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

- body-building and self-defense
- The Sword in the Stone
- 7 Days to Sunday
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)

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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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<td>Plank</td>
<td>Stadium Steps/</td>
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<td></td>
<td>Skipping/Bounding/</td>
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<td>High Knee Walk</td>
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<tr>
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<td>Water Walk</td>
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<td>Reck Walk</td>
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**PUPPs**

**Bat Wings**

**Glute Bridge**

**Goblet Squats**

**Farmer Walks**

**Hill Sprints**

**Stadium Steps**

**Bear Hug Carries**

**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)
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

DOGHOUSEDIARIES
Vlad Janda and Phasic/Tonics

<table>
<thead>
<tr>
<th>Phasic</th>
<th>Tonics</th>
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<tr>
<td>Glutes</td>
<td>Hip Flexors</td>
</tr>
<tr>
<td>Deltoids</td>
<td>Hamstrings</td>
</tr>
<tr>
<td>Triceps</td>
<td>Biceps</td>
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<tr>
<td>Ab wall</td>
<td>Pectorals</td>
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Quick Point
Number Three:
Frank Forencich’s Influence

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
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

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<tr>
<th>Big Silver Club (Girls)</th>
<th>Big Blue Club (Boys)</th>
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<tr>
<td><strong>One Arm Bench</strong></td>
<td><strong>One Arm Bench</strong></td>
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<tr>
<td>12kg10 Right/10 left</td>
<td>32kg5 Right/5 left</td>
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<tr>
<td><strong>Standing Press</strong></td>
<td><strong>Standing Press</strong></td>
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<tr>
<td>70</td>
<td>115</td>
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<td><strong>Power Clean</strong></td>
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<tr>
<td>95</td>
<td>205</td>
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<tr>
<td><strong>Deadlift</strong></td>
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<td>205</td>
<td>315</td>
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*All done in one workout, by the way.*
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
Snapacity: The Key to Superlative Performance

“Combining Snap with Work Capacity”
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
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.

Tension MUST be taught, mastered and revisited constantly.

You MUST know what to measure.
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?

DON'T QUESTION DAN JOHN...

...EVER!
Should you ask a Question during Seminar?

Do you actually HAVE a question?

Are you sure it's not a dumb question or that the speaker already answered it?

Are you trying to show off?

Go for it.

Do you really need to ask the question in public or could you follow up with him/her later?

Proceed with caution.

Are you the Seminar organizer asking a question because no one else is and the awkward silence is making everyone uncomfortable?

Thank god. Please ask the question and let's get out of here!

OK, you have a legitimate question. Do you actually care about the answer?

FINE, ASK YOUR QUESTION.