



Quo Vadis?

What's the direction of Get Up? That's a good question. A few people on the net have wondered why I haven't had many editions in a while. Partially, it is the Q and A forum I have at davedraper.com Partially, it is the fact that few people have written. And, like Gary thinks, another good reason is that we might be "past our time."

This last week, Josh Vert spent a few days with me at the school "learning the ropes." He wants to be more involved in this "field" and has read a ton of things.

He had never heard of "Get Up." He was familiar with dozens of my writings, but not my pet project. Well...

So, let's keep this straight: Get Up is a work of joy for me, so it will continue to come out. If you like it, add to it! Let me know how we can keep serving you....

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*.

"Everything should be made as simple as possible, but not one bit simpler."

Corey Nelson

Corey is our newest author. He is a fixture on the Dave Draper forums and seems on the track to becoming a great writer in this field. Oh, and that's Albert Einstein's quote at the start, not Corey.

We can only steal "so much" around here...

There's a difference between simple and simplistic. Simple is elegant, easy to learn (usually), and effective. Simplistic is trying to achieve "simple" by tearing something down. It doesn't tend to work as well, and it required less thought.

I would argue that making an effective and simple program is not a simple process. But here's what I like to do when I brainstorm. I just grab a 3x5 memo pad and start jotting things down, with this in mind.

- 1) What are primary goals for cycle
- 2) What are secondary goals for cycle
- 3) What novel methods, if any, do I want to incorporate
- 4) Dietary, sleep, and lifestyle considerations
- 5) Will I like it? Does it fit my schedule?

Goals can be anything from "improve snatch" to "bigger quads" to "leaner." Secondary goals are usually "maintain chins" and the like. I don't list too many goals at once, and once I list several goals I start listing exercises that will help me achieve them. Built-in redundancy is good. I like several ways to achieve the goal.

The novel methods - touch training for example - must help me achieve the goals, and they are in for the tertiary purpose of giving them a trial run.

I basically write down whatever I can think of, and then run it past considerations 4 and 5. 4 is actually the most important consideration, followed by 5. If I don't have the recovery capacity at that point in my life, and I don't like it, forget it. I don't care how effective the program is, the lifestyle has to be effective, and enjoyable (or tolerable if it's a "by the numbers" 8 week program).

After running through all this stuff I usually wait 2-3 days and then look at it again, running past all the considerations again, and mark off whatever I can. This is the simplicity part. Just remove what isn't necessary. Balance it out. Then I allow myself to make little changes during the sessions for the first week. Usually I end up with 2-3 full body sessions with 2-4 exercises per session, and a few "novel" or secondary methods like Litvisprints, touch training, etc.

Another subtext of this, I think, is that my tendency when I was newer was to jump on "novel" bandwagons..."8 weeks of Training Style X to a new body!" and the like. Now that I know what works I

always include something that works for sure. Like Dan John talks about not getting sucked in, I have to grind on some stuff that is a definite path to success. I can include stuff that is new, but only if a) I'm fairly sure it will work and b) it takes a back seat to what works for sure.

Lots of writers preach that a 180 degree shift in training methods provides shocking results (pun intended), but I usually lose strength if I introduce all novel or foreign exercises. I can make little tweaks with more success, but I don't thrive off change alone.

Here's a list of what I have learned/thought recently, followed by my current program.

-I need to overhead squat every single cycle at least once per week. There is no substitute. It even builds my quads surprisingly well. Overhead squats plus single leg work (not lunges though) are about all I need for legs...power versions of O lifts are great too.

-I need to hit weaknesses, whenever they arise, but not forget to maintain strengths.

-Nothing has ever improved my physique more than widening and thickening my deltoids.

-Touch training works very well for getting body parts to grow. There is a book on it, but basically you use this for upper body exercises and touch whatever muscle you're trying to isolate firmly. You have to contract the muscle as hard as possible and squeeze, but keep the rep very smooth. Perfect for lateral raises and curls, if you ever decide to

add them. The lateral raises gave breathtaking results.

-I am satisfied with my progress thus far, and agree with DJ's recent advice to follow a very strict by the numbers program every once and a while and "mix it up" the rest of the time. Some recent numbers I'm proud of:

Chin-up @ 205lb BW with 75 pounds added...2 reps
Strict military press...145x5, 155x2 or 3
Power Snatch 6x5 with 145
Front squat 135...28 reps in 90 seconds (paused once briefly)
Overhead squat 145 3x3 (although I have done better in the past, I didn't include it much until very recently again)

-Bench press is next to useless for me. My best was 235x3 but it just doesn't seem to make me grow or get much stronger. I get a lot more from MPs, pushups, and dips.

-It's a good idea not to get fat while bulking, and not to lose muscle while leaning out.

-I don't need a ton of protein to grow or get stronger. 200 grams tops but I do get more sometimes, coincidentally.

-The simpler the means you can use to achieve a goal, the better the results

-Consistency is the key to strength, and strength is very specific at least for me (although obviously there is carry over)

-My only "Must" supplement is Carlson's fish oil, but Surge and Biotest's metabolic drive complete are also great.

The program I'm doing currently...

It's based on DJ's idea for battling fat for 28 days. I am fairly lean but want to get very lean. I've been doing this for a week.

-Every morning, wake up early and take 3g vitamin C and drink coffee, then go for a 45-60 min walk

-Consume half of the day's calories at breakfast in a reasonably clean fashion. I'm eating 2400 daily, so for me this is a 1200 calorie breakfast.

-Other meal sizes in order of consumption: 450, 350, 250, 150. They get more fibrous as the day goes on. Fruit and/or veggies at each one.

-Go to the gym 3 days a week.

Do 5x5 overhead squats (Monday), 5x5 chins (Wednesday) or 5x5 snatch-grip deads with a shrug (Friday)

Follow this with a 15 min "PR zone" of the following complex, performed explosively with 115 lb

Power clean
Deadlift
Bent over row
Hang clean
Front squat
Overhead press (lower behind head)
Good morning
Back squat
Overhead press

--Just do as many of that complex as possible in 15 minutes. I got 10 or 11 very easily last session. The idea isn't to kill yourself, just to progress each session smoothly.

15 minutes of interval training on whatever you like, 15 seconds hard and 40 seconds easy (easy time will get shorter)

15 minutes of steady state cardio

Another lesson I learned is that unless you have daily access to a DEXA scanner, there is a lot more to body recomp than "add x pounds of muscle" or "lose y pounds of fat."

Chris Shugart, of all people, touches on this on T-nation...

There is a definite X-factor, and probably more than one: muscle tonus, vascularity, posture, amount of sleep affecting hormonal level, water retention, and silly stuff like muscle bellies...

Lots of people go for a certain look and think they can get it by losing and gaining this and that, and that isn't what it's about. You've just got to be realistic. NOT every 6 foot male looks the same at 200 pounds and 10% body fat. Sorry. I happen to carry a lot of weight in my thighs, some in my glutes, and lots in my lower and upper back. I look and feel solid, but I'm not a bodybuilder.

That's that. Can I make slow yet significant changes to my body? Absolutely.

Update: I stayed with the fairly intense program outlined and lost a good amount of fat. I went to three days of Dave Draper's "Tuna and Water" protocol after that, with favorable results. All in all, I'm down about 20 pounds (to 185) in just under two months. School started

and I've been keeping it more simple, but still eating at least four meals a day and trying for more than that. I walk a lot and get a lot of activity in. Like in that "Mastery" book Dan recommends, you can't always have "spurts of progress." I am staying in this until I get as lean as I want (maybe in 3 more pounds I'll be there) and then I'm going to do the Five Key Movements program Dan outlined recently - to get back to basics.



A simple pic of Corey. Great job here and welcome to the best newsletter money can't buy. Great effort!

Looking Back...

Dan John

I have just completed what has to have been the oddest year of my career. Why? I have never done so much with so little.

So little what? So little training. From the beginning of the year with jobs and life and coaching and wife on the road and the death of my cat and the death of my dog and the travel and the internet crap about me...

Well, enough. What did I do right? I will flesh this out more in an upcoming article for Pavel, but here are the keys:

Farmer Walks

I know, how original...but, seriously, this past year the Farmer Walk with just two 53 pound Kbells has become a daily part of my workout. I walk and then do ten Double Kettlebell Swings. Then, I rest. But, I do FWs a lot...all the time.

RKC

I went to two RKC's this year, San Jose and UCLA. So? Well, one thing, I relearned how to train early in the morning and greatly fatigued. I noted in my journal in San Jose. "I can always do more swings." At 8:30 in the morning at a Highland Games or a track meet, you have to be ready to go.

Hip Injury

I fought a hip injury all year. I can't squat, I can barely walk at times...so? I learned to work around and through it. Bikram Yoga, Z Health, and "keep on keeping on." If I complained about my injury or pain, forgive me, but I would feel comfortable betting that this is the first most people have heard of the injury.

Double Kbell Presses and Pull-Ups

When I showed up at Discus Camp (another "secret"), Mike Rosenberg asked me "what the hell are you doing with your shoulders?" Here you go, Ladders of 1-2-3 in the Press and Pull-Up. Three sets of them, three times a week...another "secret!"

Throwers Throw

I didn't throw any "one" thing very much this year. But, I threw everything I could get my hands on. Sure, I had

discus throwing sessions (although I think I should have thought through my technique a bit more with the new lighter discus), but I also did Scottish hammers, O hammer swings, shots, stones, med balls, power balls, weights, cabers, balls, turbo javs, dumbbells, sticks, rope and anything else you can find and pick up. I think that one gets throwing farther when one throws a lot of things a lot of times. Throwers Throw!

Pulling it out...

Those of you who have seen me compete know what this means. I learned a few years ago NOT to judge an event until you are in the car going home. Don't give me "good day" or "bad day" or your excuse list until the day is done. I really believe this...but, as I discovered, few others do.



Early

Early is better than late. I didn't get a rental car at the Nationals because I waited too long. It is the one real error of the week. Tiff and I spent thousands in August on travel, lodging and meals so I could compete. You can save "hassle" by doing it all early.

There's more, of course...

Published by Daniel John
Daniel John, Editor
Copyright © Daniel John, 2007
All Rights Reserved

Any unauthorized reproduction is strictly prohibited.