The Baby Boom Generation Continues to Boom

Daniel John
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The Talk

• Let’s look at the Problem.
• The Two Basic Principles of Strength Training
• How does it work...and who cares?
• Application; the “How to” of training the Boomers
Who isn’t the problem?
This Guy!
55.

American Express Platinum Card next the AMEX Delta next to MC Gold next to....

Wants to look better. Feel better.

You can help him... AND HE WILL PAY YOU!!!!
The Problem: *The Answer*

- Plan the Hunt
- Hunt
- Discuss the Hunt

Of course...yes...Dan is so right...love his work...
(But, Kim K is doing a Liver Cleanse!!!)
Squirrel!!!
What “Fit” Means...Sorry!

• Nordic definition of “Fit” To knit
The “Other:” Problem...either/or

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<th>Not Fat!</th>
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Health OR Fitness?

• Health: the optimal interplay of the human organs.
• Health: basically, feel better, move better, “live ‘til ya die.”
• If you have a FITNESS goal, get a coach!

• If Health is the goal: don’t forget this:
Longevity is often forgotten

- **Three Tests**
- The “Get Up” Test from Brazil
- Height to Waist
- Two Minute Plank

*Others?*

Stand on one foot 10-20 seconds?
Could we add “Inflammation?”

• It means “Fire.”
• It’s great to have it...short term!
• Long term?
• Stress, Sugar, Poor dental practices, No “digestive rest” (Please don’t call it “Fasting” or get all heroic about skipping breakfast), and “Whatever!”
Simple Strength Training: A History

• Percy Cerutty: *Pick five lifts. Do Them.*
• Pavel’s challenge to me in 2003:
• “For the next 40 workouts, pick five lifts. Do them every workout. Never miss a rep, in fact, never even get close to struggling. Go as light as you need to go and don’t go over 10 reps in a workout for any of the movements. It’s going to seem easy. When the weights feel light, add more weight.”
Cerutty and Pavel
What happened between 1950 and 2003...ahem...
“Dog tracks in the snow”

- Theodor Hettinger: “The Physiology of Strength” came out when I was born.
- http://transformetrics.com/classics/physiology-of-strength
- The calves can increase in strength 6% a week; the glutes 4%; the triceps 3%; and the biceps 2%.
- Men are stronger than women. In tests, some parts of women are 55% as strong as men (forearm extensors), but in the hip area it rises to 80%.
- Strength peaks in the late twenties and maintains for a long time, and then gradually declines, especially in untrained populations.
- It's easier to train in the summer, and vitamin D is prolly the reason
- Injecting Testosterone seemed to make everybody train better for a long time. Welcome to the modern world of sport.
THE TWO PRINCIPLES OF STRENGTH TRAINING...FOR EVERY ONE!!!
MASTERY OF THE BASIC HUMAN MOVEMENTS TRUMPS EVERYTHING ELSE FOR LEAN BODY MASS QUALITY AND JOINT MOBILITY

(PRINCIPLE ONE)
It’s ARETE... not Ethics

Brad Pitt in “Troy”

It’s Mastery
A Shout Out to deLorme (Watkins) and Janda

Tragically, it was Polio that connects them all

- Sets and Reps
- “The DeLorme Protocol”
- Three sets of Ten (Eight)
- RM
- $1 \times 10 @ 50\%$ 10RM
- $1 \times 10(5) @ 70(75)\%$ 10 RM
- $1 \times 10 @ 100\%$ 10 RM

### Tonic/Phasics of Janda

<table>
<thead>
<tr>
<th>Phasic – get weaker</th>
<th>Tonic – shrink</th>
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<tbody>
<tr>
<td>Glutes</td>
<td>Pectorals</td>
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<td>Rhomboids</td>
<td>Biceps</td>
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<td>Deltoids</td>
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<td>Triceps</td>
<td>Hamstrings</td>
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<td>Abs</td>
<td>Hip flexor</td>
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Janda and the Fundamental Movements

- Push: Deltoids and Triceps
- Pull: Rhomboids
- Hinge: Glutes
- Squat: Glutes
- Loaded Carries: Glutes
- Sixth Movement: Abs, Obliques, Glutes...all the Extensors
Planks as a Program

- Push
  PUPPs
- Pull
  Bat Wing Planks
- Hinge
  Pelvic Tilt/Hip Thrust
- Squat
  Goblet Squat
- Loaded Carries
  Suitcase Walk
But Vern said: “HS Swimmers can...”

- Untrained...the best in many ways
- Detrained...the worst in all ways
- Overconditioned and Undertrained...the training system that dare not say its name
- Dazed and Confused...the unwashed masses
- Well Trained...Mastery is rare
So, for adults TRY This...

The PUPP and Bat Wing Plank can be simply tested with one set to failure.

A two minute PUPP and a one minute Bat Wing is passing.

Then, "workout" with the following:
25 Pelvic Tilts
10 Goblet Squats
Suitcase Carry the weight 10 meters.
Repeat

Note: Did you notice that you get off and on the ground a couple of times?
Now, I can expand on this...

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<tr>
<th>Movement</th>
<th>Pattern</th>
<th>Slow Strength/Grind</th>
<th>Symmetry</th>
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<td>Push</td>
<td>Plank</td>
<td>(Bench) Press</td>
<td>1 arm (bench) press</td>
<td>Push press/jerk</td>
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<td>Push-up</td>
<td>1 arm waiter press</td>
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<td>1 arm bottoms up press</td>
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<td>Pull</td>
<td>Bat Wing</td>
<td>Pull-up</td>
<td>1 arm row</td>
<td>Push press/jerk</td>
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<td>Hinge</td>
<td>Hip crease hand squeeze Butt</td>
<td>RDL stretch</td>
<td>1 arm row</td>
<td>Push press/jerk</td>
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<td>back hand push</td>
<td>Waiter bow</td>
<td>Suitcase Hinge</td>
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<td>Squat Snatch</td>
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<td>Hinge assessment tool</td>
<td>Goat bag swing</td>
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<td>Clean &amp; Jerk</td>
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<td>Squat</td>
<td>KB Sumo DL</td>
<td>Dbl KB Front Squat</td>
<td>Single KB Front Squat</td>
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<td>Potato sack squat</td>
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<td>Overhead squat(front-to-back sym.)</td>
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<td>Goblet squat</td>
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<td>Loaded Carry</td>
<td>Farmer’s Walk</td>
<td>Prowler</td>
<td>1 arm carries:</td>
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<td>Suitcase Carry</td>
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<td>Cross Walk</td>
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Your Excuse to *Not* Squat is Irrelevant
Standards and Gaps must be constantly assessed...in a REASONABLE approach.

(Principle Two)
The World’s Fastest “Personalized” Program...

• Whatever they are not doing...Do!
• Rocky: I dunno, she's got gaps, I got gaps, together we fill gaps.

• Push
• Pull
• Hinge
• Squat
• Loaded Carry
• Turkish Get Up
Goblet Squat and Farmers Walk

“These don’t hurt!”

“What muscle does this build?”
All of them...
What I am working on...

Strength Standards

MEN
Squat Movement
1. Proper Form in the Goblet Squat
2. Goblet Squat: 24K x 10
3. Double KB Front Squat: 32K x 10
4. Bodyweight Back Squat
5. Bodyweight Front squat
6. Bodyweight Back Squat x 15
7. Bodyweight Overhead Squat x 15

Hip Hinge Movement
1. Hip Hinge with Proper Form (From stand, floor and loaded)
2. Kettlebell Swing: 24K x 20 (Proper Form)
3. Double KB Clean: 32K x 10
4. Barbell Clean: Bodyweight
5. Barbell Deadlift: Double Bodyweight
6. Barbell Snatch: Bodyweight
7. Barbell Deadlift: 2 x Bodyweight

Press Movement
1. Push Ups x 10
2. One Arm KB Press: 24K x 5 per Side
3. Double Press: 32K x 5
5. One Arm Overhead Press: 1/2 Bodyweight
6. Bench Press: Bodyweight x 15
7. Two Arm KB Press: Bodyweight

Pull Movement
1. Batwings, thumbs in armpits, 16K x 10 seconds
2. Bodyweight Row on Rings/TRX x 20
3. Bodyweight Row, feet elevated, x 10
4. Chin Ups x 5
5. Pull Ups x 8-10
6. Pull Ups x 15
7. Weighted Pull Up with 48K

WOMEN
Squat Movement
1. Proper Form in the Goblet Squat
2. Goblet Squat: 16K x 10
3. Double KB Front Squat: 16K x 5
4. Back Squat: 135 x 5
5. Bodyweight Back Squat
6. Bodyweight Front Squat
7. Bodyweight Overhead Squat

Hip Hinge Movement
1. Hip Hinge with Proper Form (From stand, floor and loaded)
2. Kettlebell Swing: 16K x 20 (Proper Form)
3. Double KB Clean: 16K x 10
4. Barbell Deadlifts: 1.5 x Bodyweight (or 115 x 5)
5. Double KB Swings: 24K x 10
6. 5:30 Minute Snatch Test: 16K x 100
7. Barbell Deadlift: 1 x Bodyweight (275lbs.)

Press Movement
1. Push Ups x 1 (Excellent Pushup)
2. One Arm KB Press: 16K x 5 per Side
3. Double KB Press: 12K x 5
4. Double KB Press: 16K x 5
5. One Arm Overhead Press: 1/2 Bodyweight
7. Two Arm KB Press: 2 x 3 Bodyweight

Pull Movement
1. Batwings, thumbs in armpits, 8K x 10 seconds
2. Bodyweight Row on Rings/TRX x 20
3. Bodyweight Row, feet elevated, x 10
4. Chin Ups x 5
5. Pull Ups x 3
6. Pull Ups x 3
7. Weighted Pull Up with 24K
Machines ARE Good

• For Hypertrophy
• For Hormonal Cascade
• For aging, injured, invalid, or “issued.”

• Terrible for Performance!!!
Is there an “easy” way to get strong?

“EASY STRENGTH” IN A NUTSHELL

• Lift heavy.

• Keep your reps and sets low.

• Stop your sets and your workout before you get fatigued.
I wrote a Whole Book about this...

Do the basic human movements.
Do them every workout.
Never Fail.
Hey, don’t even struggle.
It’s an Easy Read!
Just Remember This:

• First, master the basic fundamental human movements...or, honestly, just do them.

• Then, worry about reps, sets, periodization, conjugate periodization and that really cool new thing.

• Then, worry about load.
“Celtic” of any sort is...a magic bag, into which anything may be put, and out of which almost anything may come...Anything is possible in the Celtic Twilight.

J. R. R. Tolkien

SO, HOW DOES IT WORK?
Easy Strength...how do we know it works?

South Park’s Underwear Gnomes

The Black Box of Training...Adam Smith’s “Invisible Hand”
The Black Box...my lack of understanding...is the fundamental principle of my coaching career.

I am not dumb.

NO ONE understands the way the body works...perfectly.

Cutting into corpses is educational. Cutting into living bodies is frowned upon in the Strength and Conditioning community.

**Overarching Principle:**
*it’s fine that we don’t know how it works....if it works.*
To the evidence, no matter where it leads

- “Epistemology”
- Authority (Notmeyer and Maughan)
- Deductive Logic (Josh and celebrities)
- Sense (Nautilus and Crossfit)
- Emotion (Candy and homework)
- Intuition (Aha!!!)
- “Real” Science!

- Facts x Interpretation = Truth
- If your facts are true and your interpretation is true, I think you have a truth.
- If your facts are false, but your interpretation is true, I think you don’t have a truth.
- If your facts are true, but your interpretation is false, I think you don’t have a truth.
- If both your facts and interpretation are false, I think you don’t have a truth.
I said it was simple, not easy!!! Wait...

THE BASICS OF EASY STRENGTH
The “Do” of Boomer Training

Strengthen

Stretch

- Inhibited
  - Deep cervical flexors
- Facilitated
  - SCM / Pectoralis
- Inhibited
  - Abdominals
- Facilitated
  - Rectus Femoris / Iliopsoas

- Facilitated
  - Upper Trap / Levator Scapula
- Inhibited
  - Lower Trap / Serratus Ant.
- Facilitated
  - Thoraco-lumbar extensors
- Inhibited
  - Gluteus Min / Med/ Max

Figure 1: Janda’s Muscle Imbalance Syndromes
The Basic Human Movements

- Swing
- Goblet Squat
- Push Up or Press
- Turkish Get Up
- A Kettlebell Template
- With Barbells: Press, Pull, Hinge, Front Squat, Locomotion
The Basic Fundamental Movements... plus Stretching

“Stoney Stretch”

It’s not 90 minutes of stretching

- Pecs
- Biceps
- Hip Flexors
- Hamstrings
Prisoner’s Dilemma and Pareto’s Law
The “Up-Down” Template

- Warm up with Frisbee, Football, or Soccer Ball
- Easy rolling drills
- Goblet Squats and Half Kneeling Presses
- “Humane Burpee” (Hinge, Squat, Push Up)
- Stoney Stretch
- Turkish Get Ups
- Finish with Games (HR Monitor)
Correctives...Build Them In!!!

- Most adults need to strengthen the Phasics and Stretch the Tonics
- And, deal with a lifetime of asymmetry issues.
- ...and deal with too much sitting, driving, typing...

The Posture Theory Diagram
# Hypertrophy A

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<td><strong>Bicep Curl</strong></td>
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<td><strong>Hip Thruster</strong></td>
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<td><strong>Front Squat</strong></td>
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<td><strong>Swing</strong></td>
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- Push: 25
- Pull: 25
- Hinge: 180
- Squat: 25
- * +Correctives
Cardio?

- Heart Rate Monitors
- Maffetone’s 180- Age formula
- “Play,” such as simply playing catch, can shoot “detrained” to 174 and above. My biking gets me at 125-140 AFTER lifting... 110-120 before.
- Use Heart Rate Monitors with MOST of your athletes
But...
Have the Courage to
“Do what you need to do!!!”
How often?

TWO TO FIVE (TO SEVEN) TIMES A WEEK...FOR WEEKS AND YEARS AND DECADES.
Diet? Seriously?

- Eat like an adult!
- Veggies
- Lean Protein
- Water
- Train in a fasted state sometimes.
- “Stay Hungry” after sometimes.
- It has never been complex.
Try this Idea for Training:

• Think “Off” and “On”
• Proactively, go through your calendar and label up to eight to ten months a year “Off,” for Reasonable Training
• Then, “X” out those “Go For It! months.
• The mental clarity will be refreshing....
The “Hands On”

• One Goal (Research says “One goal” is 80% attainable, three is at Zero!
• Two “things:” Food Journal and Strength Training
• Three Tests
• Four Correctives
• Five Planks
• From there...???
To Sum:

Principle Based Training

• Strengthen what is weakening
• Stretch what is tightening
• Don’t worry about “how”
• “Build in” correctives and cardio
• “Eat like an adult”
• Reasonable training and Reasonable eating will trump any fad idea

Good advice for all, really

• Thank you to Chris for trusting me to present to you…and the whole PB crew. It is an honor.
• Now, go change the world.