

Is it time to go outside?

Now that MLB (baseball) has put a policy out on steroids that will...once and for all and all time and eternity and forever and ever, God help us all...end steroid and drug use in sport, we can now begin, officially, the outdoor seasons of track and field and Highland Games.

Amen.

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*.

Update on the "Forty Workout" Workout

Editor's Note: After a discussion with Greg Watson about Yuri Sedyk's training, then kicking around some ideas with Pavel and Gary, I undertook a rather long process of "Two" Forty Day Workouts. The results were excellent: big HG throws (without training) and great training marks in the discus. For background, go to the archives and read Volume Three, Issue Nine. These are my letters to Pavel and my posts at Dragondoor.

Pavel,

Well, after all the insights from Sunday, I'm humbled. I officially know nothing. Well, I can type.

I went through "Naked Warrior" and found the sections on "Leakage." I have done the "drill" for the discus about two to five times a day...mentally, looking

for leakage. Our hot tub is perfect for the hip flexor stretch. Tonight, it was 105 degrees F and I put one leg to the back...one to the front...relaxed and breathed deep, then just tensed the glute as hard as I could. "Bow and Arrow" in the hip flexors.

I also reread Power to the People. My plan...as I sort of explained on Sunday...is shaping up well. Two weeks of Clean Grip RDL and Inclines with Chains...two weeks of High Hang Snatch and High Hang Clean...two weeks of Sumo DL and Inclines...Hang Snatch and Hang Cleans for two weeks...Snatch DL and Military...Snatch and Clean...maybe test then. Also, some abs...I reread "Bullet Proof Abs" so I'm doing the Twist you showed me as well as evil Wheels and maybe toss in Saxon Side Bends. Some swings and some other stuff, too.

I'm also doing the apple idea that Lonnie mentioned. Just a short experiment. I thrive in a low carb environment, but apples in the morning seem to work well. My body likes the extra fish oil capsules (up to ten a day now), the extra apples and the focus on protein most of the time.

I wrote a review of camp at my little site: <http://danjohn.org/coach> and hit the newest "Get Up" to see it. My brother, Gary, spoke very high of you, too.



It is funny...this year, Yuri Sedyh taught me that what I first learned in the hammer was the right thing to do and this carried me into a great discus year. Now, you fortified my training. I must have Russian on the distaff side of my Irish family tree.

I also firmly think that the reason Peaking programs NEVER work (I tend towards hyperbole...but I believe it here) deals with your insights on the reminiscence idea of the nervous system. That is why taking days, weeks or months (the old Soviet "Active Recovery" for O lifters and throwers: play elite volleyball for two months) usually leads to more progress than training.

Well, I don't want to ramble, but thanks. I learned a lot and I appreciate it.

Post Two

I was a little surprised to keep adding weight all week with my Clean Grip RDL. I started light this week, just to get the flavor of doing the same lift without warmup. I ended up with 265 for two sets of five without ever putting the bar down. (I have extensive left wrist issues...no big deal, just part of an athletic career)

The inclines benches with chains were way too light by the end of the week, but I don't have as much experience there, so

I didn't add. I will this week...probably daily. I'm also keeping the reps at three.

I did a rotation of the Twist, Saxon Side Bend and Evil Wheel. The damn abs don't like evil wheel. I also tried to do lots of swings at every chance. Today, watching football, I get up and do one handed swings every few minutes.

Really striving to work the tension issue and really getting a handle of the loss while discus throwing.

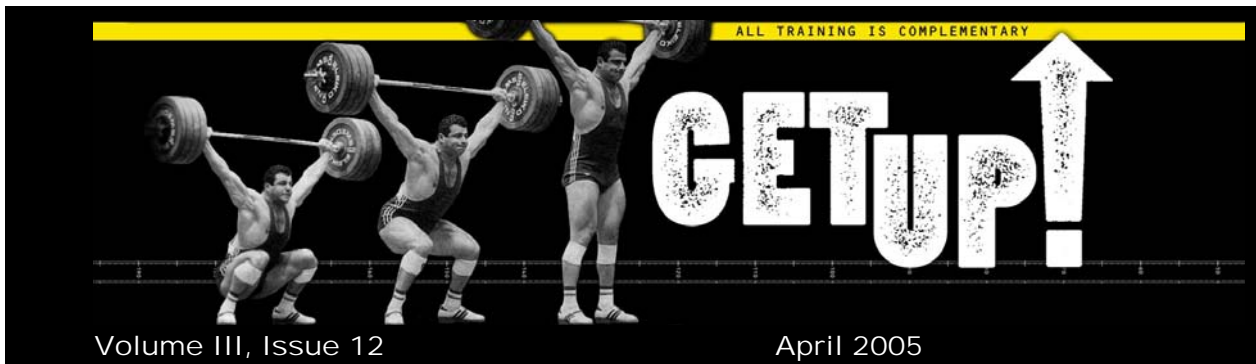
I'm going to be at the Crossfit workshop in Colorado this week...if any of you are going, I would like to have some help on my training. I'm also putting together my track season and trying to figure out how many meets to go to in San Diego. Any insights about hotels or anything, let me know.

The O Trials are less than four years away!

Post Three

The Martial Arts DVD really helped with what you are trying to tell me. I think the mental image of bring my rib cage to my pelvis...with the belly button still point up is going to be hard to do in the throw, but then I kept watching...

"SQUEEZE" your legs. It's funny, because John Powell of discus throwing fame, tells us to work on the same exact



idea...while trying to bust a 60 meter throw: squeeze your legs together to put energy into the discus. It made me laugh...I knew this, but didn't know it.

I'm on my Sumo Deadlift week. I was going to do a week of fast stuff, but I did four days in a row of it and reconsidered my needs. I'm also doing the "loose" joint stuff. I'm a tension machine...

Thanks again for everything. I should be getting the k-bells this week and I will be adding a few ideas from there, too...

Post Four

Josh asked how I can basically outline a good plan, then, it seems, leap to some other direction as "I see my needs change." Good question.

My concern in training is often simply "enough is enough." Years ago, you might remember from my workshop, I got my squat up to 605 for three...yet my discus throwing did not improve. A few years later, with nothing but light front squats (not much over 165 to be honest) and 115 POUND overhead squats (I admit...lots of reps, but all fresh) and some hill sprints, I threw the discus farther. 1/6 the load seemed to help me toss farther...

So, now when I start to sense that "okay, I got it," I can take a two week plan and morph it. I'm a fast twitch creature, so

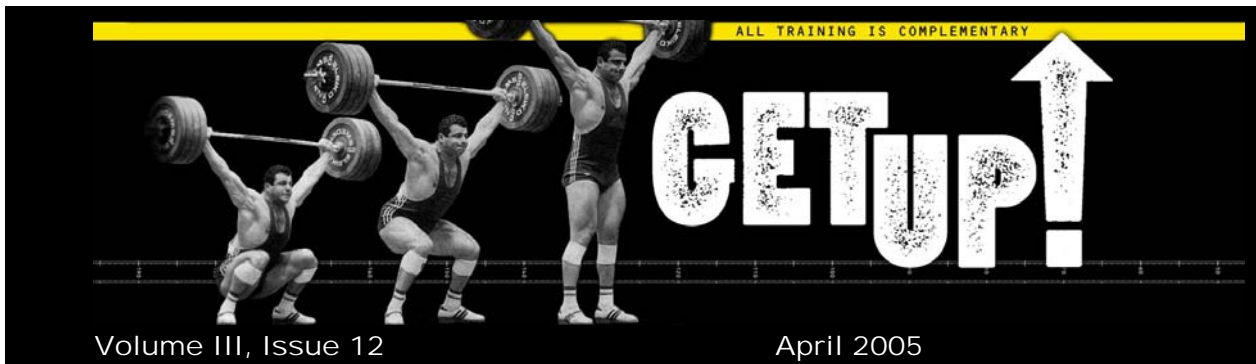
after four days of quick lifts, I realized that I was fine...so I shifted back to the deadlifts. I went from Clean Grip DLs to Sumo style. Last night, and I am going easy here, I just nailed sets of 3 with 375...much more like clean grip deadlifts than true Sumos. I expect 500 next week or so, while still doing my conditioning stuff.

I'm breaking the training into a very simple concept:

The DL and Incline for strength
Tech work (discus) each
workout...usually simply getting into a position and squeezing every damn muscle in my body...then finding a way to squeeze more, shaking it out, then trying to think "what did I learn?"
A "conditioner"...either the crossfit WOD or some kind of invented ugliness that I consider "conditioning"
Finally, either Evil Wheel, Saxon Sidebends and my attempt at the Full Contact Twist.

The plan was to sneak in alternating weeks of quick lifts, but I get the sense I don't need them. This might flip in the next few months, but right now this is my approach.

Oh, the videos I am watching are "Martial Power." Excellent. Your "one stop shop" for all this...



Post Five

Pavel, this is Throwing: the Advanced Course. I get what you were trying to teach me in Las Vegas. I have watched this about three times and I have developed a couple of throwing drills holding a medicine ball between the thighs and working the footwork.

Thanks again. I have almost the whole set of Kettlebells and I am experimenting with some ideas. My Incline Bench Press (my test for the Fall) is going through the roof. No warm ups, in fact, I just leave the bar loaded and just keep adding. I have a short term goal of 300+ (pounds) and want to see "how easy" I can do it.

Training is going well. I need to lose some fat, but I am trying to knock one goal out at a time...

Post Six

I walked my two pood k-bell out to the field yesterday and threw the discus and alternated with a k-bell workout. Hard to believe that I threw the discus in December in Utah, but the weather warmed up to something that melted the snow and I took advantage of it.

A couple of observations: I have a certain "fame" for Mixed Training. When athletes stay and train with me, we almost always carry out bars, bumpers,

sleds, Farmer Bars, tires et al to the field to train with as we throw. The K-bell seems a very simple way to eliminate the bars and do strength training while we throw. Since I often have to climb a fence to get to a place to throw, it is nice to only have to get one 70 pound thing threw the space under the fence.

Next, it was odd being "winded" before a throw. I would do one armed front squats or snatches or "around the bodies" or clean and press, then do the drill Pavel taught me...to tense everything I have, then squeeze my Inner Thighs together...shake it all out and throw. It works amazingly well...well for the conditions, I guess.

The upside of all of this is that I am rethinking my standard approach to coaching throwers. I'm thinking about adding a kbell circuit to the rotation that I coach the athletes with on the field.

Post Seven

A little background here: just before Charles Staley's bootcamp...where I met all you fabulous people, including Pavel...Paul Northway donated an excellent Incline Bench and lots of 45s to the Murray Institute for Lifelong Fitness. So, after talking with Pavel, I decided to have a 300 pound Incline as my year's goal...I was thinking June of 2005.



Volume III, Issue 12

April 2005

I started with sets of five with 165 and then would mix 3 x 3 with 165 on the easy days. Then, I just started bumping the weights up. Soon, I just left four big plates (225) and knocked off a few sets 'whenever.' A few weeks ago, because 225 was easy, I moved up to 245, then 265. Tonight, while doing Romanian Deadlifts, a little fun with kettlebells, some easy pullups and L-Sits...I snuck up to 285 and got a double. I thought, hey, that's kissing your sister. So, I put it up to 300 and got two easy. I could have tried a third, but it is below freezing and my girls are the closest spotters and they were in the house. *Anyway, 300 for 2!*

Post Eight

I know in 1979, I did 315. I think that is the last time I went heavy. I did a lot of heavy militaries in the past, but the thing about this little "experiment" is that I am not really "doing anything." I do two sets of five or three sets of three with whatever is on the bar. I don't warm up, ramp up or change weights. I lock out my ankles, knees, hips, and really try to first do a Row to bring the bar down...an active descent. Then, I just squeeze the bar up.

That is why I posted it here, I'm doing exactly what we discussed in Las Vegas. The 165s the first few weeks were harder than the 285/300s. In addition, when I wrote out the goal is seemed "doable," but down the line. Here it is in

December and that goal was squashed and maybe seems way too light.

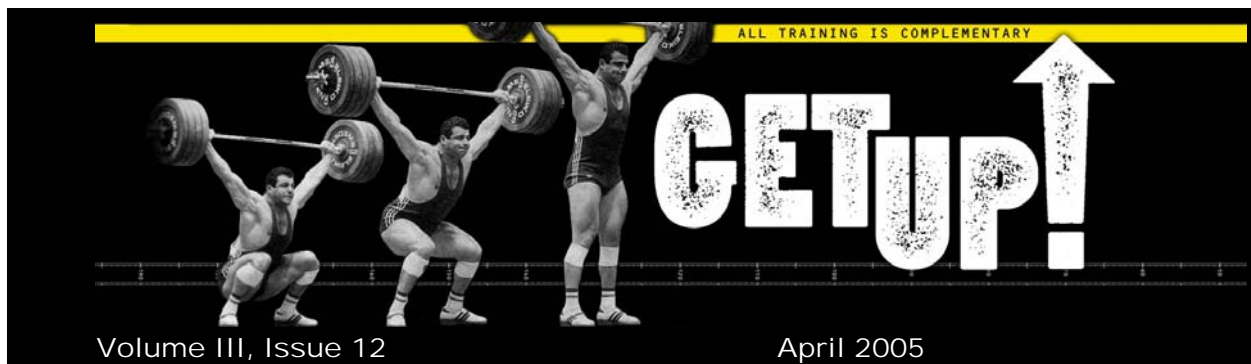
Oh, someone asked about training logs: I used to keep my log at Strong as Steel but Jason dumped the site. My logs tend to be long discourses on all kinds of things, but you might find that my training has embarrassingly light workouts and a lot of days with me complaining...

Post Nine

I promised Pavel that I would keep updating my progress. I decided on a set of goals after meeting with Pavel in Las Vegas and met (and destroyed) those goals by mid-December. (I posted on this: a 300 pound incline press for a double...I haven't inclined since Jimmy Carter was president, so I gave it whirl...a big deadlift...21 chin ups...all done)

So, I tinkered with my discus throwing technique until I addressed all of last year's issues (the big one: I'm 47...can't seem to find a quick cure for that...) with the "Linkage" technique. I keep coming up with new ways to squeeze a med ball while pulling on a doorjam while flexing my left side and trying not to further scare the neighbors.

One thing I added was about three sessions of Evil Wheels a week and a lot more kettlebell work. First, I am fat, so I



need to lean out. Both my dog and me seem to come out of winter with an extra coat. Moreover, I also am experimenting with a system of using a kettlebell during my throwing sessions...adapting my 'circuit training' system of coaching the discus.

Something along these lines:

- 1. Kettlebell Snatch**
- 2. Full Discus Throws focusing on the day's technical issue**
- 3. Swings with same kbell**
- 4. 2-3 or Half Circle Drills with discus...or something else technical**
- 5. Figure 8's and Maybe those Lunging Figure 8's**
- 6. Max throws...build up to 6**
- 7. Press with kbell**
- 8. "Soviet Drill" March back 20 feet or so of best in #6 and see how easy you can throw it...if I toss 170, how easy can I toss 150.**
- 9. Suitcase or Waiter Walk and go home...**

I will discuss this and the improvements in Las Vegas at the convention. Clearly, I'm on to something.

Nick Aiello and I did a test of the Secret Service Snatch. We used the 26 pound kbell and neither of us ever put the bell down for the ten minutes. Nick got 250 and I simply matched. My question: how can you get 300 if you have to pause at the top? I just don't see how:

300 in ten minutes=30 a minute
That means you only have two seconds a rep...yes? So, with any kind of pause, you have go...really fast. We never put the bell down and Nick "swayed" at the top rather than lock out. (A lock and drop, if you will).

I think that using the smaller kbells is a really smart way to burn a lot of fat...you seem to burn for about two hours after...

Post Ten

I told Pavel I would keep him up to date on my progress. Well, three years ago, I broke my wrist into small pieces at a lifting meet and had a couple of surgeries and a long rehab. Yesterday, I finally beat the mark I made three years...and a week...before with a **321 Clean and Jerk**. I did 319 in Baton Rouge back in 2002. Of course, when I was younger I was quite a bit better...but...I didn't train this little either.

I haven't changed anything since Las Vegas. I might change the variations on the deadlift, but basically I am still deadlifting, Incline Bench Pressing, chin ups, some fun Kettlebell stuff (especially when I am throwing), some Evil Wheels, and that's it.

This should be an interesting track season.



Post Eleven

Pavel asked me to keep up to date on my progress. I have basically simplified a lot of things...but a couple of ideas seem to have helped recently.

First, I snatched 242 (a little too easy...but I don't really train for the O lifts this year) and Clean and Jerked 321 at a meet a few weeks ago. I also think I have learned a few nice tricks for my mind this track season. My goal right now is to break the WR in the Wt. Pent in August and toss over 180/55meters in the discus (I throw the 2k). At my age, that is pretty good.

Once thing I have done recently is to increase the amount of fish I am eating. As I looked over my career, I noticed that health is becoming more an issue, so I upped my salmon intake and basically tossed in more fish...and fish oil capsules...when I can. I already nailed some of my training goals (a 300 pound incline was done for a double in Decemeber, so I raised it to 315) and an RDL of 400 for three, so I changed that goal to a Snatch Grip RDL for 3. That could be done any day I feel like it, but I thought I would build up anyway.

Basically, I am doing the Evil Wheels, Kbell Swings, Chinups, Snatch Grip RDLs, and Incline Bench Press daily with no real set or rep scheme. Just "whatever." I also work on the discus

and various throws when I can. Weather has been an issue this year...I threw a lot in December and early January, but it has been tough to do much lately. Snow and mud are not good for throwing: you lose too much equipment and slip waaaaay too much.

I will continue to clean up my diet and I will let you all know how things are going...

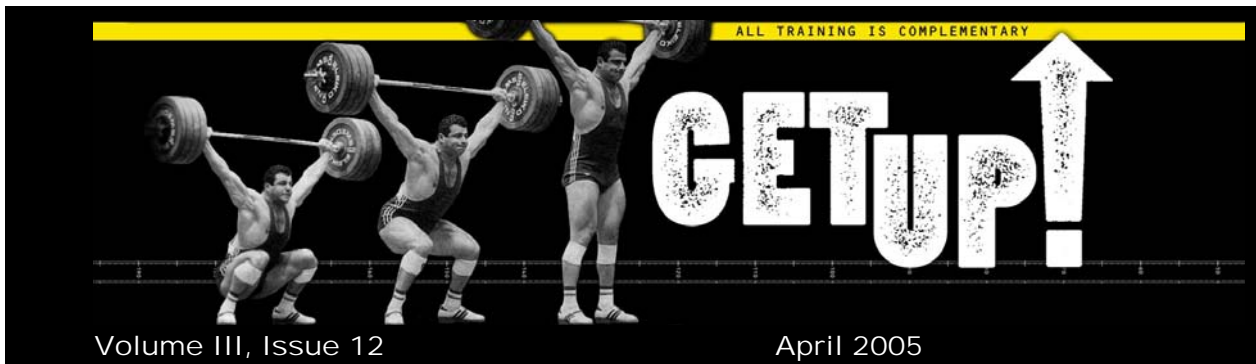
Post Twelve

I told Pavel that I would update my progress on this training program. I threw the discus simply amazing today...the lunge stretch, which I call the long stretch is really carrying over, as well as the daily work on linkage on my left (nonthrowing) side.

I am working on a five day a week idea where I cycle through a heavy day on one of the five lifts I am doing...and in-season PTP idea.

My five lifts:

Deadlift Variation: usually an RDL
 Incline Bench Press
 Chin ups (although I might jump back to Power Curls/Cleans)
 Swings (Usually five swings/one clean and press/three snatch)
 Ab wheel



My idea is to do all five daily, but "max out" on one different one each day and maintain on the others. The daily workouts were originally going to be two sets of two and the heavy day three sets of three, but I decided to try two sets of five on the daily workouts and keep the max day.

On chins, the max day would simply be a test, swings might be the Secret Service Test or a variation and the Ab Wheels might just be a tougher workout.

I will keep you posted. My goals remain the same: Big.

I have this "55" idea:

55 shot
 55 meter discus
 55 meter hammer
 55 meter weight
 165 (55 x 3) javelin in one competition.
 The shot seems a bit big, but the rest is just putting it together...well, and a good wind in the discus.

The interesting thing about these posts is that they began in November of 2004 and "just" finished up a few weeks ago. They "sorta" describe the "walk the walk" part of "talk the talk."



Extra Special...My Notes from Pavel's talk in Las Vegas!!!
 Let's focus on me...sorry. As he talked, I had this overriding insight that this guy was on to something and I need to listen not just with my ears. If you know Pavel's work, the first section was on "Training as Practice" not an effort to become, literally, "worked out."

"Strength is a skill." Now, that is something that does not make it past my brain. I think "smashing my head against a wall for thirty five years is a good idea." Pavel noted that we must NOT mix the concepts of strength training with the concept of "toughness." "I can make you tough, but that is different."

He summed strength training with the line:

***"Train as heavy as possible,
 Train as often as possible,
 Train as fresh as possible."***

He has a nice new way of teaching people to keep "zipped up" while lifting...punch or kick the muscles that need to be tightened. We actually



worked my discus throwing technique with this after the workshop. For the record, I'm a fool and know nothing. I have been throwing since the Nixon Administration and have let lots of my power drift away without knowing it. Alas.

“Strength should be seamless.”

This was a line that I just wrote down. Twenty minutes later, I underlined it and put stars on it. I just didn't get it when I heard it the first time. He mentioned “Active Negatives.” No idea.

Then he showed us that we should “Pull ourselves down in the negatives.” Hmm? Then, he showed a simple squat.

The lights went on. How can you have tension, if you let gravity just slap you down each set, you flubber and bounce up, and half way up the squat, you remember to think “tension.”

Tension must be felt from every moment and the way to insure it is to do “ACTIVE negatives.” In other words, gravity doesn't take the bar down, you make the bar come down with muscular effort leading to muscular tension!

Linkage and Leakage were two terms I had never heard before in my life. Yet, I look at my notes now and I see a box with three words: “Seamless.” “Linkage” Discus???

Linkage is the idea that is talked about a lot...after I reread “Naked Warrior”...but I never understood. (It's funny, I just flashed over to my copy of “Naked Warrior” and while looking for

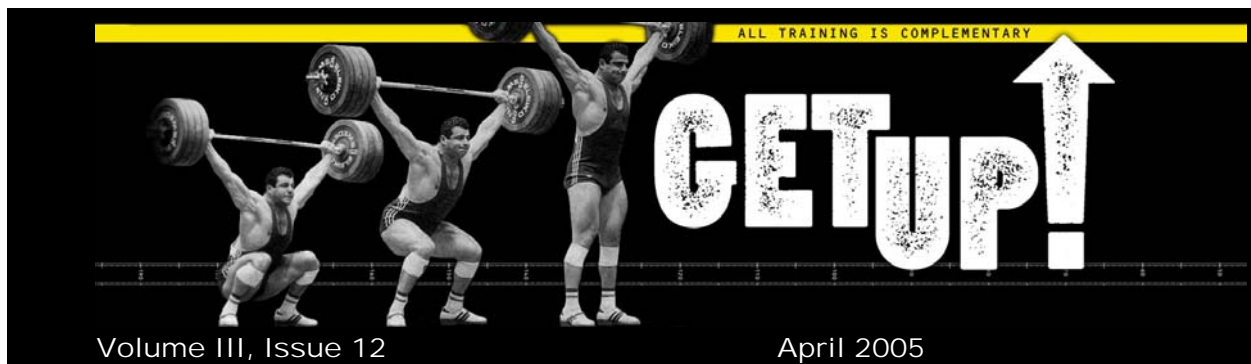
“Linkage” I found the “Static Stomp” and want to completely rethink this, too, but I have to finish typing...) Linkage is the opposite of “leakage,” those areas of the body, usually the shoulder, knee and waist, where energy/tension are allowed to sneak away from performance. Pavel taught me leakage by slapping and punching leaks. He also enjoined several assistants to punch other parts of my body in the discus pull position...then, he said, “Now, pop your hip.” It then became obvious that I have terrible hip flexor flexibility and Pavel designed a remedial program for me. This is where those twenty feet come from, my friends...

Pavel's insights just kept flying in...

1. Judge progress on major lifts not assistance work.
2. Training should always be **“Same, but different.”**
3. Read old books on strength development.

Then, the talk slapped me in my head. He was talking about “Neurological Erasure.” Hmm? The idea that when you start to train...to peak...to focus...more and more “static” emerges into your technique. Too much thinking, in other words.

That is why I have improved after retiring in the discus. This is why a week long vacation hiking in Colorado broke me through a barrier. This is also why three weeks at Discus Camp tends to drop performance for a while...too



much static is BAD. This is why...finally!...I know why peaking doesn't work and never has:

Peaking is nearly the definition of applied static!

You want to peak in a technical event...ignore it for a couple of days and go bike riding.

Or, better, take up Highland Games or an O lifting meet...new noise, less static.

The 2005 Challenge *Part* *Deux*

David Witt and Rick Eklof

David's perspective.

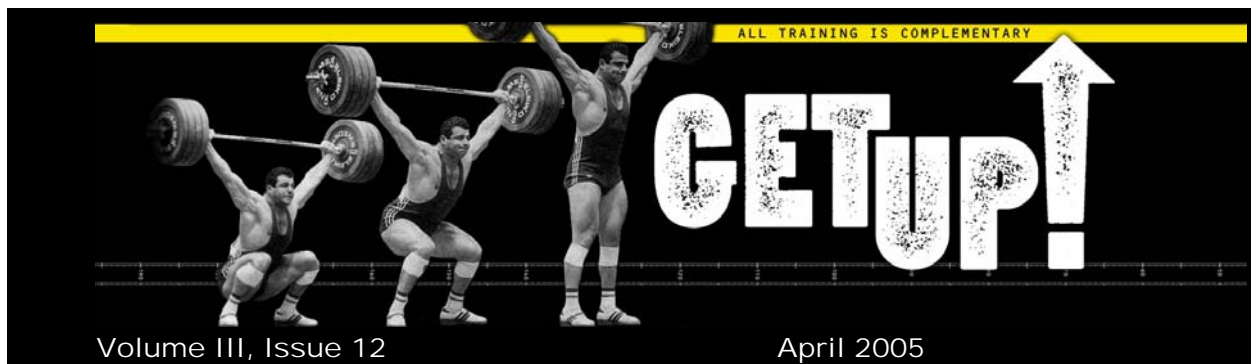
The weather has been cold in N. Ky. But a few nice days allow one to get outside to throw, so I did. Shot mostly, in anticipation of my return to the Mason-Dixon Games in Louisville, Ky after 14 years. I didn't measure anything, mostly threw for technique and rhythm. I felt ready. This was going to be my first meet of the year, and I was using this as an indicator.

So I get there, much too early, and wait. It looks like it did 14 years ago. I sack out on the pole vault pit, read Dan's new book "From the ground up", and wait. At least this is better than arriving late. In the warm ups, things are going

good. My rhythm is good, I'm getting good extension on my legs. The competition starts and I fall apart. Granted, the ring was slick, but not any slicker than in warm ups. Every throw I fell back on in the power position, like I was afraid of the shot. A fellow competitor tells me I'm only using 6 feet of the circle. On my fifth throw I do a standing throw that comes off the back of my hand. It's a poor throw, but only 10 cm less than my best full throw. That's the kind of day it was.

What have we learned? Strength is fine, but technique is final. How long till I learn this? How many times did I as a skinny (6 ft tall, 150 pounds) junior in high school beat kids that were twice my size (literally) who warmed up by bench pressing Volkswagens in the parking lot? A great deal many times! Technique always beats brute strength. So I need to work on technique, especially in the shot/stone event. My best chance for improving my standing in the rankings is this one event. In college, I could add anywhere from 6 to 8 feet to my standing throws in the shot with my full throw. Take my 34 foot stone throw from last year (which was done with a stand/braemar) and add 6 or 8 feet. That's a huge increase! I must do it.

In the strength department, I'm working on getting my 60-80% numbers up in the presses. I'm trying to increase what I can do 3 sets of 8 with. I take this suggestion from Dan and John's



conversations and Charles Poliquin's advice in an article I read. For Olympic lifts, it's 3 and 3. Three snatches followed by 3 overhead squats. Add five pounds each set. Go until you can't get 3 and 3. For cleans, I do push presses as the second part. I could do front squats I guess, but I want more overhead work right now.

Two months until my first highland games competition

Rick's Perspective

Lately my training has not been as consistent as I would like. A variety of factors limited the number of workouts I was able to get in, but every cloud has a silver lining. I learned a lot about what I was doing "wrong" in training. Now I'm not talking about a lifting or throwing technique flaw, I talking about a flaw going on between my ears.

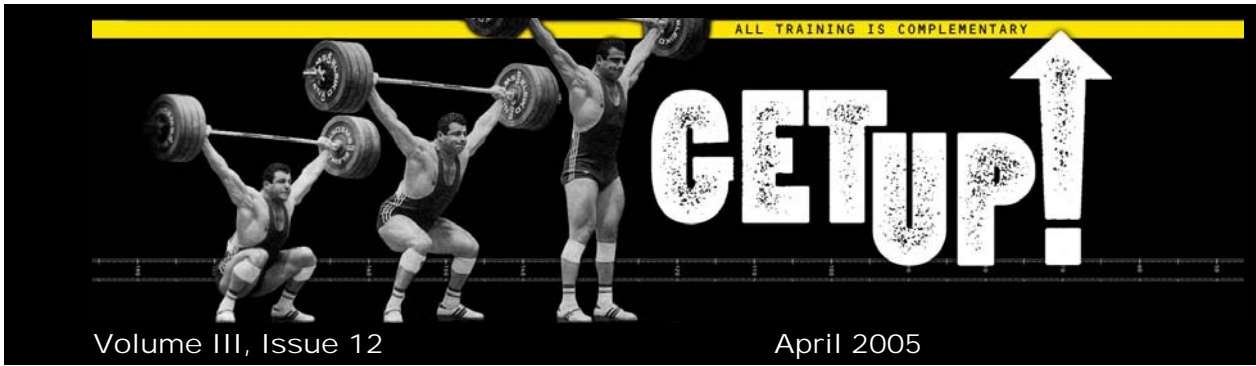
I usually train by myself, so that means I'm "coaching" myself at the same time. Since I couldn't see how a lift or throw went, I would tell myself that it "felt like I did x or y right/wrong which resulted in the lift or throw doing z". One Saturday I took my video camera with me to the track because I wanted to show my technique in the open stone to my boss, who was a shot putter at Southern Methodist University. I planned on doing open stone, weight for distance and track & field hammer. As the session progressed, I started to noticed

that what I was seeing on the tape was not always the same as I was "feeling". Right before my final hammer throw, I realized that I was suffering from "paralysis by analysis".

I was throwing farther on my first or second throw than later ones in an event. I was focusing on not make the same mistake on this attempt as I had on an earlier attempt instead of attacking my attempt. So I just cleared my mind of how my earlier attempts and told myself to attack the attempt. Now technique-wise flies were leaving fresh dog poop to land on my footwork, but the hammer went 15 feet further than any of my other throws. Why? Because I wasn't trying to "coach" myself during the throw, I just relaxed my mind.

As far as lifting goes I'm doing an Olympic lift and front squat day twice a week and dumbbell work twice a week. Saturdays are my conditioning day. After throwing, I will come up with some combination of farmer's walks, sled work, truck pushing, and sprint work that leaves me glad when it's over. First highland game competition is April 16th with another one the next weekend.





The Gary Column

The Editor's Brother, Gary John, is a third year discus thrower and coach in San Mateo, California. He is a young 56 year old learning to be a thrower. He asks "those questions," the questions that we (well, the Editorial Board) assume everyone knows the answer to...and usually don't.

Funny how things work out. I've been trying to finally get past the broomstick stage with the overhead squat and let my deadlifting slide. I still do a bunch of easy singles at 250, twice a week, but nothing special. Also, I'm doing back squats for the first time since the last Ice Age. Everything else is the usual, farmer's walks, waiter's walks, and suitcase walks. I've returned to power curls because I think it helps with the discus.

So, it is raining pretty heavy today and I'm stuck in my warehouse with a bunch of paperwork. I wanted to deadlift today, but just felt like trying a set of ten singles. Went like this:

250x2
270x1
280x1
290x1
300x1
310x1
320x1
330x1
340x1

Blew me completely away. Until the last one, they were all easy. I'm working hard on arching my back and getting my chest up for the overhead squat. Also concentrated on tightening the core. That 340 is my PR for the deadlift. At a body weight of 175, and at age 56, feels good. Between lifts, I hung from my pullup bar and let the back relax. Best thing I had going today, attitude. I knew I was going to keep getting them.

Great stuff... "real world" training!!!

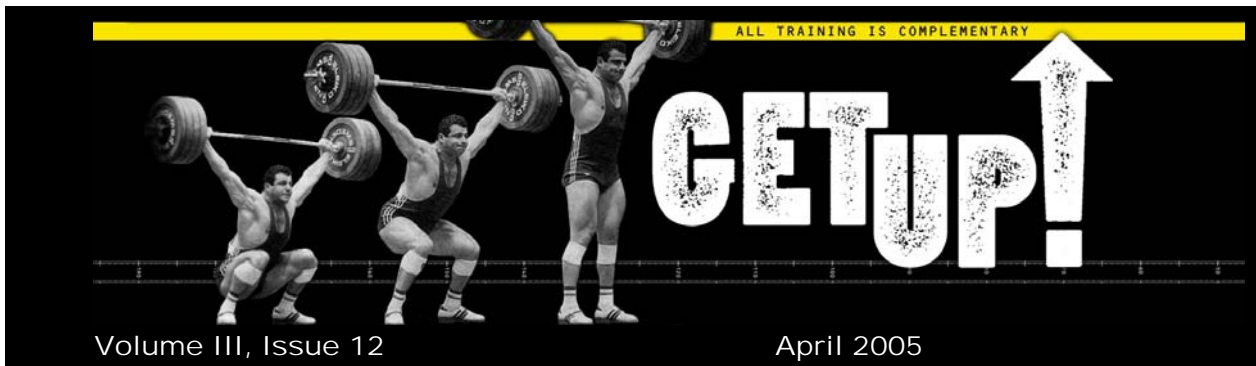
The Value of Worthless Exercises

Keith Wassung

Keith Wassung is a former natural powerlifting and Olympic lifting champion, with an impressive athletic resume in football, track and wrestling.

He is the author of nearly 40 publications relating to health research and lectures extensively around the country to both Doctors of Chiropractic and to Medical Doctors.

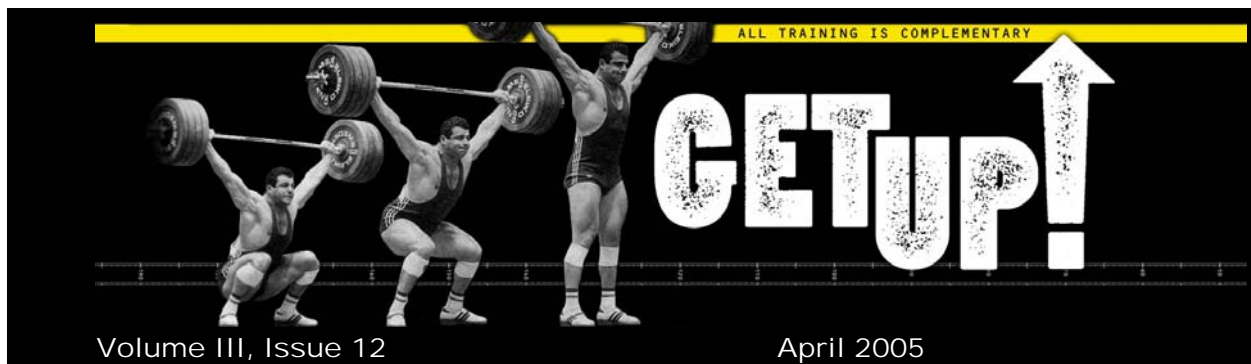
My winter years in high school largely consisted of doing chores around the farm at 5am in thirty degree below temperatures and wrestling. Our high school had a great wrestling tradition. I was always paired up with Butch, who was one weight class lighter than I. Butch did not know the meaning of the word quit. Actually there were a lot of words that Butch did not know the meaning of. I have always suspected that



he was too dumb to know that he was tired. During the previous football season we were on a road game and during warm-ups, Butch told the coach that he had forgotten his mouthpiece. One of the trainers had a mouthpiece in the training bag and she went and found a microwave to heat the water in order to form the mouthpiece. They brought the cup of hot water and the mouthpiece out to Butch only to discover that he did have a mouthpiece after all. The coach asked him where he had found his mouthpiece and Butch replied that he had found an old discarded one at the edge of the field and had popped it into his mouth.

Our practices were about two and half hours long and they always ended the same way. During the last fifteen minutes of practice, our coaches would divide us up into two teams and we would have some sort of competition. Usually, it consisted of relay race involving crabwalks, wheelbarrows or two-man carries. If the basketball court was empty, we would occasionally play a fast game of basketball, which always seemed to degenerate into dodge ball. Did the coaches have us engage in these competitions in order to perfect our wrestling skill-not really. Did it improve our balance or conditioning?- Nope. Then why did we do it? Because it was fun. We looked forward to it, we had fun and it allowed us to end a hard practice on an up-beat note.

Often times other people deem certain exercises "worthless". These would include, but are not limited to the tricep kickback, concentration curls and the classic worthless exercise, the cable crossover. First of all, can any exercise really be considered worthless? It might be dangerous, especially when performed incorrectly, and it may have a very low productivity factor, but it can hardly be considered worthless. The same people who claim these are worthless exercises will then advise you not to do them, because they will cut into your recuperation. Wait a minute, if the exercise is worthless, then how can it affect your recuperation? Now allow me to make a very important point. There are literally millions of people who perform these "worthless" exercises exclusively. You see them in the gyms and health clubs day in and day out pumping away on the easiest movements they can find. Those people are fooling themselves and they are not the type of people reading this article. I believe that lifting is all about getting bigger and stronger and this only occurs when you work the basic compound movements in a progressive manner. I believe you could probably pick two or three basic exercises and if that was all you ever did, you would be one strong and well built individual. But I also realize that doing those movements over and over would eventually get a little boring, so it's important to do some additional stuff now and then, even if it does not add a



lot to your main objectives. One of the first articles that I ever wrote for this site was about shoulder development. My program consisted largely of overhead presses, but I also mentioned that at the end of the workout, I did a couple of sets of lateral raises. I received countless numbers of e-mails from guys who could not believe that I would do lateral raises. I even came across a discussion forum where people were debating the reason why I did lateral raises. Some proposed the theory that it helped build the medial deltoid, which aided my overhead presses, others claimed it was for the rotator cuff and most simply said that I was crazy for doing it. They were all wrong, I do them because I like doing them and for no other reason and I could care less what other people think.

One of the essential keys to longevity in lifting is to have a certain amount of fun in your training. When you get to the point where you dread going to the gym or see it as simply something that you have to do, but really don't want to do, then it is only a matter of time until you will quit altogether. When I was in high school and in the military, I knew a lot of guys who began a lifting program with great enthusiasm. They bought all of the books, went to the seminars, trained hard and made noteworthy gains. Twenty years later, I do not know a single one of those guys who still lifts. They can claim they don't have time, but they have time to golf, fish, and watch sports. My entire weekly

training takes less time than a weekly episode of Monday Night Football. People quit lifting for the most part, because they stopped having fun with their training.

Do what you have to do in order to have fun in your training, even if it means doing some of those worthless exercises.

To Better Health and Happiness

Keith Wassung

www.riverhorsepubl.com

kwassung@yahoo.com



Tiffini's 100 Rep Challenge Hands...

Published by Daniel John

Daniel John, Editor

Copyright © Daniel John, 2004

All Rights Reserved

Any unauthorized reproduction is strictly prohibited.