

GET UP!

Volume II, Issue 10

January 2004

Sometimes, I get an issue right...

I had the wrong year on the last edition and spelled Rick Eklof's name wrong for the eighth time (new record!), but...we had more positive emails from that edition that practically all the others (save the Special "Coaches' Edition) of this volume combined.

In addition, it has been fun in the last month or so getting emails from people tuning up for the Olympics quoting the mission statement of this little newsletter.

Rick, by the way, came up with the idea of people sending in their goals for the year. All of us who send in our goals are also **Honor Bound** to help all the other goal setters achieve their goals.

Our mission? To teach everyone:

1. The Body is One Piece
2. There are three kinds of strength training:
 - Putting weight overhead
 - Picking it off the ground
 - Carrying it for time or distance
3. All training is *complementary*.

Putting it all together or
"teaching an old dog new tricks"



Mike Rosenberg

Mike is the most famous author of Get Up! Mike is slowly learning Highland Games, Strongman, Olympic Lifting and Throwing...the old fashioned way by actually doing the events! Mike is from some place called "Indiana."

For the first time I had a successful snatch workout in which I

applied the technique of flat footed pulling. Yes, I said flat footed pull, toes need not apply. As Dan and I often do, we philosophize about all kinds of lifting and throwing matters that are of great import. One of the topics a few months ago was one of the Olympic weightlifting coaching video offered by World Class Coaching (WCC) in Norman, OK, specifically the video that focused on the snatch lift.

The team at WCC claims that you can achieve an equivalent if not improved pulling height while remaining flat on your feet and leaning back a bit at the top of the shrug. I am all for experimenting with new ideas to see what will and will not work for me, so I gave it a spin.

First and foremost, in my case, I just can't instantly change. For those of you who are students of Tommy Kono's book, it does indeed take something on the order of three reps to undo each rep you have performed in the past. So thus begins my journey.

I modeled my adventure after a basic training program given to me by Tom Lentych of Lynch's Gym in South Bend, IN. Tom's program uses a basic sequential build up of the snatch and is composed of:

- 1) Snatch first pull
- 2) Snatch high pull
- 3) Power snatch
- 4) Squat snatch

GET UP!

Volume II, Issue 10

January 2004

Then add a little of Dan John's sagely advice (my publisher said sucking up to the editor helps) and it all comes together.

1) Snatch first pull

Modify the snatch first pull as follow. Perform the exercise with your toes touching the tops of your shoes. No touching the insole of your shoes with your toes throughout the exercise. This will help you keep your weight back and is also a nice little tip if the weight is always too far out in front of you.

2) Snatch high pull

Same as in part #1 toes on the tops of your shoes. Then apply the Romanian Dead Lift (RDL) tips given a few newsletters ago (page 2 of V2 #2) whereby you push your butt back and your chin forward as you execute the exercise. The goal here is to create the stretch-reflex (bow effect) to aid in exploding up. Remember stay on your feet and lean back a little as you begin the shrug, do not jump or go up on the toes. As a tip, make it a point to quickly glance at the ceiling as you finish the shrug.

3) Power snatch

Start from the hang and apply the RDL setup technique, try to put your bum on the wall behind you and your chin on the wall in front of you, toes

on the top of your shoes and give it a go. Remember the quick glance up to facilitate a slight leaning back.

4) Squat snatch

Put it all together now from the floor.

- **Address the bar**
- **Toes up**
- **RDL style stretch after you have secured your grip**
- **Pull strong and smooth**
- **Shrug**
- **Glance up**
- **Go under**

What I have found in my case it that my pulling and pull under the bar is much more fluid and faster than when I went up on my toes. Again, I apply another Dan'ism, don't think about diving under the bar, think about pushing the bar to the sky. That is, pull the bar up to a point where you can push it up to the ceiling. It is a subtle difference that helps me work the movement.



GET UP!

Volume II, Issue 10

January 2004

It took a couple months of for me to adjust but I am very glad I have made the transition. Again, my biggest improvements came with respect to the fluidity of my motion and the depth I achieved in the squat.

A weight that once was a good workout weight became truly effortless in my last session. My PR in the snatch is an ugly 77.5kg at a BW of 88kg. I knocked out 15 singles at 65kg yesterday like it was 40kg. I am now looking forward to snatching my bodyweight sooner rather than later.

Olympic Lifting in CHINA

Peter Gray



This is Peter's first article for Get Up! This is how he describes himself:
"I am a mining engineer that, after about 8 yrs working in the UK, left to find work in Asia....found nothing and ended up working as a bouncer in Joe Bananas in HK. After 3 months found work with a Swedish shaft sinking company, after that moved to China with a Japanese firm. Then onto India and Portugal, back to China on this Road Project. Basically I keep moving around to obtain work.
In my early 20's I did a short spell in a naval infantry regiment - I appreciated what you had

to say about hard work and the attitude of ex-military guys.

Whilst in Portugal I competed in some ultra marathons including a 50km night run, and a 30km and 18km mountains runs with some

NATO guys from Lisbon. (My philosophy is that fitness is for life and not just a matter of adding flesh to your bones....resting heart rate is more important than a body fat calculation)"

In the photo, Peter is deadlifting.

I guess I should begin with some background and then move onto the specifics.

Sports' training in China begins at age 10 when the 'coach' goes around to the local countryside schools on a talent search. The criteria being what your parents look like and what you look like. Are you strong for your age? Or a weakling? Then the offer is made. Take your son or daughter to the local county sports training school and you will be given a former education in the morning and afternoon; sports training in the late afternoon ~ evening as well as having a reduced education fee compared to the pure academic schools. Kids who are bright, or from richer families usually refuse the offer (if it is made) and stay in the mainstream. Obviously, sport education is hard and few succeed, but I am sure Zhan Xugang began his career in this way.

Usually the child is given a sport to learn or he may be able to choose one. As he/she develops and grows, the coach may suggest a change of discipline IF there is one available that suits.

GET UP!

Volume II, Issue 10

January 2004

County level sport schools are the poorest of the poor, inadequately funded and the coaching rudimental. However, this is the path to the top. Success at this level (at whatever age) will mean progressing to provincial (state) level and then to national level.

I attend a class that starts at 4:30 and continues till 6:00pm. Around 20 kids train, the youngest being around 12 and the oldest 17. He will leave this year, being not good enough to advance to the next level. His lifting statistics are; full snatch: 112.5kg, clean and jerk: 130kg, full squat: 130kg, deadlift: 135kg, bench: 100kg, – but he was at pains to tell me that they do not formally train at all on the bench, and judging from its rusted condition I believe him.

A 16 year old girl did graduate last year to the provincial school and she had a 102.5kg full snatch. Apparently she has potential.

The training room is fairly sparse, poorly lit, unheated and draughty. The weights, bars are rusty and in fairly poor condition. No machines, or even a preacher curl stand. The only apparatus I did see – apart from the bench press - was a steel rig bolted to the wall that allows the bar around 6” of lateral movement. The bar is lifted in a standing snatch stance and either the lifter performs overhead squats or by holding the bar rigid 5” leg press-outs are performed. The trick being not to allow the bar to touch the ‘support frame’ whilst performing the exercise – balance

is the key. When I did these the coach was at pains to make sure that my elbows were locked straight as well as making sure my arms were stretched tightly upwards – he would grip both my triceps and try and squeeze them together – another inch can be gained in this way. Quite painful.

A lot of emphasis is placed on form and speed using light loads and sometimes just steel tubing. Speed is the key I was taught. Other than the above the kids seem to practice very little else, no ab work or grip work, no cardio, no throwing. Just the basic lifts (including their power form) over and over again.

Addendum:

“One thing I did forget was to add the body-weights of the people I mentioned. The boy with the 112.5snatch weighs 70kg and the girl (102.5 snatch) 60kg, also they never train snatch and C&J on the same day, instead they mix it in with deadlifts and leg pressouts. Say 40minutes snatch and then the same on deadlifts, progressing up in a 'wave' pattern - you have mentioned the same on your site...go up to 80%, drop down to 50%, then progress back up to 90%, drop down again...etc etc.

Obviously no supplements and the canteen diet is pretty awful....rice and veg mostly.”

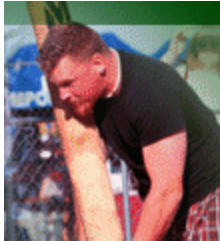
Excellent! I just love this kind of “shut up and do it” approach to sports...Editor

GET UP!

Volume II, Issue 10

January 2004

IMPORTANT LIFTS TO INCREASE POWER AND FLEXIBILITY



Shawn Hanrahan

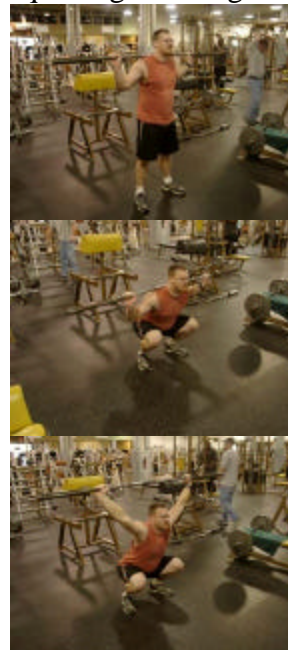
Shawn Hanrahan is the Assistant Director/Co-Owner of Advanced Athletic Performance. A sports conditioning company dedicated to developing the complete athlete. Kettlebells can be purchased from our website at www.aaptraining.net. Please feel free to contact Shawn at 480-206-4434 or at aaptraining@lycos.com with any questions. Stay tuned for additional article with advanced kettlebell training and the introduction of clubbells.

There is a lot of stress and importance of hip drive and grip strength to Olympic lifting and the hybrids. I think upper body strength is equally important. Especially for individuals like myself that have never been very strong in the arms and shoulders and have had shoulder injuries. This is a component of o-lifting that can help decrease the fear reactivity of the body to enable the weight to be supported overhead from a pull or press. Those of you wanting to increase your olympic lifting capabilities and athletic performance need to implement more overhead lifts.

If you want to increase your upper body strength, you must overhead press. If you have shoulders problems, you can still overhead press. Through the use of clubbells, z-health (joint mobility) and even swimming, one can greatly strengthen the important ligaments and muscles in the shoulders to help with the overhead presses. Overhead presses will increase strength in your shoulders, arms and abdomen. Rather than isolating the

arm and chest with bench pressing and cables, one can develop a strong upper half from the arms through to the hips with the following variety of overhead presses:

SNATCH PRESS: This is an unusual yet effective exercise that you never see anybody do anymore. It's actually a great warm-up for snatches. Since it is a behind the neck exercise you want to be very careful not to overload. When you squat down with the weight make sure you stay back on our heels. Before pressing out take a very deep breath. When pressing out squeeze your lats and flex your abs while letting out a little air towards the end of the lift. You can also add another movement by overhead squatting the weight.



WAITERS PRESS: This is usually done with a kettlebell, but it can be done with the weighted side of a dumbbell.

GET UP!

Volume II, Issue 10

January 2004

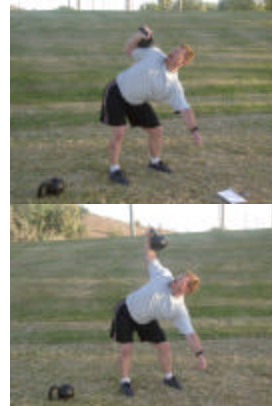
Concentrate on squeezing your lats and keep the weight close to the body to maximize your strength.



BOTTOMS UP: This can be done with a kettlebell or a weight plate. When you clean the kettlebell, keep it close to your body so you can use your abs and lats to keep it in position. Keep a good grip on the weight and press out. This takes a lot of body coordination and agility. Something you won't get out of conventional pressing.



SIDE PRESS: Bend to the side keeping the weight tight to your arms. Press out the weight while keeping your knees bent and your pressing arm perpendicular to the floor. It helps if you start with a 1/4 bend at the hips and as you drive the weight bend to a position that your torso is parallel with the floor.



WINDMILL: Begin with your feet together and the weight in a pressing position. Take the opposite leg from the side the weight is and step out just past shoulder width. Point the foot in the direction you will bend to. Pressing the weight out you then bend at the hips keeping your back leg slightly bent. Slide your hand down your leg and drive your hip out. Make sure you tighten your abs and stabilize the weight before standing back up.



Not only will these presses increase your strength but also increase your flexibility with the different positions being pressed from. Overhead pressing can get monotonous with traditional dumbbell and barbell military presses, so here are a few ideas to spice up your routine and greatly improve strength and power in the upper body without heavy loads. These lifts can be incorporated in each of your pressing routines and should be done every workout. Keep the

GET UP!

Volume II, Issue 10

January 2004

reps between 5 to 8 and the sets between 4 to 6. As you become more efficient with the lifts you can speed them up to produce more force and develop the proper muscles that will generate the power needed for Olympic lifting and sports performance.

Money...Mouth...Put

The Reader's Goals

Here's what I'm committing to for the year.

Goal #1: Dropping for 260 to 225 lbs and staying there.

Goal #2: Learn to throw the hammer and go to a master's track meet.

Goal #3: C&J 135 kgs

Goal #4: Update my fellow brothers and sisters in lifting and throwing on my progress

Goal #5: The most important one, Support anyone else who takes up this challenge.

Goal #6: Get Dan to spell my last name correctly, it's Eklof, no "c".

Rick Eklof

2004 goal: 37 meters in discus.

Gary John

So, this year my goals are to:

1. Improve my hammer technique. I need to keep my knees together, keep my weight centered on my feet (instead of floating with the hammer), keep my center of mass closer to the ground, and get good lift at the end.

2. Get my body weight down to a good number. I'm not sure what that weight is, but it is lower than it is now (232#). At the correct weight, I will not feel full around the middle and sluggish.

3. Get my legs to feel fresh and springy. Now my legs feel tired and slow. When my legs are springy, I should be able to throw farther with the same strength levels.

4. Improve my core strength with weird twisting exercises. Core strength in the obliques, abs, and

back will be key to getting more distance out of my lifting strength.

5. Some numbers:

a. Hammer (T&F) 55m - up from 51.32m last season

b. 35# wt (T&F) 50 ft - up from 49' 1" last season

c. Shot 40 ft - up from 48+ last season

d. Discus 40m - up from 35m last season

e. Front squat 350# - up from 315# last season

f. Dead lift 500# - up from 475# last season

g. Vert jump 30 " - up from 25" last season
Rande Treece

1) Throw discus 40 meters

2) Score 2000 points in Outdoor Pentathlon

3) OL squat 405

4) Overhead Press 205

Matt Spiller

First Dead lift my body weight 5 times (I'm close to that now)

Second Dead squat my body weight 5 times (similar to bottoms up squats off saw horses) (I'm close to that now, also)

Third Floor press my body weight 5 times (I've got a ways to go)

Fourth After getting through the first 3, start to learn the Olympic lifts.

Dean E. Soderstrom



GET UP!

Volume II, Issue 10

January 2004

WoR 2004...On SALE!!!

He Who Must Not Be Named

"I have had fantastic results. I went from 24% bodyfat to 3% in less than a week!"

G. Q.

Normal, IL

"Incredible...worth twelve times the price!"

M.R.S.

Dubuque, Vermont

"I am alive because of the WOR 2004."

A. Nonymous

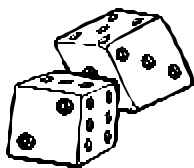
That's right readers... we are finally slashing the price of the WoR 2004. For the next few weeks, we will be offering the Wor 2004 for only \$39.95 on your credit card (monthly for two years). This would be a bargain at \$41.27 or even \$43.72.

Those of you who bought the Wor 2003 might be wondering about the upgrades...there were none, we are just upping the price.

People ask me everyday, "Dan, what exactly gave you the idea for the WoR?"

Well, my workouts needed variety. My mind gets bored doing the same thing...um, twice. (I got bored writing this and forgot what I was doing... sorry.)

The WoR 2004 is the ultimate in "WorkOut Randomizers!" (WoR=Workout Randomizer) Let's look at the WoR 2004 up close:



To the neophyte with an untrained eye, these look like "dice." However, those familiar with the WoR 2004 know that we only use *one die*...not both (a radical change from "dice")

The Four Rolls (Or, a discussion about most guys bellies)

The key to the WoR 2004 is the daily four rolls with the die.

- Roll One: the Day's diet
- Roll Two: Lift of the day
- Roll Three: The Program
- Roll Four: The Finisher

The first roll will *automatically* provide the athlete with some randomness in the training diet. Programs like CKD or NHE or the classic Vince Gironda zero carb plan usually allow carb ups every four to five to six days. The WoR 2004 further randomizes this eating pattern.

The Day's Diet

The athlete rolls...

A One: Zero carb day. The strictest of the six rolls. I would even recommend a touch of caloric restriction on this day, maybe cutting the number of eggs back, shrinking portions up a bit, perhaps even as drastic as only one full meal and two half meals of zero carbs. Think "fast" on Roll One Days.

Two through Five: Certainly, one can have variations for all four rolls, but I am sticking with my "basic" day on these rolls:

Breakfast

Eggs, Meat, Grapefruit, Coffee

Lunch

Meat and Salad

GET UP!

Volume II, Issue 10

January 2004

Dinner

Meat and Salad, Grapefruit

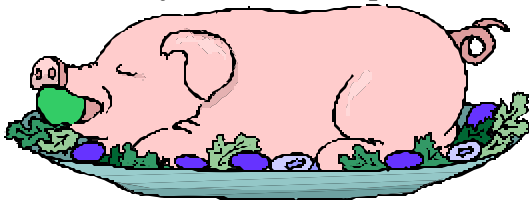
Snacks

Almonds, usually...could add protein drinks or whatever is high in fiber and high in protein is fine.

Six: Feast. Whatever “feasting” means to you, by all means do it. I used to see carbing up as a feast, now I see carbing as way to get bloated and gassy. But, if you wish, eat whatever you crave.

Adjustments: Don't roll the dice on Thanksgiving morning...feast away. Maybe even feast on the next day, but counter this with a couple of non-rolled “one/fasts,” too. Weddings are feast days, too, as well as lots of other things...always adjust those with non-rolled “one/fasts.”

I shouldn't even have to mention to drink a lot of water and sleep a lot, too.



The Second Roll...the Day's Lifts

Roll a One...Press

Roll a Two...Squat

Roll a Three...Snatch

Roll a Four...Clean (or Power Curl)

Roll a Five...Deadlift (any variation)

Roll a Six...Clean and Jerk

(Certainly, you can put in your own options, but this isn't bad!)

Now, for the confusing part, with the second roll's lift you do the workout that you get with the third roll “program.”

Third Roll

Roll a One...Litvinov Workout. (Do eight reps with the lift, then run something. I choose 400's (one lap around the block).

Roll a Two...5-3-2 (My favorite “secret” workout, it only takes a few minutes but you can really shoot up a couple of great lifts)

Roll a Three...3 Sets of 8 with one minute rest (I usually do two exercises with this roll...overhead squats for three sets, rest, then front squats...that kind of thing)

Roll a Four...3-3-2-1-1-1-1... (Max out, but not necessarily a “max max,” but a really solid top end lift)

Roll a Five...Tabatas!!! (Go light, light, light here...twenty seconds of lifting followed by ten seconds of rest for a total of eight circuits.)

Roll a Six...The Big 55...(55 reps of the lift...anyway you want. 55 Singles, 11 sets of five. I like to pick one weight and see how quick I can do all the reps. A set of 55 may or may not be faster than 5 sets of 11!)

GET UP!

Volume II, Issue 10

January 2004

The Fourth Roll...Good Old Fashioned "Finishers"...

"Gassers for Geezers!"

Roll a One...Sled Sprints

Roll a Two...Sleds carrying a Rock

Roll a Three...Rock Runs

Roll a Four...Sleds with a Heavy Pack

Roll a Five...Sleds with a Heavy Pack carrying a Rock

Roll a Six...Farmers Bars...to death!

Again, make your own variations!

A WoR 2004 Day

Wake up, roll the die four times. For example, you get a **four**, a **three**, a **two** and a **five**.

- "Four"

Food Day...Basically, normal eating.

- "Three" and "Two"

Weight Workout:

Snatches (Three) for sets of 5-3-2 (Two)

- "Five"

Gassers

Sleds with a Heavy Pack carrying a Rock

The WoR 2004 provides the athlete with 216 possible workouts and 1296 workout and diet variations. Some have noticed that it is possible to have back to back squat workouts for example, or even three or more fast days in a row. The answer to these questions would be to do the workout as rolled and hope for the best long term.

Others have said "there are no rest days!" Well, every second, third or fourth day, just roll the die for your diet and rest on that day. Or, perhaps, work in your own variations that rolls of five

or six are *always* rest days. As long as you work in some kind of random pattern...things will be fine.

But, don't settle for cheap substitutes...get the original WoR 2004 directly from the editor! Send a check for \$480 and get the shipping for free!



Who was missing for the "Money...Mouth?"

Well, lots of our readers...and our publisher/editor's goal.

Here it is: Qualify for the Olympic Trials in the Discus.

Published by Daniel John

Daniel John, Editor

Copyright © Daniel John, 2003

All Rights Reserved

Any unauthorized reproduction is strictly prohibited.