



## Is it the off-season?

*This edition welcomes a whole bunch of new authors...who receive a free year's subscription for writing. Moreover, we promise "all of your dreams will come true," if you publish an article in Get Up! So far, it has worked for me...*

### 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**.

## 2004: A year in review and what I learned



David Witt  
*As a high school thrower, David ended up third in Kentucky's State Meet under the coaching of Marty Mayer*

*and Pep Stidham (God rest his soul, he died young in his 40's of heart problems). Going to college that **didn't** have a track program, David has competed as an open and unattached thrower for years in and around the Kentucky area. Married to Pam with two children, David teaches high school math.*

I thought I would take this time to review what I learned in 2004 overall with what I learned at discus camp. 2004 was a great year for me in everything except the sport that I most love, the discus.

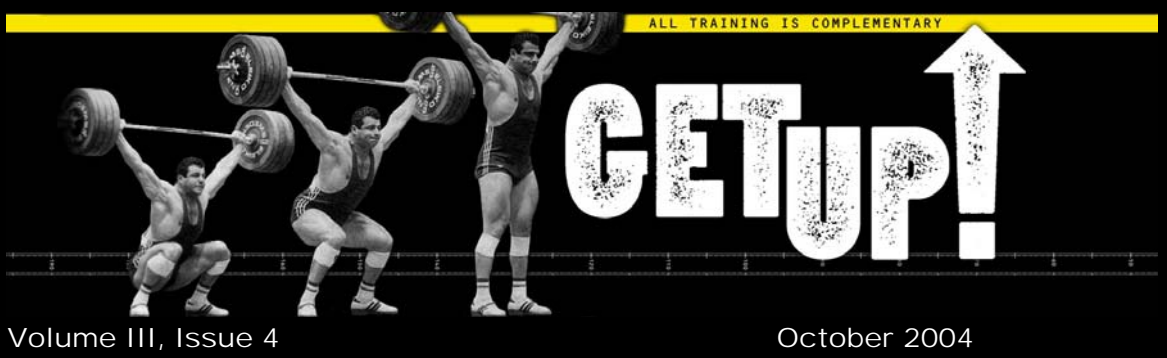
In March, I competed at Berea College for the third straight year in the Berea Relays. I picked up a lifetime PR in the

hammer. This wasn't hard, the PR part, because I only threw hammer for 5 weeks back in 1990, so my old PR wasn't that far. But, the amazing thing was that the last time I had thrown hammer was at the Berea Relays in 2003. So why the difference? What caused me to throw the hammer 13 feet farther the first day I threw it in almost a year under competition conditions?

Well, it started with an email to Dan. (Isn't that the way most of these things go?) In it, I was lamenting the fact that my strength was way down from college, and that I probably wasn't that strong to begin with. Dan gave me a gem that I have not seen in anything else he has written. Maybe I shouldn't tell you. Oh well, here goes. Ready?

Dan told me to pick one lift and get really strong at it. Get to where you know that on any given day you can smoke most everyone else at it. I picked the deadlift. I got my deadlift up almost another 100 pounds from the year before. The finish in the hammer, the final pull, always felt like a deadlift to me. **Gem number 1: focus on one lift.**





In May, I competed in the Kentucky Scottish Weekend in Carrolton, Ky. I set PR's in every event except the 56WFD and tied my WOB PR. I go to that meet for the people. Mom who takes care of all us athletes. Jason Fisher who really pushes me to improve. He's such a nice guy, I hate to beat him when I do. But I know he'll come back next time and get me. Sprout, who was getting ready to build a core blaster based on the article I wrote last November. Again the strength training and learning the techniques in the highland games really paid off.

June means two things: Family vacation and discus camp. The vacation was Disney World in Orlando. Discus camp was Thursday afternoon till Saturday morning. Friday was the 2<sup>nd</sup> Annual John Powell Brian Oldfield Highland Games. All my distances were up from last year, and I finally broke the 20 foot barrier in the 56 WFD with a 20' 11" toss on my last throw.

Again, it all comes down to the people. Having Brian critique your technique is worth the trip. Last year he got me to put the shot higher on my neck. This year he suggested I do more sprint work. I'm already on it. I had already come to the conclusion that was something I was missing from my workouts. Mike, Mindy, Greg, Stephanie, Dan, it's a veritable thrower's paradise hanging out with Olympic hopefuls and various record holders. Mike Rosenburg didn't

get in until Friday night. Mike, next year take Friday off and come throw with us.

July. The Bluegrass State Games. My discus woes continued as I gave away the open discus by throwing my farthest throw out of the sector and crashing my last throw into the cage. A major refit of my technique is in order.

August. I went to my first national event, the National Track and Field Masters Outdoor Championship. Boy that looks important. An expensive meet, but I just wanted the experience. Everything is metric, the judges don't say "Mark!", your screwed if you don't get your implement weighed in on time. For my age group I took 4<sup>th</sup>. Going into the finals I was in 5<sup>th</sup> place, but managed to move to 4<sup>th</sup> on my last throw. Again, never giving up and hanging in there. There were some awesome throwers in my age bracket. It gave me a good wake up call to get working. Dan's right, you've got to compete. I think not competing in college handicapped me. I didn't progress as I should have because of it. I was complacent winning my local and state meets. Now I know.

So this year I learned a few things. Get stronger overall. Pick a lift and work it hard, it will bring up your other lifts. Deadlifts brought up my squats. Squats usually bring up my cleans.

**Compete.** You may be the big fish in your side of the pond, but there are always bigger fish out in the lake. They will just make you better.

# GETUP!

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Lifting and throwing is great, but to really get some explosive power out of my legs *I need to sprint*. If the last time you sprinted was to get to the remote before the kids, try some. I bet you will throw farther.



**People.** Get around good people. The people at the Kentucky Scottish Weekend are great. Discus camp is a blast. Being around the throwers at the nationals is really pushing me. 95% of the time I train alone, getting around other people remotivates me and keeps me focused. Next year, I'm beating Dan in the **dimwitte** throw.

Which brings me to goals. My first year in highland games on the NASGA site I ranked number 232 or something around there. I told Dan then that I wanted to break into the top 200 next year. As of today I am ranked 197<sup>th</sup>. I need another competition, I'm afraid that 197 won't stand up. But, I got there.

*Next year, top 150.*

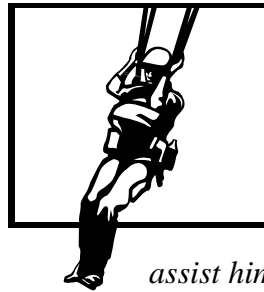
## An Idea about "Weight Loss"...Not What You Think!

Aaron Hall

*Aaron has spent his last nine years serving as a military medic both in the States and abroad. He*

*has no exercise certifications or titles but travels the world looking for people knowledgeable in the iron game to learn from and to*

*assist him in his growth as a lifter and military member.*



Regardless of what branch of service or what your "job" is in the military, all active duty members have the same basic physical fitness levels required of them. This is not to say that the medical admin clerk must have the same level of fitness as the Navy SEALs or Air Force PJ's. Still in these times of expeditionary everything we must all be a certain level of fit. Many have commented on the need to be strong but not bulky and that the stereotypical "bodybuilder" routine results are not conducive to life in the "field." I feel this is true. I am an Independent Duty Medical Technician in the Air Force. In non-military speak it means that I am the guy that goes way out in front and takes care of all the "special" personnel doing "special" jobs in the military. I am part of a three person team when we go out. The smallest person in my element is a

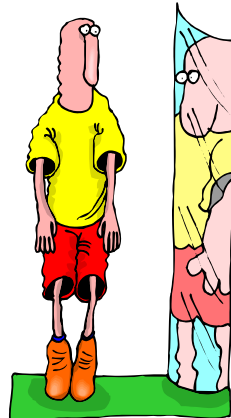


20 year old female who ways about 120# soaking wet and has difficulty bench pressing an empty Olympic bar (No, I don't think the bench press is a good fitness test but you get my point.) Now if, God forbid, I should stick my nose somewhere it doesn't belong and get it shot off do I think that my fellow medic could drag me to safety?

*Editor's Note: Be sure to take a moment to consider what Aaron is saying: it's great to be big and strong...but, if you go down on a battlefield, you are going to compromise your life and your friends's lives with your beautiful physique. You are going to be hard to carry off!*

At my current bodyweight of 235lbs I seriously doubt it. Yes, I am strong, yes I can run, but what about the person next to me. At that point, regardless of your fitness level, just your sheer bodyweight and the skill level of those around you becomes either an asset or liability. If you are running around with a bunch of Special Ops types chances are someone will be able to get you out of a situation safely. However, Special Ops are just that, SPECIAL! Not run of the mill Sergeant Bagadoughnuts. So the quick answer is, when running with mortals, be mortal. Be lightweight, flexible, and try not to get your ass shot off. Now for me, and others out there I am sure, this doesn't mean just dropping body fat. If I were to get totally ripped I could get down to about 210lbs I should think. But that's

still 210lbs of dead weight that someone would have to help off the battlefield. So for me it means losing some muscle too. By the way, that sound you just heard was everyone who is reading this gasping in disbelief. ***“What? A fitness plan that involves LOSING MUSCLE!?!?!”*** Yep, that right. Ok, so I go on a starvation diet and run a lot and I'll drop bodyweight. Problem solved, thanks for your time, try the veal I'll be here all week. WRONG!



I still need to be strong, and I still need to be able to run, climb, crawl (quickly), and carry heavy things/people. So I'm sitting in Alaska munching on a power bar and breathing 5,000,000+ acres of burning forest (it's a big state up there and most of it is on fire right now) and I came up with a totally crack pot scheme to meet my needs for future preservation. It's pretty ground breaking so hang on, here it comes. I'm going to lift weights, run, and throw some tumbling in there to boot. That makes me doofus number 1,265,156,568 who



has come up with this same idea. And I think the first one to think of it had to chase his food down on foot and lived in a cave. But hey, here's my take on it.

**STRENGTH-** To get your strongest, pound for pound, and still have a life outside the gym (or garage in my case) I feel you can't beat Pavel Tsatsouline's Power to the People lifting plan. Two heavy sets of five reps in a handful of exercise with the poundage waved up and down but more up than down. I really like this routine. It gets me stronger, and I don't dread hitting the weights for another mind splitting workout. Go hard, go heavy, and go home. Oh yeah, and go often, 5 x's a week. My personal picks for what lifts to use are dictated by my job and my job's pay check (i.e. I don't have a fancy home gym, just a little more than the basics.)

**Squat!** I like this exercise. Technical, yes, dangerous, can be, kills your knees and back, only if you don't do it right. And your reward, at a minimum, is tree trunk legs and can support a lot of weight. Also I have noticed that when I get stronger in the squat and the deadlift I get stronger in all of my pressing movements as well. If you want a valid reason that is supported by empirical data as to why this phenomenon occurs you'll have to ask one of those scientific smart guy weight lifters that I've heard are out there. Actually Dan John comes to mind. Smart and strong, that why I nicknamed

him Obi-Wan (No Dan you age has nothing to do with that name ☺)

**Deadlift!** I like the squat, but I LOVE the dead, as in the deadlift you sicko's! I think you would be hard pressed to find another exercise that has more carry over into everyday life. It's the most natural thing in the world, to pick something up off the ground. And it works a lot more muscle groups than any one exercise I know of except for the Olympic lifts all of which have a deadlift component that the beginning of the lift but it's done a lot *FASTER*. And it cured my back pain so I'm sold on it.



**Military Press, Push Press, Side Press, or Jerk.** Putting weight overhead, in a nutshell. It just seems logical to me that once you pick something up off the ground you need to do something with it, so why not press it. The entire shoulder girdle, arms, and depending on you press of choice even the lats are worked in these lifts. Hey, any exercise that works more muscle in less time is tops in my book. It's not that I'm lazy (ok, I am) it's just that I seem to think I have very little time



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given all my social engagements (now if I could just figure out why everyone keeps telling me to look up the word *narcissistic*.)

So my lifting looks like this:

**Squat:** 5 reps with 70% of my 5 RM  
5 reps with 90% of my first set  
**Dead:** 5 reps with 70% of my 5 RM  
5 reps with 90% of my first set  
**Press:** 5 reps with 70% of my 5 RM  
5 reps with 90% of my first set

I do that on Monday, then on Tuesday I do the same thing but I add 5lbs to my first set in all exercises and then recalculate for my second set. Then another five is added on Wed, Thurs, and Fri. I usually take Sat/Sun off. When I can't make five reps in my first set anymore than I take what ever my (hopefully) new 5 RM is and start over at 70% after a few days rest. I can add five pounds a work out to my dead and squat but I found that I saw more gain in my press when I added five pounds every other work out. What can I say, I'm a wimp.

Ok, so I have my plan for how to get/stay strong. Now for the running. Enter a very knowledgeable person, and one that I am proud to wear the same AF uniform as, Nathanael Morrison. This dude IS the total package, strong, fast, and he runs farther than my car will on a full tank of gas. I highly recommend you check out his website at [www.militaryfitness.org](http://www.militaryfitness.org). I wrote to Nate once whining about how I couldn't run very far with out dying for air and

coughing up a fur ball. For the fur ball he recommended a good medication (thanks Nate) and for the running he recommended a progressive running plan. He says he got it from a book but I think he's just being modest and doesn't want to say he came up with it all by himself. The details of it are too long for this article but boy did it work. I really did go from 0-5 kilometers in 10 weeks. An overly simplistic explanation of what the program entails is that you start the program by jogging 1/16 of a mile, then walking 1/16 then jogging again over and over until you get a mile. You do that 3 days a week, then the next week you jog a little more than you walk and little by little you increase your distance as well. It really is a gentle ramp up to a 5 kilometer jog that is really effective. For more details drop me an email and I'll give you the full scoop.

([girevik@msn.com](mailto:girevik@msn.com) is my email address.)



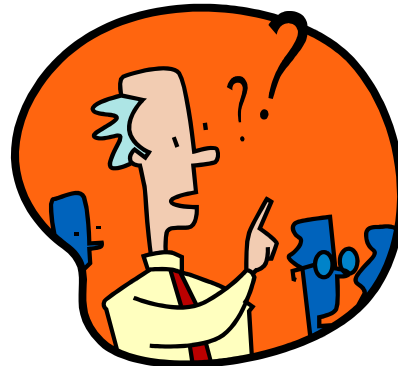
The running is good for three main things. One it increases your endurance (no kidding!), two it increases you mental stamina or what I call "stick-with-it-ness), and also it increases your overall caloric cost for the day/week. Remember, I'm not trying to lose fat and keep muscle, I'm trying to do both and



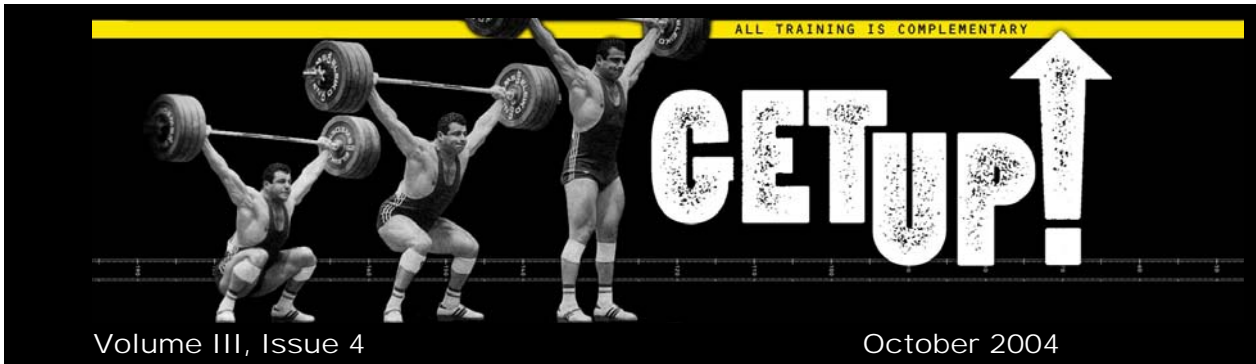
stay strong. Now this brings up the question: How can you stay/get strong and lose muscle at the same time? It all depends on how you train. If you train for sarcoplasmic/myofibril hypertrophy you are making the muscle bigger/thicker which leads to an increase in bodyweight. Not what I am looking for. However, if you train the nervous system to fire off a higher percentage of the muscle than done previously you are getting stronger without putting on bodyweight. Exactly what I am looking for. Since my reps and sets are low and the weights are heavy, relative to my maximums, my muscles do not receive enough stimulation to cause the body to increase the size of my muscles. Instead the body adapts by allowing a higher percentage of the muscle to be contracted there by making me stronger. A great example that was shown to me by Mike Mahler (another awesome trainer that I had the honor of attending one of his kettlebell workshops in London) was the dumbbell curl.

Take a dumbbell that you can execute 3-5 good solid reps on and knock out a rep. When you do the rep really pay attention to how heavy the weight “feels” to you. Now take a rest for 1-2 minutes and do another curl. WAIT!!! There’s a trick this time. This time I want you to take a breath in (deep breath but not all the air you can hold) and hold it in while you tighten up your abs. Tighten your abs like you are about to get gut punched. At the same time

clench your glutes/rectum like you are trying not to pass gas (I know, it seems strange but work with me here.) Now grip the bar as hard as you can and while holding all this tension in your core do an arm curl. Did the weight feel as heavy as it did before? Chances are it didn’t, it felt lighter. Why? Did you gain any muscle mass from the first rep to the second? If you did, you need to stop reading now and become a professional bodybuilder. But I’m betting that you didn’t. What you were able to accomplish is you were able to activate a higher percentage of your arm muscles to execute the curl. You are training your nervous system. A word of caution about the whole breath holding thing though, clear it through your doctor and only hold your breath for a second or two. Any longer and you risk blacking out, so tread carefully.



So what component are we missing here? **Nutrition**, which I suck at, is the next to the last piece of the puzzle. Now the amount of knowledge I have about nutrition you could put in a thimble and still have room to spare.



When it comes to food I like to Keep It Simple Stupid. If you want to lose weight then you need to burn more calories than you take in. Now me personally, I hate calorie counting, but I know how many meals I have everyday and how big they are. So if I keep eating the same but increase the amount of fuel I'm burning up everyday, guess what, bye-bye poundage. I'm sure there's a more scientific way to do it, but this works for me. If you come up with one please let me know.

The final thing to consider in a program like this is recovery. It's just as important as the work you do and food you eat. A very wise man told me that once, I believe his initials were D.J. ☺ I always try and get at least 7 hrs sleep a night. With my job and home life (and a baby on the way) sometimes it's less. Also, I rest a full five minutes in between sets in all my exercises. I feel like a good vitamin supplement helps too, especially one that is high in vitamin B for energy. If you have the funds and the time a good massage every now and then works wonders too.

So that is my three four pronged assault for dropping bodyweight and staying strong as a military active duty member. Please keep in mind that this is all stuff that I have tried on myself and found that it works.



I have no degree or special training except that which I have gotten out of everyday life. If you have any questions, observations, or just feel the need to tell me I am a raving lunatic for all of the above statements feel free to drop me a line. Now if you will excuse me, I hear my squat rack calling my name. What? You don't hear voices too?

Crossing Over (but...not really)

James Hall

*In a telephone conversation with Dan regarding O-lifting and training my 8 yr old son, I related this story to Dan and he encouraged me to write this brief article. He says that if you have a pulse you can be a writer.*

I have three kids ages 13, 8 and 7. I'm always looking for that new "edge" to give them in their athletic pursuits. They're competitive in football, baseball/softball and basketball. I've been following and using CrossFit workouts for myself and the two oldest kids, modified for them as necessary. Through CrossFit, I saw Dan's name listed and perused his website. I found the article "A "Contrarian" Approach to the Discus Throw" which references the X-sticks and the power position for throwers. I investigated further into their use and incorporated them for baseball/softball hitting and throwing.

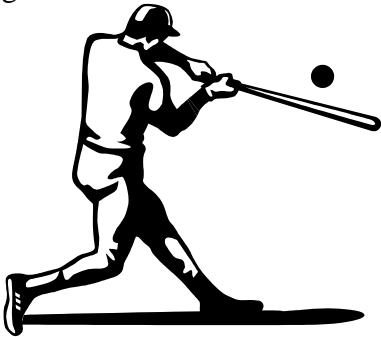


# GETUP!

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As a physical therapist, I like to think I can teach movements, exercises, etc....my kids prove me wrong everyday. Despite my previous attempts to teach hip rotation for power, I was amazed to see them pick up on the X concept quickly and easily. After working with the 8 yr old (son) and 7 yr old (daughter) for 2-3 days on the X, I was amazed at the results at the weekend game.



My daughter went from hitting into the infield without power to hitting into the outfield with POWER! On a couple of at-bats she almost took the pitcher's head off and was able to reach the fence. Her throwing improved as well (needs a little work on accuracy). My son was now able to hit to the fence and throw with greater power.

Besides being a fun way to teach a simple concept, it was also easy to reinforce at the plate ("cross the X and unload").

## Dragging and Pacing

Byron Chandler

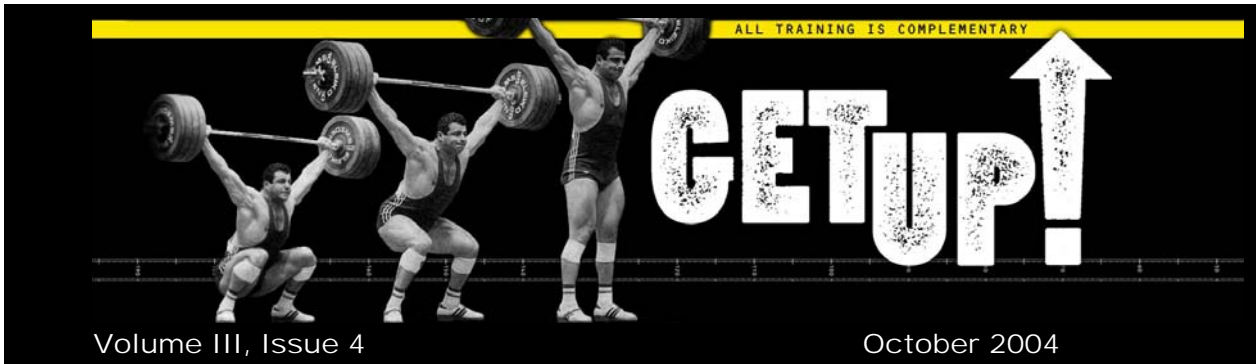
*Byron Chandler has contributed to Powerlifting USA and Martial Arts Training magazines. He describes himself as tall, blond, and handsome when articles do not include a picture of him.*

The past couple years have been great for my training experiments. The Internet medium deserves a lot of credit, this newsletter in particular. My most successful training experiment of that period has been sled dragging.



*(Byron and crew training...simple ideas that work!)*

The main benefit of sled dragging as we practice it is interval training; it seems to build the same abilities that interval sprints would. The advantages over sprint training are pretty significant, though. First and foremost, sled dragging has been injury free and soreness free for everyone in our group, including two people starting from scratch. I can't think of any other exercise that will whip you into decent condition after years away from exercise with no soreness. This is as important to the in-shape people as the out-of-shape, though. It allows us to train as hard as we want today without worrying about being sore for a game tomorrow. Sled dragging is easy to integrate with other conditioning and practice.



The pacing of interval workouts has a lot to do with the training effect they will have. Pacing involves the length of the work intervals and the length of the rest intervals. For example, the interval pacing made famous by Tabata's experiment was 20 seconds work and 10 seconds rest. (Pacing in this sense is not the speed at which we drag the sled. We drag the sled at a moderate pace, walking with it rather than running with it.)

My first workouts were solo, experimenting with various paces, dragging methods, weights, distances, etc. I managed to talk Tom, my first training partner, into trying the sled to help rehab a rotator cuff injury he couldn't shake. He took to the sled like a fish to water, healing his shoulder in just a couple weeks. He and I simply took turns without any extra rest. We drag over a 75 yard round trip (37.5 out, 37.5 back). We also settled on a simple circuit rotation to keep weight changes to a minimum. We start with the bare sled to warm up, and do every exercise with that weight; add weight, and repeat the circuit. As the sled gets heavier, the harder exercises are dropped from the circuit, until we are left with one forward drag with the heaviest weight for the day.

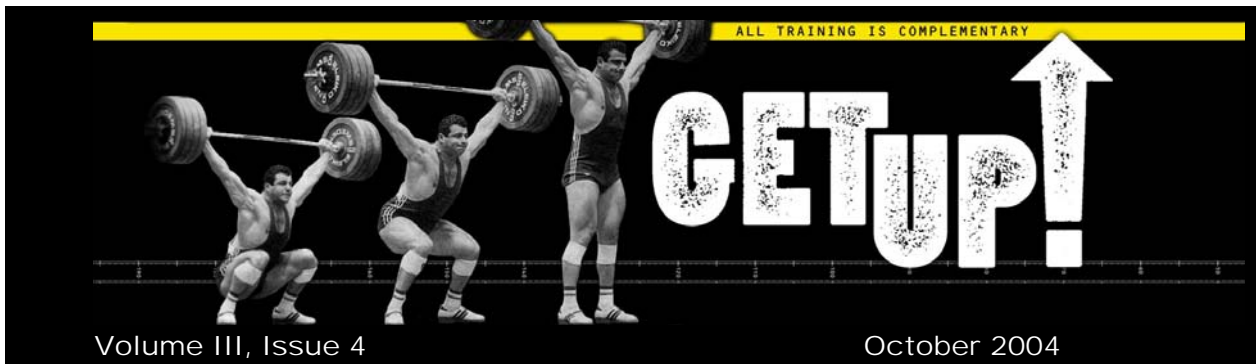
Here is a typical day:

Circuit:	1st	2nd	3rd	4th	5th
Forward Drag	X	X	X	X	X
Backward Drag	X	X	X	X	
Fly	X	X	X		
Face Pull	X	X	X		
Ankle Drag	X	X			

This is a great workout and it produced great results. Taking turns without rest is a very simple and effective way to set the pace: the work intervals and rest intervals are about equal. It keeps you nicely paced without having to fiddle with a stopwatch. You keep the pace without having to think about it. However, this is a long workout, over an hour. (I don't think this is too long, as that first circuit is really just a warmup.)



Friends we told about the sled were generally pretty skeptical, and of course enjoyed busting our chops about our crude training method. (You do get a lot of strange looks doing this in a public



place!) Then came the Pike's Peak trip. Tom goes with a group of friends on a hiking vacation once a year, usually something fairly challenging. This year the trip was to Pike's Peak, a two day hike. Tom, usually a middle of the pack hiker, basically left the group in the dust this year. When they returned to lower elevations, he had some converts looking to start sled dragging.

With three people and one sled, the workout bogs down. It is okay for beginners, but the rest interval is double the work interval. To keep the pace up for three men, we had to build a second sled. When we started this, the third wheel would just tag along in tandem with one of the others, and we kept to the same taking-turns pace.



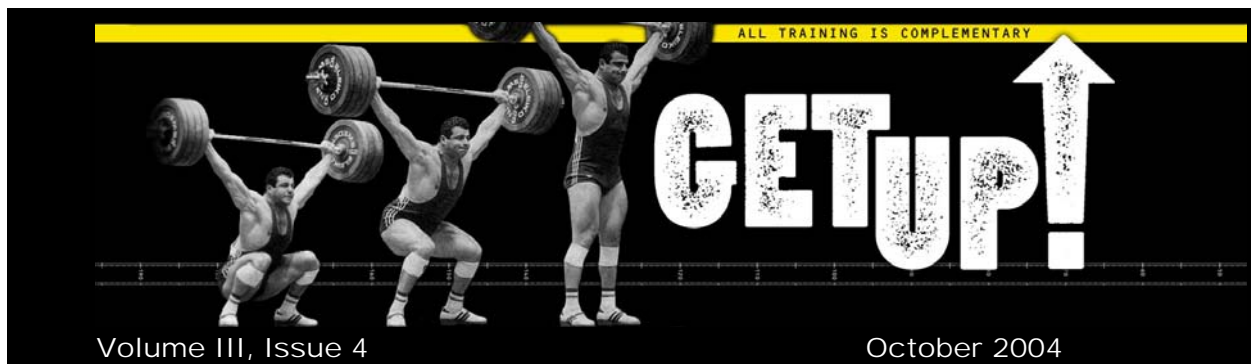
We quickly tried a great variant that works with three people and two sleds. The pacing is simple: when the first man gets to the turnaround point, the second man starts. The first man hands off his sled to the third man; he starts when the second man gets to the

turnaround point. This way one sled is going out and one sled is returning all the time. We use the same circuit system, one trip for each exercise, add weight, repeat. This way, one man is going out, one man is returning, and one man is resting at all times.

This may sound a little tricky on paper but it's easy to get into the right groove. Really all you do is hand off to the guy who is waiting, and wait for the handoff to you. Simple. Just like two men taking turns, you maintain a good pace without having to think about it - just keep dragging, no need to watch the clock.

The important difference here is your rest interval is reduced to half the work interval. The workout goes much faster, under 45 minutes, including the bare-sled warmup circuit. This obviously demands more of your heart and lungs: you are doing the same work in much less time. If that doesn't convince you, try it and the sweating, sucking, and heaving will.

If you haven't tried the sled yet, what are you waiting for? It's the best conditioning tool since cold rolled steel. Recruit a partner ASAP; like so many things, it's better with a partner. Your results will probably generate more interest and before you know it you'll have a group, a pool of partners to schedule workouts with. With two sleds,



you can get together three at a time and use the pacing described above to kick it up a notch.

### Nature's Vitamins

Neil Gaus

*Neil has been a frequent poster on many of the websites discussing real strength and conditioning. Neil emailed the editorial board and mentioned a few things about diet and was encouraged to "flesh it out" into an article.*

When people discuss diet, they usually talk about macronutrient ratios. How much fat are you eating? How many carbs? Not that there's an ideal ratio for everyone, but that's another article in and of itself. But if diet discussions get beyond ratios, it's usually something goofy like "do you eat beef or chicken? How many eggs?"

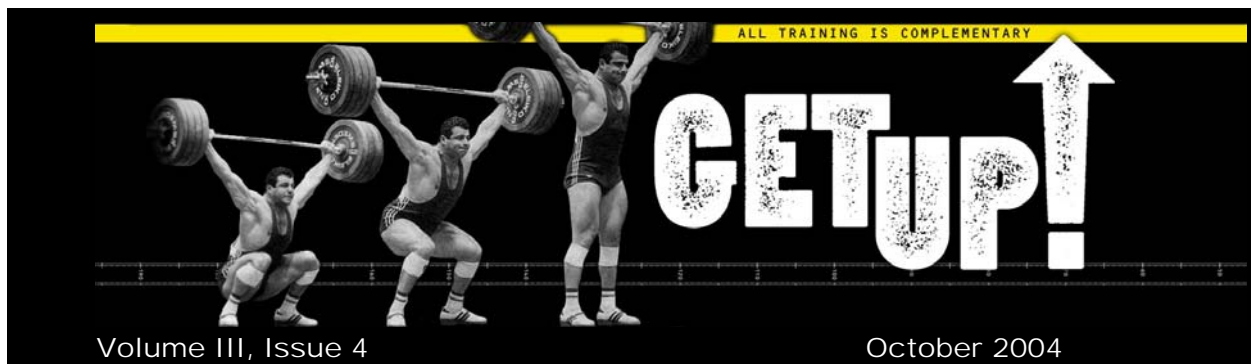
For some reason, the majority of people overlook a very important part of nutrition – vitamins and minerals! People will weigh the food they eat, count calories so their eating exactly 3500 calories a day, but they won't even think to see if their meeting their nutrient requirements. And very often, when people do not pay attention to this, they end up having a diet with vitamin and/or mineral deficiencies.

If you haven't already, go to [www.fitday.com](http://www.fitday.com) and sign up for a free account. Add in the foods you normally eat and then on the left side click on "Reports." Then click on "Nutrition" and

you will see what your vitamin and mineral intake is like. Not getting enough nutrients? Are you not even meeting the RDA which was established for 150 lb sedentary people? If you're reading this, chances are you're not sedentary. That means you need more nutrients! You can't build something out of nothing. Don't force your body to steal from itself to survive. After all, one of the functions of the skeletal system is to store minerals.

Without proper nutrition, your body can run into all sorts of problems. Maybe for a while your body can steal from itself for a while without a negative impact, but what happens when there is nothing left to steal? The body starts to degenerate. If not now, then down the road. I'm sure none of you want this to happen.

The great thing is some foods are extremely rich in vitamins and minerals. Why spend all sorts of money buying this vitamin and that vitamin, and then having to buy other vitamins that are needed for the other vitamins, and wait, you need minerals to go with that so they're absorbed properly....enough to give you a headache! All those supplements add up. There are whole food vitamins available, but you know what? They're expensive!



What is the athlete on a budget supposed to do? Having vitamin and mineral deficiencies isn't an option, so the answer is to look for nature's vitamins. Nature knows what it's doing, and nature's wisdom provided us with some very excellent nutritional options.

### **Oysters**

The first "super food" is oysters. If you're not allergic to them, they're great. Oysters used to be a very popular food, and raw oyster bars used to be very popular. Let me just say this, if you have access to a good raw bar (near where they get them fresh, and where they shuck them in front of you), you should be making at least weekly trips there when the oysters are in season!

For the rest of us not lucky enough to have access to this, we have two main options.

The first is buying the oysters fresh from the store. This takes effort to cook it and make a dish out of it, because as much as I like oysters, cooking them plain is gross.

The other option is to get canned oysters. I found smoked canned oysters in olive oil (not junk vegetable oils). For a couple bucks, what do you get? A serving size that has 12g of protein

delivers the following: Zinc – 153 mg (>1000% RDA); B12 – 32 mcg (>1300% RDA); vitamin D – 13 mcg (270%); selenium – 107 mcg (215%); magnesium – 80 mg (20%). Now there are more nutrients in there, but these are the main ones. And you know what's great? Nature already put in all the synergistic nutrients for you to eat. They're veritable "meat vitamins"! And since they're a low life form, they are also low in toxins such as lead and mercury.

You could have a can once a week, or perhaps even a few a week, and you will be getting ample amounts of zinc and B12. Who needs a zinc supplement when we have oysters we can eat?

Other shellfish are also rich in vitamins and minerals, but they do not have the high zinc content of oysters. You can throw in clams and mussels for variety.

### **Liver**

People either love liver or they hate it. Or they think it's okay. Like it or not, liver does contain a lot of nutrients. It's another "meat vitamin," but it's a meat vitamin nature put in animals for us to eat. Why do you think lions in Africa go for the innards? They're smart enough to know that this is where the nutrition's at!



While a steak is yummy, it just can't compare to liver in terms of nutrition.

Let's look at the breakdown of the main nutrients in liver. An 8 oz serving contains the following: Vitamin A – 72,000 IU (1440%); B12 – 93 mcg (3900%); riboflavin – 3.4 mg (264%); selenium – 93 mcg (186%); folate – 362 mcg (90%); niacin – 13 mg (81%); iron – 9 mg (76%); B-6 – 0.95 mg (73%); phosphorous – 500 mg (40%); and also contains good amounts of vitamin D, vitamin E, zinc, thiamin, vitamin C (yes, that's how Eskimos prevented scurvy!), and thiamin. Liver is also probably the best source of the mineral chromium. Yes, the one they sell for fat loss can be found in liver.

Liver is usually pretty cheap since not many people eat it. If you can't find it at the store, ask someone to get it for you. Often stores only get it every once in a while since it isn't very popular.

Probably the best way to cook it to cover the taste is to use a little flour with salt and pepper mixed in, and lightly cover the liver in it, and pan fry it on medium-high heat to give more flavor to cover up the liver taste. You can also brown onions in butter to serve with it. This will further mask the taste and make it actually taste kinda good.

A pound a week of it would definitely provide your body with a lot of nutrition.

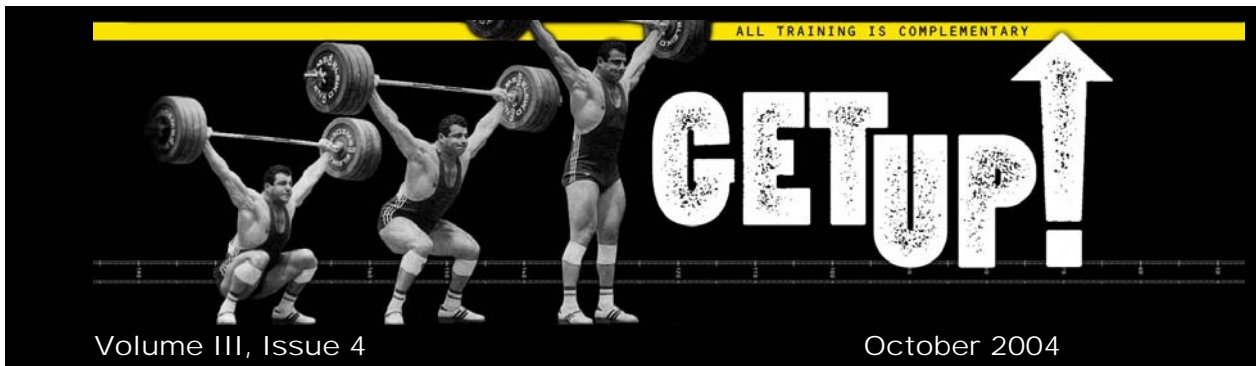
### **Egg yolks**

All the nutrition in eggs is in the yolk. Yolks contain EPA and DHA if you buy the good organic kind.

Eggs are a good cheap source of calories, fat, and protein. 8 jumbo eggs provide the following nutrition: Vitamin A – 100%; vitamin D 135%; vitamin E - 55%; riboflavin – 203%; B12 – 216%; B6 – 55%; zinc – 38%; selenium – 320%; phosphorous – 74%; calcium – 20%; and folate – 61%. So you get all this nutrition, EFAs, highly bioavailable protein, and they're cheap! What a bargain.

### **Cod liver oil**

Cod liver oil is cheaper than fish oil, contains the EPA and DHA that fish oil does, but also contains vitamins A and D. These fat soluble vitamins are very important, and many people do not get much of them in their diet. 1-2 teaspoons per day would be good, but 1 tablespoon per day would be fine if you're training hard. That will give you 14 g of omega-3 fats. You can take this with your whey shakes if you use them, or with some cheese or milk. The vitamin D will help



your body utilize the calcium in these foods.

Now let's move on to plant "super foods."

### **Blackstrap molasses**

This is only recommended for use after workouts. Blackstrap molasses is the richer form of molasses, meaning it's not as sweet and is darker (more nutrients). Molasses is what they take out of sugar cane to make white table sugar. So you end up with the refined white sugar with no nutrients, and a sweet mineral syrup with all the nutrients.

It's not the cheapest carb source out there by far, but the thing that makes it stand out is that it is the richest source of minerals for any post-workout carb. I mix mine into a few cups of milk with a blender and it's delicious. Let's say we used 3 tablespoons worth after a heavy workout, which is 45g of carbs. This serving provides the following nutrition: B6 – 40%; calcium – 49%; magnesium – 40%; selenium – 26%; iron – 108%; and it even contains smaller amounts of zinc, phosphorous, niacin, riboflavin, and thiamin. Let me give you a frame of reference to the significance of this in terms of carbs. Honey is a natural sweet that has the nutrients in it. For the same 45 g of carbs, the highest level of anything in it is 2% of the RDA for iron!

Everything else is about 1% or lower! What a stark contrast to molasses.

### **Seeds and nuts**

There are too many to go over the amounts of nutrients in all the different nuts and seeds, but some of the best are brazil nuts, almonds, pecans, sunflower seeds, and pumpkin seeds.

However, you need to soak and then dry these before you eat them. They contain phytic acid, which inhibits the uptake of important nutrients such as calcium, magnesium, zinc, iron, and copper. Yikes! Luckily soaking neutralizes this problem. Raw nuts and seeds also contain enzyme inhibitors which halt digestion. There are also enzyme inhibitors in beans, and that halts digestion, and the carbs ferment, creating gas. Soaking neutralizes this problem as well! So soak these overnight, then dry them either in the oven at low temperature or in a dehydrator.

The nuts and seeds I mentioned above are extremely rich sources of nutrients, but they require soaking and drying, and they should only be eaten in moderation (like anything). Only eat a couple Brazil nuts per day, since they are such a potent source of selenium. You can rotate these nuts and seeds each week if you wish, but only eat a handful a day.



## Sea vegetables

There is a wide variety of sea vegetables, and you can find it in the Asian section of the store (if they have one). One thing that all the sea vegetables have in common is that they are all very excellent sources of iodine to keep your thyroid working well. They also contain a good amount of vitamins and minerals. Just don't eat too much of these, since excessive iodine can reduce thyroid function. Moderation is key.

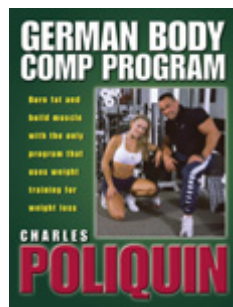
## “Spring mix” salad

This is something you can find in your grocery store that usually comes in bags pre-washed. 4 cups of it contains a lot of nutrients: Vitamin E – 15%; vitamin K – 570% (this one is important, since most people lack vitamin K in their diets); vitamin C – 60%; folate – 64%; magnesium 13%; and contains decent amounts of B vitamins and minerals. Just remember that plants do not contain vitamin A. They contain what CAN be converted into vitamin A in the body, but it is not vitamin A. Real vitamin A is found in animal products like cod liver oil, liver, eggs, etc.

So there you have it. These are nature's vitamins, and you should take advantage

of them and include them in your diet! Just use moderation (moderation is good for health **and** because it's cheaper). You don't need all sorts of vitamin and mineral supplements for the most part since you can get a lot of great nutrition from these foods. They contain all the synergistic nutrients along with them and are highly bioavailable. After all, nature knows what it's doing.

Review of “German Body Comp Program” by Charles Poliquin



My friend and old lifting competitor, Kim Goss, edited this new book by Charles Poliquin. (It is available on-line.) The fact that Kim was involved...and I am being honest here...gives the book an instant “pass” from me. I like Kim's work in the BFS

Magazine and he has an nice intuition about how people learn and what most people want.

I hate it when people have reviews of books then tell the reader “I already knew all of this,” but I am going to do that anyway. I expected the book to be about German Volume Training...the idea of doing 8 sets of 8 or 10 sets of 10 with each exercise each workout. Rather, the book is about utilizing weightlifting to burn fat...far better than aerobics can do.

Now, I knew that. However, the explanation of why it works...the lactate producing Growth Hormone...was fascinating. The key is the limited rest periods and the higher repetitions. Back in 1990, at the United States Olympic Training Center, we (discus throwers) were taught this. William Kraemer told us that sets of ten with one minute rest would activate Growth Hormone secretions, but didn't explain





why. From that, I developed the “Transformation Program”...with all of the full body movements done at 3 sets of 8 with one minute rests. It worked for a generation of throwers.

Fortunately, Poliquin’s book goes far beyond that simple three day a week program. The workouts involve mixing an upper body movement with a lower body movement as well as doing four separate movements back to back to back to back. For someone interested in simply losing fat and gaining muscle, I strongly suggest you take a look at these programs.

The strength of the book is the sections concerning nutrition and supplements. You will find several sample diets...and, like the sample workouts, the author is clear about the notion that these are examples not set in stone. One thing I have always liked about Poliquin’s materials is the acknowledgement that the athlete probably lives in the real world and not everyone can have access to everything.

Following the sample diet days (actually eating plans...like most books in the past three years the word “diet” is considered a poor choice), Poliquin outlines twenty ideas for the lifter to follow in the area of food and fat loss. He makes an interesting statement that once someone measures their bodyfat with a caliper, he (Poliquin) can guess what foods may be an issue with the athlete. Much of the information would be considered “standard” for followers of the Zone or the High Protein school of eating...eat protein at every meal, restrict carbs for the first two weeks, eat more green vegetables and really cut back on simple carbs and sugars.

The supplement hints are very good. He recommends a number of things that I frankly have never heard of, but Poliquin also really encourages the fish oils. As many have discovered fish oil (as well as caffeine and fiber) may be the cheapest supplement with the greatest benefits to fat loss. However, fish oil seems to also have enormous health benefits that almost defy belief. Since I have noticed so many

positive effects of increasing fish oil consumption...I’m going to have to believe a lot of it. The core to the supplement section is stopping insulin spikes and supporting the system to be a better fat burner.

The last chapter is a reprint of a Question and Answer section from a recent “Ironman” magazine. In this section, Poliquin and Goss seem to hint that this book is only the barest beginning of some of the concepts that Poliquin utilizes with his athletes...including shot putter Adam Nelson. I asked Kim about this and he “more than hinted” that this might be the first in a series.

Although this book is probably targeted more towards a “Body Composition Audience”...that is bodybuilders and people who train with mirrors...there are some things worth learning from this book. There isn’t a section on carrying rocks or pushing things up hills, but he does tell the reader that the best diet is probably the paleodiet. Moreover, the workouts would provide any strength athlete with some insights into training over a period of weeks or months versus just this week.

I liked the book a lot. It provides the reader with a lot of ideas that haven’t been shot around the internet for the past six years. (Note: most books that have come out on strength training since the advent of the internet are already passé by the time the ink is dry...) I think this book is well worth a read and it might be another one of those perfect books for the Get Up audience...it is filled with little gems that might not make sense today to you, but may help you push ahead in the future.

Thumbs up.

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