



## New Year...2008

I was sitting in my bathroom last night with my wife. We had our cat in a box filled with towels near the heat vent. Jasper, the cat, has been going downhill for a while and it was obvious to the whole family that the end was near. About eleven, the cat made a few coughing sounds, then I saw her chest deflate. One last twitch and my old friend (it was fourteen years ago that she adopted us and went from stray cat to family cat) passed away.

Just after that, my daughter, Lindsay, who just doesn't understand timing showed me what a guy on youtube wrote about me:

“stfu. legend my ass. if this guy is such a legend why does he look like he hoofs down 3 hotdogs and a tub of ice cream in one sitting? i've done a lot his records aren't that impress. so he throws shit around pretty far big fucking deal he's a fat bastard.”

You see, somebody illegally uploaded my DVDs on youtube (and google and some damn European site) and gives away my work. It's not all of the DVDs, but you get the point. The site is [http://www.youtube.com/watch?v=E7mhs\\_G2\\_zU](http://www.youtube.com/watch?v=E7mhs_G2_zU)

and I don't know who tune5k is but I would like to wish him well.



(Homecoming 2007)

So, we begin 2008. Each year, I encourage our readers to send in their Get Up Goals (anything really you want to do and could use our support in any way we can help) to me at [dj84123@yahoo.com](mailto:dj84123@yahoo.com) and we sometimes remember to publish them.

One final thing: I sent out a couple of the full “3 for 1” DVDs to soldiers and marines in Iraq who couldn't receive the materials because of address issues. It's a small contribution, but it is the least I can do. Semper Fi.

And to all of you, Merry Christmas and Happy New Year!!

Let's remember the mission here:

**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*.

**It's not what you Think!!!**

**Lance Parvin**

*Lance is a good friend of Get Up and might be the busiest man in the fitness business. Through our interactions, Lance and I discussed the clients he works with in his usual day and I thought the insights were well worth sharing. Lance can be found at*

[www.adultrtrainer.com](http://www.adultrtrainer.com)

When most people ask me what I do for a living they are usually surprised by my answer. They are not shocked at the fact that I own training facilities, but rather that I specifically work with people in the adult entertainment industry. Now I know what you are thinking... 'What are you training them to do?' Well here is where the laughter and joking normally stops. I focus on muscle imbalances...so in most exotic dancers' cases I design programs to help improve on internally rotated shoulders, tight hip flexors & hamstrings, and patella injuries from improper kneeling and squatting (just a few examples).

I created the Adult NR Trainer program for this niche market because there was a need for these problems to be addressed and this industry was thought of as taboo. I also started incorporating the use of vertical apparatus (ropes, poles) for this market and my mainstream clients. See the art of pole dancing (yes it is an art) incorporates the use of the entire body

while helping improve mobility and flexibility. Clients started learning very fast that this is quite difficult, but it was effective.

Normally, after this explanation most people get this look and start to understand that I might know what I am doing. See I like challenging peoples' views on training as well as my niche market. I feel no matter what market you work with the idea of muscle imbalances and total body integration should be applied. I always tell every client that there is a huge difference between looking like you are in great shape and actually being healthy. *Great insights and welcome aboard, Lance.*

**A Discus Workout**

**David Witt**

*David Witt continues to be our most formative and informative writer. David has been writing since the beginning of Get Up and seems to "hit it on the head" every article. David is very popular with our readers and even though the focus is often throwing, nonthrowers tell me that his articles "just make sense."*

My thoughts this year turn toward the discus. Being a busy guy, like many of us are, there isn't enough time to get a full 2 hours of throwing in. So what can a busy guy that wants to throw the discus do if he only has 30 minutes to throw?

Ok, I'm severely influenced by John Powell, have been ever since his video came out in 1985. So much of what I recommend comes from him and his video. Seriously, you need to get it if you don't have it. [www.discususa.com](http://www.discususa.com).

If I only have 30 minutes, the first thing I will do is do 6 standing throws. John did 12, but I don't have a lot of time. Oh, and get 3 disci to throw. They don't

all have to be Hi-Spin Pro Synthetic Side Plate Models that cost \$4 ka thousands dollars apiece. Pick up a couple of rubber disci and realize they don't fly as well. You can go through a lot more reps if you have more than one discus to throw.

Next, I would rotate step-and-turns with modified South African drills. One day I would do one, and the next, the other. I don't have time in 30 minutes to do both. If I'm working on the pivot of the right foot more, I would do more step-and-turns. If I'm working on the sprint across the circle, modified South Africans would be my focus.

So this should take all of then minutes, leaving me 20 minutes to work on the full turn. I'm hoping to get 20-30 throws in this amount of time. Some of these are all out, some are not.

It may also be a good idea to mix in some over and underweight throws. But wait, what if you don't have an overweight discus and don't want to spend the money for one? Go to the hardware store and get yourself a wood splitting wedge. They come in different weights, from 3 to 5 pounds and make nice throwing puds for the discus. Remember to hold the big heavy end in your hand so it doesn't slip out before you want it to. What I like about throwing these is the fact that I know they won't go very far, compared to a discus, so I don't get all hung up worrying about how far they are going and waste my time trying to power throws out there. I can relax and focus on my technique and whatever aspect I am working on for that day. Too many times we get caught up in trying to throw far and try to muscle that thing out there when we need to relax and work on technique and realize that relaxed goes far.

As long as we are on the subject, take an extra towel to practice with you. Not to wipe off the discus, to mark your throws with. Mark your longest standing throw, and see how much more you can get with each drill and your full turn. As that distance increases, you know that you are making progress and your technique is getting better. The towel becomes your coach. Al Oerter did it. John picked it up from him and improved it by having it also be a target. I did it on my own before I heard of the other two doing it. It works.

So using this as a template, take my advice and ease your way into discus greatness before the next meet. Feel free to give this advice to your high school throwers and claim it as your own.

## **theathletesite.com**

### **Dan John**

*There is a site on the internet that I have really come to enjoy. I am including here my short article from the site, but be sure to read the summaries and reviews of products as well as the simple insights provided in the whole list on the articles page. Good stuff...*

It's difficult to find balance when you read fitness and performance articles. Most are written from the "look good in the mirror" angle and that vision carries over into how most people train. Often you will find athletes late in their career turning from their years of experience to embrace a "Mr. Somewhere" physique. And, yes, that year they look good on the cover of this magazine or that magazine, but their career ends with the body looking good, but the on-field performance sinking.

That's the issue. That's it right there. In football, we have a phrase, "Looks like

Tarzan, plays like Jane." When you look at boxers, we often forget that Muhammed Ali didn't look like Mr. Universe, but did you see what he did in his prime? We only measure performance sports by one standard:

How did you perform?

Yes, that is the question, Hamlet. Don't answer: "I am ripped with 18 inch arms and a fake tan." Nope, wrong answer. I want to hear: "I threw farther." "I won State." "I dropped four seconds off my best time last year."

So, if you want to perform better, let me give you my secret list. I don't worry about anyone stealing it because "everybody knows" this stuff. Great. Follow it!

1. Assess first. This fall, a bunch of young athletes will start on a program. Probably a lot of them will do 5 sets of 10 with a bunch of exercises because it is "Hypertrophy time." Why? First, you must test your athletes and find out two things: what is tight and what is weak.

2. Stretch what is tight. Give it three weeks. At the end of three weeks, reassess. Whatever is tight, stretch it. Don't stretch what is loose!

3. Strengthen what is weak. Your Division One stud can't do a pullup but can Bench Press 400? Quit benching until the kid can do some pullups! Getting stronger and stronger at your strong points is a recipe for mediocrity. If you want greatness, find your weak points and build them up until they are strong. You don't know what your weak points are?

Okay, here they are: you need to add 100 pounds to your Front Squat and double your pullups. (Trust me...it is true for everyone)

4. Eat protein at every meal. Now, one kid raises their hand and asks "what is protein." Trust me...show a picture of eggs, turkey, chicken, beef and fish. Then say: Eat some of this three to six times a day.

5. Fiber at every meal. (Have a picture ready)

6. Take your Fish Oil two to three times a day. (The single greatest supplement in history and most people don't even know what it is...what an easy way to get an edge on your opponent.)

7. Recovery is not a drink Recovery is sleep. The hours before midnight are better than the hours after.

Sleep. It is free. Indulge in it...

8. Performers compete to win. So, have Tactics part of every training session. In the throws, we use One Throw Competitions where you put everything on the line with One Throw. (See my free discus book at <http://danjohn.org> for the details) Shoot Free Throws when tired and a miss will cost you something.

Practice game situations every day.

9. The bigger your base, the higher your peak. Learn new lifts. Try new ideas. Pull sleds, throw tires, use sledgehammers, try kettlebells. Learn each day something new.

10. Finally, keep it all in balance. Life is important, too. My best seasons are the ones where I had a 4.0 GPA or a new addition on the house or a new writing contract. The more successful I am in life, the more successful I am on the field.

Published by Daniel John

Daniel John, Editor

Copyright © Daniel John, 2007

All Rights Reserved

Any unauthorized reproduction is strictly prohibited.