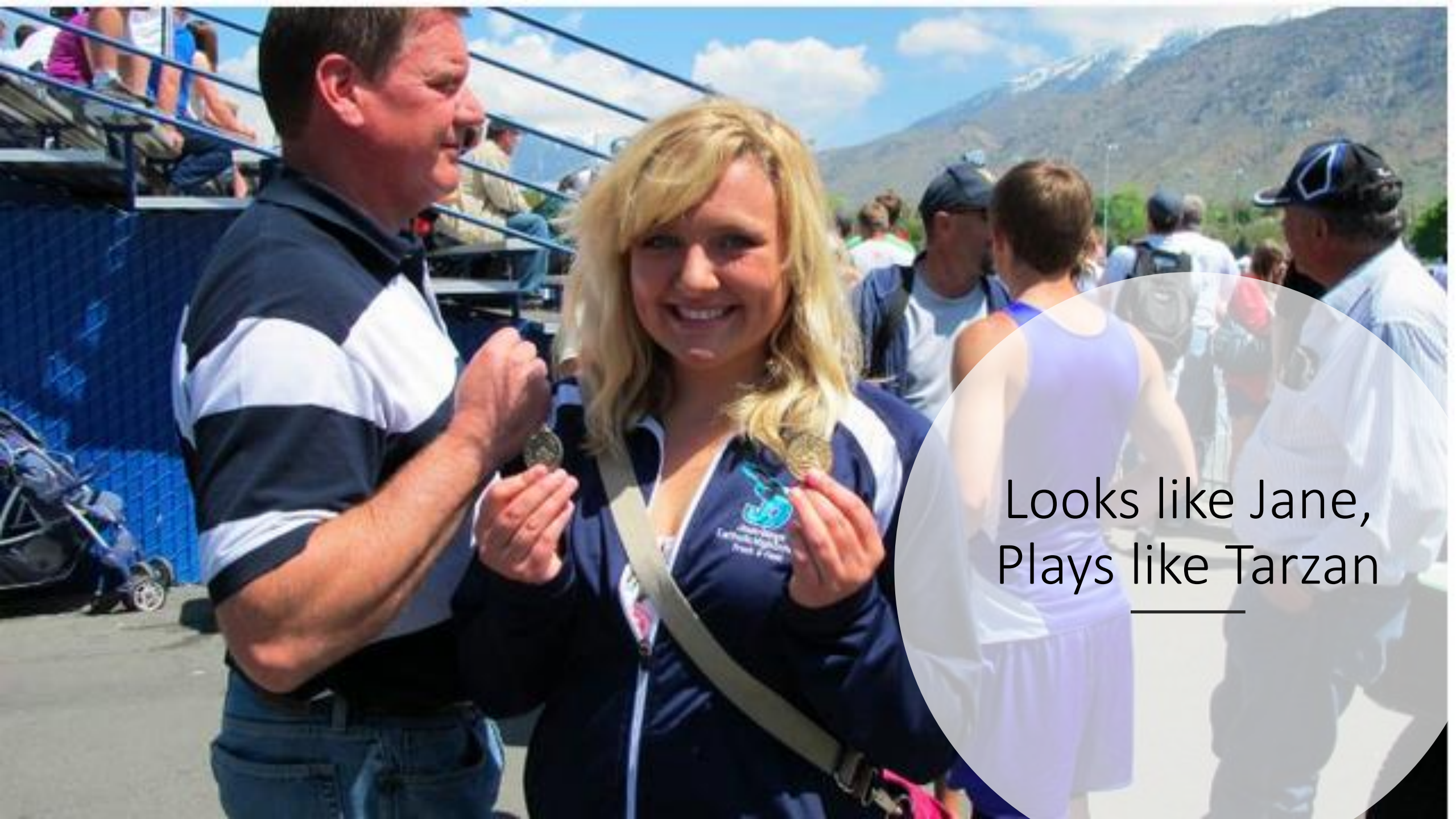
For General Population, Everybody Else:

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**)

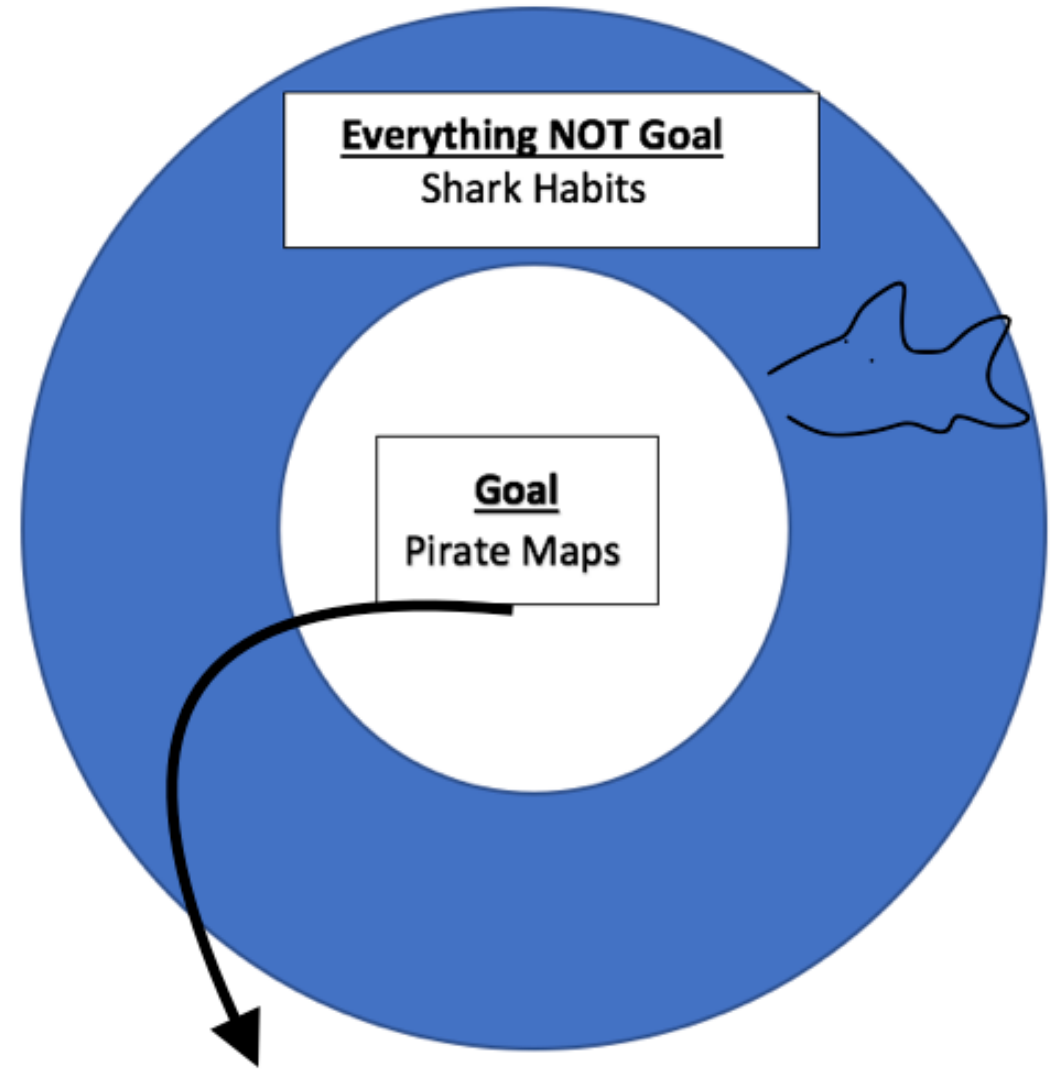
Wake up and be grateful. (**Pat Flynn**)

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 Fogel**)

Eat Eight different veggies a day. (**Josh Hillis**)

Live Laugh Love



Rererelearning

BBWb: Boring basics work best.

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Performance Template

Push

Prone Neck Nod

KB Waiter Walk

Lift

Bird Dogs

Pull

Prone “Find Your Shoes”

KB Single Side Rack Walk:
Down and Back

Lift

Elbow Roll

Hinge

Six Point Nods

KB Suitcase Carry: Down and
Back

Lift

Single Side Bird Dog

Squat

Six Point Rock

KB Single Side Squat; test both
sides for vertical integrity
(don't twist!!!)

Lift

Hip Flexor Stretch

Loaded Carry

Bear Crawl

Dog Walk Drag: One arm Sled
Pull; Down and Back

The Carry: Whichever thing
you are doing that day! Farmer
Walks, Bear Hugs, Juggernauts.

CrossCrawls

Questions?



Should you ask a Question during Seminar?

