



I like Editions like this.

In this edition, we introduce you to four new writers and a nice idea from David Witt and a “no thank you” article from our editor.

I’m working on a number of ideas right now for my training and the things that have been going wrong lately.

This isn’t the time or place for a full discussion as I am not sure myself what the right answers are...and I’m not sure of the questions either.

Once again, I rediscovered that I must not forget hypertrophy training...especially now that I am fifty.

Fat loss is a two to four week attack. Hypertrophy training is needed for masters. The Olympic lifts are great, but they drain your nervous energy so you have to use them wisely. You can work legs once a week if you are really really strong. Just because you did a bunch of things doesn’t necessarily mean you actually worked on anything that will help your goals. You need to base everything on competition. You shouldn’t base anything on competition. You can improve in a lot of things at once, but something is going to get worse.

Are you having fun? If not, you probably won’t be in the game as long as you think.

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*.

Dice

Training...Turbocharged!

David Witt

Officially, our number one writer. He gets the best parking spot at the editorial headquarters.

I was up early one day watching “Fairly Odd Parents”. Stop snickering, I have small kids, I have to keep up on these things. During the commercials I was surfing the channels, and came across an infomercial for the new P90x program. One thing I liked about what they said was the concept of muscle confusion. Muscle confusion is where we trick the muscles into growing by constantly changing things up in our workouts. But I’m a thrower, I need to throw and lift and run and carry heavy things. How can I mix it up?

Well, I can throw different weight implements, run different distances and

hills and stuff. But what about the weight room? I still need to lift. A couple years ago I suggested a workout schedule with three weeks light conditioning type stuff and three weeks heavy strength stuff followed by a testing week. But what if the body adapts to even that? How could I mix it up more and create that muscle confusion?

I needed a way to randomize the workouts, but even when we try to be random, we as humans tend to fall back into patterns after a short time. I got to thinking about Rick Eklof and his Squat-a-rama sessions with Mike Stulce. I liked the idea of drawing numbers out of a hat and doing however much weight you could for that many reps. I didn't want to drag a hat around the gym filled with little slips of paper, so I came up with the idea of dice. I tried it, but chasing two little dice around a gym didn't work out so good either, so I went to a comic book shop and bought a gaming die that had twelve sides with the numbers 1 to 12 on it.

This worked great. Before each set I toss the die up in the air, catch it in my hands, open my hands and read the number. Now my sets are completely random. My body, and me for that matter, never knows what's coming next, if today will be light or heavy. I found that under this system my body doesn't feel as beat-up. I feel fresher and more athletic after a workout.

How do I get stronger you may ask. I never do the same rep/weight combination twice if I can help it. I always try to get a little more weight the next time I roll a certain rep choice. If I roll the same number twice I just use the same weight both times. Or if I'm feeling good I'll try to add five pounds, if I'm feeling bad I'll lower the weight 5

pounds. You have to be in tune with your body, especially important for injury prevention.

For example, let's look at my Overhead Squat workouts. Back on Aug. 3rd, I did these weights and reps... 89 for 10, 109 for 8, 143 for 5, and 133 for 7.

On Aug. 6th, I did 94 for 12, 170 for 1, 138 for 7, and 133 for 6.

On Aug 20th, I did 99 for 12, 138 for 9, 104 for 11, and 175 for 1.

You can see that the reps are completely random, never the same. As I said, I feel like my body is responding and is fresher and never feels as beat up as when I do 5 sets of 3 reps with very heavy weight. Man, I used to walk around all night like a 90 year old man after some of those heavy squat workouts, but now I feel like I could throw or run after lifting.

I now have found a die with 20 sides, so 1 to 20 reps is possible.

A More Consistent Jerk

Tom Nuzum

Tom is a brand new writer for Get Up.

Here are a few of his credentials:

Thomas R. Nuzum, PT, MS, OCS, CSCS
Physical Therapist

Board Certified Orthopedic Clinical
Specialist

Certified Strength and Conditioning
Specialist

Strongman Competitor

Olympic Weightlifter

*Tom simply doesn't yet know he
is far too qualified to write for Get Up!*

Welcome aboard, Tom.

As a former powerlifter training for Olympic weightlifting, I was having trouble with jerk. Not that my snatch abilities are all that impressive. But in Olympic lifting I was cleaning

sometimes 20 kg more than I could ever finish. How these athletes triple bounce and grind out a clean and then jerk it solidly is a mystery to me. But my jerk is improving thanks to two tips I received.

The first was from Dennis Snethen of Wesley Weightlifting in St. Joseph, MO. I asked him what they do to become so automatic with their jerks. He told me they put the bar overhead every workout. I stood there nodding. Then he dropped the diamond. I believe learning is all about collecting gems. A diamond here, ruby there, emeralds, even cubic zirconium adds a little shine. Nobody can give me all the answers because I cannot take in that volume of information. I learn in small pieces or gems. “Front squat. Jerk. Front Squat. Jerk. Front Squat. Jerk. Start at 70% of the best clean and jerk you have ever done. Work up 5 kg a set. When you can do 90%, you will PR the next meet.”

I went home and tried it. I was on my back with the room spinning by 80%. But I stuck with it once a week. And the weight came. As I improved, I was taking a quicker, shorter dip and getting a faster pop on the bar. On the third rep, I was exhausted but finishing the lift. And I was gaining confidence that after working to stand with a clean, I would still have plenty of gas to jerk it. After all, in competition, I only have to do it once.

The second gem worthy tip was taught to be by Justin Thacker, owner of The Lab in St. Louis and an accomplished weightlifter. I am sure it has an established name, but I don't know it so I call it a drop jerk support overhead squat. Set the bar slightly above eye level in the power rack. Set up on it with a jerk grip with the bar just

in front of your face. Push yourself down as hard and fast into a spit jerk position. Get tight quickly and lift the bar off the pins. Walk your feet together in your usual manner. Then widen up, and squat the bar down to the pins as gently as possible.

I had done these before without the set up and drop. And without the overhead squat. And from a few inches higher. Just like with squatting, an inch or two of depth can dramatically change what you can lift. With repetition my feet became faster, I began getting tighter under the bar faster, the weight I could lift off the pins crept far over what I can jerk, and my control on the overhead squat improved hopefully carrying over to my strength and power with the dip.

Training with these two tips for 5 weeks helped me to PR in the jerk by 2 kg and then 4 kg more to win my division on my last lift. I hope they help you do the same.

Great job, Tom. This is the kind of article that our readers seem to appreciate most: practical advice that can be used today.

The Hidden Secret: Attitude

Chris Barber

Many of our readers will know Chris from our pictures from Discus Camp. Chris is a Denison student who throws the discus and competes in the Highland Games. This is his first article for us and we are happy to have him on board.

I have always searched for the hidden secrets that will instantly make me 100 times better than I was. It is how I am, and I am sure there are many others like me. I have always looked for these secrets, and always will, but what I have come to find out is not at all what I

expected. I have realized that the “hidden secrets” are not in fact hidden, nor are they very secret. Actually they are quite simple, and easy to understand. To throw far, one must be strong or fast, or both. One must also utilize his or her body to the individual’s utmost potential. But more importantly, and perhaps the most invigorating, is the simple fact that to be a good thrower, you need to have an attitude, the attitude of a good thrower. An attitude of, “I’m a so good I’m going to laugh while I beat you black and blue”, though that can work, but the difference between mediocre throwers and good throwers is that the good ones have an attitude, an expectation to do well, always. They know that they are good, and they are going to show up and demonstrate why they are so good. It’s very simple, and not hard to understand, but it is astonishing what it can do. I say this because I have had an attitude readjustment. I have made a continual effort to learn and progress myself, and my break through came when I realized it was not any technique or lift I had to master, but the attitude and mindset of a champion. It was not until I was at Discus Camp that I realized what my biggest problem was, and it was this lack of a champion’s attitude. You have to be confident in yourself and do what it takes. I stopped worrying about not messing up and started to care about doing what it takes to win. I realized that these athletes around me did not have any hidden secrets. They instead were confident, and knew that they were going to do what they needed to do, instead of worrying about what they were always doing wrong. Stop thinking and just do it. In conclusion, there are no “hidden secrets” to throwing well. They are open and obvious. Be strong and

fast, and use your body to utilize every advantage it gives you. More importantly though, have an attitude and don’t think too much about anything, instead, just get out there and do it.

Are you even fit to Train? Q & A Session #1 with S&C Guru Sully

Dan Fouts and Wil Hefernen
Our first article from two favorites from the Internet Strength Forums. Certain jokes...like spelling loser as looser...might sail over the heads of our readers who stay off the internet forums, but, well, here you go:

Q: So Mr. Sully, I hear you are a strength and conditioning guru, yet you have not a single website, article, or product for sale. How can you be a guru?

A: What?

Q: OK, nevermind. What's the point?

A: The point is this. First things first. And this first part, this most critical part, is the very bit that nobody does. When it comes to training, one must initially be assessed. You have to know if you are fit to train before you actually train. You don't really need to "Build a Bigger Bench" if you aren't fit to bench. I don't care if you can already bench 300 pounds, and neither should you. Maybe the best way for you to actually bench more is to not bench at all. Maybe your back is the problem. Maybe, if you had a clue, you would do this assessment.

Q: Dude, you're kind of an idiot.

A: Whatever.

Q: So what of this assessment Mr. Guru?

A: You're so jealous. Anyway, the assessment that I use gauges

fundamental physical preparedness for the purpose of athletics. I test max strength, endurance strength, strength balance (anterior / posterior), hip mobility, and other key indicators. It is quite basic, and yet it is applicable to all of my athletes ... football , rugby, and soccer players, swimmers, sprinters, and boxers ... I shouldn't waste my time though, as it probably isn't advanced enough for most of your readers.

Q: What do you mean?

A: Look, everyone who knows everything ... basically everyone on the internet ... is an advanced lifter. Someone brilliant told them that based upon their strength levels, they are advanced. Some of the total losers might only be intermediates. Amazingly, the majority of my athletes, according to actual assessments, are only beginners. Some of my athletes are among the best in the world and/or are paid professionals but truly are only deserving of beginner status. How can that be?

Q: I'm asking the questions here, but OK, I get it. Your athletes are just not as good as those that read the internet.

A: Quite the opposite. In fact, I venture to say that for every athlete that gains from the internet, 10 more are adversely affected. Yes, the internet is literally creating losers.

Q: Wtf?

A: It's just not that complicated. If people read less and stuck to the basics, they'd be leaps and bounds ahead. Instead they choose the most advanced Bulgarian / Chinese hybrid routine but performed with kettlebells for that killer Russian edge. I'm not saying that the internet is total rubbish, but ... well

actually I am. The point is that nobody understands the fundamentals. That gym session you did in the 4th grade is probably better than what you're doing now. You did some sit-ups, you did some pushups, you played tug of war, and you ran your ass off. How does that compare to doing "arms"?

Q: Hey, I'm asking the questions.

A: Your questions suck. See, you're part of the problem, and if you're part of the problem, you're NOT part of the solution.

Q: Did anyone ever tell you that you're an idiot?

A: Finally a decent question ...but aren't we talking about assessment? Well anyway ... I am. My assessment works very well for my purposes, but one could develop an assessment to better suit their needs. The end game is assessment based programming. No, I did not invent the idea. I bring people to this point, and often still they don't get it.

Q: What is there to get?

A: Good, you're one of 'em. Upon what do you base your training programs? How do you pick a program? Why do you pick a 12 week program and follow it blindly to the bitter end? Here's the deal: If you're not assessing, you're guessing. And yes, I did invent that.

Q: You're not as dumb as you look.

A: Conversely, you are.

Q: You're an idiot.

A: Whatever. Here's the rest of it. Assessment, testing as I call it, must be objective, practical, and repeatable. The initial test merely defines a starting point and lays the foundation. A 4 week training block is built upon the results,

and then guess what? Yeah, that's right, you test again and program again. Hopefully you didn't just waste the last 4 weeks of your life like you have the last 4 minutes of mine.

Q: This really is a refreshing idea.

A: Yes, I'm brilliant. But there's more.

Q: I can't wait.

A: I can.

Q: Well what's on deck, idiot?

A: A few things, although I could care less what we cover next. Maybe your reader base of, what is it ... ??, can chime in. Here's a few of the candidates: (1) periodization doesn't work, (2) you're already too strong, (3) nutrition doesn't matter, and (4) at the core, you're a bore.

Q: Ughhhh

A: ...

An article that got returned to me: the Editor didn't want it!

Dan John

An Editor who will accept really anything

Whenever a male with any background in strength training finds out that I throw things like the discus and caber, one of the first things they do for me is to offer me advice. We can all be standing around with Pinot Noir in our hands and my new best friend will describe how doing Cable Crossovers and Reverse Curls will be the ticket to my next personal record.

Forgive me, but one of the signs of cluelessness in the throwing arts is thinking that we strength train to launch the implement. The truth is this: we strength train to hold the implements back! Throwing something far...much

like punching, striking and kicking... is all about the Stretch Reflex. The key to snapping a rubber band across the room is in stretching it just enough, then let it go! The throwing sports are based on the same insight: stretch that implement just enough by spinning, gliding, winding, turning or sprinting, then let it go. You don't make the rubber band go farther by pushing it to your buddy, you snap him with it and run away before he recovers.

Since 1971, I have been trying to solve the riddle of discus throwing. In an interesting bit of synchronicity, the person who inspired me to throw the discus was a New York Giant and Cincinnati Bengal Linebacker, Ken Avery. His story in Eliot Asinof's book, *Seven Days to Sunday*. Pavel also quotes Avery, a football player who used ballet to improve, in the book, "Relax into Stretch." My early lifting programs were a mishmash of stuff I would see at school, articles from "Strength and Health" and my best guesses at what worked and didn't work. I was right about a lot of stuff. I saw the whole body as the one piece and I used programs with rep schemes like 10-9-8-7-6-5-4-3-2-1 and 10-8-6-4-2-1, two cornerstone workouts for how I still continue to teach raw beginners.

But, my early years suffered from one problem: I did everything. If there was a curl or curl variation, I did it. Bench press, Incline Bench Press and Decline Bench Press plus flies and variations of dumbbell presses were done all in one workout. Later, under Dick Notmeyer's tutelage, I discovered simplicity:

Three Days a Week:

Snatch

Clean and Jerk

Two Days a Week:

Front Squats

Jerks off the Rack

That was it. Four months later, I was forty pounds heavier and within a year I was a Division One college throwing prospect. But, there is an important point here: before I could get simple, I had to have a broad background. When someone first comes to kettlebells, I find they fall in love with a few movements. I always encourage windmills and Turkish Get Ups and Bottoms Up Presses. Why? To come to the place of simplicity...you have to explore the near limitless possibilities of complex training, then weed off what works for you.

Bruce Lee summed it perfectly for me: "One does not accumulate but eliminate. It is not daily increase but daily decrease. The height of cultivation always runs to simplicity." Many may not agree with me, but the new athlete needs to have a lot of things offered like a buffet before them. A perfect routine for a 14 year old would NOT be the last year of an elite performer's training regimen. The 14 year old needs to learn dozens of movements over a career, then have the courage and coaching to pare them down to the key movements.

So, this year, I sit with a birthday that moves to a Roman Numeral that doesn't have an "X" in it. I have an "L" associated with my age now and I need stand back and see what works.

That is why I embraced several radical ideas this year. With all the radical ideas I tried this year, nothing might be more exciting than my choice for my throwing training. I am doing the Enter the Kettlebell Option Two Workout. Simply, a lot of ladders of Kettlebell Clean and Press, Pullups, and Swings for three days a week and explosive variations of deadlifts the

other two days a week. Why? Well, it couldn't be simpler, could it?

Monday

One left arm Kbell Clean and Press
One right arm Kbell Clean and Press
One Pullup

Two left arm Kbell Clean and Presses
Two right arm Kbell Clean and Presses
Two Pullups

Three left arm Kbell Clean and Presses
Three right arm Kbell Clean and Presses
Three Pullups

I do this for up to five full sets of ladders. You can also go to four or five rungs, too.

Left arm Kbell Snatch for ten
Right arm Kbell Snatch for ten
Rest
Repeat for as many sets as feels "goodl."

Tuesday

Snatch Grip Deadlift...explode into shrug
Either 2 sets of Five, 5-3-2 going heavy, or 6 Heavy Singles (change weekly)

Wednesday

One left arm Kbell Clean and Press
One right arm Kbell Clean and Press
One Pullup

Two left arm Kbell Clean and Presses
Two right arm Kbell Clean and Presses
Two Pullups

Three left arm Kbell Clean and Presses
Three right arm Kbell Clean and Presses
Three Pullups

I do this for up to five full sets of ladders. You can also go to four or five rungs, too.

Two Hand Swings for an easy workout. Sets of 25, then rest, up to a time based on rolling the dice.

Thursday
Clean Grip Deadlift...with an explosive shrug at the finish.

Like Tuesday, varies the reps and sets.

Friday
Off

Saturday
One left arm Kbell Clean and Press
One right arm Kbell Clean and Press
One Pullup

Two left arm Kbell Clean and Presses
Two right arm Kbell Clean and Presses
Two Pullups

Three left arm Kbell Clean and Presses
Three right arm Kbell Clean and Presses
Three Pullups

I do this for up to five full sets of ladders. You can also go to four or five rungs, too.

Weekly Swing Test: Roll the dice and get as many reps as you can in this time.

So, what I am I discovering? My shoulders feel great, I feel refreshed in body and limb. I enjoy training. It is the simplest workout I have ever done.

But, there seems to be a problem: no squats. When I shared this with some throwing buddies, the first words out of their mouths was “no squats?” We throwers love the motion of squatting...some European throwers I

work with are no simply doing squats, jumps and med ball work. Others, continue to just Deadlift and press...so, I thought about this and came to a conclusion.

If a thrower has to squat...I'm thinking about someone a lot younger than me...you could add a squat to the ladders:

Clean and Press

Clean and Press

Pullup

Squat

Or, as I decided: I would do a lot of light but high rep sets of squats in my preseason and spend my energy in the ring during the season.

Is the ETK Option Two the answer for those of us in throwing? I don't know, but as I encourage more athletes to try this simple workout, the more positive I become about its benefits.

Overwhelmingly the biggest response is: It's simple.

And sometimes, simple is best.

Published by Daniel John

Daniel John, Editor

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