

Elitefts Table Talk #13 Podcast iTunes Transcript

00:00
people who get locked into a vision
00:03
alright that's it man that's their drive
00:05
that's their passion critics don't
00:07
matter this don't matter they're gonna
00:08
do whatever it takes to be the best at
00:12
what they do this is Dave Tate again
00:20
with another edition of Table Talk
00:22
today I have JM Blakely with me I really
00:26
don't want to get into all his accolades
00:29
but we're going to touch on a few things
00:32
right from the beginning just so we can
00:35
kind of get him out of the way and get
00:36
him off of the table so we can get into
00:38
some things that are more current that
00:41
he's been working on and things that I
00:43
think he brings to the table as far as
00:46
intelligence that you guys are going to
00:48
be more interested in then some of the
00:51
things in the past that you've read
00:52
about because what people have missed is
00:57
the they know all about advice that you
01:01
gave me on how to bulk up for a short
01:03
period of time so we'll talk a little
01:05
bit about that but yet they never were
01:08
around to read your weight loss book
01:10
they're the weight loss manual which has
01:13
been copied almost verbatim several
01:17
times over the past 20-some years which
01:20
was kind of a risky book at the time to
01:23
be able to put out if you think about
01:24
the stuff that was in there and then the
01:27
JM press so we're gonna get those two
01:28
things off the table kind of immediately
01:30
because that's where most of the
01:32

questions came from and then we'll go
01:34
from there
01:34
the first one is and I'm sure you
01:38
remember for those that don't know JM
01:41
used to train at Westside but he didn't
01:44
train at Westside I think there's a very
01:47
important distinction to make there he
01:50
trained it World Gym North I believe
01:53
right most of the time and then he would
01:56
come town and train with George and
01:58
Kenny infrequently sometimes frequently
02:03
but mostly and frequently I think mainly
02:06
and I'll let him explain it a little bit
02:08
more is a learning experience to pick
02:10
each other's brain is a competitive
02:12
experience to be a
02:13
people that are also pushing for the
02:16
same goals that you were pushing for and
02:18
what I liked about when Jam would come
02:22
down is we shared the same educational
02:28
path sort of to that point to where my
02:31
degree was in exercise science and I
02:33
don't believe anybody else in Westside
02:35
had a degree in exercise science and you
02:38
were working on your masters or PhD at
02:41
the time so we it's always funny because
02:44
if if we had something that we wanted to
02:46
talk about we always snuck outside
02:47
because we didn't want Louie to hear it
02:49
because it would probably be something
02:51
that he didn't want hear or something
02:53
that would be more progressive or
02:55
progressive overload oriented or you
02:58
know block training oriented or so we
03:00
had a lot of interesting conversations
03:01
about training which I never really put
03:04
out there because it wasn't as
03:05
interesting as you know the time that I

03:08
was stuck and this was an interesting
03:11
one because I think he overheard me
03:14
bitching in the gym because I could not
03:16
get my weight to break 280 or whatever
03:19
it was at the time and I was a 308 and
03:22
was still eat and this is a
03:26
misconception that a lot of people have
03:28
when they read about me or they hear my
03:30
stuff I used to body build I used to
03:33
always eat fairly clean and I was eating
03:36
probably too clean at the time and I
03:39
couldn't break the 280 and there's only
03:41
so much chicken breast and rice that
03:42
you're able to be able to pound down to
03:45
be able to make any progress so jam
03:47
overheard me you know bitching to
03:50
whoever I was bitching to about this and
03:53
said hey come out to the parking lot I
03:55
got a secret to tell you and pulls me
03:58
out to the parking lot proceeds to tell
04:00
me the balking diet which was the three
04:03
breakfast sandwiches from McDonald's
04:06
with two packages of mayonnaise per
04:08
sandwich two hashbrowns per sandwich
04:10
three in the morning lunch was to be
04:14
Chinese food with MSG not without msg
04:19
dinner was to be it was you had more
04:22
choices but pizza with olive oil fully
04:25
loaded and
04:26
the best part about the pizza one
04:28
because there was other stuff like
04:29
spaghetti that you could overload and
04:31
cereal that you could just it was all
04:32
about calories per bite but the pizza
04:34
one was a better example because you
04:37
said you put it on the table the coffee
04:40
table and you look at it before you eat
04:42

it
04:43
so there was a mental aspect to this
04:44
thing and you picture every piece of
04:48
that pizza as being one step closer to
04:51
your goals because you're going to get
04:52
to a point after that 20 minutes when
04:55
your body becomes a she ate it you're
04:59
not gonna want to eat that so you're
05:01
gonna have to stare at those two pieces
05:02
and realize you don't have what it takes
05:05
you know to be able to finish it so when
05:07
I tell the story people crack up and
05:09
laugh but it actually is a very good
05:13
story now in between all this was the
05:16
Hershey bars which were to be carried
05:19
and eaten every hour to keep the blood
05:23
sugar constant constantly high but
05:27
constant so there was less fluctuation
05:28
of the blood sugar and the best part
05:31
about the Hershey bars were you didn't
05:33
have to be hungry you could just throw
05:35
it in your mouth and it would melt down
05:36
your throat now what people don't
05:39
understand is this was not a six-month
05:43
diet this was like for a couple weeks
05:46
three weeks a month at the very most to
05:49
kind of get you to go from a 280 to a
05:51
300 just a big smack in the face to
05:55
kickstart and get it going yeah it was a
05:57
breakthrough yeah it was a breakthrough
05:59
right and you got to do it until you get
06:01
yes breakthrough - yeah so it might be
06:04
six months if you screw around and don't
06:06
get your jobs on yeah yeah it was just a
06:09
breakthrough so is and it was something
06:11
that worked and has become known as the
06:15
JM diet which is really a disservice to
06:19
the nutritional knowledge that you have

06:21
because you've gone up and down weight
06:23
classes and so forth so let's just
06:27
explain why you know the breakthrough
06:31
with those foods I mean they're calorie
06:35
dense foods but our listeners are
06:37
you know the answer the yes there is you
06:40
have to be able to produce weight on
06:44
your body out of matter that you eat you
06:49
cannot go to the gym and breathe in
06:51
muscle mass muscle mass is built out of
06:54
matter matter comes into our bodies with
06:57
food and drink so there is the the
06:59
end-all-be-all you have to put matter in
07:01
if you want it to stick and a calorie is
07:05
a calorie calories have different
07:07
sources but they all are they burn the
07:11
same mm-hm so you know one calorie is a
07:14
specific amount of heat that you need to
07:18
to raise a I think it's a cc of water
07:21
one degree
07:22
yes centigrade so I would let it I don't
07:24
remember the exact but it's you know
07:27
it's a heat amount when you eat food you
07:30
have a certain amount of energy locked
07:34
in the food that you release you want
07:36
that energy to go into something that's
07:38
going to be built in your body so your
07:41
body's built out of food not hopes and
07:43
dreams and training hard mm-hmm it's
07:45
built out of food now
07:47
the training is the stimulus for the
07:50
growth but the growth has to be made
07:52
from matter building blocks bricks so I
07:55
guess the the training is if you want to
08:00
build a house and you get a bunch of
08:02
workers in to show up at your site and
08:03
you decide that what you need is more
08:06

workers because the house isn't getting
08:08
built and so you get more workers and
08:10
more workers and do more and more and
08:12
more training and then you finally
08:14
realize I didn't bring enough bricks
08:16
I need more bricks not more workers any
08:19
more food not more and not more people
08:24
you know not more training mm-hm
08:26
more matter that the people that are
08:28
there can build into my house so the
08:31
food is is the is the end-all be-all of
08:34
gaining weight and if you gain weight
08:36
alone fat muscle you will get stronger
08:41
even fat weight makes people stronger
08:43
that's not what we wants not what we
08:46
what our goal is but if you could trade
08:49
a pound of muscle how many pounds of fat
08:53
would you be willing to put on so to
08:57
lose body fat to lose body weight to
09:00
lose fat you just have to not eat and go
09:03
run around a little bit that's pretty
09:05
easy to gain a pound a muscle that's
09:08
pretty hard so the two things gaining a
09:12
pound of muscle or losing some fat
09:15
I think the easier of the two by far is
09:17
to lose the fat so I always said I was
09:20
willing to put on out of every three
09:22
pounds one-pound muscle so two to one
09:24
ratio
09:25
put on two pounds of fat for that one
09:27
pound of muscle which is hard to get
09:29
because I can burn the fat off easily
09:33
and so that was so calories is the
09:35
end-all be-all of gaining weight so the
09:39
choice of the food was mostly just
09:42
convenience it's mostly convenience and
09:44
processability
09:45
so there's a term that Kessler from the

09:47
FDA used when he was being very critical
09:50
of the fast food industry and it's
09:55
called palatability so how it goes down
09:58
your your throat how much it fits your
10:00
palate and he was talking about how they
10:03
do science on this and they look at how
10:05
many bites
10:06
how many choose per bites how many times
10:10
I get you this steak before I can suck
10:11
it down and they they know the answer to
10:15
that and they do things to the food on
10:17
purpose
10:17
I don't know how if you've been to
10:19
McDonald's lately but I happen to know
10:21
that you can eat a McDonald's hamburger
10:24
without chewing it mm-hmm you can just
10:26
press it against the roof of your mouth
10:27
and it will fall apart
10:28
it is very palatable it goes down easy
10:30
really easy really quick hmm that's good
10:34
for gaining weight may not be good for
10:35
most Americans who aren't balancing that
10:38
intake of food with all hard heavy
10:41
exercise of any kind right yeah so back
10:45
to the the two-for-one deal right you
10:48
have to ask yourself how much do I
10:50
believe in my ability to diet so after I
10:53
put on thirty pounds and I've got my 10
10:55
pounds of muscle can I get rid of those
10:59
20 pounds of extra fat or am i stuck
11:01
with those yeah so if you have faith in
11:02
your
11:03
you can put on two to one and you can do
11:06
much better than that that's the that's
11:08
the top limit I was willing to do I you
11:11
know I would love to have you know one
11:13
to one that's even better right or
11:14

better than that and it can't be done
11:16
the problem is you don't want to walk
11:19
the fine line when you go into a workout
11:22
you stimulate the growth you want to
11:28
recover from that workout repair any
11:31
damage and grow that's three things you
11:34
got to do three things so let's say you
11:38
go in and work out and you eat enough to
11:41
recover yes so you can go in for another
11:44
workout but you may not be fully
11:45
repaired so you've got you're ready for
11:48
another workout cuz you've repaired
11:49
you've eat enough to do that that's
11:53
gonna lead to overtraining because you
11:54
haven't repaired the damage you're gonna
11:55
make more damage you're gonna cover the
11:57
repair the only the first part with your
12:01
food and you can start to over train so
12:04
let's say you do step two let's see eat
12:06
enough to repair and excuse me I may
12:09
have misspoke to recover so you can get
12:12
back to the gym and you've eaten enough
12:14
to repair and you keep doing that well
12:17
that means you are a master of
12:19
maintenance then because all you're
12:21
doing there is having a good workout a
12:24
great workout you are recovering so you
12:28
get back to the gym and you all have
12:29
repaired so you're right back to where
12:31
you started but you're no further down
12:33
the road so you have to do the third
12:37
thing so you can walk that tightrope and
12:40
ask yourself how many calories exactly
12:42
do I need to grow from this last workout
12:45
without putting on any fat and if you
12:48
can figure that out good for you but the
12:50
safe bet is to eat a little more than as
12:52
necessary mm-hmm

12:54
the only way you know that is if you're
12:55
putting fat on so the only way to be
12:59
absolutely sure that you got the most
13:01
out of the last workout you had is to
13:03
eat enough to recover so you can get
13:05
back to the gym eat enough on top of
13:08
that to repair any damage that happened
13:10
now gets you back to where you started
13:11
but now you're not going as agender stay
13:14
the same you want to improve yes
13:17
so you have to eat enough to cover the
13:18
growth that you've stimulated that's why
13:20
you went to the gym to stimulate growth
13:22
not to get tired and come back and do
13:24
the same thing again for a year two
13:26
years who knows how long you keep that
13:27
up yeah you have ever I lost my mic and
13:31
headphones okay you only move closer or
13:36
something alright cuz I got I got
13:41
nothing here yeah no I do actually what
13:45
you just explained in the way that you
13:47
explain it is perhaps the best way of
13:49
that I have heard the super compensation
13:52
cycle explained because people of recent
13:58
forget the two aspects that follow the
14:02
recovery its recover train recover
14:06
trains like dude recover
14:07
you know repair grow grow so there's a
14:11
dictations that have to happen that if
14:13
you're jumping too fast throwing in
14:16
extra workouts throwing in extra
14:18
training sessions not getting the
14:19
nutrition that you need you know walking
14:22
like you said walking that fine line you
14:24
know where it's always I mean you're
14:27
already in strength sports we're already
14:30
walking a fine line so you know we're
14:34

already looking over the edge so the
14:37
thing that I think people miss the one
14:40
of the biggest misconceptions about the
14:42
gym people have this irrational belief
14:45
that they get stronger at the gym or
14:48
that they get more muscular they grow at
14:50
the gym nobody ever got stronger in the
14:54
gym let me tell you what happens in the
14:55
gym you get weaker you get tired you get
14:58
broke down you get fatigued in a gym you
15:00
don't get stronger you don't come in
15:02
lift weights and then leave stronger you
15:06
leaves much weaker every time broken
15:10
down nope right broken down nobody ever
15:13
got big in a gym nobody ever got strong
15:16
in a gym when do we get strong when do
15:19
we get there when you leave the gym and
15:21
you rest it and you feed it
15:22
that's when growth happens and super
15:26
compensation occurs and people are
15:28
convinced at the gym
15:30
is the secret to at all and they forget
15:33
about the rest and that's unfortunate
15:36
because the gym is just a just a
15:38
stimulus for the gross yeah gross is
15:40
what we want you want to get to the gym
15:43
get your work done get the hell out yeah
15:45
the real work happens outside of the gym
15:47
but growth and the recovery and
15:50
everything that you want happens away
15:53
from all the weights yeah with the
15:56
weight gain the palatability is the one
16:00
thing I never thought about the one
16:01
thing I never considered because those
16:03
breakfast sandwiches slide right down
16:06
because I would eat them on the way to
16:07
the gym they're right down over you know
16:10
Chinese food you eat that you're hungry

16:13
you half hour later that helps the pizza
16:15
was rough but since you know it's yeah
16:18
it's so full of calories yeah and so
16:22
again the calories people talk about
16:25
protein they talk about macronutrients
16:27
when you're trying to gain weight if
16:29
you're eating upwards of five or six
16:31
thousand calories a day you don't have
16:34
to worry about protein in this country
16:35
you don't have to worry about nutrients
16:37
either we have good food here even our
16:39
crappy food has it's loaded with
16:41
nutrients here if I have been fortified
16:43
yeah that's good here we have a good
16:44
good food here even our bad food is
16:47
healthier than the rest of the world and
16:50
so you don't need as much protein as
16:52
people what have you think or have you
16:55
believed because they sell protein and
16:57
they so if you're eating five or six
16:59
thousand calories you don't to keep
17:00
track of anything not the calories yeah
17:03
yeah you'll get enough protein you'll
17:06
get enough nutrients and if you're
17:08
worried about nutrients take a
17:09
children's chewable three times a day if
17:12
you're worried about vitamins yeah
17:13
that'll cover it you know but children's
17:16
chewables about one-third of the adult
17:20
requirement yeah
17:21
and so and if you want extra vitamins
17:24
you can waste your money if you like
17:25
that's fine it's your money it's America
17:27
you get as long as you exactly you can
17:29
go down any path you want but it's not
17:31
necessary and it won't help any unless
17:34
it helps you feel better and think
17:36

better and train harder so anything that
17:38
makes your mind believe that you can do
17:41
better it's worth it in my book
17:43
if it doesn't have any value in
17:46
Physiology terms the real secrets and we
17:50
know physiology inside now we've studied
17:52
it since the 70s there's no new
17:55
information out there where the great
17:58
where's the where the groundbreaking is
18:00
is the mind you know that's where
18:02
usually if you can make your mind
18:04
believe in yourself you you know you've
18:08
got the world beat yeah so that's where
18:10
I go yeah we're gonna dig deep into that
18:12
so yeah let's um let's flip it down did
18:16
I finish that idea yes the idea because
18:19
I think so to sum it up it's kind of
18:23
what you told me it's the calories per
18:24
bite it's how many calories you're gonna
18:26
get per bite you know and if you're
18:28
trying to gain weight you're gonna cover
18:30
almost all of your nutritional needs the
18:33
only thing I could possibly see if you
18:36
live where we're from is maybe vitamin D
18:40
not being met maybe but at 5,000
18:43
calories I probably would agree that
18:46
it's gonna be met
18:47
you know because yeah because the dairy
18:50
is gonna be in there and it's gonna be
18:52
them so I mean you worried about go
18:54
ahead and supplement that if you choose
18:55
yeah but the blood work comes back and
18:58
you're not low on magnesium or one of
19:00
the B vitamins or vitamin D yeah this is
19:03
a pretty popular ones for lifters then
19:06
it's not necessary but if it if it
19:08
changes your mind about what you think
19:10
you can do and I'll concede it's alright

19:13
ahead man yeah yo yeah yeah yeah you
19:15
know if you want to wear a special shirt
19:17
and tie your shoes a special way go
19:19
ahead don't ya right you know I'm not
19:22
gonna fault anybody for having a rock
19:24
and ya or any sort of any sort of thing
19:29
that gets them to focus their mind clear
19:32
and better
19:33
okay look anything let's flip this
19:35
because the other thing that you were
19:37
known for was going up weight classes
19:40
taken down records but then going back
19:43
down like a craziness like I may be over
19:48
exaggerating but I actually think that I
19:49
might be correct that in a one-year
19:52
period of
19:53
you competed in the 198 class went all
19:56
the way up to super heavyweight and back
19:58
down yeah to 198 and once I number here
20:02
then I would go from 220 240 to 275 308
20:05
and super so that first year though yeah
20:08
I went all the way from 98 to super and
20:11
so people know about my my gaining
20:14
weight losing weight I want to talk
20:16
about yeah okay nice for you that's uh
20:19
that's that's adaptive you cuz I used to
20:22
burn it off I would I could pull a pound
20:24
a day so thirty days thirty pounds
20:26
45 days 45 pounds 50 days 50 pounds
20:29
should I have 65 by saying that this is
20:33
for competitive flour Jersey only yes
20:37
yes is not healthy okay okay this is no
20:41
competitor at the top level of any sport
20:44
his health has any concern about health
20:46
they concern about victory mm-hmm and so
20:49
they trade health a lot of times ask any
20:51
NFL player they're trading their brain
20:53

function they're trading their knees I
20:55
mean anybody at the top level has
20:58
already made that deal with the devil
20:59
and with themselves they understand
21:02
I'd say anybody's striving for the type
21:04
because you know sometimes the guys at
21:07
the top genetically indeed have a lot of
21:10
have a big gift you know so yeah they're
21:12
gonna hit start they got a head start
21:14
they're gonna pay their dues they still
21:15
got to work hard but they may not take
21:17
as many dings is the one that's a couple
21:21
deviations under them right genetically
21:23
that's got to work super but it's for
21:26
every one of those there's a thousand of
21:28
us yes so let's talk about us that's
21:31
exactly true I discount them I'm just
21:33
gonna round them down to zero yes is
21:35
they're so rare true and it's true it's
21:38
absolutely true that genetics play a
21:39
part but any coach worth their salt will
21:42
never mention genetics to their athletes
21:43
true you know I heard a Sam Rutigliano
21:46
when he coached the Browns one of them
21:48
he was at a press conference and one of
21:50
the newspaper guys asked him you think
21:53
you're gonna win today coach my dad
21:54
loved this story he said what the hell
21:58
you asking me
21:59
of course I think we're gonna win what
22:01
do you want me to say to you I think
22:02
we're gonna lose we're outmatched for
22:04
out I mean we're probably gonna lose but
22:07
I can't say that to you you know what
22:10
kind of coach would I be if I didn't
22:12
find a way to win or think I could find
22:15
a way to win
22:16
I'm outmatched I'm outgunned but I'm

22:20
gonna try to find a way to win here
22:22
anyway exactly I find the same same
22:24
attitude with with genetics if you if
22:26
you start to use that as your excuse why
22:28
you're not performing okay there's your
22:31
excuse why I've always said there's an
22:34
injury same thing
22:34
yeah the way yeah I've always said that
22:37
how how can one know they have bad
22:41
genetics that they haven't put a decade
22:43
it's really trying perfectly set into it
22:45
you don't know genetics are so you've
22:48
hired all the way yeah give me somebody
22:49
that's pushed the edge for ten years and
22:52
can't total elite you know or can't
22:55
bench a 500 then I would say yeah you
22:58
know what probably you're not made for
23:00
it but there's still away and I just
23:02
haven't even out for years
23:03
at top speed if you're doing everything
23:06
you sacrifice everything else in your
23:08
life and you can oh yes you can I know
23:12
there's people money things I know it as
23:15
well opportunities you can do it and I
23:18
would think for years you would find out
23:22
if you could or couldn't and I bet you
23:24
would find out you could mm-hmm I tell
23:26
people I asked people this tell me a
23:28
time in your life where things didn't
23:31
work out for you when you really set
23:33
your mind to it when you really set your
23:36
mind to X Y or Z in your life so far I
23:39
mean really did it when you really said
23:41
I'm gonna do this did you come up empty
23:43
and I bet they tell you they didn't
23:45
because they know just as well as you
23:49
know any good coach knows if I can get a
23:51

hundred percent because we operate so
23:54
low on or a normal basis if I can get a
23:58
90 percent I'm killing people yeah and
24:01
if I can get a hundred percent out of
24:02
somebody who knows if they're not the
24:03
next champion they don't yeah I didn't
24:07
who I mean
24:09
who grows up thinking they're gonna be
24:10
the guy the one you know I mean you
24:13
gotta have faith in yourself that's true
24:14
and you got to take us take your shot
24:16
you gotta step up to the plate right but
24:19
who who goes through their life from you
24:22
know boyhood to manhood and says I'm
24:25
gonna be the best at X Y or Z that's a
24:27
that's a big bite to take that's I'd
24:29
like to meet that guy but you find that
24:32
out about yourself when you put yourself
24:34
on the line for four years all the time
24:36
and you think to yourself I never
24:37
thought I could do that
24:38
so how far does this go I don't know you
24:43
know I didn't think I could bench 500
24:44
and I did so what do I do with that I
24:47
could stop I was perfectly satisfied I
24:49
really was and you asked yourself well
24:55
if I can do that what else can I do
24:57
can I do 505 that's not much more maybe
25:00
I could do that and you just you keep
25:02
asking that question you keep asking
25:05
yourself where does this end how fun can
25:07
I go and that's how you find out
25:08
something about your potential
25:10
genetically something but I'll take I
25:13
will trade
25:14
I'll trade the mental side of things for
25:17
the genetic side every time yes those
25:19
genetic guys coast yeah and they can be

25:22
beat because of that mm-hmm
25:23
you know I trained Chris Carter at the
25:25
high state buckeyes when he was play a
25:27
player there and it was miserable
25:30
because he had no interest in doing
25:32
sprints or working out or anything he
25:35
was a fantastic fabulous athlete he was
25:37
always a step ahead of everyone else he
25:39
just want to play ball he got to the NFL
25:43
found out that everybody has that step
25:45
yeah and now he's just ordinary is that
25:49
he crashed right he crashed hard I guess
25:51
he found Jesus and then he started
25:53
putting the hard work in so he had no
25:55
work ethic he didn't know what to do he
25:56
was beside himself
25:58
what do I do now he had no work ethic
26:01
and he was very beautiful now then what
26:04
happens when you put the genetic with
26:07
the hard work he did that and he was
26:09
he's one of the best there's yeah Ben
26:10
Hall of Famer I mean so there's a good
26:13
example from my own life if not just me
26:15
learning that hey I don't know what I
26:18
can do until
26:20
like you said you put time in yeah and
26:22
it may take 10 years so what you don't
26:25
have 10 years right if you're not
26:27
willing to put in some time so if you
26:31
heard of the 10,000 hour rule okay okay
26:35
so you put in time and that has to be
26:37
progressive time you put in 10,000 hours
26:40
of anything that's progressive you can't
26:42
do the same hour over and over 10 times
26:44
everyone has to build on the last one
26:46
like weightlifting you can be in the top
26:49
2% of anything you choose me and you
26:52

could become golfers mm-hmm at the Tiger
26:54
Woods level if we started now put in
26:56
10,000 hours which is about 4 years of
26:59
10 hours a day so what separates anybody
27:02
from getting what they want and being in
27:04
the top 2% the willingness to put in 10
27:07
hours a day of progressively harder
27:09
practice for four years or ten years or
27:12
however long it takes that's what
27:14
separates people their willingness not
27:16
their genetic you and I not their
27:20
genetic potentials not their genetics
27:22
their willingness to employ the genetics
27:25
they already have yeah how many are
27:28
doing that very few right yep so I'm a
27:32
biologist right I know biology I know
27:34
evolution I know how we got here and you
27:37
and I have the genetics of the best
27:40
eyeballs that there were because the
27:43
hunters that had the best eyeballs got
27:45
the most meat for their families and
27:47
they kept their kids alive we're the
27:49
guys that couldn't see very well they
27:51
didn't get as much meat or any and their
27:53
children died so they're not around but
27:57
you're an AI ancestors because we're
27:58
here had great eyesight and had great
28:02
adaptability and great great great we
28:04
had the best of everything it wasn't
28:07
like it is today where you can excuse me
28:09
or you can just have your food handed to
28:12
you mm-hmm
28:13
I watched a documentary about the rest
28:16
of the world and I learned two things
28:17
most people are not white in the world
28:20
right and almost no one's white in no
28:22
true and almost everyone in the world
28:24
spends most of their day getting food

28:30
that's what people that's what people
28:32
are designed to do to go out and get
28:34
food okay now so who's gonna import so
28:36
these are good genetically gifted like
28:40
athletes super athletes right and there
28:42
are ancestors so we have all that inside
28:44
us I believe this mm-hmm and every once
28:47
in a while we see somebody that employs
28:49
it and we have to ask ourselves are they
28:52
that special are they that different
28:54
from me or how close am I to them I
28:58
think the answer is one one one
29:01
thousandth of a percent so yeah a tenth
29:03
of one percent small genetically you and
29:08
I are yeah a tenth of one percent yeah
29:11
different and you and everybody else on
29:12
the planet and me and everybody else on
29:14
the planet and so in sports we talk
29:17
about genetics all this and I and first
29:20
of all as a good coach and a good
29:21
trainer and a good motivator I don't
29:23
want to hear anything about that cuz I'm
29:24
gonna take what I have in front of me
29:26
I'm gonna do I'm gonna find a way to win
29:27
with that right yep so you got that's
29:29
all I have right and so if I want to
29:33
just give up that's a good reason to
29:34
give up okay has a Genesis isn't gonna
29:37
work out and Dave I told myself that
29:39
when I was 242 I was trying to be 250 so
29:44
I wanted to be 250 because I decided
29:46
that's where the big human club started
29:47
I overheard that at a conference of
29:50
strength coaches and a kid got up and he
29:52
was 250 and two coaches look to each
29:54
other this that's one big human so I
29:56
decided as a young man 22 22 years old
29:58

that's where big humans started at 250
30:00
so I'm going to school and I'm trying to
30:02
weigh 250 and I tried and I tried David
30:06
I tried to eat and I tried to Train and
30:08
I I knew everything you know that
30:10
everybody else knew I was going to
30:11
school being taught by the best about
30:13
how to do this 240 tubes so I've dyed it
30:16
down try it again
30:18
246 dyed it down back up to 46 and I
30:23
remember sitting in Larkins Hall which
30:24
was a place at Ohio State University it
30:27
doesn't exist anymore but it's where my
30:28
office was and where all the phys ed
30:30
stuff was and I had stripped down and I
30:32
was using the the scale there and I'm
30:36
sitting there
30:37
and I said I gotta make it this time cuz
30:40
I've eaten so much and I've trained so
30:42
hard and I step on the scale I didn't
30:44
make it again and I decided I picked up
30:48
my pop-tarts that were sitting beside me
30:49
I'm still naked I'm very depressed and I
30:53
begin to open them and I said yeah screw
30:56
it I don't have the genetics to weigh
30:57
250 I'm not eating any more I'm done I
31:01
told myself that same excuse
31:03
I'll never weigh 250 because of why not
31:06
because I'm not training hard or not
31:07
because I'm not eating enough because I
31:09
don't have the genetics and that gets
31:11
you off the hook so anytime you want to
31:13
use that anybody that wants to use it
31:14
camp mm-hmm or you can decide that
31:18
you're gonna find a way to win with what
31:21
you have and that's a different attitude
31:22
yeah I have a similar story to that from
31:26
my college days just in a little bit

31:29
different context I started powerlifting
31:33
when I was a teenager and had a little
31:36
bit of a bodybuilding stint but was
31:37
powerlifting through college and dabbled
31:41
in sociology for a long time and then
31:43
transferred over into Exercise Science
31:46
and when I transferred to Toledo and it
31:50
was exercise science they really didn't
31:52
have that track set up yet so I had to
31:56
sit down with my counselor or whatever
31:59
they're called and set it up say okay I
32:01
need exercise science
32:03
I need public speaking this is what I
32:05
need to be a strength coach and lay out
32:07
the foundation for that and during the
32:10
same two-year period that I was studying
32:14
those courses my total got stuck between
32:19
1940 and 2000 over a period of seven
32:25
meets and I remember I had one professor
32:29
that actually lifted weights which was
32:33
rare because most of them were runners
32:35
starting a cardio based you know that's
32:37
where the money and research is yes yeah
32:39
and I walked into his office and said
32:42
you know it's and at the time I was
32:45
reading the Soviet sport review by
32:48
yesyes yeah I found Yenisei ager I'm
32:51
reading everything I can to try to
32:53
figure out you know I'm studying spaz
32:55
off shit I'm trying to do that you know
32:57
and eat anything and I can't get it to
33:00
work and I remember having this
33:01
conversation with him and him telling me
33:03
that you know Dave there is a ceiling
33:06
for everybody on where your strengths
33:09
can be and I asked him to explain this a
33:13
little bit more in depth because I was
33:15

confused because if I added my best
33:18
lifts together they exceeded the total
33:22
that he was talking about and he went on
33:25
to say that you know over the last two
33:27
years you've accumulated more and more
33:30
injuries because you're trying to break
33:32
through what your body is actually
33:34
capable of doing and like yourself I
33:38
believed it and it took me tearing my
33:42
PEC off at Columbus Athletic League
33:44
bench me that you very well possibly get
33:48
bedded and Lily coming up to me and I
33:53
told him at the time that because Louise
33:56
always mentored me even when I was a
33:57
teenager I said ah you know what I think
34:00
I'm done man I said it's two years this
34:02
is going nowhere I'll bet ya my pack
34:05
right now is under my nipple I mean it's
34:08
it it's gone and this is all I can do
34:12
and he said I believe his exact words
34:16
were no this is all you think you can do
34:19
you come with me and I'll show you a way
34:22
to do more so we can debate you know the
34:25
west side principles and so forth but
34:27
like you can't debate the guy as a coach
34:29
you know as far as his ability up here
34:32
yes you think here so he said you know
34:33
yeah I think you're done yes he was
34:36
talking about the attitude you need to
34:38
have to change yeah and I don't know if
34:40
he knows biology and evolution but we
34:43
all have a warrior inside us we all have
34:45
a gorilla inside we all have a marathon
34:48
runner inside we all have all of that
34:50
because of our because all the other
34:52
genetic people are dead okay because
34:56
they didn't make it they to survival to
34:58
fittest weeded out all the people to bad

35:00
eyesight and weak arms
35:01
and not a bunch of adaptability and so
35:05
we have all that inside us or not right
35:08
yeah you can you can you know if you
35:10
don't you don't know what we do you know
35:11
because Louis woke something that you
35:15
know at that point in time when I left
35:17
you know the only thing in my mind was
35:19
this this could work it might not work
35:22
but regardless of what happens I'm not
35:24
gonna leave this board asking myself
35:26
what if no matter what it's hard so from
35:30
here on out I'm not gonna do that and
35:33
continue down that path we got off track
35:36
so how does away an idea yeah how did
35:38
you cut wait extra everything that I
35:42
have done ever has never relied on any
35:46
of the advanced knowledge that I have
35:48
except with the except as a mental part
35:50
but all of the biology and physiology
35:53
can be gleaned from a basic
35:55
understanding of how things work mm-hmm
35:58
overload calories nutrition everything
36:02
you take a basic nutrition class you
36:04
know everything you need to know you
36:06
take x training class you know
36:07
everything you need the basics are are
36:10
all you need now it's nice to know cuz
36:12
I'm curious about things and I explored
36:14
it because I'm just so damn curious
36:15
right but everything I do relies on
36:19
simplicity there's nothing complicated
36:21
the more people complicate things the
36:26
more I think they're full of crap yes
36:28
and because I'm absolutely certain
36:34
because I lived it and I live it every
36:36
day that the simplicity trumps
36:40

everything you can go as far as you need
36:43
to go with the basics mm-hmm you don't
36:46
need some sort of advanced anything
36:51
because like we said or we mentioned
36:54
that very few people are operating at a
36:57
hundred percent they're operating at
36:59
about forty percent so you can take the
37:02
basics to get you to sixty percent and
37:03
beat them all mm-hmm and then the couple
37:06
guys that are operating at sixty percent
37:07
you can take your knowledge and and go a
37:10
little bit harder and go to 60 or 70
37:12
percent and beat those guys there very
37:14
few times do we ever have to go a hard
37:16
person life or death and those are
37:19
amazing stories right you've heard yeah
37:20
I think that we all have some of them
37:22
are fabricated but some of them are yeah
37:23
yeah so dieting is as simple as gaining
37:27
weight you shut off the flow you
37:31
restrict calories in number in a
37:35
stepwise fan fashion until the first
37:37
first week you just stop overeating you
37:39
stop shoveling yeah yeah and he goes six
37:42
thousand five thousand four thousand
37:44
thirty five hundred three thousand and
37:46
you you get down as low as you need to
37:48
go to make your your goal and now you
37:52
want to care about vitamins and minerals
37:54
now cuz you're you don't have the
37:56
calories to make that are gonna assure
37:58
that you get so now you want to look at
38:00
your protein right yeah Sears you now
38:02
you wanna so on the dieting down that's
38:05
when you got to pay attention much much
38:07
more because you need the protein to
38:09
cover you know y'all need the cow and
38:11
you want to limit the fat but not too

38:13
much and so that's when now all that
38:15
stuff matters and little quality matters
38:17
yeah yeah why
38:18
absolutely because now you want a good
38:20
fall now you want the opposite of what
38:22
you did yes you want you want to be
38:24
feel full and so one of my secrets I can
38:26
show you there's no secret but you know
38:28
I ate three pounds of broccoli a day
38:31
every day I'm shoveling food through now
38:34
why would I want to do that well because
38:36
when people starve and cut their
38:38
calories to 1800 or 2000 or whatever how
38:41
low they have to go to get to where they
38:43
want to go you have 30 feet of bowel
38:46
that's a muscle that's moving through
38:48
you and it's active and it's always
38:49
pushing and if anybody's eating five or
38:52
six thousand calories you know it keeps
38:53
pushing you take a bunch of craps a day
38:56
alright cousin it's moving it's moving
38:58
it's moving it's metabolically active so
39:01
you want to keep that metabolically
39:03
so the truth is if you eat paper that
39:06
would keep the stomach moving instead of
39:08
when you starve everything sit still it
39:11
goes quiet all that 30 feet of muscle
39:14
that it used to be running is now quiet
39:17
it's not pardon any calories for you
39:19
just pushing the food through so if you
39:20
push a paper through that's better well
39:23
you know I don't know how eaten paper is
39:25
I don't think it hurts anything but I'll
39:27
just eat broccoli which is pretty close
39:28
lettuce is pretty damn close to paper
39:30
three pounds a day that way my
39:33
metabolism doesn't get shut down like
39:35

most people's does when they restrict
39:37
calories now I'm not getting many
39:39
calories from the broccoli or the
39:41
lettuce not money at all about 150 per
39:44
pound
39:44
how many stalks of broccoli is that I
39:47
used to buy well this was back when like
39:50
the whole store no no it's just uh you
39:52
buy a frozen bag of broccoli it's it
39:54
used to be 16 ounces it's yeah I got you
39:56
I got you
39:57
16 ounces throw it in a microwave eat it
39:59
yeah another one so three of those a day
40:01
God any word listening to dollar back
40:03
then yeah but that kept your stomach and
40:06
your bowel moving and that that kept
40:09
your basic metabolic rate up instead of
40:11
when you starve when you cut the flow
40:14
off completely nothing's moving through
40:16
so it settles down it goes quiet so that
40:18
was grazed the broccoli was basically
40:21
grazing all day long no I you seated it
40:23
at certain time so as of nails yeah and
40:26
and the worst one was the night one and
40:29
I'll be looking I look down in a bowl of
40:30
vegetables yeah every night and just put
40:34
another fork down and just as much it's
40:37
exactly the same discipline there's when
40:39
I had to put a fork down and shove
40:40
something in my mouth now I'm shoving
40:42
something and it doesn't give me any
40:44
calories yeah
40:45
and it's keeping me and I know what it's
40:47
doing right and so you know that if
40:49
you're not pooping every day you're not
40:52
keeping that active and so that's one
40:55
thing you can do but the bottom line is
40:57
you've got to cut the calories and you

41:00
can do it three ways way number one
41:02
starve you'll lose weight don't put
41:07
enough calories in to run your system
41:08
okay number two eat exactly what you've
41:12
been eating but over exercise there's
41:14
not a marathoner on
41:16
planet who doesn't lose weight coming up
41:19
to a event they get as many hot fudge
41:22
sundaes as they want they they can't eat
41:25
enough because they're burning so many
41:27
so one is to cut the intake the other
41:30
one is to increase the output or number
41:32
three a little bit of both
41:34
cut the intake down and increase the
41:36
output so for me I don't like starvin so
41:40
I would rather burn off a pound then
41:42
starve off a pound so I did a lot of
41:46
cardio I didn't mind it was time I could
41:49
think I could listen to music I could
41:50
listen to books on tape I could actually
41:52
read on the recumbent bikes when those
41:53
came out what was your preferred cardio
41:56
source I did a I did my triathlon every
41:59
morning I did 40 minutes on treadmill 40
42:03
minutes on the stair cupper climber and
42:05
40 minutes on the recumbent bike you
42:08
know and then sometimes I would go back
42:09
and there was a place because of where I
42:13
lived it had a pool and I'd go ahead and
42:14
do goofy makeshift aerobics in the bowl
42:19
just to get some weight off and still
42:21
move and burn some calories so I loved
42:24
the recumbent bike because you can read
42:26
yeah you can do stuff I like that and
42:28
and I used to walk to the gym every day
42:31
I used to run the World Gym up there and
42:34
I had a I had a 30 minute get right to
42:37

work
42:38
loop from my home and I had a hour loop
42:41
and I had a two hour loop mm-hmm and so
42:43
if I got up early enough I could walk
42:45
for two hours before my day started I
42:47
I'm not making this up I would put my
42:50
socks on and my shorts and I would roll
42:53
out of bed put my put my feet in my
42:55
shoes and put a shirt on and get walking
42:56
I mean that fast and you know it's at
43:02
3:00 in the morning I didn't work at
43:03
6:00 and so if I took a long loop and
43:06
had to get ready and stuff it was it was
43:08
but it was nice I was out there it was
43:10
dark I was below I could think I could I
43:12
could do my visualizations yeah yeah the
43:15
mental walk so I'm gonna pray I'm gonna
43:18
bring that back when we talk about
43:19
goodbye solve a problem you think about
43:21
your relationship you could go you can
43:23
get you can get right with yourself and
43:25
we don't have time to do that
43:28
lifestyle anymore nobody nobody makes
43:30
time for that I don't I don't understand
43:32
how because I make time every day to
43:34
think to sit and think and I'm always
43:37
reminded of Charles Darwin's kid he said
43:41
about his dad he said it's hard to tell
43:44
when Daddy is working or just taking a
43:46
nap because he would just lay on his
43:49
couch you know and sit and think and
43:50
laying thing and the kid was like is he
43:52
sleeping or is he getting he's working
43:54
hard because he's thinking about
43:56
something he's trying to understand
43:58
something or make sense of something and
44:01
so that to end the story then it's just
44:04
a matter of finding a way to balance how

44:07
many calories you want to restrict and
44:10
how low you want to go and how many
44:12
calories you want to burn because every
44:14
day it's your bank account your fat is
44:16
your bank account in the first is out
44:19
equals net so how are you putting in how
44:22
much you taking out pretty soon that
44:24
bank account goes down if you're
44:25
spending more than you're putting in
44:27
once you blow the water off in the
44:29
initial phase what would you consider
44:32
being for the strength athlete the
44:38
greatest amount of weight they would
44:40
want to lose per week as much as you can
44:44
Dave I hate to lose training time so I
44:47
want to get the weight off get down to
44:49
my class and there is a secret or there
44:52
is an understanding to putting the
44:55
calories in when you need them so I
44:59
trained two days a week I trained at the
45:01
I trained the bench on my own at the
45:04
world gym and then for about three and a
45:06
half years I went every Wednesday to the
45:08
west side triceps house my tricep day
45:11
mm-hmm and so when do you need food down
45:14
if you're if you're cutting for an event
45:16
you need food for that training and you
45:19
need a little food for the recovery
45:21
right you can't train there yeah and not
45:24
recover so the only time you need so you
45:26
have to think about your timing of when
45:29
you're gonna give yourself some extra
45:30
calories and that should be prior to
45:34
your training give yourself something to
45:36
train on and I was able to keep training
45:38
as I cut late so as I was quote-unquote
45:41
down I used that term when I was strict
45:43

endowed with the right moment so that I
45:49
could use that energy to keep
45:51
progressing and keep training and then I
45:54
cut it off again as soon as I felt like
45:56
I had recovered and I'm not sure that I
45:58
always recovered but you know so I don't
46:02
I I don't like these long drawn out by
46:03
it so I want to get it over with
46:05
I went up and and it's not for everybody
46:08
yeah that was my mindset if you're
46:10
comfortable some people are okay being
46:13
uncomfortable all those Navy SEAL guys
46:16
they go to triathlon events to get those
46:18
guys mm-hmm you know in snipers you got
46:21
to be uncomfortable you got to be okay
46:22
with just laying there for three days
46:24
you got to be uncomfortable being cold
46:27
all day long all night long you got to
46:30
be uncomfortable not eating for three
46:32
days five days those people are okay
46:34
with being uncomfortable I'm not one of
46:36
those I don't like to be uncomfortable
46:38
so I have I have some tolerance for it I
46:41
have some discipline for it but I'd
46:43
rather get to diet done quickly so I was
46:46
all about burning it off rather than
46:48
starving it off so I really upped I was
46:51
doing I lost 86 pounds in 12 weeks once
46:54
that's the best I ever did
46:55
86 and 12 because it you know after you
46:58
get him over 70 pounds it's tough yeah
47:01
there's not much left to come down yeah
47:03
yeah so you're looking for something
47:04
anywhere in your body you can get rid of
47:06
and you know 86 pounds in 12 weeks and I
47:10
just I lost my train of thought David
47:12
what we were talking about it was I say
47:13
you the maintenance you know are not the

47:15
minutes but how much you could cut per
47:17
week so cutting it fast I like to cut it
47:19
fast
47:20
so that I could keep training yeah and I
47:22
think I went off track there but I have
47:23
to apologize that happens to me
47:25
sometimes you answered it that you got
47:26
that let's hit the JM presser then get
47:30
on to get more recent stuff with a GM
47:33
press obviously where I think most
47:36
people have issues with it is they have
47:40
different arm sizes and a lot of the JM
47:43
press is really based upon the feeling
47:45
of the forearm against the bicep and
47:48
that's where people get get it
47:51
messed up in my opinion they don't have
47:55
biceps or forearms yeah so why is that
47:58
Dave because they're not doing J I'm
48:00
pressed cuz I'm not training their bicep
48:03
exactly I mean we just say that it's
48:06
that if that's the case then this is
48:09
probably a movement they shouldn't be
48:11
doing yet
48:11
no no cuz I did it at at three hundred
48:14
and forty pounds and and I did it at 225
48:17
pounds so I know what that feels like to
48:19
lose that tissue leverage yes I'm clear
48:21
on that
48:22
okay you're absolutely correct that is a
48:23
factor yeah and man it you miss it when
48:26
you don't have it right oh hell yeah
48:28
I mean you guys at squat and they go
48:30
deep enough they start to feel that
48:31
pressure gone when they start leaning
48:33
out all the jam press yes it certainly
48:36
helps the bottom yeah coming out of the
48:38
bottom tremendously yeah but I don't
48:42

think it's so much an issue of arm size
48:43
but you do want as much as you can
48:45
mm-hmm right yeah so my answer is if you
48:48
don't feel like you have enough tissue
48:50
leverage train your forearms do some do
48:53
some you know hammer curls get that part
48:56
of the forearm yeah and do some biceps
48:59
you know guys think well I don't use my
49:00
biceps at all in powerlifting so I don't
49:03
have to train them alright yeah that's
49:06
fine you can you cannot train anything
49:09
you don't want to train and I understand
49:11
that but here's a good example where you
49:14
might want to to help it will help put
49:17
some its ill tell people it's like
49:19
taping a tennis ball with duct tape to
49:22
the inside of your arm when that comes
49:23
down it wants to pop right back up so
49:25
the more you have there the better
49:27
so absolutely true that people with less
49:32
have a harder time mm-hmm but you can
49:36
fix that okay yeah training yeah you get
49:39
plenty there right build that right up
49:41
yeah
49:42
what I worry about with the JM presses I
49:45
didn't start doing it it was an accident
49:48
of where I wanted to again I'm super big
49:52
on recovery so how can I do how can I
49:56
get the value of a skull crusher and a
49:58
close grip bench press and not have to
50:00
do both of them so I blended them
50:01
together as an accident right because I
50:04
needed to just recover I couldn't do
50:05
three four
50:07
into tricep exercises after a while
50:10
mm-hmm does the load was so much you
50:12
know you get something out of the first
50:13
one you get nothing out of the second he

50:15
says so why do it but so that's that's
50:17
sort of what happened it came out of a
50:19
an accident and but I had really really
50:24
been training for triceps quite a bit
50:27
and I had strong triceps so for me it
50:29
wasn't too much of a a jump to do it
50:32
when I teach people I noticed that their
50:36
triceps strength gets Clefairy it goes
50:39
up very very quickly
50:40
faster than their tendons can handle it
50:42
and what I worried about what the
50:44
treatment did is if somebody starts
50:46
it and I have a couple guys starting it
50:48
now that they're gonna be so excited
50:51
with their strength that they're gonna
50:52
outstrip their tendons ability to keep
50:55
up and that's the thing I worry about my
50:58
so I always tell anybody I get a chance
51:01
to take it slow build it into your
51:05
program work it I mean I don't think I
51:08
don't know of any better tricep exercise
51:11
it's it's great you know it's half half
51:13
of one and half of another you get the
51:15
benefits of both but it builds so much
51:18
tendon strength but that takes time
51:21
mm-hm so you see there you see your
51:23
training weights go up and you want to
51:25
keep pushing and recovery the repair the
51:28
growth right we talked about that you
51:30
have to strip that yeah that exercise is
51:33
could be dangerous because it goes so
51:35
fast and if you're not careful with the
51:39
elbow so you got to pay attention so
51:41
this gets back to awareness if you're
51:43
not aware what your body and you just
51:44
block your body out you just try harder
51:47
try harder try harder you're not paying
51:48

attention to what you're doing I could
51:51
see people being angry about the JME
51:53
press like that thing hurts your elbows
51:55
you know it's like people that say they
51:56
hurt their back or their knees squatting
51:58
nobody ever hurt their back or knees
52:01
squatting properly only improperly right
52:04
yeah so if you do this properly you're
52:07
not gonna hurt your elbows but I could
52:08
see where the temptation was would be to
52:11
yeah I can see that you know the the
52:13
benefit that I found from when you
52:18
brought it into West Side
52:20
as my shoulders were already an issue so
52:22
close grip bench presses were already a
52:26
an exercise that was out of my arsenal I
52:29
had to take it out too much shoulder
52:31
rotation so I was stuck to one board to
52:34
board and it was still oppressed now all
52:37
of a sudden it's like oh shit here we go
52:39
now I can get this right on and both my
52:42
pecs have been torn so what we were
52:45
working on with my bench is how can I
52:48
bench with the least amount of PEC
52:50
activation and only triceps so it's
52:53
basically a tricep extension shoulder
52:55
you know shoulder rotation tricep
52:57
extension no pack and so that was
53:01
pressing in a straight line you know and
53:04
building the absolute shit out of the J
53:08
and perhaps yeah cuz nothing else was
53:11
gonna do it I don't know of anybody that
53:13
missed a max benchpress pinned against
53:16
their chest everybody fails somewhere
53:19
where the triceps of you know taking
53:22
taking control so you shift from the
53:24
chest drive to the triceps and I don't
53:28
know and some people get stuck in the

53:29
transition right but yeah but nobody
53:32
gets nobody can't lift the bar off their
53:34
chest they can't lock it out so I've
53:38
been I've gotten used to saying you know
53:40
every every failure is a lack of tricep
53:44
strength you know and that's
53:47
oversimplifying but again it's it's it's
53:49
true if you don't fail on the chest now
53:52
it's true that if you build enough
53:53
momentum with the chest you can kind of
53:56
bump yourself over that hill right and
53:58
continue but I'll tell you what if it's
54:00
a real max if it's a real match you're
54:02
going hard you not get much momentum out
54:04
of the hole it's yeah it's hard the
54:06
whole way yeah it's hard the whole way
54:08
and where people seem to fail you know I
54:10
haven't seen to me for years so I don't
54:11
know what's going on now but let's just
54:13
take the benchpress without the shirts
54:15
and everything and just pushing it off
54:16
your chest
54:17
nobody fails what's stuck on our chest
54:20
yeah you get it up and get it going and
54:22
then something's weak what is it
54:25
shoulders probably not chest probably
54:27
not yeah so it boiled down to that who's
54:31
ever you know the meats when I was
54:32
competing I
54:33
I looked at it who's got the strongest
54:34
triceps and they're probably gonna do
54:38
well oh yeah yeah and that's how I
54:40
looked at I don't know that's changed
54:41
that much but I know that you know a
54:43
bench without a shirt is that way yeah
54:46
at the I'm gonna show our age here but I
54:50
remember it was Louie had you know a lot
54:58

of very intelligent people when it comes
55:03
to training in the gym at the same time
55:04
because you were writing articles
55:06
George's writing articles I was writing
55:08
articles so we had a lot of different
55:10
minds you know putting cotton and Louie
55:12
was writing articles of course and but I
55:15
remember you wrote an article once on
55:17
the venture and it pissed me off because
55:19
it was about you know using the bubble
55:21
on the venture and that if you learned
55:23
how to use the bubble right you should
55:25
be able to get 60 pounds out of your
55:26
venture I'm like sixty pounds
55:27
motherfucker who the hell gets sixty
55:30
pounds out of a venture
55:31
you know it's like God man I'm getting
55:33
like 20 pounds he's getting sixty pounds
55:35
this is bullshit you know so I'm trying
55:37
to figure this out and then fast-forward
55:40
you know five six years later and it's
55:42
like three hundred and fifty pounds out
55:44
of the venture or two hundred pounds out
55:45
of the venture yeah like I was mad
55:48
because you figured out how to get sixty
55:50
and it's like holy crap sixty is like
55:52
the starting point but it's kind of
55:54
irrelevant at this point in time that's
55:56
a good point though Dave it's a good
55:58
point it's a you know guys like us might
56:01
be tempted to say well you know those
56:05
guys with the Ben shirts nowadays
56:06
getting two and three and three plus out
56:09
of their shirt back in my day we used to
56:11
get we didn't even get a hundred right
56:13
and that's not the issue the issue is
56:16
the sport has changed oh yes just like I
56:19
used this example just like when

56:21
pole-vaulting went to the fiberglass
56:24
pole mm-hm and the pole bent in half and
56:26
lifted guys up 19 feet in the air all of
56:28
a sudden right yeah yep
56:30
so the guys that we're done would say
56:32
well that's not pole vaulting that's
56:35
that doesn't have anything to do with
56:36
pole vaulting well that's what pole
56:38
vaulting has become yeah and so you've
56:41
got a choice this is how I looked at it
56:44
because I started when shirts were
56:46
optional no but if you put a shirt on
56:48
good it might help your shoulders you
56:50
might get 10 or 15 pounds out of it yeah
56:52
that over the ice to put it on yourself
56:55
you know take it off yourself yeah yeah
56:58
but you uh you look it now right why
57:03
complain yeah you know it was a
57:05
different thing back then yeah the
57:07
sports gone pretty much counter percent
57:09
wrong now I like that you've class you
57:11
know yeah I like strength you know and I
57:13
but I looked at it as if I don't
57:15
master this skill yes somebody else will
57:18
and it was a skill or 70 or 80 pounds
57:21
given that up if I don't learn how to do
57:23
it yeah and the bench shirt when it was
57:25
at its most gangster I guess they still
57:28
had to stabilize the load they still had
57:30
to take the weight out and hold it yeah
57:32
which was a big thing then they had to
57:33
lower it you know and then they still
57:35
had to lock it out I mean so there what
57:38
happened with gear and I like to how you
57:40
use the word skill because that's how I
57:42
explain it is the sport became extremely
57:45
skill oriented
57:47

more so it actually moved a little bit
57:49
away from being a strength sport indeed
57:51
as we're skilled Gil swore it could beat
57:54
you with their skill yeah it's like a
57:55
real sport though yeah okay with that
57:57
because I was too I mean I admire
57:59
strength right yeah and that has to come
58:02
in first but I also admire somebody that
58:04
practices enough the person that takes
58:07
the time to build better skill set and
58:11
thous and I can beat the stronger person
58:14
then that's the stronger person not
58:16
taking the time to work their skill
58:18
master the craft right they're relying
58:20
on what they have instead of what they
58:22
can learn so that part of the sport I
58:24
actually kind of liked because it's like
58:25
okay you're strong alright yeah but
58:28
there's another component here you know
58:31
just like most other sports and it's
58:33
like I said it's become raw pretty much
58:36
a hundred percent now so it's gone that
58:38
I like so it's it's back to where and I
58:43
mean when I started with single-ply so I
58:46
mean it's everything goes in cycles but
58:50
let's um let's go deep now let's get out
58:54
of this
58:55
history bullshit yeah with the JM press
58:58
and dieting and losing weight so for all
59:00
those people we covered all that shit
59:03
the one thing I want to note with JME is
59:07
he's as far as profession wise you know
59:12
worked as a strength coach and you know
59:14
taught a little bit too right indeed and
59:17
but throughout all that time and even
59:20
now you still train people in real life
59:23
yeah you know not online and on this
59:25
morning you know so that that's what his

59:30 prophetic profession is so the the art
59:34 of training people is also an art of
59:38 communication it's an art of mastery of
59:41 nonverbal communication you know reading
59:44 people's skill sets being able to
59:46 motivate them to do things they
59:49 otherwise may not want to do I may not
59:52 believe they can do or not believe that
59:54 they can look into you and said you
59:56 don't think you can yes yeah so think
59:59 they can be what they can be yeah
60:02 and coaches we know what we would get
60:04 good at seeing what's in them yes now
60:07 they may not see it and when I worked as
60:10 a trainer
60:11 it was gen pop you know so you're
60:13 dealing with completely different
60:15 mindset there you know all the way up to
60:18 going into Westside and having to train
60:20 with you guys there so it's a diverse
60:23 diverse group of different mindsets to
60:29 try to balance and figure out so with
60:33 the mental aspect
60:36 I remember just to throw some some old
60:39 stories out you carrying around a rock
60:43 that had 700 on it it was kind of like
60:46 they used to sell the old pet rocks when
60:49 I was a kid it's like a pet rock I
60:53 remember at one point everywhere it went
60:55 yeah I remember at one point time you're
60:57 lifting partner would write 700 on his
61:00 forehead upside down he's done it yep so
61:03 when he gave you the lift off you'd be
61:04 able to see that but I mean those are
61:07 all kind of fun
61:08 you know type of stories but I also
61:10 remember you know seeing you in the
61:12

warm-up room in a meditative state for
61:16
god knows how long you know however long
61:20
it took you know it could be half hour
61:21
cut about an hour it was just like okay
61:23
it's just it's what he does it's what he
61:25
does to get ready so I think the mind as
61:30
far as sports business and life is
61:35
greatly untapped and it seems to be what
61:40
you've been tapping out a little bit on
61:43
your Instagram about and talking about
61:45
so let's let's talk about that a little
61:48
bit okay let me make one thing let me
61:51
make everyone angry yeah all right
61:54
so people are fond of saying everybody's
61:59
different and to that I say bullshit
62:03
physically remember we talked about
62:06
biology and yeah we all have the same
62:09
ancestors and they were all the best of
62:11
the best because those are the ones that
62:13
survive so physically no we're about one
62:17
one thousandth of a percent different we
62:19
are not physically different that's why
62:21
you can use a very narrow range of
62:23
medicine and pretty much hit everybody
62:26
because everybody's about the same and
62:29
everybody responds about the same now
62:31
where I will agree wholeheartedly and
62:33
this is the direction we're gonna go is
62:35
mentally and personality-wise we are
62:38
very very different and so when you said
62:41
about the general population and being
62:43
such a wide stretch that's true it's
62:46
crazy wide right but I want to I want to
62:50
make a statement and then I want people
62:53
to think about it you know how different
62:55
are we physically your muscles are made
62:58
out of the exact same molecules as mine
63:00
are your bones are made out of the same

63:02
stuff all the physiological processes in
63:06
our body followed the same rules your
63:08
nerves conduct the same way there are
63:10
small differences there's small
63:11
differences in metabolism those are so
63:13
small and around those down to zero yeah
63:15
cuz they're so little I don't want to
63:17
talk about right yeah I'm gonna round
63:20
that just down enough
63:21
and what I want to talk about is where
63:23
we are different right and this is where
63:26
I'll agree with people yeah everybody's
63:28
different personality and mental and
63:32
that's where I think that's where I
63:34
think we need to go you know you know
63:37
how to train people I know how to train
63:38
people it's it's known information
63:40
anybody can follow the system follow the
63:43
program stick with the program
63:45
eat the food you'll get what you want
63:46
you get we promise right you tell them
63:48
athlete do this and you'll get this
63:50
everybody knows that all the programs
63:52
are built to make you strong and they
63:55
all work so what's going on how come
63:59
we're so much different and I think
64:01
that's where we are different so what
64:04
would you like to talk about about the
64:06
mental side of things
64:07
well if you're speaking of let's just go
64:12
with the programming okay
64:14
same program to different people works
64:18
for one it doesn't work for another no
64:20
the program works for both of them Dave
64:22
because the program is solid it's never
64:23
failed anybody yeah but metal person
64:26
fails right we have the person fails
64:27

right that's what I want to talk about
64:29
where how what's going on in their head
64:32
and you know I know absolutely nothing
64:35
about what's going on in your head
64:37
except what you tell me I know
64:39
everything that's going on in my head
64:40
and that's where I'm stuck so if I don't
64:42
get feedback from you or make my
64:44
athletes I tell them I can see
64:47
everything you're doing 100% of what
64:49
you're doing I can see and zero percent
64:51
of what you're feeling I can feel I know
64:54
nothing about what you're feeling I know
64:55
everything about what I can see you're
64:57
doing so I need that information so you
65:01
talked about how you communicate with
65:02
your athletes how you how you understand
65:05
them how they make themselves understood
65:06
to you that's where this is at right
65:09
this is the question right they got to
65:12
be on board with opening up and giving
65:15
you the best information they have so
65:17
they have to be at least able to
65:19
communicate in words and nonverbal -
65:23
right there you know I worked with
65:25
teenage kids teaching and they don't
65:27
want to tell you what's really going on
65:29
but you can figure it out right if you
65:30
ask the right questions and see what
65:32
happens you can
65:33
you know so I read a lot of books about
65:34
body language and that and that's
65:36
important that's really good and I'm
65:38
glad you mentioned that because I don't
65:40
think I tell people that enough and so
65:43
that's gonna be good but you can rely on
65:46
what they tell you and it has to be
65:49
fairly accurate so one thing we know

65:52
about young kids and people that want to
65:55
please you no matter what level they're
65:57
at you don't want to really displease
66:01
you they don't want to tell you you know
66:03
the whole story necessarily so they'll
66:05
hide information from you that you need
66:06
and so you got to get this trust level
66:09
built up slowly but surely you build
66:12
trust only one way you can't say hey I
66:14
gotta trust me that doesn't work you
66:17
know when President Trump says believe
66:18
me I don't believe him I want to see you
66:21
know make me trust you by coming through
66:24
so as a coach I have to come through for
66:26
these people and I have to come through
66:29
with something little and then something
66:31
bigger and bigger and bigger and at some
66:33
point maybe they'll trust me enough to
66:35
instead of going hey do you understand
66:37
that do you really understand what I'm
66:38
telling you and they go yes they keep
66:39
nodding their head hey do you understand
66:41
this is this is just adding up to you
66:43
yes yes yeah and they don't write cuz
66:46
they don't want to tell you no I don't
66:47
get it
66:47
that doesn't make any sense JM that's
66:50
dumb I know how does that work they
66:52
don't want to say that they want to
66:53
please you they want to hide their lack
66:55
of understanding and so that you have to
66:58
build trust any only way to build trust
67:00
is you ask them to trust you out a
67:02
little tiny thing they do and you come
67:05
through you ask him to trust you on a
67:08
little more and you come through and you
67:11
can't mess the head up once that's got
67:14

to be like a hundred percent or as close
67:15
as you can manage you know cuz you let
67:18
them down once especially as you get
67:20
going you let them down on something big
67:22
one day you've got you just went way
67:25
back right but if they trust you they'll
67:29
give you more information and you'll
67:32
understand them I have my clients right
67:34
for me if something happens in a workout
67:37
that I find it's interesting or unusual
67:39
or I think matters I'll say I want you
67:43
to write one paragraph on this three
67:46
four sentences what happened when that
67:48
when we did that what was going on there
67:51
you can tell me what you felt you can
67:53
tell me what you think was going on you
67:56
can write anything there's no rules
67:57
because I don't really care what they
68:01
what they write I care about how they
68:04
write it to me and how they start
68:06
telling me who they are I was there for
68:09
the workout I saw what happened I don't
68:10
need to know that I know what was going
68:12
in their bodies I kind of know what's
68:13
going on in their head a little bit
68:15
right because I can see it in their
68:17
actions right we we betray our thoughts
68:19
with our actions but I want to know
68:22
about the person the more I know about
68:24
the person the more I'll be able to
68:27
motivate them the more I understand them
68:30
the more of their personality that is
68:32
very very different than mine right
68:34
there's the word we're different that
68:36
then I can say okay this would work for
68:38
me that's not gonna work for them at all
68:41
they're never gonna understand that and
68:44
so you have to tell somebody something

68:46
the way they need to hear it one of my
68:51
friends was having a conversation with
68:52
his wife on a phone there was some
68:53
dissent I could only hear half of it he
68:56
said yeah I told you she must have said
68:57
no you didn't yeah I did this goes back
68:59
and forth for a minute and he says yeah
69:02
I did tell you but I must not have told
69:04
you the way you needed to hear it and I
69:08
thought that was brilliant of him number
69:09
one
69:10
he made the gesture to compromise number
69:13
two I think that's true people don't
69:16
listen to every word we say they hear
69:19
what they want to hear sometimes right
69:22
so we got to find a way as coaches to
69:25
say it in a way that they can hear it
69:29
the way we want them to hear it so they
69:31
can understand it the way we want them
69:34
to understand it and so you may say it
69:36
one way and they yeah okay but then
69:39
they'll tell you one day man when you
69:41
said that you give me that analogy of
69:43
trying to I don't know push out against
69:46
the walls or whatever you give it to him
69:49
in the right way and they bite and you
69:51
think to yourself man I've been saying
69:52
this for a long time but I didn't say
69:54
push out the walls you know I said
69:56
something else I said something out that
69:57
meant the same thing right I want your
69:59
muscles to do
70:00
this or I want you to but you sit it in
70:02
the right way finally and they'll tell
70:04
it's and so that's what I seek to do I
70:06
try to say it in the right way not the
70:09
way I understand it necessarily and so I
70:12

told people I said let me explain this
70:13
to you and if it doesn't make sense to
70:15
you if this doesn't add up
70:17
common sense right then ask me to
70:20
explain it again because I did a bad job
70:21
so let me try again
70:23
I'll say it a different way and you keep
70:25
doing that because I'm right about this
70:26
and I know I'm right and if you don't
70:28
think I'm right if you don't agree that
70:30
I'm right then I did a terrible job
70:31
explaining myself it's my fault so I
70:33
need to say it the way you need to hear
70:35
it I need to give you this information
70:39
so that you can have it and I put that
70:43
burden on myself you know not them right
70:45
okay put that on myself let me let me
70:48
try again and I you know I'm a fairly
70:52
creative guy so if I can't do it I'll
70:55
keep trying I'll try to create a way
70:56
that makes sense to you well the burden
70:58
should be on you because if you're the
71:00
person that is coach you know it they
71:01
don't know it yet right yeah exactly
71:03
I mean it's you're the one that has well
71:06
I'll tell you what I know so many
71:08
coaches put the burden on the athlete
71:10
hmm
71:10
I don't believe in negative motivation I
71:12
don't believe in this you tell me I
71:14
can't do something and I'll just do it
71:15
mm-hmm that's complete and utter
71:17
bullshit anybody who's read a book about
71:19
teaching coaching parenting or dog
71:22
training knows that you can't use neck
71:25
and since the 90s the 90s forward I mean
71:27
I grew up with that right I grew up with
71:29
the football coach okay grabbing your

71:31
yeah your face mask and throwing you
71:33
around mm-hmm and telling you you're
71:35
nothing you're you're thinking that's
71:37
gonna motivate you what the coach is
71:38
that's the laziest way of coaching
71:39
because I'm trying to make you mad and
71:42
find it in yourself all by yourself I'm
71:44
gonna piss you off so much that you're
71:46
gonna ruminate and find that will in
71:47
your own that's self motivation
71:50
I didn't motivate you as a coach I
71:51
didn't tell you how to find that mm-hmm
71:54
I just put it all on you you come
71:57
through you don't hear you can't do this
72:00
you won't be able to do this you can't
72:02
lift that that's not that's not
72:05
motivating yeah you know that's that's
72:08
poking somebody and then if they get mad
72:11
enough maybe they'll do it but you
72:13
didn't teach them anything they did that
72:15
all by themselves you were barely
72:17
necessary so I think it's it's a I think
72:21
it's a lazy way out to negatively
72:22
motivate and you can do it I mean my
72:25
village states military does it all the
72:26
time yeah that but with that isn't that
72:29
really it it's a reaction it's it's a
72:33
reaction to the stimulus which is you
72:39
know it's not really something that's
72:42
gonna carry through because they're
72:43
gonna need that stimulus to create that
72:45
reaction every time every time so that
72:48
means if they're a football player they
72:50
need to have a negative bad situation
72:52
happen before they can actually react
72:54
I've seen lifters get the shit beat out
72:56
of them before they lift yeah I don't
72:59

know if that's necessary right don't you
73:01
have that it can't you just turn that
73:03
button on yourself
73:04
why somebody gonna slap you in the face
73:05
a hundred times I tried it yeah I tried
73:08
it I feel it I tried the ammonia I tried
73:09
all that okay if that's something if
73:12
that's a part of your triggers and this
73:13
part of your method that's part of your
73:14
ritual fine if that brings it out like
73:16
acupuncture or whatever else okay I'm
73:19
not gonna argue with you if you're
73:20
successful with that I'm just gonna
73:21
question whether it was necessary and is
73:24
there a better way and there is a better
73:25
way the better way is free for you to
73:27
teach your your people how to bring this
73:29
out of themselves that's a lot harder
73:32
that's a lot of work on your part in
73:33
their part so the question I would have
73:35
is bringing white out confidence there's
73:39
only one way to build confidence David
73:41
there's only one way on the whole planet
73:43
same way you build trust you cannot
73:46
build confidence by telling somebody
73:48
they need to believe in themselves yeah
73:49
yeah I know that tell me how do I
73:51
believe in myself how do I do that coach
73:54
well you have to you gotta keep a
73:57
positive attitude yeah I know that coach
73:58
how do I get a positive attitude how do
74:01
i generate that you have to teach them
74:03
how to do it if you don't know how to do
74:05
it yeah then you need to do some some
74:07
research as a coach because people know
74:09
how to do this people know how to teach
74:11
other people to do it so the only way to
74:13
build confidence is by victory

74:16
experiences if you tell me to be
74:19
confident and I have no victory
74:20
experiences I have no reason to be
74:22
confident in myself however if you give
74:24
me a little task and I do it
74:26
and I say give yourself a pat on the
74:28
back for that just tell your
74:30
subconscious good job that's what I
74:32
wanted to do and remember this then you
74:36
give them a very carefully selected next
74:39
challenge so this is the coaches or
74:41
trainers job to set out or the teacher
74:43
or the parent set out a series of events
74:47
that are graded in order to lead them
74:50
somewhere and where you're leading them
74:52
is to have a whole bunch of history of
74:53
confidence behind them I did this I did
74:57
that I did this I did that and sooner or
74:59
later they can look back and go hey I
75:01
did all those things I have a good
75:03
reason to be confident you can't have
75:06
nothing under there and say look back
75:07
and have a reason to be confident
75:09
yourself there's no reason okay you
75:11
can't just choose confidence you have to
75:13
build confidence yes and a good coach or
75:16
parent or teacher or dog trainer knows
75:18
how to set up those events so part of my
75:22
job as a coach or a teacher or parent or
75:25
anything is to ask for something that is
75:29
challenging enough that it will have a
75:31
reward too small no reward I used the
75:36
example tying your shoes your goal for
75:38
tomorrow is to tie your shoes before you
75:40
leave okay you did it good job not
75:42
enough no reward it has to be
75:45
challenging enough that there's some
75:46

rewards for them so it has to be
75:48
difficult but it cannot be impossible
75:50
because you'll teach them the opposite
75:51
you'll teach them not to believe in
75:52
themselves I can't do this I can't do
75:54
that I can't do that
75:55
she has to be very very careful so
75:57
here's the art and skill of training
76:00
someone asked for the POE appropriate
76:03
next step and it if you if you screw it
76:07
up
76:07
you're gonna lose confidence if you do
76:09
it right you'll build confidence and
76:11
pretty soon that ball is like snowball
76:13
it just keeps going I did this I did
76:15
that I did that what can't I do
76:19
right and then you ask that question
76:21
what can I do I wonder how far this goes
76:22
yeah yeah so yeah confidence yeah but
76:27
you can you can either throw it on them
76:29
and say man you got to believe in
76:31
yourself you don't have any faith in
76:32
yourself you should be more positive
76:35
about yourself no you got to teach them
76:37
how to do that
76:38
and you know I came up with the book the
76:41
coaches that believe that you know they
76:43
could just make you mad and that's how
76:45
it motivates you and yeah I don't I
76:49
don't like to be pushed around so yeah I
76:50
I I reacted right but I reacted to their
76:54
action I didn't take the action on my
76:56
own
76:56
yes that's what you're saying about yes
76:58
you'll always realize that that's what
76:59
you're saying so if we can teach
77:01
athletes how to generate it yes I
77:03
promise you that that that pushing

77:07
people only goes so far they run out and
77:09
they quit and they stop before the guy
77:12
who learns how to move how to how to do
77:14
it yeah he'll keep going so you're gonna
77:17
run out if you're coaching and you're
77:19
you're using that negative method just
77:21
people off and tell them they can't do
77:23
it and you know oh boy I told you you
77:25
couldn't do it and then you did it see
77:26
I'm a good coach no you're not you're a
77:28
terrible horrible worthless coach yeah I
77:31
don't need you at all you don't you're
77:32
in the way in fact get out of the way
77:35
let somebody else have your job so that
77:39
runs out that only goes so far and it's
77:41
not very far because I don't solve
77:43
reactionary you know and what we want is
77:46
I don't know if there's a word action
77:48
arey but what we want is action oriented
77:51
yeah because when let's go with strength
77:56
sports to circle back then let's say you
77:58
now we're gonna start talking about the
78:01
arousal curve and being able to take
78:04
yourself to a state avoid stand unknown
78:08
state that no way are you gonna get
78:12
there from somebody negatively trying to
78:15
piss you off you know it's just not
78:18
gonna be that you got to have it what
78:19
you're saying you know I mean if you if
78:21
you do it's a it's an accent you got to
78:23
have a lot of small little successes to
78:26
be able to even put yourself and I'm
78:31
guessing here I'll let you take over but
78:33
even halfway up the curve you know
78:36
because the the peak of the curve is
78:38
where you want to be if you want to try
78:39
to break an all-time world right Oh too
78:41

far it starts to go then exactly so you
78:43
then you can't let it go too far right
78:45
but there's that little top there where
78:48
it takes a little work it may take
78:51
visualize a
78:52
it may take you know a lot of a lot of
78:55
work you know vision walks you know
78:57
picturing in your mind over and over and
79:00
over and over and over but I don't think
79:03
in my opinion you can even begin doing
79:06
that work if you haven't how we just all
79:09
thought beforehand ya know because you
79:12
got to have something to visualize that
79:14
was successful repeat that Davis talked
79:16
over you yeah you got to have something
79:17
to visualize that was successful to
79:20
begin with indeed you said something
79:22
prior that you said I don't think you
79:23
can get even halfway there I don't think
79:26
you get even halfway you know to that
79:31
curve you know to that point to where
79:33
you could start even trying to express
79:35
right that upper quadrant of the arousal
79:40
curve before it becomes negative if you
79:43
haven't had positive yeah success I
79:48
agree yes it actions cuz you got to have
79:49
something positive you have no reason to
79:52
believe in yourself if you haven't come
79:53
through for yourself yeah so what I
79:55
teach people what I try to teach people
79:57
is you can come through for yourself you
79:59
can you do it with this little thing
80:04
then you do it with that little more
80:06
thing then you do it and then if you
80:08
keep that up that becomes your habit
80:10
your habit becomes coming through for
80:12
yourself not make any excuse for why you
80:15
didn't come through for yourself to have

80:17
it with most people that I see and I
80:19
live in Youngstown and it's harsh up
80:21
there thank you oh yeah yeah it's and
80:23
there's a lot of excuses of why I
80:24
couldn't why I couldn't be here on time
80:28
why I couldn't finish your lawn why I
80:30
couldn't finish this job why I didn't
80:32
get this done on time
80:33
why why why there's always an excuse for
80:37
not performing and it's it's rampant up
80:40
there because it's accepted because
80:41
people accept excuse well if you start
80:44
accepting that excuse then you'll keep
80:46
giving them there's way easier to give
80:48
an excuse and to come through but if you
80:50
do the opposite if you start coming
80:53
through it's easier to come through the
80:55
next time
80:56
and it's easier to come through the next
80:59
time you build this habit but they're
81:01
there baby steps to use a very old term
81:04
they're baby steps and date but they
81:06
matter because they are your personal
81:08
history and you have a good right to
81:10
believe in yourself then you have a
81:11
right to believe in yourself if you came
81:13
to on this and there's an isn't it and
81:15
I'm asking for this you should be
81:17
confident you've done all this other
81:19
stuff this is only a little bit further
81:22
down the road
81:22
it's harder it feels harder it is harder
81:26
but you have every right to believe that
81:30
you can do it because why because you
81:32
just decided you could do it no because
81:34
you have all this history of victory
81:36
so creating victory experiences for our
81:38

athletes our kids that's that's
81:41
important and that and that keeps
81:44
rolling now they can stop anytime they
81:46
want but it kind of takes on its own
81:48
momentum and they do great things
81:50
sometimes alright let's stay on the same
81:54
topic but to take it out of helping
81:58
others and flip it into working with
82:02
yourself yeah so if you're coaching
82:04
yourself you know you have to do the
82:07
same thing you have to create the next
82:10
step so I know I know some guys that
82:13
when they first start working out they
82:14
go up five pounds every week you know
82:16
it's pretty good progression I think
82:18
it's gonna be that way till they get to
82:19
their goal yes and it's not you know
82:21
putting ten pounds on your bench when
82:23
you bench a hundred is great that's ten
82:26
percent oh yeah but that ten pounds
82:29
isn't the same ten pounds from six
82:32
hundred to six ten now even though it's
82:35
a smaller percentage man that ten pounds
82:38
it's time for world yeah you start
82:40
fighting for every rep you start
82:41
fighting for every pound and so as you
82:44
begin to manifest or use up your
82:47
potential there's less and less of it
82:50
they're left now I don't know where it
82:52
ends right but we know that as I use
82:55
some I'm closer to wherever that is I
82:57
don't know if it's a world record I
82:59
don't know if it's one more pound and
83:00
I'm done
83:01
but every time you move in the direction
83:04
of your goals there's less and less of
83:06
it left
83:07
so you have to work harder and harder

83:10
it's the law of diminishing returns you
83:12
work harder and harder for smaller and
83:14
smaller and smaller gains so if your
83:17
bench if you're well you're if you broke
83:19
a world record then somebody broke your
83:20
world record and they broke it by two
83:23
pounds now you got to get those three
83:25
pounds back you might work for a year to
83:28
get that back but it's worth it all
83:31
right yeah that's the rewards for those
83:33
little pounds are also bigger so even
83:36
though you had to work more and more and
83:38
more for less and less and less
83:40
the reward is greater and greater and
83:42
greater yeah it kind of works out I tell
83:45
I tell my women who want to lose weight
83:47
who might be a little bit older I say
83:48
you're 40 and you could have a 25 year
83:52
old body that's people your age can you
83:55
can however you're gonna pay more for it
83:58
than the 25 year old so it's like you're
84:00
in line behind two girls at a Coke
84:02
machine they're 25 and they go up put 50
84:05
cents in first one puts 50 cents in
84:08
pushes a button gets a coke second one
84:10
puts 50 cents in pushes a button gets a
84:12
coke you get up put 50 cents in it says
84:14
two more dollars please now you have a
84:16
choice you can pay what it costs you can
84:20
walk away mad and say the world's not
84:22
fair it's up to you you can have that
84:25
you can have the coke cost you more so
84:30
if you're a car collector and some guy
84:31
in to California has an old Corvette and
84:33
he wants three times what it's worth and
84:37
you're like screw that okay or you can
84:41
say damn how bad do I want this I really
84:45

want that car I'm willing to pay three
84:47
times what it's worth so that I can have
84:48
it and so it's this willingness to work
84:51
harder and harder and harder for smaller
84:54
and smaller and smaller gains I think
84:56
that law yeah I think that's very
85:00
important for people to stop rewind and
85:06
listen to that again because it applies
85:09
to everything in life you know if if
85:13
it's a marriage and you've been married
85:16
for 25 years you give some hard
85:19
for smaller gains sports you know the
85:24
athletes get closer to the older they
85:27
get closer to their prime you know it's
85:31
harder or flayed to hold on to their
85:33
prey yeah I mean HOF and Westside versus
85:36
the world documentary talked about
85:38
taking four years to put five pounds on
85:42
his total you know it's it's harder you
85:46
know to in some cases just to get back
85:48
to where you were and after a while our
85:53
brains start to fuck with us because
85:56
you've gotten right back to where it
85:58
matters not the body you're going right
85:59
to where I believe it matters yeah
86:01
because you'll start thinking that's
86:02
where it's at that's where the battle is
86:04
yeah do I want to do this again you know
86:08
and when you start asking those things
86:10
you need to start asking bigger
86:12
questions like is it time to do
86:15
something else it's okay to ask the
86:17
bigger and that's okay I think that's
86:18
exciting too and I do think that that's
86:20
where a lot of lifters that I've seen
86:24
through the years myself included end up
86:26
running into identity crisis indeed when
86:30
the sports over because we'll be who who

86:33
are you are take this away from you
86:35
exactly if you're not this lifter guy
86:37
anymore who are you
86:38
I didn't leave on my terms my shoulder
86:40
took me I wasn't done Tosh
86:43
all right now if it wasn't for my
86:44
shoulder would I ever be done you know
86:47
and that's the tough thing you know but
86:49
when it is done even regardless let's
86:51
just say you're an NFL player or a
86:53
division 1 football player at some point
86:55
in time somebody's telling you you're
86:57
done and then you wake up that next
86:59
morning and you're like Who am I this
87:04
was me you know and for me I don't want
87:10
to say it was a mistake because I
87:11
thought it was necessary my identity was
87:15
rolled in to being the best power lifter
87:18
I could possibly be it was the most
87:20
important thing in my life well it can
87:24
be the most important thing in your life
87:25
but it's still not who you were it's
87:26
something you did so when we ask
87:30
ourselves the question Who am I
87:32
the answer is not the things that you
87:34
own those are the possessions you have
87:36
it's not the accomplishments you've made
87:39
those are the things you've done it's
87:40
not it's not your body even maybe you
87:44
know so our identity if we choose to
87:49
wrap it up and a lot of people do in the
87:52
things we own and we try to pass off our
87:55
great car or our New Albany house or
88:00
even our kids as who we are we've missed
88:05
who we are those are things that we've
88:07
accomplished or things that we've done
88:08
or things that we do or things that we
88:11

have none of which is who you are not
88:14
one of them so the you that is you is
88:17
the guy that power this you power lift
88:19
power lifting isn't you you have done a
88:23
thing you've done an action you've done
88:24
an activity and so when we try to
88:27
identify with our accomplishments or our
88:30
the things that we have and you can and
88:35
people try to pan that off on you see my
88:37
nice car see my nice clothes see my Fit
88:39
Body how thin I am right is that regard
88:44
are those things you have and so the
88:48
real question is if I take all that away
88:50
and how do you answer the question who
88:53
are you and I won't put you on the spot
88:54
but it's you know no I working a lot
88:56
asking a lot because listen to hear I
88:58
not I think this is a good conversation
89:01
you remember Larry iron Smith yeah sure
89:04
of course okay he's since passed but I
89:07
went through two years of therapy
89:08
working with him no sure because my
89:11
identity was wrapped up into training
89:16
and the way that I captured and the way
89:20
that I controlled my identity as I kept
89:22
myself within steel walls notice where
89:25
we're sitting now indeed you know so
89:28
even when I was having my therapy
89:30
sessions with him it was in my old gym
89:33
and he was pointing out things like look
89:36
where you are why are you here
89:39
why are we meeting here
89:41
you know and so it was and I'm the
89:45
reason I say let's stick on this let's
89:47
dig in it because I've been through it
89:50
you know I've cried the tears I've seen
89:52
the light you know I've seen all the
89:54
consequences yeah you know from that

89:56
something that big you have to yes and I
89:58
know there's a huge loss a lot of other
90:01
lifters that feel that that is their I
90:04
that is who they are without that they
90:07
are nothing and what we have to try to
90:09
convince them is that's not who you are
90:11
that's something you did and you didn't
90:13
lose you you lost a thing that you did
90:16
you didn't lose you yeah you're still
90:19
you it's easier said oh in deed talk
90:23
about easy the reason that we come to
90:25
this and the reason we are taught this
90:27
from a very early age is again because
90:31
somebody wants to do your thinking for
90:32
you and it is very easy to say for the
90:36
corporate America or a religion or your
90:39
parents or your friends or society to
90:41
say well you're a success if you drive a
90:44
BMW so if you want to be a success drive
90:46
a BMW you get to BMW and you think okay
90:48
now I'm a success but how long does that
90:51
last for you wanna Mercedes right so
90:54
what they've got us in is this trap of
90:57
trying to identify with the
90:59
accomplishments the degrees the records
91:02
the house the kids the family that you
91:09
know the kids that do well in school the
91:12
kids that do well in sports you know and
91:15
none of that is us so what is that's
91:20
okay that's a very good question Dave so
91:23
how do we find out who we are if we take
91:26
away the things that we have because
91:28
you're not those clothes you'll agree
91:29
with that right you're not this building
91:31
you'll agree with that yeah you're not
91:33
your car I mean I can get you'd agree on
91:35
all of it right you're not the records
91:36

that you got you're not your personal
91:37
records you're not you're not the things
91:40
that you say and do either mmm you're
91:42
not your words your words are something
91:45
that you spoke it's another thing that
91:47
you did so I'm gonna take all that away
91:50
what do you have left
91:53
and this is the big question I can't
91:55
answer for anybody but I know a guy that
91:57
answered it pretty well and I am I have
91:59
bought into this and the book is uh it's
92:03
called identity and it's by Robert Fritz
92:07
and another guy and I should have
92:08
memorized I know Robert Fritz I've been
92:10
to seminars I've read his books in his
92:12
house I can't remember the guys name but
92:16
Robert Fritz fr itz he was a jazz
92:18
musician and author and made films and
92:22
super creative guy everything's about
92:23
creative creativity and structure but he
92:26
wrote a book with this guy about
92:27
identity and it sounds too small to be
92:36
correct and I first spit it right back
92:38
out oh my god that's you know nonsense
92:41
what I worked was it hard and I have I
92:45
bought and I swallowed now he says that
92:48
your identity is simply wrapped up in
92:51
this statement who you are as a human
92:55
being who deserves to be loved the end
92:59
now I know I thought nothing to do with
93:01
lifting but I'm gonna tell you what
93:03
lifting has nothing to do with who you
93:05
are working out has nothing to do with
93:08
who you are your physical stature has
93:10
nothing to do with who you are they are
93:12
they are symptoms and they are choices
93:14
you make the car you drive is a choice
93:16
that you make yes

93:18
and oftentimes we try to show people by
93:21
how we dress and what we say and what we
93:23
do who we are we try to we give an
93:27
effort but also we hide behind that -
93:29
isn't there a fine line though between
93:31
love and hate what what do you mean well
93:35
the statement was you know you're
93:38
defined by a person who deserves to be
93:43
loved so there's a fine line between
93:47
love and hate
93:49
could it be said sure you know I don't
93:52
want to go there no I think you can I
93:54
think it can because love and hate are
93:56
just a continuum of the same thing
93:58
they're just different ends of it right
94:01
any continuum is the same line it's just
94:04
where you are on the line
94:05
big small any opposite gotcha good it's
94:08
the same line you're just moving towards
94:10
one side of it right yes so if you hate
94:14
yourself in essence you're on the same
94:17
line to be able to love you absolutely
94:20
sure it's the same continuum it's just
94:22
like you said just need to move you
94:24
don't need to do anything you can hate
94:25
yourself oh yeah yeah and people do
94:28
yeah they eat got an identity out of
94:29
trying to do that right they try to
94:31
identify that well that's why I'm
94:32
throwing it out there I know people that
94:34
fit that bill oh of course sure they're
94:36
gonna so it's just a matter of sliding a
94:38
little bit so he he's chosen to be ultra
94:43
positive again and so that's why I think
94:45
he phrased it that way but the idea is
94:47
you exist as it as a thing now I'm not
94:51
sure what that thing is defining stuff
94:53

is hard right so defining what love is
94:57
it's hard but you can tell me what you
95:00
love yes easily yes yes but you you can
95:03
tell me what makes you happy but you may
95:08
not be able to tell me what happiness is
95:10
true so this gets back to this idea that
95:13
we don't know how much we think we know
95:15
how things work we're pretty sure that
95:17
we know how things work so do you know
95:19
how to pilot works Dave pretty much nope
95:22
you don't I'm sure you don't after you
95:24
now your car works do you know how your
95:26
phone works do you know how microwave
95:29
towers work and satellite communications
95:31
work that's how your phone works so if
95:33
you can tell me that you know how your
95:34
phone works
95:35
you know how to use your phone you know
95:38
how to use your car you know how to use
95:41
your toilet really well so we're good at
95:44
using things so when I talk about the
95:46
spiritual dimension and things like that
95:48
I'm not sure if I can tell you what the
95:49
Spirit is that drive you know body mind
95:52
and then drive ego soul self heart but I
95:59
know how to use it that's better
96:01
mm-hmm that know what it is I know how
96:03
to love somebody okay and that's better
96:05
than knowing what love is so I'm curious
96:07
about those things and I looked up how
96:10
to use the toilet when this was put to
96:11
me I like to ha I think it yeah the the
96:14
water and it if we went through it I
96:17
could you be surprised because you
96:19
think the water on the top pushes the
96:20
water down or something sucks it out and
96:23
none of that happens because if the
96:25
water comes from the tank and goes into

96:26
the bowl it comes right out under your
96:28
floor all this shit in the water what
96:30
pulls it down the pipe and it's a
96:32
remarkably simple invention but if you
96:37
don't take time to ask yourself how does
96:40
this work you don't need to know you
96:45
need to know how to work it so you don't
96:46
screw it up yeah you need to know how to
96:49
work your car you don't maybe don't know
96:51
how internal combustion engine works or
96:52
a fuel injection or transmission or
96:55
carburetor you may not know what any of
96:57
those things are but you can drive your
96:58
car you know a gas pump works did you
97:01
get gas recently how's a gas pump get
97:03
the gas out of the ground into your car
97:05
now you think you know how a gas pump
97:07
works cuz you know how to work one yeah
97:10
yeah we don't we know how very little
97:13
works and it's fun to learn stuff about
97:15
that but what's important is can we work
97:20
it can we working so I'm not sure if I
97:24
can tell you what an identity is or what
97:26
love is or what but I think I can tell
97:29
you how to work one right and that's if
97:33
I had to choose of one or the other
97:35
now we can do both right we can learn
97:37
how a toilet works and we can be very
97:38
good at using it but if I had to choose
97:41
just one
97:42
I choose how to work stuff I had to
97:46
choose something that's useful gets me
97:47
through the day
97:48
mm-hmm maybe I don't know what love is
97:50
but if I'm if I'm good at it people will
97:52
tell me if I'm good at it or not if I'm
97:56
a good communicator people will tell me
97:58

now how does communication work is it
98:02
your fault that I said 6 o'clock and you
98:04
heard 7 or did I misspeak
98:07
and say 7 and think I said 6 well either
98:12
could be true if you and me want to
98:14
argue about that so you said 6 now I
98:16
said 7 you said 6 now and that just goes
98:18
forever if we just agree well hey maybe
98:21
I misspoke maybe you misheard does it
98:24
matter we miss we miss communicated
98:26
let's let's get our asses going cuz it's
98:29
6 so we got to get going right that's
98:31
more sense
98:32
Yeah right then then finding out how it
98:35
actually worked between NASA right yeah
98:36
so I think those things are useful and
98:38
I'm big on useful things I think there's
98:42
that I'm I'm about to say that things
98:47
that are useful are more important than
98:50
things that are true I'm about to say
98:53
that I believe things that are useful
98:56
are more valuable than things that are
98:59
true so I could say credo Veritas I
99:03
believe what it's true
99:04
or I could say Crito credo Udo lenses I
99:08
believe what's useful if I had to choose
99:12
between one do I want the truth and I
99:14
want something I can use and religions
99:18
wars I mean President Bush found it very
99:22
useful to create an idea that there were
99:25
weapons of mass destruction it was a
99:27
very useful thing incredibly useful
99:30
we're still over there but it wasn't
99:33
true so there's an example of how
99:35
something can be useful but not be true
99:37
it was very useful for his purposes and
99:39
so you know in more non nefarious terms
99:44
if I can find something that helps me

99:45
through the day like a rock with 700
99:49
written mm-hmm or chiropractic or
99:55
acupuncture or massage or crystal
99:58
healing okay I'm gonna concede if you
100:01
can use that if you can show me how you
100:02
use it you can have it I don't think
100:06
it's true but is it useful can you use
100:10
it at the same time a lot of those
100:13
things you experimented with indeed you
100:17
know as as did I you know all the way to
100:19
the crystals yeah you know anything I'll
100:23
turn over any rock if it's stronger you
100:26
know I try absolutely what could be some
100:30
of the useful things that the lifters
100:35
today are missing okay that's a very
100:38
easy place to start
100:39
yeah okay very easy very easy so I can
100:43
get every coach on the planet
100:45
to give me a percentage breakdown became
100:47
how much the game coach is physical and
100:49
how much of the game is mental and
100:51
they'll give me a breakdown and it's
100:53
never 100% physical there's no mental
100:56
aspect at all it's always something like
100:59
that
101:00
50/50 is a good one but it might because
101:03
you know 75 25 or 80/20 in favor of
101:08
mental and then I'll say okay coach that
101:10
the question the next question would be
101:12
how many hours a week do you spend with
101:14
your athletes doing mental training and
101:17
how much physical training do you do and
101:20
the answer is always zero they do
101:21
nothing nothing for actual training of
101:25
the mind when they just admitted at
101:26
worst that it's 50/50 they just told me
101:30
how important and some of them will say
101:33

like 7080 percent mental and I'm like
101:36
well what are you doing then you're
101:38
wasting your time on the field getting
101:41
these kids head what are you doing to do
101:42
that the answer is zero they have no
101:44
clue right so I actually would would
101:49
agree with some of the higher estimates
101:51
of how much is mental so a good place to
101:54
start is to admit that we're not doing
101:57
nearly enough as coaches or it's
102:00
personal athletes training ourselves to
102:03
work on this so ask yourself how much do
102:06
I think whatever I do is is mental and
102:08
how much of it it's physical and
102:11
whatever that is balance your training
102:13
out so a good place to start is some
102:17
breathing and/or meditation techniques
102:20
and there's dozens of good ones and I
102:24
don't know if there's any bad ones but a
102:26
very easy meditation so meditation is
102:31
not a panacea meditation is like a a
102:38
drink of water you're thirsty you drink
102:41
a little bit and you feel better then
102:43
you get thirsty again and that's what
102:45
meditations like you're all stressed out
102:47
you're tense you need to relax and
102:49
recover and so you do some meditation
102:51
and you calm down it's not like you're
102:54
done you're gonna get tense and upset
102:57
again and you know
102:58
so then you do more meditation take
103:00
another drink and I have some personal
103:07
favorites but again since we're talking
103:09
about the mental side of things
103:11
everybody is different I'm gonna say
103:13
that now so a good place to start would
103:16
be like a Tibetan style of meditation
103:19
where you just sit and do nothing you

103:23
shut down shut your body down you don't
103:25
move a muscle
103:26
just breathe you can concentrate on just
103:29
the breathing in out in out
103:33
five minutes start with five you can
103:36
work the way up to an hour later 15 is
103:38
not a bad place to be for the rest of
103:41
your life 15 minutes a day of just not
103:43
being plugged into the world being
103:45
plugged into just yourself now when
103:47
they're doing that and their mind flies
103:50
okay what should they do so the Tibetans
103:52
have an answer for this so you're
103:54
concentrating on your breathing and a
103:56
bought pop bubbles yes and your
103:57
subconscious I got to get milk today
104:00
they say don't add to it cuz what we do
104:05
is we take a thought and we add another
104:07
thought to that I got to get milk today
104:09
while I'm there I should stop and get
104:12
some other stuff too and you start to
104:15
think about well no I'm not supposed to
104:16
be thinking about that well what am I
104:18
supposed to be thinking thinking about
104:19
nothing you just start having this
104:20
conversation again so what the Tibetans
104:23
say but this style of meditation is just
104:26
breathe and when a thought pops in don't
104:29
add another thought to it observe it and
104:33
let it go it won't stay in there forever
104:35
mm-hmm it won't just go back to thinking
104:39
nothing and you may have very most of
104:43
your meditation at first may be spent
104:44
thinking thoughts and trying to get to
104:47
those little tiny spaces between
104:48
thoughts sure but they're always there
104:50
and so those get longer and longer and
104:54

longer if you don't build on a thought
104:55
if you just let it go you can't judge
104:59
they're big on this you can't say oh I'm
105:02
not damn it I'm not supposed to be
105:04
thinking about anything I just had a
105:05
thought about milk I got to think about
105:07
nothing now you're having this
105:08
conversation and that's for thoughts in
105:09
a row about think not thinking about
105:12
something just observe it I just thought
105:15
about milk
105:21
I just thought about my feet
105:26
I just thought about that Sam from the
105:28
fan so you just see him then you let him
105:31
go and you can get pretty quiet doing
105:34
that and that quietness is a rest god I
105:38
finally arrest for my mind and your
105:41
body's dressing because you're sitting
105:42
still but your body rest when you sleep
105:45
right mm-hmm
105:46
yeah so it's not about physical rest
105:48
it's about shutting down your
105:51
involvement with everything and giving
105:55
yourself a rest the mind never shuts off
105:58
cuz if it did we'd quit breathing and we
106:00
quit yeah yeah so it never shuts off
106:03
even when you're not conscious if I
106:06
knock you out
106:07
here's your mind is still working I can
106:09
still see the brainwaves or if you go to
106:11
sleep take a nap still see the
106:13
brainwaves they're not the same but it
106:15
never quits your heart never quits
106:17
beaten it's been beaten since you were
106:19
conceived mm-hmm it's never stopped and
106:22
all this time so we think when we go to
106:26
sleep we're resting well to some degree
106:29
that's true but if you really want to

106:31
rest your mind take take some time sit
106:36
do nothing just be what would it be if I
106:43
didn't have to do anything I could I
106:45
didn't even have to sit or if I didn't
106:47
even have to breathe but I'm just gonna
106:49
do as little as possible and I'm gonna
106:51
be as much as possible
106:53
I'm gonna be instead of do always
106:58
thinking about what we got to do
107:00
thinking is something we do what if you
107:03
stopped thinking what if you just be
107:05
what if just existed and that was all
107:07
you had to do that could be very free
107:10
and very renewing so you talked about
107:13
recovery this is where I start mm-hmm
107:16
that food is important right but this
107:18
this makes a big difference you know so
107:21
some practice with breathing techniques
107:23
so there's another breathing technique I
107:25
like it's a three breaths a minute so a
107:28
10-second inhalation followed by a
107:30
10-second exhalation that'll end up in
107:33
three breaths a minute see if you can do
107:35
that for three minutes
107:37
so it's ten seconds in 1 2 3 etc it's
107:44
slow but it can be done and it calms you
107:46
down just just counting those seconds
107:48
off and controlling your breath it can
107:51
be done it settles you down and if
107:57
you're if you're if you're aware you
108:00
notice it right away
108:01
if you're not so where it takes a minute
108:03
to notice it you taking out a do it for
108:05
a while before you notice it I don't
108:07
know anybody that said that did nothing
108:09
for me zero zero if they try it they
108:13
feel something now they may want to
108:15

continue they may not but there's all
108:17
kinds of techniques that might work one
108:20
kind of meditation is visualization you
108:23
know seeing the goal clearly you know
108:27
another kind of meditation is you know
108:30
stop trying to solve a problem and
108:31
though that's kind of let's go with the
108:33
visualization ok deeper because do I
108:35
have experience of a lot of experience
108:38
with alan mm-hmm
108:40
I think with when I try to help people
108:46
with this it's as you talked about with
108:50
just resting your mind you know the
108:52
thoughts that come in with the
108:54
visualization when you first start the
108:56
visualization you're gonna see some
108:59
weird-ass shit yeah and you visualize a
109:01
bench press all of a sudden you're
109:02
twirling it and they go flying up in the
109:04
air I'm fine crazy shit so it's I guess
109:12
it's just more of I wanted to make the
109:14
statement that if it's a vac to me it
109:17
was a very extremely valuable tool I was
109:20
taught when I was in high school it was
109:22
actually part of a floatation tank
109:24
greater experience
109:26
Oh like a deprivation yeah James oh and
109:29
you know I I was taught with the candle
109:31
focus on the candle to the Hannah goes
109:33
fine put yourself in a deep state and
109:35
then begin the visualization and it took
109:37
weeks before things could be black and
109:40
white and then more weeks before things
109:43
could be vivid color and then I could
109:46
actually see and do
109:48
I wanted to do but for me it was a
109:51
three-month process before I could
109:53
actually see what I wanted to see where

109:56
I think some people are under the
109:58
misconception that they're gonna close
110:01
their eyes to visualize if they want to
110:03
see and it's gonna be like a movie
110:05
screen in front of their face and it's
110:07
not so they say I can't do this would
110:12
you agree with that I would completely
110:14
disagree
110:14
you disagree okay I tell people to start
110:17
with day dreaming they dream about
110:19
you're you know everybody knows how to
110:20
do that we do it automatically start
110:23
with day dreaming
110:24
you know people daydream about their
110:26
vacation yeah a daydream about their new
110:28
car or their kids a daydream yeah so we
110:30
know how to do that
110:31
ya know you already know how to do it
110:32
okay right everybody knows how to do it
110:35
so you start with that and that's not
110:36
very you know you could you could say
110:38
well I I want to uh I'm gonna go to
110:41
floor and I want to do well in this meet
110:43
I'll just daydream about it they dream
110:45
about the trip daydream about getting
110:47
their daydream about after it how you
110:49
gonna feel afterwards right just a dream
110:51
cuz that doesn't sound like it's a lot
110:53
of pressure yeah if I have to visualize
110:55
something that I gotta be like okay
110:56
blank slate what where do I go from here
111:01
so you practice just seeing whatever you
111:06
see have enjoy it don't see anything bad
111:09
there are a couple things that the
111:11
visualizing community has decided upon
111:15
that are absolutely consistent one
111:19
nothing negative you cannot see anything
111:22

negative if you do you got to start over
111:24
go back to the beginning and so you
111:27
can't hit take a golf swing and
111:30
visualize your hips and visualize your
111:32
club coming up and do something wrong
111:34
and then just go oh that was wrong I'm
111:36
gonna continue no go back to the
111:38
beginning you gotta go from beginning to
111:39
end
111:40
no mistakes no nothing negative no and
111:44
there's different ways to get rid of
111:46
negative thoughts one that I I don't
111:49
know why this stuck with me
111:50
but I would put it in a box cut close
111:57
the box and send the box over Niagara
111:59
Falls because I've been to Niagara Falls
112:00
so I'd watch it go over to false it was
112:03
gone and that sounds silly right but
112:06
guess what your subconscious is a little
112:08
kid it's not this sophisticated
112:10
consciousness that we operate with and I
112:13
believe by the way it's the bigger part
112:15
of us I believe the small part is our
112:17
consciousness and the big part is their
112:20
subconscious I gave you some reasons for
112:21
that you know just the fact that it
112:23
keeps you alive and thousands upon
112:26
thousands of physiological processes
112:28
like your blood sugar like your
112:30
temperature like your membrane
112:33
potentials of cough of sodium and
112:35
potassium 24/7 like your heart I mean
112:38
it's all subconscious it does a big job
112:40
all at the same time I'd like you to
112:43
juggle and tell me tell me what you did
112:46
on your vacation right just two things
112:49
tough for us consciously right so I
112:52
think the subconscious is really really

112:53
powerful but it's a little kid it can't
112:55
even tell the difference between reality
112:57
and fantasy there's no way to know your
113:01
lot your subconscious is locked in your
113:04
brain it's locked in a box with no light
113:06
that's a skull that has no there's no
113:08
light inside your brain you make that up
113:10
no light gets in there no color gets in
113:13
there no sound gets in there nothing
113:15
gets in there you got to take the
113:17
stimulus that you get from your body and
113:18
you got to recreate a model of the
113:21
outside world and the subconscious can't
113:25
tell if that model is accurate or not if
113:28
you've ever hit your head on something
113:29
your model wasn't right you thought the
113:32
car door was here and was actually here
113:34
in funk there you go so your model this
113:37
wrong right mm-hmm
113:39
so the subconscious doesn't know that
113:41
you're if you're imagining something
113:44
vividly enough that it seems real to it
113:46
or if it is real and that's why it has
113:49
to be correct it has to be as detailed
113:51
so the second thing is first of all no
113:53
negative second thing when you visualize
113:54
it has to be as detailed as you can make
113:57
it so everything you can remember from
114:00
the knurling on the bar to the sound
114:02
that the plates make to the smells so I
114:06
create rituals to trigger the
114:09
subconscious
114:11
and some of them are and and apparently
114:14
I find I've read that smell is a huge
114:19
memory stimulus I don't know why that is
114:26
but it is it comes from the reptilian
114:28
brain cut so it's old and I don't have
114:31

that greatest sense of smell so what I
114:33
would do when I was most training and
114:35
what I teach competitors to do now is to
114:37
create a pre competition or workout
114:43
ritual music maybe food maybe meditation
114:47
maybe clothing maybe but include some
114:50
smells buy some essential oils or even
114:53
you know I had a liniment that I used on
114:55
my elbows and I was just smell and I had
114:58
a drink that I drank an energy drink of
115:01
the of the day and that that smelling
115:03
that taste and those things happened
115:08
only prior to I didn't do them during
115:11
the week or you know those things were
115:13
reserved for that thing so when my my
115:16
actual system went into into gear I had
115:19
the smells the sights the sounds touches
115:23
anything I could get to make it you know
115:26
consistent so that by the time I got to
115:28
the when I had to put out the body hit
115:31
was ready oh and when I smell that I
115:33
know what's coming when I hear that I
115:35
know what's that when he puts this on I
115:36
know it's like a dog you know your dog
115:39
sees you put your shoes on and the dog
115:41
is you know like I heard this Chuck they
115:43
said a dog gets about 20% excited he's
115:47
not gonna get too excited cuz he's put
115:48
his shoes on before and left the house
115:50
without him but then when he gets to he
115:52
gets the leash
115:53
you know man and doctors not yeah yeah
115:56
so that's what your body does too that's
115:58
what your subconscious can do for you
115:59
and sometimes I felt like crap
116:02
and I go through the ritual the sights
116:04
the smells the sounds and by the time I
116:07
get to where I have to do it I'm okay I

116:09
didn't think it was gonna go well but it
116:11
did what I thought about that a lot and
116:14
I think that that triggering mechanism
116:16
that prepping mechanism so in your
116:18
visualization the smells
116:22
sounds sights to hearing to feel you
116:28
know baby powder chalk all of those
116:33
things you want to you want to visualize
116:35
all of them and as many steps as you can
116:39
prior to so imagining clearly stepping
116:43
up and chalking your hands or wrapping
116:45
your wrists or all of it so they're very
116:48
clear on that about how the more
116:51
detailed it is the more your
116:54
subconscious just thinks you did it
116:56
mm-hm so this is like free practice
116:58
without the wear and tear physically but
117:02
all the wear and tear mentally so again
117:06
you have to have something to recover
117:07
that to but no fit so you can you can
117:09
lift 700 pounds a hundred times a week
117:13
in your mind and if it's clear enough
117:18
the subconscious didn't doesn't know
117:20
that you didn't actually do it so I won
117:23
over and over and over again before I
117:25
showed up to the meet cuz I saw myself
117:27
win I saw myself push the weight up I
117:30
saw the victory experience over and over
117:33
and over and over and when we did it we
117:35
mean me and my subconscious it was just
117:39
another day I'd done this before he made
117:42
an interesting statement again you have
117:44
to be able to recover from that the
117:48
mental stand on that so it takes a lot
117:51
of energy one of the most expensive
117:53
organs in the body if not the most
117:55
expensive is the brain thinking is hard
117:58

like I told you about Darwin you know as
118:00
linear he's doing nothing his kids think
118:02
he's sleeping he's he's busting his ass
118:04
thinking thinking is hard that's why
118:06
people don't want to do it they're fully
118:08
willing to let somebody else do it for
118:09
you tell me what I should buy tell me
118:12
what I should wear
118:13
mm-hmm influencers on the Internet yeah
118:16
here here's what you should buy here's
118:17
what you should wear thank God you came
118:19
along because I didn't want to have to
118:20
choose for myself and I had to think
118:22
about it right so thinking in general is
118:25
hard right and so creating these images
118:29
accurately well from start to finish
118:32
with no mistakes
118:34
like you can't see that golf shot go
118:35
into the to the lake
118:37
you got to see it make it and if just by
118:39
accident one of those that you know
118:41
falls into the late you just practice
118:43
the wrong thing and your subconscious
118:45
doesn't know if you actually did that
118:47
and screw it up or not and that may go
118:49
into the memory are just screwed up so
118:51
you had to be you gotta be disciplined
118:54
to do your visualization properly and
118:57
well and really good at it and so you've
119:00
got all these things to to visualize so
119:04
I created a one method is to I tape
119:10
recorders in my day we had a tape
119:11
recorder and so I sat down and very
119:14
diligently talked into the tape recorder
119:16
of everything I'm gonna do before I make
119:19
the lift that ended up to be an hour so
119:25
if you can I'm talking to myself
119:26
mm-hm you're going to tie your shoe now

119:32
you're gonna tie the other shoe now
119:35
you're gonna chalk your hands now you're
119:38
gonna lay down on the bench now you're
119:40
gonna set your shoulders and now you're
119:41
gonna now you're gonna now you're gonna
119:43
very calmly but it's my own voice
119:46
talking to myself and I would play it
119:49
back over and over and over dozens of
119:51
times a week and I could just sit there
119:55
and listen and as soon as I said you're
119:58
gonna lay down on the bench I visualize
120:01
that and I gave yourself some time to
120:02
and then now you're going to reach up
120:05
for the bar with your right hand and
120:07
grab holds and you feel the knurling and
120:09
you place your fingers where they go on
120:12
the Rings and you feel the chalk and you
120:14
feel the knurling and you twist it a few
120:16
times then you take your left hand I
120:18
mean very detailed yeah and that's
120:22
expensive
120:24
so one way that makes it easier you
120:26
don't conjure it up every time you put
120:28
it on tape or and you can use your phone
120:29
now you record it and you listen to it
120:32
and you can just sit there and listen so
120:36
I did it on my walks a lot of times put
120:39
my headphones on go for a walk I'm
120:41
losing weight but I'm hearing myself win
120:44
just the way it's gonna happen
120:46
and I at that point I done it enough
120:48
that I know how it's gonna happen mm-hmm
120:50
I know what its gonna feel like so I
120:52
give myself cues what its gonna smell
120:55
like what its gonna look like all of it
120:58
as much as you can and that's mentally
121:01
taxing so mental work is hard and I
121:08

think that's one reason why we don't
121:10
think kids can do it or I don't know why
121:12
we haven't exploited that side of sport
121:15
yet or life but for whatever reason it's
121:19
a great place yeah to beat people yeah I
121:21
still want to fall back on how do you
121:23
recover from it then
121:25
okay so there's where the there's where
121:26
the rip the meditation might be helped
121:28
gotcha or the deep breathing yeah
121:31
or the yoga or the stretching or I don't
121:34
know any of any restoration method any
121:37
restoration massage yes if it's not too
121:40
brutal I mean I don't understand this
121:44
belief that if it hurts it's good for me
121:47
you know I've seen people come with
121:49
bruises and tell me how good the massage
121:51
was right there that's a terrible
121:53
magician they look way too hard they
121:54
actually cost trauma cuz that blood
121:57
should still be in your veins and now
121:59
it's in your tissue they did that's too
122:01
much so a restorative type of massage
122:05
you mean you know I'm okay with deep I
122:08
love cross fiber massage yes what I
122:10
that's my thing but if it's too violent
122:15
it's not relaxing and I don't know how
122:17
helpful it is now if you think it's
122:20
helpful maybe it is I have guys swear by
122:21
oh yeah bruises all over I'm like okay
122:23
you go ahead and keep doing that I don't
122:26
think that's true you know but I don't
122:30
think it should be I think it should be
122:32
relaxing it should be it should release
122:34
things you should feel a release not
122:36
because you can't you can't relax if
122:38
somebody's digging in you tense up you
122:40
do the exact opposite of what you're

122:42
trying to do yeah and plus the training
122:44
is trauma if you're training it too hard
122:46
it's try it's a big trauma to violent oh
122:49
yeah and it's it's difficult to recover
122:53
from so in the beginning it's easy to
122:55
recover from you could bench three times
122:57
a week at the end of my career David
123:00
I was benching every 10 days 10 days
123:04
mm-hmm
123:05
I did I did pretty well 5 days in
123:07
between and then I did even know when I
123:10
got stronger I had to go to seven days
123:11
and that lasted for a couple years I
123:13
ended at 10 days so I had three bench
123:17
workouts every month so those bench
123:21
workouts had to be on I couldn't miss
123:25
and I couldn't screw around they were
123:27
incredibly important you missed one that
123:29
means you get two yeah you screw one
123:31
bench workout if you get three a month
123:33
and you screw one of them up that leaves
123:34
you with two how you gonna get ready
123:37
with two well you can get ready and you
123:39
can't get ready any faster because you
123:41
can't recover mm-hmm it took me ten days
123:45
when I was over 700 yeah I just
123:49
so recuperative methods of all sorts I
123:55
think are an untapped but rich place to
124:02
spend some time you know this this has
124:06
all been tapped out yeah
124:08
bench and squat and deadlift and power
124:10
cleans you know we know how to do that
124:13
we're very good at it in fact well we're
124:17
not so good at is the other stuff
124:18
yeah the recovery the visualization etc
124:22
etc building confidence yeah building
124:28
willpower so we talked about what what
124:32

separates the 10,000 and our people away
124:34
is the will to do four hours for 10
124:37
hours a day for four years that's what
124:40
separates people out who has that well
124:44
how do I build that then how do I build
124:47
that and people know it's not like this
124:50
is unknown it is known but man nobody
124:54
seems to know what well they do they
124:58
want the easier way well yeah of course
125:01
we've been we've been taught that we
125:04
should do that the highest value in
125:06
America that I see is saving time and
125:08
money
125:10
everything's geared towards that
125:13
you know the electric toaster was gaiter
125:15
towards that my-my-my button on my car
125:18
that rolls my window down was was geared
125:20
all those inventions everything seems to
125:22
be now pushing to do somehow save me
125:24
money or time or effort right okay I'll
125:28
put three of them in there time money or
125:30
effort right and those are the things we
125:33
value most why is that how did that
125:36
happen and and I bought into it you know
125:38
I was I was I was born in 65 so I I grew
125:41
up in front of the television put you on
125:44
the spot yeah what should they be what
125:47
should our well if inventions they know
125:49
if the values what should we be valuing
125:52
yes if ties their own I have my I have
125:55
some pretty good ideas of what I value
125:57
yeah right yes and what I think that we
126:00
would do better if we valued right yeah
126:02
but that's like that's asking somebody
126:04
what makes them happy exactly so but but
126:07
I don't value things that save time was
126:11
where you can't really save time you can
126:13
save money in a bank and it'll be there

126:15
when you go to get it everybody gets I
126:19
say all these things I I hear myself
126:21
repeating things that I've been saying
126:22
to my clients all week long and all
126:24
month long and all last month and all
126:26
yeah I mean I say this all the time
126:28
everybody gets 24 usable hours you get
126:30
24 choices of what you're gonna do and
126:33
that's it I don't care how rich your a
126:35
Kara smart yard I don't care where you
126:36
live we all get the same every day 24
126:39
choices no more no less so you choose
126:45
what you value I believe the most
126:49
valuable thing is our time so to answer
126:50
your question yeah time does money yeah
126:56
that's it's it's nice it's useful right
127:00
but it's not what I value most you know
127:03
I spend my money I can make more I spend
127:07
my time today I'm here with you for this
127:09
hour yeah it's gone forever I can't get
127:12
another one and I can't save them up so
127:16
that's really valuable to me time yes
127:19
where somebody puts their time will tell
127:21
you what they care about wherever their
127:23
time is that's what they care about now
127:26
they'll tell you
127:27
else they'll say well I really care
127:29
about this but you're not spend any time
127:32
there your actions belie what you are
127:37
telling me our time is our well I think
127:41
that our time is our most valuable thing
127:43
that we have and so where we choose to
127:46
deliver that time I think matters I
127:49
think that matters and you know because
127:55
you only get 24 and you don't get any
127:59
more okay you don't get any less and you
128:01
don't know if you get 24 tomorrow you
128:04

and I may both be in a horrible car
128:06
accident with each other on our way on
128:08
our way home yeah and we both die and we
128:10
don't have 24 tomorrow so we got 24
128:12
today what did we do with them yeah how
128:14
many of the 24 at the end of the day can
128:16
you say I was glad that I spent these
128:18
hours of their and having to go well I
128:21
had to spend these hours there
128:23
I got nothing out of it but I had to
128:25
really you had to you had to we don't
128:31
have to do anything
128:32
mm-hmm we choose to do everything you
128:35
tell me one thing we have to do what's
128:36
necessary David what sir no no David
128:40
you're wrong because if you stop
128:42
breathing all of this will go on
128:45
you're not necessary I'm not necessary
128:50
yeah you got me I'll know I can do that
128:52
with you everything right yeah yeah so
128:54
if you say what is necessary and you add
128:57
an if to it so it's necessary to breathe
129:00
if I want to stay alive but that's there
129:04
you've added something there's nothing
129:06
that's inherently necessary but in and
129:08
of itself it's necessary I have to save
129:11
my money if I want to buy a house you'd
129:14
have to buy a house yeah I have to go to
129:17
school if I want to get a good job you
129:19
don't have to have a good job right so
129:22
if you put the if in then I understand
129:26
why it's necessary because it is
129:27
necessary to do if I want to get
129:29
stronger I have to work hard okay yeah
129:33
but you don't have to get stronger Matt
129:36
you you're not necessary we are not
129:38
necessary
129:39
right so everything is a choice when you

129:41
look at it this way when you say I don't
129:44
have to do anything
129:46
I have choosing to do anything
129:48
everything I'm choosing what I'm doing
129:51
that number one gives you autonomy and
129:53
it's honest so if you I had to go to
129:57
work today I had to had to work overtime
129:59
I had to stay I had to I had I had to
130:01
have that now he chose to do you don't
130:04
have to so you don't have to have that
130:05
job you don't have to have that job you
130:09
have another job you could you could you
130:11
could you could so there's all these so
130:13
this is beautiful because it puts your
130:16
whole life in more of a choice instead
130:18
of a should yes and I think that's
130:22
powerful if you can grasp with that yeah
130:25
I still will choose to do some things
130:26
that are unsavory I will clean out my
130:29
cat's litter box I will but I don't have
130:32
to some people don't
130:35
right okay yeah but I will right so at
130:41
the end of the day if you can say that
130:43
out of these 20 for at least some of
130:46
them at least one of them even even if
130:51
just one is one of the things that you
130:53
find really valuable that's that's
130:56
pretty good and the more hours you can
130:58
spend of your life doing things that do
131:00
you value I like doing crossword puzzles
131:02
I really enjoy it I really enjoy it I
131:06
choose to do it I like doing it I do two
131:12
or three a day if I can if they're
131:14
harder I gotta maybe I do half a one a
131:17
day but I like that that's something I
131:20
like you may not but it's valuable to me
131:22
every morning I start my day off with
131:24

the crossword while I'm eating breakfast
131:26
I do as much as I can whenever I could
131:28
whenever I could steal away I try to get
131:30
back to it I like smoking cigars some
131:32
people don't write some people like I
131:34
used to like playing frisbee golf some
131:38
people don't like it I can't understand
131:40
why anyone in the world wouldn't spend
131:42
every free hour they have doing that
131:44
but it's a second favorite thing that I
131:46
have to do right it's the second
131:48
favorite thing this frisbee golf right
131:51
but we choose what we value and we spend
131:56
time on it if you have something that
131:58
you think you value or you aver that you
132:00
value and you're not spending any time
132:01
on it I'm gonna question whether it's
132:03
valuable or not to you yeah and I think
132:05
you should too right if your where your
132:09
time is going and another good good
132:11
place to see what you value is where
132:13
your money's going what are you spending
132:16
money on you know you're spending money
132:19
on your house but you value your kids
132:21
well wait a minute
132:22
where's all your money going right if
132:25
you if you value education but you're
132:28
spending all your money on clothes so I
132:31
think there's ways that we can tell we
132:34
can self-regulate what's valuable to us
132:38
mm-hmm and one of the things that might
132:45
be valuable to look at and to decide
132:48
maybe if it's valuable to you or not is
132:50
your own self improvement right
132:52
so not just weights and strengths and
132:55
accomplishments but improving yourself
132:57
as a human being right so if our if our
132:59
identity is being a human being then

133:03
doesn't it what if that's drill so
133:06
maybe it's not true but if it is true
133:09
wouldn't it behoove us all to do well to
133:13
be better human beings and to develop
133:15
ourselves as human beings and to be
133:17
moving in some direction as a human
133:18
being so a good question might be to ask
133:21
ourselves what have I done how many
133:24
hours have I put in of my 24 a day I get
133:28
and how much money and energy and
133:31
resources have I put into developing
133:32
myself as a better human being and what
133:35
would that look like what do I think
133:37
being a better human being means have I
133:39
done anything at all anything to move in
133:42
that direction or am I just bumping my
133:44
way through life reacting so may be a
133:47
good place to and I think that the
133:49
weights are a good place the gym
133:52
physical exertion is a good place to
133:54
start tapping into these
133:56
things I try to put my clients through a
133:59
mental physical and spiritual workout I
134:03
try to combine them because I do when I
134:04
work out didn't always but I do now I
134:08
try to engage all three facets of myself
134:11
as a human when I do my workout and when
134:16
I do everything else as much as I can
134:19
now some things are very cerebral and we
134:22
sit and talk I can't involve my body too
134:25
much okay but you mentioned right the
134:29
nonverbal things body language right so
134:32
I can involve it and I have been right
134:34
so hmm but how much of my spirit have I
134:37
put into this no I'll tell you that I've
134:39
tried I've taken it I've given the
134:42
knowledge that I have and the memories
134:43

that I have but I've also tried to put
134:45
some sort of that thing I can't describe
134:49
to you but I know how to use it right
134:52
into this discussion and to as many
134:55
things as I can and when I feel that I'm
134:57
not operating as a full human being body
135:00
mind and spirit I look around and say
135:02
what can I do right now to engage all
135:03
three more so if I'm to physical or to
135:06
mental I don't know that I've ever been
135:09
to spiritual maybe emotional maybe but I
135:12
try to balance those things out it's I
135:14
get a little bit of each or a lot of
135:17
each and and intertwine them into being
135:20
whole so I don't like to think of them
135:23
as separate I like to think of things as
135:26
a unit the whole person would be all of
135:29
those facets of a person so there you
135:34
have that
135:35
so that becomes interesting then as to
135:39
as a client that you're working with
135:43
because we talked about the the sliding
135:49
scale a demographic that you I don't
135:52
know who you train so I'm making it
135:54
available you do I have some great
135:56
athletes yeah I mean I'm making an
135:57
assumption here but I have a couple
135:59
elderly yeah so you got elderly you got
136:01
to keep everybody across the scale yeah
136:03
so and you're trying to combine those
136:09
facets which means you have to
136:13
essentially find a way to discover each
136:18
one of their own spirits to be able to
136:23
do that yeah yeah I'll keep ever lucky
136:31
going yeah is the the chat running
136:38
alright so I guess what I can do is
136:41
while he's taking a bathroom break
136:44
anybody have any questions that they

136:46
want me to ask him that you guys can jot
136:50
down there was a handful in the that
136:52
I've been in there so far okay or any
136:58
for Dave well jams in the bathroom
137:03
anybody's still here because we are
137:08
still live so either they all took off
137:16
and this is what happens with live shit
137:19
first one just came in and I know if you
137:21
saw that day yeah I can't see it out
137:24
here it says Dave how do you stay so
137:26
sexy how do i yeah that's easy cuz I'm
137:29
not okay ask him about his both bulking
137:37
system it's pretty well known and easy
137:38
to research but we would all love to
137:40
hear it straight from the horse's mouth
137:42
that was at the very beginning of the
137:44
podcast guys he didn't he didn't talk
137:46
about how he gained the weight so much
137:48
did he pretty much the same thing
137:49
just okay adding the calories you know
137:52
over a period of time I would be curious
137:54
to hear what foods he was eating though
137:55
and doesn't matter
137:57
Oakland doesn't matter it all comes down
137:58
to a calorie per bite you know this way
138:01
he explained it to me okay yeah so when
138:04
you're in a calorie surplus the actual
138:07
foods as he noted earlier really don't
138:11
matter because you're not going to be
138:13
running into any type of nutritional
138:15
deficiencies because you're going to be
138:17
in a calorie surplus would be trying to
138:21
eat cleaner foods be
138:23
better I think everybody would agree
138:25
with that but it's just a matter of the
138:29
end goal of gaining the weight and if I
138:34
was to apply the philosophy that he
138:37

spoke about on losing weight his
138:39
philosophy on gaining weight would
138:41
probably be the same to do it as quickly
138:43
as possible
138:44
that makes sense what was JJM like to
138:47
train with was he the cerebral yes very
138:53
methodical and cerebral not one that
138:59
would be you know hitting ammonia caps
139:01
screaming and hit his head against the
139:02
bar and doing that kind of stuff so he
139:05
was different from that perspective
139:08
how did James and like personality get
139:10
up and get on with Lois there's a
139:12
question that just came in ah Lily
139:15
probably just thought he was weird
139:16
I mean Louie doesn't the only thing
139:19
Louie ever judge Danny buddy on was
139:21
their strength that was it he never
139:24
judged anybody really is a person it was
139:27
what's he lifts and he could bench a
139:30
fucking lot and you know I what was your
139:34
experience like there jamm at Westside
139:36
Dave's right the only thing that could
139:38
impress Louie a little more that he
139:40
killed Mike oh the only thing that that
139:43
Louie was concerned with was strength
139:46
was strength he was fascinated by his
139:48
whole life I mean I'm sure he still is I
139:50
mean he just he's fairly I don't know
139:53
how I don't want to use the term
139:55
uni-dimensional but it certainly was a
139:56
the over whelming facet of his life he
140:03
just was so into just pure strength that
140:09
that's what mattered to him he chose
140:11
that he values that a lot yeah I I can
140:15
say just from a discussion I'll stand
140:17
point of there was one time these guys I
140:21
think it was on a Saturday or Sunday

140:24
because the bench day kind of moved back
140:25
and forth and I came to some Sunday oh
140:27
yeah yeah I tried it I gave it much yeah
140:29
you guys had so much freakin ban tension
140:33
on the bar
140:35
before the plates were even on there
140:37
that I couldn't even get it out of the
140:40
rack and kind of walked away just
140:45
feeling awful it's like this is crazy
140:50
but it did take me a while to realize
140:53
the way that the band's worked is when
140:56
you put more weight on the bar
140:59
it made the bands feel a little bit
141:02
easier some stability because it created
141:04
the stability we're taking that it was
141:06
like - you know how George was with the
141:10
bands it might have been three frickin
141:13
big giant super blue bands I gravitated
141:17
towards the chains
141:18
yeah the changes my you know a lot of
141:20
people did have questions in regards to
141:23
and we spoke about this years ago in the
141:25
gym is you were not a fan of speed work
141:30
there's a reason for that and been and
141:33
what you told me at the time was you
141:35
were fast enough well that that may have
141:39
been my answer then yeah but let's give
141:44
this some thought yeah and see where we
141:46
go okay how many of us have lifted a
141:50
maximal because the sport is about
141:52
maximal lifts right mm-hmm
141:54
so I don't want to I don't want to know
141:55
how much you can lift 20 reps that might
141:58
be impressive to talk about but it's not
142:00
part of the sport one rep can you lift
142:05
it how fast can you lift it is not so
142:07
it's not a power question it's just a
142:10

question of force you know the weight
142:14
times the distance can you move it and
142:17
let's think through how many maximal
142:21
lifts we've ever seen that moved any
142:24
faster than a snail's pace
142:28
so how many lifts can you picture right
142:30
now that just went up incredibly fast
142:32
the answer is zero I'll just I'll just
142:34
forget ya tell you the answers in case
142:36
you anybody's out there thinking it
142:38
through the answer is none none so the
142:41
law of sports specificity says that you
142:44
get better at what you practice so
142:47
practicing moving weights very very fast
142:50
doesn't have much to do with your single
142:52
rep max it just doesn't pan out it
142:55
doesn't follow the law the law is
142:57
support specificity says I should
142:59
practice moving this the way I'm gonna
143:00
move it when I perform it so that was my
143:05
thinking mm-hm or at least it became my
143:07
thinking it's my understanding of it at
143:09
this point and I did try to speed work
143:13
Louie just kept you know is it telling
143:16
me to enforce mass times acceleration
143:19
yeah it is but how many so that's true
143:23
yes right so that's how much force you
143:26
need it's not it to accelerate a hundred
143:31
pounds yeah if you want to accelerate it
143:33
faster you need more and more and more
143:34
force that's true but the sport isn't
143:39
about how fast you get it up that we
143:40
could make a sport like that we have
143:41
they do shooting sports where they look
143:44
at you know how many bullets you can put
143:46
on a target in how many seconds and all
143:48
that so we have measurement we have
143:50
instruments that will measure how fast

143:52
you lift something yeah that hasn't made
143:54
its way into powerlifting yet so I'll
143:58
remind you that how many times can you
144:00
think of a single rep max or how many a
144:03
single rep maxes did you lift at the
144:06
speed that you're training at mm-hmm so
144:10
if you want to spend your so I I kind of
144:12
I kind of worry that people are spending
144:16
it's an opportunity cost spending a lot
144:19
of time with speed work is when you
144:22
could be spending a lot of time with
144:24
strength work and so since it's a
144:26
strength sport not a speed sport this is
144:29
an Olympic lifting where that that that
144:31
matters because you have to have time to
144:33
get under the bar to fall down and then
144:35
stand back up with it they're called the
144:37
quick lifts for a reason you know
144:39
speed is important they don't they don't
144:43
ask you how fast you your squat comes up
144:45
if you make it you make it in fact when
144:48
I was competing I don't know how the
144:49
rules are now but if you stopped but
144:51
didn't regress you could start up again
144:53
yes you could even come to a standstill
144:56
if you can find a way to build momentum
144:57
enough to get it started again that
145:00
counts as long as are getting lower yeah
145:02
so you can't get any slower than
145:03
stopping
145:04
that's as slow as it gets and a lot of
145:07
those a lot of your biggest lifts might
145:09
come almost to a stop so I need skill
145:13
and central nervous system drive with
145:16
that speed because that's how I'm gonna
145:19
win I'm not gonna be moving the weight
145:22
you know quickly mm-hmm at all nothing
145:26

close to quickly maybe my opener but
145:28
even then it's not as fast as a lot of
145:30
the speed training has gotten to mm-hmm
145:32
and so I I don't I don't for that reason
145:35
I think your training time and energy
145:38
and the thing you have to recover from
145:39
so if you do speed work okay good but
145:43
you have to recover from that and I
145:44
don't how much that helps you because
145:46
you're not gonna live in that way could
145:48
that be then be said that submaximal
145:50
loading in the 70% range is generally
145:54
gonna move faster than maximum loading
145:57
and the night on your subnet so you're
145:59
right
145:59
you've got the physics right yeah yeah
146:01
the physics so anything under maximal
146:04
will move a little faster a little
146:05
faster a little fast Yeah right yeah so
146:09
if I could recover from maximal training
146:12
all the time that's all I would do which
146:15
nobody prob there's the rub yeah yeah
146:17
yeah yeah I got a choose trip so I I did
146:20
a lot of good work with triples yeah and
146:22
I did a lot of good work with near max
146:24
lifts mm-hmm so I would put on a weight
146:28
again cuz I don't want to fail and I
146:30
want to practice moving the weight at
146:32
the speed it's gonna move so I got to
146:34
get enough on that I know I can make it
146:36
but not a true max and I would do three
146:40
of those almost every workout near max
146:43
singles and then do my triples if I was
146:47
at that stage so outside of accessory
146:50
work just staying with specific bench
146:51
train
146:53
how low would you'd lower or how low
146:56
would you let the intensity as I always

146:59
have to define an expression of Max so I
147:01
didn't have to use percentages because I
147:03
had numbers yes yes so I had a number if
147:06
I if I was doing triples and I was doing
147:08
535 for triples for yes that's the
147:11
triples and I knew I had to do and so my
147:15
method was to to try to do 36 reps and
147:20
so if you're doing a 30 if you're doing
147:22
a 6 rep max right you can get the first
147:25
set so 535 for 6 on the first you might
147:29
get 6 on the second set you might not
147:31
make it finally so you write that down
147:33
then the third set you might get 5 again
147:35
but maybe four and you write that down
147:37
and then 4 and then 4 and and 3 and
147:39
entry and you're done right so next week
147:42
you you already know before you leave
147:44
what your goals are for next week you
147:46
got 6 on the first 500 second 5 on a
147:48
third four on the fourth four on the
147:51
fifth 3 on the sixth so what are your
147:54
goals for next week
147:55
you already know before you packed up
147:56
and left you gotta beat those numbers so
147:58
I used the numbers and when I got to 36
148:01
that was no longer my 6 rep max because
148:05
I'm doing 6 sets with it
148:06
so was this block oriented or more block
148:09
period I'm not familiar with term block
148:13
will apply more in on that sticking with
148:16
one strength attribute for a certain
148:20
period of time now for no I'm sticking
148:22
with nothing okay I'm constantly moving
148:24
I do not believe in plateaus if you
148:26
believe in plateaus you're gonna get one
148:27
yeah you'll have yourself one so that
148:29
the volume is was the same no no the
148:34

weight was set the weight was so right
148:37
so you're always shooting for either six
148:39
sets of six or if you're closer to a
148:42
meet six sets of three okay or even less
148:46
than that even closer to me but let's
148:48
just say six sets of six and then as you
148:50
don't take the number of reps per set
148:53
does that add more SATs or it just no no
148:57
you're always getting you get you get
148:58
six chances gotcha
149:00
and you should be able to get your first
149:01
one mm-hmm does that your six rep max
149:03
you get one okay
149:05
and then as you build strength you get
149:08
more and more and more of the reps so 36
149:10
is a perfect workout you go 5 pounds
149:12
next time so let's say you get 27 in any
149:16
combination at all you come in next week
149:19
and your goal is to get 28 or better if
149:21
you just get one more rep in that group
149:24
you have improved if you get too good
149:27
for you if you get more fine but you
149:30
can't move up in 5 you can't move up
149:31
your next 5 pounds until you get all 36
149:33
gotcha so if you come in and go 6 6 6 6
149:37
6 5 you got to come back next we put the
149:39
same weight you've got to get that 6 rep
149:41
when you get to 6th rep you are allowed
149:44
to move up 5 pounds so not only do you
149:49
know what your goals are for the next
149:51
week you know exactly when to change the
149:53
weight you know exactly how much and the
149:56
truth is Dave I cut I took some I didn't
149:59
always go up by 2 and a half or I didn't
150:01
goes go up by 5 cuz I took two and a
150:03
half pound plates and I drilled holes in
150:05
until they weighed 1 pound each so there
150:07
was always some progress I could go up

150:09
by one pound I put it on one side of the
150:10
bar yeah I go up 1 pound
150:13
yeah I mean it's not gonna make a
150:14
difference nope not at all yeah so but
150:17
the idea is there is constant
150:19
progression mm-hmm if you allow or
150:23
accept that you can stay the same I
150:25
would ask you this do you expect to make
150:28
progress this year pretty much everybody
150:32
would say yeah I can move my debt up I'm
150:34
gonna move my bench up I'm gonna win a
150:36
spot up in a year okay so whatever
150:39
progress you think you're gonna make
150:41
let's say it's 50 pounds that means you
150:44
got to go up a pound a week if you don't
150:48
you've got two pounds to go the next
150:50
week oh yeah
150:51
so if you say hey I'm gonna move up ten
150:52
pounds this year then every week what do
150:55
you have to go up well
150:57
you divide the gear the training year
150:59
and that's the progress you need to show
151:02
for that week cuz one week of zero
151:06
progress times a billion years and weeks
151:10
he's still zero progress yeah there has
151:14
to be constant progress of some sort
151:15
either a rep or a little bit of weight
151:18
something has to keep changing now there
151:21
are events like sicknesses and off-days
151:23
and that happens and so if it does you
151:27
have to ask yourself what am I gonna
151:29
change next week to make sure this
151:31
doesn't happen again
151:32
so let's say you do stay the same you
151:33
get 27 reps this week you get twenty
151:35
seven reps next week well you know
151:37
that's not supposed to happen right the
151:39

training program isn't set up to do that
151:41
something went wrong what went wrong
151:43
was it your training program no because
151:46
the training programs are all very good
151:48
was it your effort well no cuz I'm
151:50
trying as hard as I can
151:51
what's the third thing it could be
151:54
recovery recovery what in your recovery
151:58
I have five things I focus on the
152:01
umbrella of recovery for me is five it
152:02
can be many more though I look at those
152:04
five things take get enough sleep can I
152:08
change that did I bathe my cells in
152:11
nutrients that I eat properly I can
152:13
change that did I deal with my stress
152:17
that I met it - I can change that right
152:22
and then the other there's another thing
152:25
I call the rest of your life you know
152:29
everything pulls on you so not only do
152:31
you get 24 hours every day you have a
152:33
set amount of energy you can't just
152:35
increase that amount of energy out of
152:37
nowhere and you start high you end low
152:39
you spend your energy your time and your
152:43
effort on something during the day
152:44
mm-hmm and you make those choices your
152:47
kids your job buying a new house
152:50
thinking about this thinking about that
152:52
those are all the things that if we
152:56
didn't have to do them and we were
152:57
living at the Olympic Training Center we
152:59
didn't have a family we didn't have a
153:01
job and all we did was train then that
153:03
wouldn't be such an issue but it is the
153:06
rest of your life counts so I have five
153:08
things that I concentrate yeah rest
153:13
sleep those are different rest is time
153:18
you spend out of the gym not being a gym

153:20
member we don't grow here we are here so
153:23
how many days are you not coming into
153:24
the gym how many days between workouts I
153:28
told you it was up to ten for me
153:29
so that's rest
153:31
sleep that's and that could be you can
153:33
look up something called sleep hygiene
153:34
on online and there's people that are
153:36
very good at it you can set yourself up
153:39
to sleep better nutrition that's a whole
153:41
nother thing but everyone knows it's
153:43
important third fourth stress meditation
153:47
how do you relax how do you keep from
153:50
spending energy on stress when you
153:53
should be spending that energy on
153:54
recovery remember this is the umbrella
153:56
of recovery yeah and then five is the
153:58
rest of your life you know that's a huge
154:00
one right though yeah what else is what
154:03
else is pulling at you that's gonna
154:05
drain energy that should be going to
154:07
recovery that is going to something else
154:10
yeah you name it I mean it could be
154:11
anything could fit in there oh yeah I
154:13
think there's all some of it I think you
154:15
can kill I think today that rest of your
154:22
life component is being made up of a lot
154:24
of stuff that is controllable that
154:28
people don't really think I don't say
154:33
they don't think it's controllable I'm
154:34
talking about getting upset about
154:36
people's comments on social media you
154:38
know it really you know letting that
154:40
burn their ass you know and becoming
154:43
that eat say it's a stress it burns
154:45
energy yep wouldn't you like that energy
154:47
to go somewhere else
154:48

yes even if it's yeah you know it's I
154:53
know a few people that have said that
154:55
they can use that criticism is drive to
154:58
train harder but that's still maybe
155:00
negative criticism yeah well if you're
155:03
using that my question is can you find a
155:06
positive one yeah I'm gonna run out of
155:07
that cuz hey if they stop are you off
155:10
what are you gonna do then you're gonna
155:12
piss yourself off how do you do that
155:13
yeah have you practiced that know you've
155:15
been waiting for somebody to piss you
155:16
off
155:17
or you'll start finding things maybe yes
155:22
you know so now you're creating your own
155:24
chaos to fill a void which doesn't need
155:28
to exist in the first place would you be
155:29
a better way to do it there might be you
155:32
see
155:32
it's crazy so I think that that's um I
155:35
think that's a good fifth element to
155:38
have in there that people need to
155:40
consider with their training that
155:44
I mean at Westside Louie kind of put us
155:47
all in a bubble it's like you do this
155:49
you do this you do this you do this
155:50
don't do this and you know he was you
155:53
know don't have kids don't get married
155:54
don't do that it's and thinking back a
155:57
lot of the things were you know it's
155:59
kinda fucked up but at the same time
156:00
it's like well I'm older now I kind of
156:04
make sense by the drain yeah I don't
156:07
know if I want to give that advice to
156:09
somebody but you know I see em yeah it'd
156:13
be great yeah so can you move closer to
156:16
that can you get rid of some things in
156:18
your life that you don't really value as

156:20
much maybe not your kids yeah maybe not
156:24
leave your wife and kids maybe keep them
156:26
but maybe give up the poker night stay
156:30
up all night and you and you enjoy it
156:31
maybe but maybe give it up for at least
156:33
a cycle of training and see how that
156:36
goes or you know or give up give up
156:41
social media you have a cycle of
156:42
training and see how that goes give up
156:45
something that you expect that energy to
156:49
go back to you somehow that you think
156:51
you've been pushing out in some
156:54
direction yeah I think a lot of people
156:56
would find that even just one or two of
156:59
those little things in that category if
157:03
they were to eliminate that would have a
157:05
profound effect and by their recovery
157:08
which turn your TV off for ya and see
157:12
how your training goes yeah I mean don't
157:15
unplug it yeah I mean it's a choice they
157:17
can invest more and the time that they
157:22
spend with hot/cold contrast therapy or
157:26
spend less time getting pissed off at
157:29
people that they don't even know it's a
157:32
trade-off you know which you know you
157:36
would think that if you're in it to win
157:39
and you to be the best that you can
157:41
possibly be and you're taking that
157:45
period as you talked about time you know
157:48
it's we can't get it back so if you're
157:51
gonna devote five six ten years of your
157:54
life to try to be your absolute
157:57
that this certain endeavor that you
158:00
would do everything you can to be the
158:03
best at it and not let stupid things get
158:09
in the way that you have control control
158:12
over so this is one thing you have to be
158:14

aware of what's in your life because a
158:17
lot of people just goes under the radar
158:18
they're not aware that these things are
158:20
draining them out haven't thought and
158:23
thought about it so sit and think about
158:25
it yeah what are the things what can
158:27
what's draining me out and do I need it
158:30
or can I can I put it down for a minute
158:33
there's no blues song you know I can't
158:36
quit your baby but I gotta put you down
158:37
for a while yeah so you know what to say
158:40
goodbye to your TV or your social media
158:43
but if it's helpful and you think it
158:45
might give you an edge it's worth a try
158:50
yeah anything is worth it so everybody
158:53
knows or at least at least from the time
158:56
I've been born everybody knows that
158:57
there is sacrifice involved in greatness
159:00
mm-hmm everybody has heard that right so
159:03
what are you what have you sacrificed
159:04
are you trying to keep everything and be
159:06
great well good luck I hope you can do
159:08
it but I couldn't
159:09
yeah I sacrificed a lot oh yeah
159:13
and so I think people have this attitude
159:15
that maybe they don't have to give up
159:17
the social media maybe they don't have
159:18
to turn their TV off and maybe they
159:20
don't have to so I think young kids
159:23
really especially they believe that if
159:27
they need another hour during the day
159:28
don't just sleep an hour less and they
159:31
do and they get away with it they think
159:34
but I'm gonna argue that the quality of
159:36
everything they did went down if they
159:39
need two hours they sleep two hours less
159:40
like giving up sleep is the is the way
159:43
you get more time in this era it seems

159:46
and I think they're fooling themselves I
159:51
think their whole life quality goes down
159:53
and the only way to prove that to them
159:56
is to let them get enough sleep and see
159:58
if it improves but they're convinced
160:00
that they can do that yeah I just I just
160:02
get up I just go to bed late and I'll
160:05
just get up on time anyway yeah
160:08
I'm not so sure if that's wise in fact
160:11
I'm sure it's not but I'm being kind
160:13
yeah I've always liked to say that you
160:16
know the the strength athlete that will
160:18
tell me I'll do whatever it takes will
160:21
do whatever it takes
160:23
except for what they really have to do
160:26
you know because there's always a point
160:29
where they won't do that you know
160:33
they'll do things that are risking their
160:36
health yeah and there's I can take any
160:39
time and their time is valuable yeah
160:41
there you go
160:42
I health isn't as valuable very very
160:45
little time you know to be able to do
160:46
those things yeah that's easy you know
160:49
compared to the other ones which is more
160:52
time do we have questions that we want
160:54
to jump to I'll just say one thing yeah
160:56
you know about that I'll do anything
160:58
whatever it takes
160:59
yes I don't believe that's true of
161:02
anyone and so I asked my people when
161:05
they start may they wonder if someone
161:06
wants to be great yeah just work out if
161:08
they want to be great and they tell me
161:10
this and I say well what are you willing
161:13
to do and the answer is whatever it
161:15
takes I'll do anything no I agree with
161:18

you so I ask them to say okay if that's
161:20
true you'll be the first one ever
161:23
because everyone has their limits I want
161:25
you to define your limit so I don't have
161:26
any limits I'll do what anything no you
161:29
do have limits would you punch your
161:30
mother in your inner throat now if that
161:34
if that were a requested - a requisite
161:37
of this would you do it because if
161:39
you'll do anything would you have us
161:41
homosexual sex if that's a requisite you
161:45
know I hear out in hell Hollywood that's
161:47
that's you got to do that alright so if
161:51
you go to Hollywood and you're like I'll
161:52
do anything to be star really sure so I
161:55
like to people I think it's important
161:57
that people understand their limits
161:59
instead of this false belief that I'll
162:01
do whatever it takes I'll do this I'll
162:04
do that but I where is your limit where
162:06
will you stop will you leave your family
162:09
would you leave your wife and kids for
162:11
two years and go train in Australia
162:13
maybe you would maybe you wouldn't would
162:15
you leave them forever cuz that's also
162:17
in anything mm-hmm
162:19
would you kill them cuz that's also in
162:21
anything
162:22
so when you say I'll do anything it's
162:23
not true you should know where your
162:26
limits are then when then when you get
162:29
there at your limit
162:31
you'll make a wise decision you're like
162:33
you know what I'm tempted to go over
162:35
this line now I'm tempted to take this
162:38
health risk right now but I said this
162:40
was my limit and it really is and I've
162:42
got to stop now you can still choose to

162:44
go over it because it looks different
162:46
when you're almost at your goal and your
162:50
blood pressure's yes higher than you
162:52
said you would think that would be your
162:53
limit but at least you have recognized
162:56
that you know what I'm gonna have limits
162:58
and that's okay
162:59
if it cost that much I don't want it and
163:04
that's alright it's okay to say but I
163:06
think being honest with yourself right
163:07
from the get-go gives you a lot of you
163:13
know where you stand
163:14
yeah and you know how close you are to
163:16
that limit I think that's important
163:18
because I kind of indirectly set limits
163:24
but I crossed him but I always had
163:28
people when I when I knew I was getting
163:30
close to the edge I always had either
163:32
very good friends or Tracy and that's
163:34
that I would say look I am I'm I'm on
163:39
the edge right here I just want to let
163:41
you know exactly everything that I'm
163:44
doing right now in case anything that
163:46
happens you know what to tell the
163:50
paramedics or you know you get what I'm
163:52
saying
163:52
yeah I'd you know and not one person was
163:55
ever happy with me having this
163:58
conversation but I felt more at ease
164:01
because and maybe it was just my way to
164:04
justify that I was gonna do something
164:07
that was a little bit further than what
164:10
I really wanted to push but I knew where
164:14
that line was and even if you chose to
164:17
go beyond and I chose that but I drew I
164:19
think I got a self awareness though and
164:22
I don't yeah a lot of people have that
164:23

yeah I think I chose that takes a lot to
164:26
do that and I think people should do it
164:27
yeah I think I've made bad decisions
164:29
intelligently if that makes sense
164:31
because I pulled other people in yeah
164:34
you mean just to let him know that hey
164:36
look this might not go as planned
164:40
hey I'm gonna drink like crazy but
164:42
you're gonna pour them all and when you
164:44
stop pouring them I'll stop drinking
164:45
Yeah right yeah yeah all right yeah yeah
164:49
I've heard people say that any questions
164:52
that we have for yeah I'm gonna
164:55
backtrack real quick to what you guys
164:56
were talking about with social media one
164:58
of the questions that just came in was
164:59
what are James thoughts on social media
165:03
very few I'm not plugged in I got the
165:07
Internet in December I know why is it
165:12
that you waited so long I was busy
165:15
reading and petting my cats and being
165:17
with people and playing guitar and
165:19
taking walks and playing frisbee golf
165:21
and developing I don't have time for
165:23
that how does how do people have time
165:25
for that because they're not living well
165:28
maybe I'm not gonna say that but I
165:29
didn't have time for it I'm also not
165:31
gonna say when I tell people I don't
165:32
have a TV I do have it I got rid of my
165:34
TV in 99 and I didn't miss it I did it
165:38
because I want to study more and I never
165:41
missed it so I never went back and when
165:44
I tell people I'm a TV they immediately
165:46
tell me how little TV they watch they
165:48
feel like they have to be like I only
165:50
watch sports and I don't watch that much
165:52
TV either and I'm like I'm not judged

165:53
you I'm I don't have TV because I don't
165:56
want to have TV I don't care if you have
165:58
TV or not I'm not telling you this
166:01
because I think I'm better than you
166:02
because I don't have a TV I think I'm a
166:05
better JM Blakeley cuz I don't have a TV
166:07
I think I'm a better me that's my choice
166:09
yeah you can do whatever you want with
166:12
your time now people will tell me I just
166:14
like to veg out and I just don't have to
166:17
think and if that was true then they
166:19
could be great meditators and they're
166:22
not so you're not and the studies are
166:25
clear on this you're not vegging out
166:27
when you're sitting there in front of a
166:28
TV not by a long shot
166:31
in fact the studies show that you're
166:34
more stressed by the TV your choice of
166:37
what to watch has a lot to do with that
166:39
but most people are actually not
166:42
relaxing at all when they're watching TV
166:45
for four
166:45
tonight and they think they are because
166:51
people want to there's people that have
166:53
a vested interest in keeping them so
166:56
they make them think this is good for
166:57
you your your relaxing this is you want
166:59
to do this oh I don't think you do but
167:03
you can right I'm not gonna judge you
167:05
but I I don't spend a lot of time on
167:08
social media I haven't I do want to
167:10
plug-in because I want to reach more
167:12
people I'm not reaching enough people I
167:14
have some value left in my ideas and
167:18
they're not mine by any stretch of
167:19
imagination you know I got them from
167:21
somewhere else I've worked on them and I
167:22

developed some but just you know this
167:25
isn't new these concepts are some of
167:28
them are ancient right medication has
167:30
been around for I don't know five
167:32
thousand years maybe certainly for three
167:34
thousands so it's just these are good
167:40
useful things again back to usefulness
167:42
um what is your Instagram handle just so
167:45
people can find you on there wow I think
167:49
it's just JM Blakeley set it up for me
167:52
so you know I don't have to hire them so
167:55
I don't have that many followers they
167:57
don't they follow me they'll be able to
167:58
find him but he will be writing articles
168:01
for the site so we'll be able to post
168:03
handle with the articles as well okay
168:08
yeah it's definitely applicable if
168:10
people do want to comment because
168:12
there's a plethora of information he
168:15
could write about if people want to
168:18
comment what they would like him to
168:21
write about that would help us greatly
168:24
because there's a very large open funnel
168:29
here of content and information that's
168:32
available that we want to bring it down
168:35
or my goal is to be able to bring it
168:37
down into the most useful you saw yeah
168:41
that the readers are going to want to be
168:45
able to use
168:49
that makes sense the other thing I want
168:51
to put out there too in regards to I'm
168:53
gonna kind of speak for him in a way is
168:56
he's still training people and it's that
169:01
I did this for 12 years you're engaged
169:05
with people personally for eight
169:09
sometimes 10 hours a day depending upon
169:12
how many billable hours I had 50
169:15
billable hours a week and it's that's a

169:17
lot of mental work you know working with
169:22
those people
169:23
and it's not like if you're a good
169:26
trainer you're not going to be texting
169:28
people and making an Instagram post in
169:31
between clients or while you're training
169:33
a client a mirror phone in the in a car
169:35
you're you're engaged in that client and
169:39
then when you're done it's you you have
169:41
your own training you want to do yeah
169:43
but I went through that workout with
169:45
them mentally true true every every bit
169:48
that I had to psych up them for I had to
169:51
psych up too yeah I had to calm them
169:54
down I I went to every single set every
169:56
single rep mentally mm-hmm just like
169:59
they did and then another guy and then
170:01
right yeah so talk about mental fitness
170:05
you got oh yeah see that I cannot do
170:07
what I train people so and I was YC
170:10
trainers that don't do that did you
170:11
early pay attention yeah go do do do
170:13
tense if that's like saying go run
170:15
around the building to you get tired
170:16
yeah then come back in and give me my
170:17
money I was engaged there not to to
170:21
train them but I was not engaged enough
170:23
at what you would consider the spiritual
170:25
level of the spirit you know what I'm
170:27
saying I do and David deck gets back to
170:29
my my belief that I'm under spend an
170:31
hour training this guy okay so I'm never
170:35
gonna get that hour back if I don't get
170:37
something for myself out of this hour if
170:39
I don't engage myself physically
170:41
mentally now not much physical but still
170:44
I'm loading exacts and I'm helping but
170:45

mentally and spiritually I'm in there -
170:48
no I'm in there because that's what I
170:49
value and I'm gonna be like hey that was
170:51
a good hour that's a good hour for me
170:53
because I did what I like to do yeah I
170:56
hope that guy we moved forward together
170:59
I'm in this with them right yes so
171:01
people that show up
171:02
their job and shortcut and do just
171:07
enough to not get fired they got eight
171:12
hours and they get nothing then come
171:15
with them every hour I work I bring
171:18
something out of it every hour because I
171:22
do it with that level of involvement
171:24
okay if you're going to work and you
171:28
don't get anything out of it you're like
171:30
hey I'm going to work for eight hours
171:31
man I'm gonna become I'm gonna come home
171:32
with eight hours of experience and it's
171:35
gonna be awesome if you're not saying
171:37
that you might want to look for another
171:38
job you might want to give it yeah
171:41
perhaps you know about your I'm gonna
171:42
try to loosely define the spiritual type
171:46
of aspect that you're talking about if
171:48
those people who are listening have ever
171:51
had a training partner that they've
171:54
trained with and you're you're just
171:56
busting ass and you know you're working
171:58
hard and then he he breaks the PR or she
172:01
breaks the PR and then you feel like you
172:05
broke that PR you alright that's the
172:07
connection that we're talking about so
172:08
we're not talking about some religious
172:11
thing it's just you don't have shit yeah
172:13
and if you don't like the religious
172:15
terms of spirit or soul just use drive
172:17
or heart yeah I think they might be the

172:20
same thing yeah I don't know cuz I don't
172:22
remember I just know how to use it yes I
172:24
know how to use that I didn't get there
172:25
yeah
172:26
and so if you don't like the words
172:27
change the words around a little bit to
172:30
suit yourself you know I don't want to
172:31
put anybody off I'm about it yeah yeah I
172:34
mean it's weird cuz faith religion it's
172:36
all kind of the same yeah around but it
172:39
is but but we don't like I say I don't
172:44
want to push anybody away yeah yes idea
172:47
that there's something so I'll define it
172:49
like this then was the connection I'll
172:51
find ya I'll follow your example of
172:54
trying to find a way that people could
172:56
swallow it without spitting right yeah
173:00
people sometimes can push their body
173:02
until it won't go because they have a
173:04
really strong mind we would all accept
173:07
that right well some people
173:10
don't stop there some people have such a
173:14
strong mind that they can break their
173:18
body but what happens when their mind
173:20
snaps well that wasn't somebody pushes
173:22
so hard that their mind snaps there's a
173:24
guy one example I know is dieter Dengler
173:26
he was a Vietnam guy he got shot down he
173:30
gets down to 87 pounds he escapes from
173:31
his captors goes through the jungle for
173:33
three weeks
173:34
barefoot his mind snaps so his body's
173:37
already broken
173:38
but he's mind is pushing him on he's got
173:40
something more than his body he got his
173:41
mind and it pushes him he pushes his
173:44
body and then that snaps he starts
173:47

hallucinating he starts seeing his dad
173:49
giving him directions which way to go
173:50
all kinds of stuff he's gone his mind is
173:53
no longer an asset it's broke but he
173:56
still makes it out what was he running
173:59
on what was that what was feeding his
174:01
mind what was going something was
174:03
running his body right past his mind and
174:07
I think that's heart or spirit or soul
174:09
or will or ego or self or any anywhere
174:13
you want you know anywhere do you want
174:14
but some people can tap into that like
174:17
him it's a guy that got left on Mount
174:19
Everest left for dead that's the name of
174:22
the book left for dead he literally was
174:24
left for dead he went over comb his
174:25
brain started swelling left him that's
174:27
the rules that's the rules if you can't
174:29
make it you're too bad we're not
174:30
carrying you down we can't we're gonna
174:32
barely make it down then I can lay kill
174:34
everybody so you came up you get down
174:36
they left them he climbed down lost his
174:40
hands lost his face I mean it's bad but
174:43
somehow his body was toast his brain
174:47
wasn't even there he made it not I
174:51
explained those things but I explained
174:53
them that there's another thing yeah
174:55
there's a body people agree to that
174:56
their mind most people agree to that
174:58
yeah but there's something else I think
175:00
not everybody agrees that's okay but I
175:03
have examples that lead me to believe
175:04
that you know there's there's a lot of
175:08
examples like that if there were just
175:10
one that'd be enough as if one human can
175:13
do it I think we can all do it yeah so
175:16
on things like that you might explain

175:18
them like the mrs. Maxwell Rogers in
175:21
Jacksonville Florida lifted the
175:22
that's the one that everybody knows
175:24
right and and the details of that are
175:26
much less impressive but she had a lot
175:28
of damage but she did lift a car she
175:31
barely lifted it she didn't lift the
175:32
tires off the ground or anything she
175:34
lifted it just enough and her son wasn't
175:36
dying he was just pinned he was stuck he
175:39
couldn't get himself out so she just
175:40
lifted it just enough that he could
175:42
squeeze out but man she was hurt she was
175:44
a strong man competitor wasn't she no
175:46
she was a normal 30-some 36 year old
175:50
woman right never train a day in her
175:52
life probably hundred thirty pounds if
175:54
that and this is pretty well documented
175:56
right so you can believe that God or a
176:01
spirit or something outside of her came
176:04
in and gave her the ability to do that
176:06
and that's one explanation another
176:10
explanation might be that she had
176:12
something inside of her that she brought
176:13
out and brought up and brought to bear
176:16
and I like that one because I believe of
176:20
the two one you're counting on an
176:23
outside force to show some favor to you
176:26
the other you're counting on a force
176:28
from inside of you that is that you're
176:31
bringing forth and I tend to believe
176:33
that we all have that right mm-hmm
176:35
so you can believe either way you want
176:37
but you have to explain it somehow she
176:38
did something that was remarkable yeah
176:41
and she was untrained for it hard to
176:45
explain and you can you can choose your
176:47

your you know maybe angels came down and
176:50
lifted it maybe that I don't know no I
176:54
don't think she knows maybe she does
176:55
maybe she says angels came down God help
176:59
me lift it okay that's that's one
177:01
explanation another possible explanation
177:03
though is that we all can do it and I
177:08
believe that back in the day when food
177:11
wasn't everywhere and safety wasn't
177:14
everywhere and every single day was a
177:16
life-and-death struggle to get food and
177:18
get away from predators we had to fight
177:21
the Bears for the caves right the cave
177:24
bears wanted to live there and we wanted
177:26
to live there and we had to kick their
177:27
ass out those are our ancestors they
177:32
they brought themselves into an
177:34
emergency situation where every
177:36
thing had to work and or they were gonna
177:39
die and the ones that could get it to
177:41
work
177:41
survived and gave us those abilities I
177:44
believe that's my choice of how to
177:47
explain Mrs. Maxwell Rogers or anything
177:49
that I've ever done that was remarkable
177:51
or anything that everybody anybody's
177:53
ever done this remarkable I think we all
177:54
can have some of that and who knows how
177:58
much right mm-hm so that's a that's a
178:02
preferable choice of explanations for me
178:04
all right I like to believe that we all
178:07
can dig down deep but if your worldview
178:09
doesn't believe if you don't believe
178:10
there's anything down there
178:12
you won't even you won't even reach down
178:15
to see I have a hard time believing that
178:18
anybody would think that they can't go
178:21
one degree deeper and if you can go one

178:25
degree deeper you can go to yeah and so
178:29
on so it's just well some people that
178:32
they don't they don't think there's
178:34
anything there that's their worldview I
178:36
am what I am
178:37
these are my genetics there's nothing
178:39
there so they don't bother looking
178:40
I agree with you if they bothered to
178:43
look anyone I know who's ever reached
178:47
deeper
178:48
has come up with something nobody
178:51
reaches down deep and comes up with
178:53
nothing that I have ever met myself and
178:55
I never never met any below who hasn't
178:59
who has reached down and come up with an
179:00
empty hand I don't know of anybody
179:03
that's gonna say yeah I reach down there
179:05
was nothing there there's nothing down
179:06
there once you're at your limit you're
179:07
at your limit
179:08
no people tell me the exact opposite I
179:11
went just one more I'm running and I
179:14
went one more mailbox all right yeah one
179:17
more one more whatever so I think that's
179:21
and I think that's a more empowering
179:23
belief anyway since we don't know for
179:24
sure I would I would say see if you can
179:28
believe that
179:28
yeah because better than the alternate I
179:31
can't prove it but I but I will say this
179:33
the data stacks up everybody that's
179:36
breached down tells me that there is
179:38
something there they got something else
179:40
that they didn't know was there but they
179:41
reached for it they dug down they
179:44
couldn't see the bottom they reached in
179:45
and grabbed it and pulled it up
179:48

and I don't have any story that balances
179:50
that I reached down and nothing came
179:52
back not one never heard it all right
179:58
yeah yeah a couple people commented and
180:01
basically said they want him to
180:03
elaborate more on his mental practices
180:05
but I think that could be some he writes
180:07
about yeah we'll make that in ours
180:09
that's what that's what I think he's got
180:10
pretty deep into that so if they go back
180:12
and listen a little bit more he gave two
180:15
examples cheer on meditation here's an
180:20
easy one a good meditative technique to
180:21
steal your mind just take a bell and
180:24
ring it and as long as you hear it
180:28
ringing try to think nothing and as soon
180:31
as you think something else ring it
180:33
again you try to get down to the bells
180:35
silent and you can buy some pretty long
180:38
ringing chimes and bells yes with but
180:41
anything will work just just hit uh even
180:43
a bowl a glass bowl yeah it'll make a
180:45
sound you ring it you just think nothing
180:49
until you can't hear it anymore then you
180:51
ring it again and you practice staying
180:54
thought free and if you get a thought
180:56
just let it pass so there's an easy one
180:58
yeah that's a good all right I think a
181:01
good one to end on Dave as often said
181:04
that everything he's needed to learn in
181:05
life he learned from the gym I don't
181:06
know if I worded there right but um
181:09
almost everything yeah what is the most
181:12
important thing you think you've learned
181:14
at the gym or you can twist that is the
181:18
answer for that what comes to mind first
181:20
so sometimes the best answer isn't the
181:22
first one but oftentimes it is so you

181:24
see what bubbles up and the first thing
181:25
that bubbled up is perseverance you
181:27
learn that in the gym you learn to keep
181:30
trying you can't lift it today I can't
181:33
lift it yet you persevere and you can
181:38
lift not only that but a lot more and
181:41
you keep persevering and at some point
181:43
you're like holy crap how in the world
181:45
am i lift in this but maybe I can lift
181:48
even more so perseverance is the first
181:50
thing that comes to my mind well if we
181:52
take it a step deeper what's the most
181:53
important thing you've learned in life I
181:55
know that's a little deep but no that's
181:57
not that's not that's not too deep
182:00
you know I could be could be kg and say
182:03
the same thing right that would be if
182:04
that would be a kg answer right
182:06
perseverance but I think that anything
182:10
that helps you discover yourself more is
182:15
in the category of the most important
182:17
things I've learned so constantly trying
182:21
to put yourself in situations where you
182:23
are self reflective you know the the
182:27
unexamined life is not worth living
182:29
believe that was theirs either Aristotle
182:32
Plato I can't remember I'm that's that's
182:35
bad that I can't remember that but
182:36
examine your life examine yourself try
182:39
to learn something about yourself that's
182:41
really valuable cuz that's that's that's
182:44
the the only person in your life that's
182:46
always there is you yeah your cats won't
182:49
be always there your your parents your
182:51
children maybe you know your friends
182:54
your wives who knows you know you're the
182:56
only one that's always there
182:57

consistently so it behooves you to learn
183:00
something about yourself so anything
183:02
where I've ever learned something better
183:04
about then even more even bad you know
183:06
something bad those are really valuable
183:09
things in life to learn about you know
183:11
and of course education you know I don't
183:14
understand why people don't read books
183:20
because the smartest guys in the world
183:22
have written their thoughts down guys
183:25
way smarter than us right way smarter
183:27
the smartest men in the world have
183:30
written this down and it's in a book and
183:32
all you got to do is open the book and
183:33
read it now you may not understand it
183:35
but you have access to it and you may
183:37
understand more than you think and
183:39
people don't read and all this knowledge
183:44
and thoughts and ideas the smartest
183:47
ideas in history are available to us at
183:50
the library and people don't read so I
183:53
think one valuable thing to do yeah is
183:58
to tap into the smartest people in the
184:01
world and read what they had to say
184:03
about the world about any issue that you
184:06
are interested in some really smart
184:09
people have thought a lot about it and
184:11
they'll tell you what they thought
184:12
and then those become your thoughts yeah
184:15
for just the time that you put in well I
184:18
know the follow-up question that's gonna
184:20
come immediately from that is what books
184:24
should they read now I got a reading
184:26
list for my clients and for everybody
184:28
sure what was that first one you would
184:30
say a good one to start with
184:32
well here's I just so many good ones so
184:34
the first one that popped up in my mind

184:36
it and it's not too not too out there
184:39
it's pretty practical by by pretty
184:42
practical I mean amazingly practical is
184:45
Alan LOI McInnis the power of optimism
184:50
it's a book about 200 and some pages
184:53
that I can open to any page randomly and
184:57
find a useful idea on 200 pages any page
185:02
I can note well any two pages I can open
185:05
the book and he will say something that
185:07
is valuable and useful now many books
185:11
are like that you know you get a nugget
185:12
or two or three maybe a couple good
185:15
chapters and that's worth reading that
185:16
book for those this guy puts together
185:19
twelve chapters of solid solid ideas
185:23
that are useful not with practice but
185:27
starting that day the moment you read
185:29
them you can use them so Alan Ioin
185:33
McInnis is a very good the power of
185:36
optimism and I mean practical
185:40
down-to-earth no no Buddhism or Zen or
185:43
any of that stuff meditation just ideas
185:46
and useful ideas how to think about the
185:49
world how to think about problem-solving
185:51
useful instantly like right away mm-hmm
185:54
chapter one got something Jeff did
185:57
another I mean just keeps coming he's
185:59
really that's really that's top five
186:03
so you've written training manuals have
186:05
you ever thought about writing a book or
186:06
have you written any books no I have
186:08
written books but there have been
186:10
they've been exercise related who you
186:13
thought about writing anything I think
186:15
about it every day and sometimes I write
186:19
about it on my Instagram just that it
186:21
may not be it may not be training
186:23

oriented but it's mental oriented that
186:25
can be used in training not every day
186:29
but I do about one a week I try to and I
186:31
and I want to start writing more because
186:33
I really think that I have an ability to
186:40
do that and I don't have any secrets
186:44
anymore
186:45
so anybody that says I got a training
186:46
secret for you they're lying
186:48
cuz they don't cuz training secrets come
186:51
hard-won and nobody who's still
186:53
competing is gonna tell you how they win
186:56
how they beat you right I remember these
186:59
DS Muscle & Fitness articles as to how I
187:01
won mr. Olympia yeah no no way is that
187:05
what you did you're never gonna tell
187:07
people what you did right until you're
187:10
in a position like me or I don't have
187:12
any competitors I'm not competing I have
187:15
no reason to keep any of this to myself
187:17
anymore I don't have any reason to hold
187:19
it back but people that are competing
187:21
they have a reason or people have other
187:23
people competing they have a reason
187:25
right so I want to get I sorta I've sort
187:30
of been challenged by some of my friends
187:32
to get it out of me before I kicked the
187:36
bucket right I better tell somebody
187:38
about this before it dies with me right
187:41
and I thought about that and I've almost
187:43
kicked the bucket a couple times so yeah
187:46
now's as good a time as any so yes I do
187:48
think about that and I hope that I can
187:49
make good on that very good on it and I
187:54
have three books that I have written
187:56
that are on my computer that I need to
187:59
edit and that might end up on someone's
188:02
top 5 list someday when they're telling

188:03
the story only if you put it out though
188:06
you're too kind that's nice I hope it
188:08
does it that would be great
188:10
any last thoughts from you guys no I
188:14
just want to say
188:15
JME you know for coming on your very
188:18
well and I mean this all started I think
188:20
that everybody should know with I don't
188:25
know what you call it
188:26
Instagram conversation but a
188:27
conversation with exactly what he was
188:30
just talking about he wants to bring his
188:33
information and bring his knowledge to
188:36
more people so we're going to help him
188:40
make that happen through articles or
188:42
whatever format we need to do to be able
188:45
to make that possible I've known him for
188:49
a long time haven't spoken for a long
188:53
time he didn't disappear somebody was
188:56
asking like where did he disappear to I
188:58
mean he's always kind of been around he
189:00
didn't die obviously because he's still
189:02
here that was one of the comments yeah I
189:05
said the near-death experiences I think
189:06
there might have been a couple pretty
189:08
clay you know other stories for other
189:10
days but yeah it's just thanking him and
189:16
I think that he has more to offer than
189:19
what he really knows I think you have a
189:23
lot more to offer than what you think
189:25
that you do from just the the mindset
189:29
all the way to the training I mean it's
189:33
your experience and education set aside
189:37
well I'm one that I do feel education is
189:40
important formal and continued education
189:44
reading everyday isn't very important
189:46
but experience Trump's education now
189:52

experience plus education Trump's all
189:54
yeah experience without education though
189:57
is what happened to you yeah that's some
190:02
basis yeah yes that's that's that's not
190:05
good so I think there's a lot there to
190:07
be able to pull from from a lot of
190:09
different realms and I think people will
190:11
be surprised it's some of the things
190:14
that he's gonna write about and here's
190:16
why and this is a scary thing to say
190:19
because it's true you know
190:21
people and you know one of the comments
190:24
I get about the podcast and my own
190:26
writing is how real I am
190:28
how true I am it's like well how exactly
190:31
are you supposed to be fake because I
190:34
don't know how to do that
190:36
I never went to that some people are
190:38
very good at it yeah a lot of people
190:39
very good at it - practiced you know I'm
190:42
not practiced in that because it's I I I
190:44
could never carry the lie long enough to
190:47
not be exposed you know so that's that
190:51
so and you have to ask yourself I spent
190:54
an hour right in this article that hours
190:56
gone do I get anything out of it if I
190:58
lied my way through it it's a waste of
191:01
times a lost our I don't get nothing out
191:03
of that I'm a phony a fraud there an
191:05
hour or however long that live persists
191:08
so it's just yeah yeah I don't know too
191:13
many lies that have lasted a very long
191:16
time there's a couple there are some out
191:19
there and we don't know about the lies
191:22
that we don't know about right oh yeah I
191:25
know now we're gonna go but the ones
191:27
that the most of the lies don't last
191:29
long and even so you're just buying a

191:31
moment yeah if you do that kind of thing
191:33
you're getting a moment right I had a
191:38
buddy it used to say I I don't really
191:41
care how I look out of clothes I want to
191:44
look good in clothes trained me to look
191:45
good in clothes cuz when a girl comes
191:46
home to my apartment it's going down
191:48
right it she can't talk your way out of
191:50
it so I need to look really good in
191:52
clothes because but the lie is found out
191:55
how it's right a lie is found I just
191:58
he's the tailor yeah yeah he got in
192:03
really good shape too he did a body
192:04
bones show did well but he he sort of
192:08
believed that I thought it was a joke at
192:09
first but he was he's like man I gotta
192:12
look good in clothes cuz though once or
192:13
once they've decided they don't follow
192:15
through I'm like after the lie has been
192:18
found out after you yeah yeah unbutton
192:21
that and there there it is and any sec
192:23
oh yeah okay so I don't know if that's
192:26
true but but most lies yeah I found out
192:29
all right soon okay for you okay guys
192:31
we're gonna shut this down
192:32
thanks a lot Dave that I appreciate it