

# GET UP!

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## Funny Email from Eric Seubert

...asking if beautiful women will come flocking to him if he shivers, eats low carbs, sleeps more and lifts a little weights.

Yes. Yes, it will happen.

### 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**.

## More Thoughts On The 100 Rep Challenge

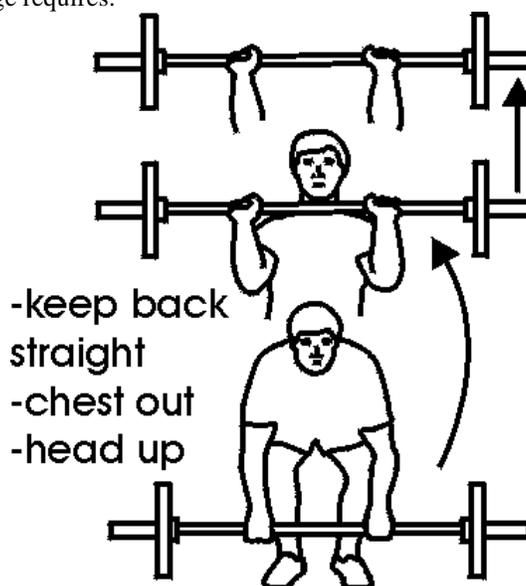
Lane Cannon

*Lane, a product of Judge Memorial Catholic High School in Salt Lake City, is 5'8" and currently weighs #215. Lane received a football scholarship at Mesa State College in Grand Junction, Co. after walking on and he played inside linebacker there from 1990-1994. Lane was Mesa State College's Student Athlete of the year in 1994. He took 1<sup>st</sup> place in the #220 class in powerlifting at the 1999 Utah Law Enforcement Games, and he recently won the men's amateur all around at the 2002 Loch Aidle Highland Games in Utah.*

I've had the good fortune to complete the 100 rep challenge several times with Dan and Tiffini John at their home in Murray, Utah. My first Challenge was in October of 2001, and the second in June of 2002. The timing of both challenges was meaningful to me. All the lifters involved in the October 2001 challenge were motivated in part by our feelings about the September 11<sup>th</sup> tragedy, and our lifting was seen as an opportunity to honor the victims and heroes of our country. The challenge in June of 2002 occurred shortly after the one-year anniversary of my father's death, and I saw it as a symbol of moving forward in my life and an opportunity to develop mental toughness.

In October of 2001, my lift of choice was the barbell power clean and push press. I do not have much of an Olympic lifting background with the exception of power cleaning while training for football, and the weight I selected was 187.5. I was able to keep a fairly steady pace throughout the challenge, and after several

hours, I completed the reps. I completed the majority of the reps in "sets" of three, but I've found that after a certain number of reps you eventually find a number that you hope you can maintain throughout the experience. The aftereffect of my first 100 rep challenge was much as expected. Sore, blistered, and cut hands, cramps in my calves, fingers, and other areas I wasn't even aware I had used. The 100 rep challenge certainly goes a long way toward helping someone understand that the "body is one piece." If you use any compound, whole body movement such as the snatch, variation of the clean and press or jerk, and squat and deadlift variations, you will soon be able to experience the fact that your entire body will be severely tested by the endurance and strength a 100 rep challenge requires.



### Power Clean and Push Press

In my second 100 rep challenge, I chose trap bar deadlifts with 450. Although I was able to complete this exercise faster than I did the clean and presses and ended up finishing in one hour and sixteen minutes, the soreness I later experienced was beyond description. I generally completed the reps at a pace of seven per set, and after about rep forty, nothing I did between the sets seemed to ease the discomfort, including drinking water, laying on Dan's grass, remaining upright, or trying to talk. I also noticed throughout this challenge that I was unable to

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catch my breath between sets, so I decided that I better try to complete them as soon as possible. My hands bled from a number of torn calluses throughout the challenge and would remain sore to the touch for several weeks. In fact, there was no part of my body that escaped the intense soreness for at least one week after the deadlifts, and I believe it took the better part of one month to fully recover. I had to work for several hours the day after the challenge. It would have been comical to see a video of me trying to drive my truck while lifting my hips in the air periodically, taking turns moving my legs and feet back and forth while trying to cope with muscle spasms and cramping, and occasionally flapping an arm or shoulder one way or another in sheer agony. For several days, I was unable to sit, stand, or lay down for too long before I had to move to deal with the intense discomfort.



*Lane training at Home.*

There is a great deal of camaraderie that develops among individuals involved in something as difficult as a 100 rep challenge. There is always mutual respect among the lifters involved, regardless of the weights being used because the focus is on hard work, improving oneself, and developing the toughness to endure a great deal of pain and discomfort. Another great thing about the 100 rep challenge is that it gives you a sense of mastery and confidence over a particular weight. I now "own" 450 in the trap bar deadlift and 187.5 in the clean and push press. Your 100 rep weights become "warm up" weights from that time on and you know you're good for a lot more weight for sets of lower reps. To me, the best thing about the 100 rep challenge is thinking about the small percentage of people who have the mental and physical toughness to complete something so demanding.



I definitely recommend doing the 100 rep challenge outdoors if at all possible. It was great seeing Dan's dog Lexie outside looking at us like we were the craziest people in the state of Utah during the challenges. We had our kids running around playing, music on the radio, and it was great to experience the clean, fresh air of the outdoors. It also helps to not have to worry about getting things like blood or chalk all over the place. Give the 100 rep challenge a try. It can be a great way to snap out of a plateau and a great test of willpower that can help you gain confidence in other areas of your life as well as your training.

*Thank you, Lane. Welcome aboard our writing staff. The pay doubles with each article!!!*

## Conversations with Mike Burgener

Over the past few days, I have had a number of conversations with Mike Burgener. I first "heard" about Mike in Strength and Health when he was a football player and lifter for a small Catholic school in Indiana called "Notre Dame." His children are some of the best Olympic lifters in the United States and Mike hosts a great website for lifting stuff at <http://www.mikesgym.org/>

Mike and I have talked on forums, emails, and have lots of mutual friends...including Lincoln, whom we both claimed to know...and we finally started talking when Mike decided to try low carb.

Our conversation soon turned to a recent article he wrote at Dragondoor <http://www.dragondoor.com/cgi-bin/articles.pl?rm=mode2&articleid=110> where he recommends kettlebells for Olympic Lifters.

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Well, Mike is VERY enthusiastic about their use for lifters. His article goes into great detail on this, but the basic formula deserves careful study:

*“Today, I train my Olympic weightlifters during their strength cycle with kettlebells two days per week out of the five days per week that they normally train. Three of the days are based on the Olympic movements, the snatch, the clean and jerk, and either the back squat or the front squat. In addition, we may do some overhead squats, very heavy snatch and clean pulls, as well as core movement patterns. Two days per week then we use kettlebells to strengthen the functional as well as the foundational muscle groups.”*

Mike knows his stuff. His recommendations square with what a lot of us have discovered as “older” athletes: specificity works-but at a price. You need to have other ways to increase your load and intensity without getting those injuries that pop up from specificity.



*Bednarski is about to blow his elbow apart.*

Mike is also a believer in multiple singles in the O lifts versus the doubles, triples and all the rest. That puts him in the same group as Joe Mills and MLL, pretty good company. He also preaches **Hard Work** ...which is lost on a lot of American O lifters.

It ain't all technique and drugs, my friends.

## Women and Training

In the last few weeks, a number of us (whom will remain nameless for a while) have gone on the annual FAT Loss program that I preach about so much in much of my writings. You will get a chance to see some interesting “Before” and “After” shots.

One of things that really seems to help women with FAT Loss is sled pulling. All of the

“volunteers” have noted that they are crashed after each sled workout, but notice that the FAT seems to be sliding right off the body. Perhaps the intensity might be part of the answer here as we all seem to be unable to get enough air after each sprint. Holding weights in the hands seems to work the FAT burning system even harder.

Which brings me to an interesting point: last year, for the Olympics, I was asked to give a workshop on women in sports.

Well, I brought up an issue that nearly got me booted off stage, until people thought about it: Women of size are NOT going to get the cover of the cereal box.

The workshop began by mimicking some research done by Theresa Rodriguez at Arizona State. I broke the group into two and show slides to both and they “grade” the women. Here is the handout and form:

- It is simply an introductory test...
- “Rank” each person in the picture on a scale from 1-10
- “Tens” are close to the ideal
- “Ones” are far from the ideal
- Go along with this...it is just an introduction

Well, according to some people, they “never” demean people by looking at someone simply for their looks.

*Right.*

Talk about insightful. Each group responded EXACTLY how Rodriguez predicted.

There was a small trick though:

- The first group had the “10s” first, and the “7s” second...from an internet “hotornot” site.
- The second had “7s” first and “10s” next.

Here is what happens, pay attention!

- Researchers at ASU found that men shown “Tens First” marked the sevens waaaaaay down. (Some interpretation from the researchers add that this might be the reason that many male coaches of females divorce their wives, and some other observations.)



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- Women tend to mark “sevens” the same as men, but often rank “tens” very, very low.
- Beauty and size issues...are not popular subjects to bring up. *TRUST ME!!!*

So, when a guy has been watching supermodels on the tube, then turns to his lovely wife ...the research tells us that he sees “someone else.”

- Women have had a tough go at sports:
  - Swedish sprinter **Maud Sundberg** competed in the Womens World Games of 1926 (held in Gothenburg) and the Amsterdam Olympics of 1928:

" We had a lot of difficulties introducing athletics for women in Sweden, people thought it would give us muscles like men. Women should be ‘Standing in the kitchen and bearing children!’ was a common saying."

- Vera Palmer, British Olympian  
"I would think it would be safe to say that 99% of the medical profession in this country were against women taking an active part in athletics. They said you were leaving your womanhood on the track, and it was quite possible none of us would ever have children. That made me laugh."

- **Signe Johansson (Sweden) Diver 1924 Olympics**

"Diving in the 1920s consisted of a standing jump from a diving board, five and ten metres, standing and with advance. A dry dive construction was built in a room at Stockholm Stadium existing of a springboard, lots of sawdust and a belt for the person who was training. We often trained with our male friends who were all top gymnasts and taught us a lot. There was not much practice in water."

Diving without water? Now, *that* is tough!!!

As the father of two daughters and a keen supporter of female athletes, I am amazed that we continue to pump up figure skating and gymnastics as the only sports that seem to get real coverage at the Olympics. Let's be honest: my daughters were doomed at birth to be gymnasts !



*There are other sports!*

So, what am I saying??? Well, in the sports that I love, women need to gain a level of muscle mass.

And, this is counter to what you see in the media every day!

- “The message is clear. To be desirable, attractive, accepted, and sexy they need to look like Kate Moss or Uma Thurman or Gwyneth Paltrow or one of a thousand other worshipped images. The television reminds us every day of what the ideal woman should look like. She looks like that Spicy Dorito girl or the Budweiser women. They are thin, have large chests and luscious lips.
- The Internet has only increased the problem with hundred and thousand of web sites devoted to worshipping and promoting such women.”

### *Femsport*

I would be interested in any opinions on this topic. Email me at [dj84123@yahoo.com](mailto:dj84123@yahoo.com) , if you like.

Next issue: Who knows?

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