

Welcome back to Get Up!

It seems like another life ago, but when I was told by my doctor in 2002 that I would never lift weights again due to my fairly destroyed left wrist, I took to my computer and started typing, with one hand, the early editions. It soon bloomed into a „must read“ newsletter.

Its popularity soon became its burden: editing work that came to me with no sentences and terrible spelling errors took more time to fix than I had available. Yes, the contributions of gold medalists and world record holders were staggering, but I soon had too little spare time to keep knocking them out.

Get Up died a slow death. But, like the Phoenix, here we are! In this edition, Slade Jones runs with Marc Halpern’s wonderful „arrow“ diet and flips it to training. Taylor Lewis, my frequent sidekick on my road shows, reminds us about all these trends in our industry...and that it is sometimes good to avoid them. Bart Groninger reflects my favorite part of this newsletter: the first person story. His success is worthy of a close look. Finally, Vincent Tanner, a longtime friend and frequent help at the Q and A, gives us some insights from chatting with Louie Simmons.

Welcome back!

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*

In this issue:

- The Prisoner’s Dilemma, by Dan John
- Lunch with Louie, by Vincent Tanner
- Get in the Zones!, by Slade Jones
- Stay True to the Game, by Taylor Lewis
- Back in Control, by Bart Groninger

The Prisoner's Dilemma

Dan John

I have a three-day seminar called "The Art of Coaching." My overriding principle for coaching is focusing on the interplay between two things: the goal and the assessment. Assessment is simple: are we getting closer to the goal?

That doesn't fill up three days! I spend time asking about what you know, how you do things and about savoir faire, the ability to change instantly if things go in a direction you don't want them to. I spend a lot of time talking about repetitions, as I think:

„Repetition is the mother of implementation.“

The follow up question you may have is right: "What do we repeat?" I have a simple method of discovering this key.

What is key?

There is a question I ask every professional in every field that I encounter: What are the three keys to success in your area? It's fun to hear the answers.

At a wedding, I talked with the only guy to ever fly the A-10 Warthog and F-18 Eagle in combat. He laughed, looked around and said with a nod: "Yeah, no question: speed kills; hit and run; straight lines, short hooks."

I talked to a general with lots of hours in the cockpit and more than a few adventures about survival, what to do if you end up on the ground in a bad place. "Yeah, no question: mental attitude; self-care (don't let shock set in); shelter, water, fire."

Once, on a plane, I sat next to a very famous basketball coach and he summed up winning the game with: "Yeah, no question: offensive rebounds; transition defense; free throws when tired."

So, how do *you* answer this? What are the three keys to success in your field? If you don't know, I ask a follow up question: If, for whatever reason, you were forced into a situation where you could only pursue your goal for three 15-minute periods a week, what would you do? Stretch? Jog? Foam roll?

I asked noted female fat loss specialist Josh Hillis this. "Yeah, no question: food prep!"

Wow, I thought. Fat loss is made in the kitchen and Josh nailed it.

Getting to „this“

So, ask yourself the "Prisoner's Dilemma", which is what I call this idea. What would you do if you found yourself in some odd kind of situation, a prison maybe, where you could only focus on your goal for three 15-minute sessions a week?

As a discus thrower, I would find a wall and do full turns into it and toss a powerball (a medicine ball with a handle). After a few, I would step over to my barbell and do power snatch and overhead squat. Then, more throws followed by some kettlebell swings and goblet squats.

In other words, if you come to my track practice, you should see my athletes doing lots of throws into walls as well as snatches, overhead squats, swings and goblet squats in the weight room.

The beauty of the Prisoner's Dilemma is it makes you say "this". "This" as in "This is

important. THIS is crucial. This is what we NEED to do!”

It will transform your coaching, teaching, parenting and life skills.

Ask yourself: What would you do?

First, honestly ask yourself what you would do in those 45 minutes. Then, look at what you *are* doing. Is there a disconnect?

I base all my coaching on the Prisoner’s Dilemma. What is key, what is crucial, what is core? Then, go and do it!

Everything else you do is fluff. Everything else you do is glitter (and glitter has its place). But, if the bulk of what you do is fluff and glitter, reevaluate through the lens of the Prisoner’s Dilemma.

And, yes: Coaching is that simple.

Get in the Zones!

Slade Jones

Slade is the owner of Revolutionary Fitness in Albuquerque, New Mexico. He works with a wide variety of clients, from those just trying to stay in shape (or get there) to athletes, injured athletes and former athletes seeking to maintain strength.

Marc Halpern, a great nutritionist and personal trainer, wrote one of the best articles I have ever read: “The Pizza-to-Veggie Scale: Where Are You? Where Are You Going?” In this article he provides us with three zones of nutrition. After reading it over and over again because it was so good, a light bulb went off in my head:

These zones can also provide us with a reasonable and clear outline on how to approach training as well. But how, you ask? Well, follow me:

Zone A in Marc’s article is where any positive diet change will make a positive impact. Water, veggies, protein... – It does not matter what change you make, as long as it is a good one.

Zone B is where our diet is on autopilot. This is the time we mostly choose wisely, but don’t deprive ourselves from enjoying good food and drink with good people.

Zone C is diet perfection. This is where we should be when we are preparing for a competition, a reunion, a wedding, and so on. We don’t allow ourselves *any* cheat meals and we realize that we can only live like this for about two to eight weeks.

The three zones of training

This is how the zones translate to training:

Zone A is where any type of movement will work. Walking, machines, kettlebells, Pilates. Just like in nutrition, it doesn’t matter what type of movement you add to your life, anything is good.

So instead of having your dog Buddy go fetch the newspaper, you could walk outside and get it yourself. A small change in your routine with a big payoff when you add up the mileage over a year.

Zone B is where our training is on autopilot. Here we focus on the fundamental human movements (push, pull, hinge, squat, loaded carry) while keeping variety in our training by trying new activities and learning skills.

This is a typical training session of mine for Zone B. I call it “Meat and Veggies” because it covers all the fundamental human movements and has some fun stuff at the end for dessert:

3 rounds of

1A) goblet squat: x 8

1B) farmer carry: x 1 minute

3 rounds of

2A) kettlebell swing: x 8

2B) pull up: x 8

2C) single arm overhead press: x 8 each arm

Dessert (the new skill or activity)

3) single arm push up practice

Zone C is training perfection. Just like diet perfection, our training in this zone should only last about two to eight weeks at a time. This is where we have a very specific goal (powerlifting or bikini competition, mass building, etc.) and we devote all our training resources to it. We don't worry too much about the fundamental human

movements and we don't worry at all about variety: All we care about is reaching our goal.

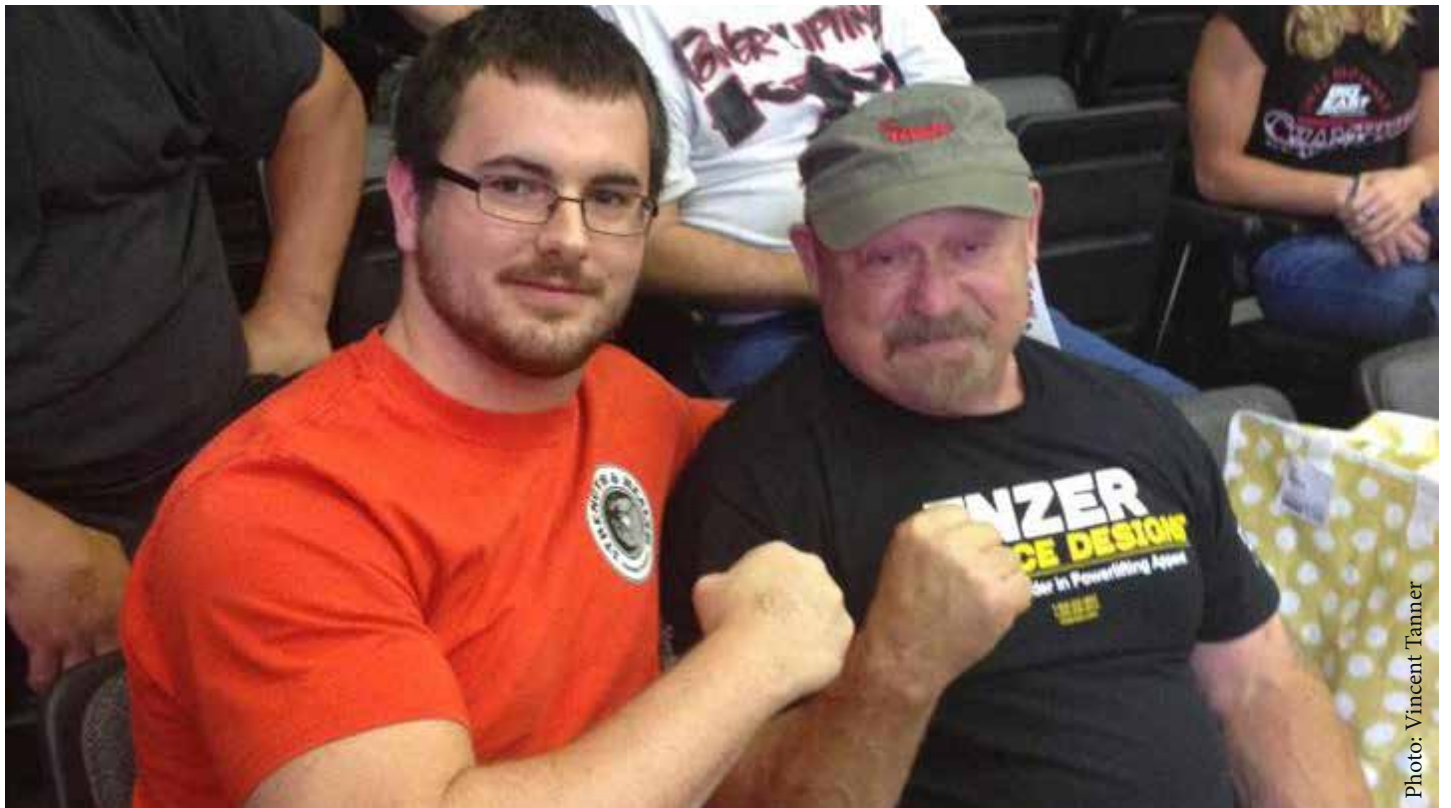
In this zone you could for example do Dan John's Mass Made Simple. It is a pure mass gaining program that demands complete focus for only six weeks.

So where do you fit in?

What is funny about these zones is that I have yet to meet someone who is in Zone A when it comes to nutrition and in Zone C when it comes to training or vice versa. The zones go hand in hand. So if you are in Zone B on one you will probably be in Zone B on the other as well.

My challenge for all of us is to regularly come back to these zones and give an honest evaluation of where we are and what we are trying to accomplish. Does our lifestyle match what we are aiming for? If yes: Great, keep going. And if not: This might be a great impulse to get back on course.





Lunch with Louie

Vincent Tanner

Vincent is a 25 year old competitive powerlifter from Rhode Island. He is finishing his Bachelors of Science in Community Health and Wellness at Rhode Island College and has been working with a wide variety of people in both a gym and clinical setting.

A few years ago, a buddy and I traveled to York, PA to watch the first Westside Pro Invitational—a big meet with some of the strongest guys in the sport of powerlifting. The meet was held in the USA Weightlifting Hall of Fame, and we got there early to find good seats. We ended up right in the front row.

The first event was the squat. It was awesome to watch. Some of the most impressive lifts were a 1,210 lbs. equipped squat as well as 900 lbs. raw. Laura Phelps squatted 720 lbs. at a bodyweight of 181 lbs.! It was quite a humbling experience for

a young powerlifter like myself. The energy was like at a football game, the crowd cheered and screamed with each lifter.

Throughout all of this, legendary strength coach Louie Simmons was mixing with all the lifters, helping his guys, and chatting with old timers. Louie, the owner of infamous Westside Barbell, had become one of my biggest idols. I had watched all his videos and read his books. Just seeing him in person was surreal. Like being a high school basketball player and seeing Michael Jordan from your court side seat at a Bulls game.

I was thrilled. I had seen world class squats, toured the USA Weightlifting Hall of Fame, and caught a glimpse of Louie Simmons and it wasn't even noon yet. During the intermission between the squat and the bench press, my buddy and I left to find a bathroom and grab lunch. Pizza in one hand, soda in the other, I headed back to the arena. As I turned the corner, my heart stopped. There was Louie Simmons eating

McDonald's in the front row – exactly in the seat next to mine.

Without realizing it, I had slowed my walk down from the initial shock. Or was it panic? Anyway, my stuff was still in the seat, so what was I do to? I walked right over and sat down. Nervous, I could only give that respectful nod that two men might give each other passing on the street. We ate silently while I kept trying to come up with an excuse to chat without sounding like a nerdy fanboy.

Eventually, the women's bench pressing started and one of the girl's from Westside was up. With no one else around, Louie said something to me about the girl's training and what they were expecting from her. And that was it: The ice was broken. I started small talking about the meet and the lifters, asking casual questions about this and that. As I found out, Louie can talk. A lot.

„Lemme give you some advice.“

“Lemme give you some advice.” I remember just the way he said it with his quirky accent and fast talking. Louie explained how on the max effort day, you had to have the intensity (percentage of max) as high as you can and the volume (total pounds lifted) very low. Then on speed day, the intensity had to be low, and the volume high.

At Westside, the guys max out one day a week, and do lighter weight “speed” squats two days later. So the top three sets on a max effort day might look like 450x1, 475x1, 505x1. Then on the speed day, the workout could be 275x10x2. That's a total of 1,430 lbs. on the max effort day compared to 5,500 lbs. on the speed day. The volume-intensity ratio flip flops. Louie explained it

in a much more scientific fashion and with a pace almost too fast to follow.

Realistic reps

But what does it all really mean? Realistic reps. Basically, if you're going to max out, you don't do too many reps and not too much work afterwards. If you're going to do reps with a lighter weight, you should total around 16 - 24.

Now, this concept isn't ground breaking, but I did find it interesting that out of all the knowledge in his head, this was the one thing Louie Simmons decided to tell some young kid. Of course, Dan John has mentioned realistic reps before (<http://danjohn.net/2014/09/realistic-reps-and-the-rule-of-ten/>). Prilepin's chart most of us have seen, too. It's something to note, though, that the concept of “realistic reps” echoes across the teachings of some of the best minds in different corners of the strength world. No matter who you choose to follow on your strength training journeys, try to find the common threads, the universal truths. If he's overhead squatting, and this gal is front squatting, and that guy is back squatting... Well, they're all squatting!

As for Louie and I... we got a picture together and he wandered off once the big boys started to bench. I enjoyed the rest of the meet and saw some all time world records get broken. I'm sure Louie doesn't remember at all, but talking with him was the highlight of my trip and made a lasting memory. I was lucky enough that he gave me some advice when I was too nervous to ask for it. As luck would have it, three years later I would be eating with Louie again, grabbing breakfast before going over to train at Westside Barbell. But that's a story for another time...

Stay True to the Game

Taylor Lewis

Taylor has been a strength coach for nine years. He works as the director of sports performance for Future Prospects Performance based in San Rafael, CA. He is also the head strength coach for the Sonoma State Baseball team and works side by side with Barry Bonds training major league baseball players.

One afternoon in sunny Northern California where we hadn't received rain in who knows how long, I was able to sit on a metal bench and listen to two of the greatest baseball players take batting practice. It was like hearing bomb shells go off. I didn't know if I had to duck for cover or run for the door in fear that the roof was coming down. I am sure glad I stayed though, because what I heard next was some of the simplest and most profound advice I had gotten in a long time:

"Do not let them beat you on the inner half." And: "If they come into your house, you make sure you let them know who owns this house."

That was it! Simple and straightforward. Fitness professionals might translate it

into "Do not lift FLUFF!" Fugly Lifts Under Functional Framework.

We in the fitness industry tend to let people into our homes, that sell us on the idea that more is better and that newer means superior. The result: The idea that compound movements done on a Bosu ball while juggling kettlebells will create "core stability and strength".

The problem is that we get away from the fundamentals that we learned when we started out. Stepping into the batter's box with no idea what we were doing but trusting that the basics would bring us to a point of clarity. A point that drives us to practice more and grind through the sweat and tears to accomplish something we thought not possible before.

So if they decide to come into your house and try to sell you on a fancy exercise they invented six months ago, but they get away from the basic concept of mastering movements over the long haul, let them know who owns this house and do not let them beat you with that inside pitch. Stay true to why you stepped into the batters' box and show them what years of mastering the boring stuff will do for you.



Back in Control

Bart Groninger

Bart Groninger is a former sales and marketing executive. He would describe his current status as: If life is like the Tour de France, I am my family's domestique. He has spent all of his adult life either furiously battling or furiously ignoring his weightgain. Bart has been following and applying the work of Dan John and his minions since 2009.

One year ago, I took back control of my well being. Since December 30 of 2014, I have lost 83 lbs. I accomplished this through a daily program of healthy eating and physical exercise. Here is what happened:

In September of 2014, I was experiencing a dark night of the soul. Things were looking grim: I was 48, had not worked out in over a year, and my back troubled me. Three months earlier I had completed a chiropractic regimen for an inflamed disc in my lower back and worried about injuring it again. Things had to change. So one morning I made the decision to move. After a few failed attempts with local trainers, I called my old Crossfit coach to see if he would take me back.

Plan the hunt

Gregg Dalton of Dalton's Crossfit in Upland, CA, was very happy to work with me again. On December 30, 2014, he put me through my baseline workout. The results:

Sit ups	–	5
Push ups	–	0
Plank	–	3 seconds
Air squats	–	12

Additionally, I had a great deal of difficulty getting down on the ground for the sit ups,

push ups and planks. I had an even harder time getting back up.

I chose two main goals:

1. Significant weight loss
2. Mobility/Movement
(Fundamental things like being able to get on and off the ground and tying my shoes without a struggle)

Gregg gave me three ground rules for eating:

1. Drink only water
(straight tea and black coffee included)
2. No dairy
3. No fast food

I modified this plan to include Dan's suggestion to use the Atkins Induction Protocol (meat and vegetables), some of Josh Hillis' ideas from Extreme Six, as well as journaling, checklists, and food prep. All of these ideas came from my 2011 meeting with Dan in San Bruno. (<http://danjohn.net/2011/04/bart-and-buddy-and-insights/>).

Hunt

I would train 5 times a week: Monday, Wednesday, and Thursday at the Gym and Tuesday and Friday in my garage. Gregg planned each session.

Each work out included multiple movements with various timed (including Tabata) and rep sequences. Warm up was typically a row for five minutes on the Concept 2. I used barbells, kettlebells, battle ropes, rings, farmer walks and my bodyweight. No running or box jumps.

A typical home workout in week 2:

- 2 x rowing sprint for 500 meters
- Air squats x 40
- Push ups x 25

A typical home workout, in week 15:
 3 rounds for time (goal range 17-20 minutes total)
 Rowing for 350 meters
 Push ups x 20
 Air squats x 35

Discuss the hunt

The plan worked and I started losing fat:

Week:	Total weight lost:
14	51 lbs
19	68 lbs
26	93 lbs

While my weight went down, my numbers in the gym went up:

	Dec. 30, 2014	June 27, 2015
Sit ups	5	51 (32 unbroken)
Push ups	0	32 (4 x 8)
Plank	3	62
Air squats	12	51

I had one injury over the course of the six months, a strained muscle in my lower back in March. The recovery took about two weeks. Apart from that I was fine.

Since then, things kept improving. In October I did my first unloaded turkish get-up. Both sides alternating for three.

This is my workout on November 5, 2015:
 Warm up with an 800m row
 Stretch for 7 minutes
 4 x (box squats @ 95 lb barbell x 7 / kettlebell swings @ 35 lb x 10)
 4 x (deadlifts off a 3 inch box @ 95 lb x 8 / behind the neck press @ 65 lb x 10)
 4 x (ring rows x 10)
 4 x (sit ups x 10 / push ups x 6)

In Late November, I planked three times for 50 seconds as part of my warm up. When I started, I could do three seconds. Once.

Wrapping it up

Did I keep the goal the goal? Not quite. I let my fitness and performance take priority over my main goal of weight loss. But I still benefited significantly from the program. I am very happy with losing 83 pounds. It is a feat that makes me proud. I now have the knowledge, muscle memory, and a base level of fitness that allows me to focus much more powerfully on my goals.

I am sure I could have stuck to the program better. Movement became my primary focus; weight loss faded into the background a bit. I was still following my nutritional schedule about 90 percent of the time, but the farther into 2015 we got, the more my body issued a zero tolerance policy for any nutritional indiscretions.

In addition, I injured my knees in August and let the issue effect my gym attendance. October and November were tough, but I am working to get back on track. As an older athlete, I am embracing the burn out, injury, and recovery phases as part of the cycle.

For the coming year, my primary goal will still be significant weight loss. I will attend Dan's HKC certification in Mountain View, CA in April. Passing (and enjoying) the HKC will be the focus of my training until then.

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