

# Index

---

- 5 × 5 workout, 5, 64–5
- 5/3/1 program, 39–40, 104
- 10,000-Swing Kettlebell Workout, 15–22, 246
- 30/30 rep scheme, 304
  
- active rest, 126
- Afterburn II program, 187
- aging, 164–5, 233–4
- alcohol, 134–6
- Alekseyev, Vasily, 129
- Allen, Mark, 330
- Anal-Retentive Dieter, The, 73–5
- Anderson, Tim, 237
- and-one method, 64
- Armchair Quarterback, The, 71–2
- “armor building”
  - building muscle as, 232
  - collision occupations and, 236–7
  - contact athletes and, 86, 232, 236
  - for fighters, 86, 232
  - groundwork and, 114–15, 237–8
  - program for, 235–44
- Asinof, Eliot, 355
- assessment, ongoing, 315
  
- Atkins Diet
  - imbalance in, 332
  - induction phase of, 204–5, 209
- auditing of training program, 35–41
- authority, knowledge from, 132–3
  
- back pack, vest loaded carries, 45–6
- back squats, 218–20
- Barbell Complex One, Javorek’s, 186
- barbells
  - armor building with, 239–40
  - deadlifts with, 318
  - presses with, 318
  - reliability of, 86
- basic human movements, 4, 9, 35–7, 67, 91–2, 101, 174–5, 308, 332.  
*See also particular basic human movements: push, pull, hinge, squat and loaded carries.*
- bear crawl, 271
- bench press, 39, 103–4, 212, 221
- Bengal challenge, 274–5
- Beowulf*, 95
- Berardi, John, 317
- best moments, following worst, 344
- Bierce, Ambrose, xiii

## *Before We Go*

- Big Five challenge, 269–70
- Big Five of Getting Big, 49–55
- bodybuilding, fat loss and, 337
- body part splits, 287
- bodyweight squat challenge, 108
- bodyweight standards, 55, 107
- “boot camp” programs, 201–2
- Boyle, Mike, 336
- breaks from training, 8, 125–6, 227–30, 281
- Brown, Mike, 67
- Bryson, Bill, 211
- Bulgarian goat bag swing, 12–13, 302
- bus bench workouts, 90–91
- busy life
  - meals and, 25–7, 32
  - training and, 23–5, 30–33
- ButtBurner 4000, 12–14
  
- calendar, training, 88–90, 152, 288
- Callum, Myles, 357
- callusing, 236–7, 239
- calves, stretching, 168
- Campbell, Joseph, 143
- Campbell, Phil, 40
- Cannon, Lane, 104
- Cantore, Dan, 126
- carbohydrates, 324, 337
- cartwheels, 103
- Cerutti, Percy, 357
- Chain and Staggered Chain group programs, 257, 259
- challenge workouts, 15, 65–6, 107–10, 267–71, 273–8
- checklists, 289
- chill-out challenge, 110
- chin-sternum-zipper (CSZ) line, 302
- clarity, training and, 85–93
  
- Clason, George Samuel, 356–7
- clean and press, 27–8, 39, 220
- cleansing, 328–9
- Clooney, George, 291
- coaching, books about, 356–7
- Columbo, Franco, 139–40, 270
- community
  - goal achievement and, 318–20
  - need for, 321
  - training in, 251–60
- competitive periods, 202–3
- Complexes A-F, 188–191
- complexes, 59–60, 183–91
- compression, expansion and, 163–4, 166
- compromises, managing, 211–16
- conditioning
  - intensity of, 331
  - value of, 281–2
- contact athletes, armor building for, 86, 232, 236
- Contreras, Bret, 177
- Cook, Gray, 102, 115
- correctives
  - busy schedule and, 27
  - effective, 173–81
  - muscles and, 176–7
  - overemphasis on, 75, 111–13, 155–6
  - rest periods and, 158
  - strength training and, 116–17
- Cosgrove, Alwyn, 187–8
- countdown reps, 63–4, 231
- Coyote Point challenge, 277
- Crack Oatmeal (recipe), 99
- creatine, 196
- Crichton, Michael, 356

- Critic Who Never Lends a Hand, 72–3
- crockpot (slow cooker) meals, 24, 98, 158
- cross walk, 45
- Crossfit, 81–2
- Curriel, Dan, 66
- Dan John's Bulking Program, 219–23
- Darden, Ellington, 81
- De Vany, Art, 162, 280
- deadlift challenge, 109
- deadlifts
  - barbell deadlifts and, 318
  - deadlift challenge and, 109
  - duck-foot deadlifts and, 239
  - improvement in, 347
  - snatch-grip deadlifts and, 239
- decision making, senses and, 136
- deductive logic, knowledge from, 132–3
- deep abs, one-arm press for, 169
- Delorme, Thomas, 79–81, 343
- deltoids, one-arm press for, 169
- Demon Deacon challenge, 273–4
- Denby, David, 112
- deprivation, 61–2
- diaries, training, 88
- diet. *See* nutrition.
- diETING
  - basics of sound, 73–5
  - break from, 8
  - reasonable diets and, 4–7
  - tough diets, 4–5, 7–8
- Ditka, Mike, 205
- doing everything at once, 334–5
- don't make me look stupid, 317–18, 320–1
- doorknob drill, 178, 180
- double clean and press, 220
- double-kettlebell front squats (DKFSs), 12–13, 240, 275
- double rack walk, 45
- dragging a sled, 28
- Draper, Dave, 112
- Draper, Laree, 112, 336
- duck-foot deadlifts, 239
- Dumas, Alexandre, 356
- Dunagan, Doug, 230–1
- Eagle, the, 13–14, 275–6
- Eastwood, Clint, 2
- Ebert, Roger, 355
- enjoyment of training, 339
- Epictetus, 339
- epistemology, 132–3
- essentials, focus on, 283
- external obliques, one-arm press for, 169
- failure, 142–4
- farmer walk challenge, 109–10
- farmer walks, 12–13, 28, 45, 48, 109–10, 140–1, 221–2, 264, 275
- fast-twitch muscles, emphasis in program, 40–1
- fasting, Hunger Games challenge and, 110
- fats, dietary, 337
- fat-loss, 91, 93, 96, 204–5, 209, 229, 233, 245–9, 309, 311, 337, 349–50
- fighters, armor building for, 86, 232, 236
- fish oil, 128, 197, 312–13

## *Before We Go*

- fixed weights, value of, 327–8
- flexibility, 165, 177
- flossing, 328
- Flynn, Pat, 246
- foam rolling, 111, 113–114
- Follow the Leader group program, 258–60
- follow through, program, 156–7
- food. *See* nutrition.
- food journals, 88, 152
- food shopping, 25–7
- Forty-Day Workout, 206–9
- four pillars of strength training, 225–34
- Francis, Charlie, 285–6, 341
- front squats, 28, 39, 86, 240, 263
  - setting, 315
  - time for achieving, 226–7
- goblet squats, 9–14, 102, 178–80, 264, 318
- grace, in training, 162–4, 166
- grass drills, 113, 237–8, 246
- grilling, 24, 98, 159
- grinds
  - grinding presses and, 103–4
  - hinge movement and, 301
- groundwork, 36–7, 57–8, 113–15, 237–8, 245–9
- group training
  - principles of, 251–8
  - workout for, 258–60
- growth hormone response, 108
  
- Gajda, Bob, 184
- Gallagher, Marty, 7, 347
- gaps, programming, 35–6, 39, 67, 69
- general physical preparation (GPP), 202
- getups, 238, 241–2, 318
  - Turkish getups and, 37, 58, 238, 246
- Gironda, Vince, 231
- Glassman, Greg, 82
- glutes, conditioning, 170–1
- goals
  - achieving, 137–46, 226–7, 318–20
  - clarity about, 147–53
  - community help in achieving, 318–20
  - mentors' help in achieving, 144–6
  - perseverance in pursuing, 316–21
- half-kneeling work, 115–16
- Halpern, Marc, 73–4
- hangover rule, 66–7
- heavier weights, strength training and, 230–1
- Heavy Hands program, 349–50
- Heffernan, Wil, 39
- Herbert, Frank, 325, 356
- Hercules Barbell Club Beginner's Program, 286
- Hettinger, Theodor, 176, 227–9
- high-rep squats, 279
- hill sprints, 28, 58–9, 170
- Hillis, Josh, 25, 152, 167–8, 252, 317, 343
- hinge, basic human movement of, 4, 140–1, 180, 296, 299–304
- hip flexors, stretching, 167–8, 177
- hip hinge, 296, 299–304. *See also*
  - hinge, basic human movement of.
- hip thrusts, 177

- Horton, Nick, 177
- hourglass figure, 162–3, 166
- Hunger Games challenge, 110
- hypertrophy
  - aging and, 164–5, 233–4
  - barbell and, 86
  - Dan John's Bulking Program for, 219–23
  - guidelines for, 49–55, 217–19, 232–4
  - leaning out and, 195–6, 233
  - minimal program for, 343
  - nutrition and, 51–2, 198, 218
  - programs for, 93, 193–9, 219–23, 232–4
  - protein and, 198
  - quality of, 205–6, 209
  - reps and, 64, 79–80, 218–19
  - rest periods and, 54–5, 218–19
  - sleep and, 52–3, 218
  - warmth, mass gains and, 197–8
- inefficiency, fat loss and, 349–50
- I-Go/You-Go group program, 257, 259, 276, 304
- Ilg, Steve, 122–3, 137–8, 256, 329–30
- imbalance, in training, 332–3
- inefficiency, fat loss and, 245–9, 309, 349–50
- injuries, avoiding, 337–8
- integrity, 78
- intensity, workout, 196–7, 338–9
- intuition, training program, 68–9
- Inverarity, Laura, 167
- isolation exercises, 287
- Janda, Vladimir, 116, 165–7, 176–7, 340
- Javorek, Istvan “Steve,” 186
- Javorek's Barbell Complex One, 186
- Jay, Kenneth, 129
- Jerome, John, 202
- Jessee, John
- jogging, 145
- John, Aileen Barbara McCloskey, 81
- joint mobility
  - aging and, 164–5
  - correctives for, 177
- Jonath, Ulrich, 357
- Jones, Brett, 115, 344
- judgment, avoiding, 339
- Katz, Tamir, 82
- Kelso, Paul, xvii
- Kettlebell Fever program, 91
- kettlebell swings, 295–8, 318, 349
- kettlebells
  - 10,000-Swing Kettlebell Workout and, 15–22, 246
  - double-kettlebell front squats (DKFSs) and, 12–13, 240, 275
  - Kettlebell Fever program, 91
  - kettlebell swings, 295–8, 318, 349
- Kono, Tommy, 7
- ladders, volume and, 340–1
- layoffs. *See* breaks from training.
- last-lift/best-lift principle, 341–2
- leaders, patterning oneself after, 346–7
- lean muscle mass, 195
- leaning out, mass gains and, 195–6, 233
- Ledbetter, Steve, 64–5, 312–13
- Lee, Bruce, 357

## *Before We Go*

- Lewis, Michael, 356
- linear progression, 87
- Litvinovs, 248, 258
- loaded carries, 4, 43–8, 58–9,  
140–1, 180, 280
- loaded sprints, 58–9
- loads
  - appropriate, 5, 92
  - matched to reps, 308–9
- longevity, 121–3
- Luoma, T.C., 305
- machine rows, 221
- Maffetone, Phil, 246
- Martin, Dan, 254
- mass gains
  - aging and, 164–5, 233–4
  - barbell and, 86
  - Dan John's Bulking Program  
for, 219–23
  - guidelines for, 49–55, 217–19,  
232–4
  - leaning out and, 195–6, 233
  - minimal program for, 343
  - nutrition and, 51–2, 198, 218
  - programs for, 93, 193–9,  
219–23, 232–4
  - protein and, 198
  - quality of, 205–6, 209
  - reps and, 64, 79–80, 218–19
  - rest periods and, 54–5, 218–19
  - sleep and, 52–3, 218
  - warmth, mass gains and, 197–8
- mastery, of basic lifts, 157
- Matson, Randy, 176–7
- Maughan, Ralph, 59, 78, 83, 132,  
333, 351
- McCallum, John, xvii, 184, 227–8
- McCarthy, Cormac, 325
- McDonald, Lyle, 227
- McDougall, Christopher, 356
- McGill, Stuart, 102
- meditation, 326–7
- Mediterranean Diet, 6
- men, strength and, 227–8, 344
- mentors, achieving goals and, 144–6
- menus, meal planning and, 24–5
- metabolic hit, swings and, 300
- military presses, 60, 85, 103–4, 212
- Millman, Dan, 261
- minimalist workouts, 334, 342–3
- mortality (“eternal life”), 121–2
- Morton, Chip, 114
- muscles
  - correctives and, 176–7
  - fast-twitch muscles and, 40–1
  - lean muscle mass and, 195
  - phasic muscles, 165–6, 176
  - tonic muscles, 165–6, 176
  - See also* armor building and  
hypertrophy.
- napping, 127
- Nautilus, 81–2, 185, 335
- nervous system, training and,  
285–9
- Neti pot, 328
- new ideas, openness to, 350–1
- Nielson, Tony, 28
- Nightingale, Earl, 63, 78–9, 143, 334
- Notmeyer, Dick, 73, 132, 145, 197–8,  
286, 315, 333, 340, 342
- nutrition
  - basics of, 24–7, 73–5
  - carbs and, 324, 337
  - fats and, 337

- food journals and, 88, 152
  - food shopping and, 88, 152
  - king approach to, 95, 97–100
  - mass gains and, 51–2, 218
  - training undone through, 157–8
  - vegetables in diet, 313
  - warrior approach to, 95–100
  - See also* dieting.
- Oldfield, Brian, 63–4, 230–1
- Olivia, Sergio, 139–40, 184
- Olympic lifter program, for busy person, 30
- Olympic lifts, 30, 211–16, 286, 347
- one-armed bench presses, 104
- one-armed overhead presses, 105–6, 169–70, 340
- one-handed loaded carries, 45
- One-Pan Stew (recipe), 99–100
- Ordway, Gary, 138, 346
- outdoors, lifting, 326
- overhead presses, 105–6, 169–70, 339–40
- over-thinking, 11
- padding, half-kneel and, 116
- park bench workouts, 90
- Park, Reg, 5, 309
- passion, group training and, 254–6
- patience, 14
- path, group training and, 252–4
- patterning
  - hinge movement and, 301
  - push movement and, 102–3
- peaking, 287–9
- peripheral heart action (PHA) workouts, 184–5
- Perry, Michael, 302
- phasic muscles, 165–6, 176
- phenomenology, 133–6
- piriformis, stretching, 168
- Platz, Tom, 226
- plyometrics, 335
- polio, weightlifting and, 80–1
- posture, musculature and, 165–6
- potato sack squats, 9
- Powell, John, 64–5
- powerlifting, program for busy person, 31–2
- power-squat-and-overhead-press combo, 28
- Prehab, Mobility, Warmup Wimp, The, 75
- press walk, 45
- presses, half-kneeling and, 115–16
- program evaluation, 289. *See also* auditing of training program.
- programming, group training and, 256–60
- protein
  - fat loss and, 337
  - mass gains and, 198
- Prowler, 59
- pull, basic human movement of, 4, 140–1, 180
- pullups, 221, 327
- punch-the-clock workouts, 65, 88
- push, basic human movement of, 4, 101–6, 140–1, 180
- pushup planks, 102–3
- pushup-position planks (PUPPs), 102–3, 267–9
- pushup-position plank challenge, 267–9
- pushups, 103, 292

## *Before We Go*

- pushing a car, 28
- qualities, development of, 202–6
- race walk, 45
- reading list, 355–8
- reasonable diet, 4–7
- reasonable workout, 4–6
- reasonableness
  - program standards and, 77–83
  - toughness vs. 1–3
- recharge (tonic) workouts, 180–1, 342
- recharging, 309
- recovery
  - injuries and, 338
  - sleep and, 313, 326–7
  - sprinting and, 41
- red, yellow, green light system, 88–90
- Reeve, Ethan, 104, 273
- regressions, 177–80
- relaxation, on command, 326–7
- reps
  - and-one method for, 64
  - appropriate number of, 5, 92
  - counting down, 63–4, 231
  - “ish” method for, 64–5
  - mass gains and, 218–19
  - matching loads to, 308–9
  - reasonable ranges of, 5, 92
- rest periods
  - as continuum, 121–3
  - between sets, 103, 128–30
  - examples of, 124–5
  - focused, 103
  - mass gains and, 54–5, 218–19
  - role of, 123–4
- sleep and, 126–8
- time off from training, 8, 125–6, 227–30, 281
- unexpected results of, 119–20
- wasting, 158–9
- results
  - for clients, athletes, 320
  - measuring, 316–20
- Rippetoe, Mark, 98
- rhomboids, 168–9
- Road Warrior challenge, 277–8
- Robinson, Robbie, 86
- rolls, 58, 237–8
- safety, 329–30
- Schmitz, Jim, 315
- Schwartz, Len, 349–50
- Schwarzenegger, Arnold, 5, 61, 139–40, 357
- self-coaching, 306–7
- senses, decision-making and, 136
- Seubert, Eric, 286
- Shamrock, Ken, 57, 103, 230, 357
- showing up, value of, 329
- Shugart, Chris, 3, 90, 324
- Silvester, L. Jay, 139
- six-point rocking, 178–80
- skin health, 312
- sled pulls, 46–7
- sleds, gym, 59
- sleep
  - aiding, 128
  - mass gains and, 52–3, 218
  - recovery and, 313, 326–7
  - rest periods and, 126–8
  - value of, 126–8, 311–13
- snatch challenge, 109
- snatch-grip deadlifts, 239



- Sonderegger, Ferron, 120
- Southwood Program, 326
- Soviet Squat program, 7
- Spartan challenge, 276–7
- specialized physical preparation (SPP), 202–3
- sprinting
  - as program component, 40–1
  - for glutes, 170
  - hill sprints and, 28, 58–9, 170
  - loaded sprints and, 58–9
  - no Tabata variations for, 265
  - recovery and, 41
- squat regressions, 178–80
- squats
  - back squats and, 218–20
  - basic human movement of, 4, 140–1, 170, 180
  - bodyweight squat challenge and, 108
  - double-kettlebell front squats (DKFSs) and, 12–13, 240, 275
  - front squats and, 28, 39, 86, 240, 263
  - goblet squats and, 9–14, 102, 178–80, 264, 318
  - high-rep squats and, 279
  - mastering, 198, 324–5
  - potato sack squats and, 9
  - power-squat-and-overhead-press combo and, 28
  - Soviet Squat program and, 7
  - squat regressions and, 178–80
  - standards, training program, 39–40, 67–8, 77–83, 140–2
  - traveling and, 292
- Stanley, Thomas J., 357
- starting early, 348–9
- stationary bike, Tabata method and, 263
- sticking to a program, 284
- straight-leg deadlift, 220–1
- strength, eating more and, 343–4
- strength program, audit of, 37–9
- stretching, 164–8, 177
- strongman program, for busy person, 29–30
- suitcase walk, 45
- summer, better training in, 228
- supersetting, 158–9
- supplements, 312
- Swenson, Goran, 194
- swings
  - kettlebell for optimal, 318
  - poor technique with, 295–8
  - proper technique with, 269–70, 299–304
  - Tabata method and, 263–4
- symmetry presses, 104–5
- symmetry, swings and, 302
- Tabata, Izumi, 261
- Tabata protocol, 129–30, 261–5
- teaching, mastery and, 335
- technical mastery
  - of basic lifts, 157
  - of squats, 198, 324–5
  - teaching and, 335
  - weight lifting and, 53–4
- testosterone, supplements for, 312
- thinking double, 112–13
- Thrower, program for busy person, 30–1
- time
  - achieving goals and, 226–7
  - wasting in gym, 283–4

## *Before We Go*

- time spent training, 155–6
- tissue quality, groundwork and, 114
- tonic (recharge) workouts, 180–1, 342
- tonic muscles, 165–6, 176
- tough diets, 4–5, 7–8
- tough workouts, 6–8
- toughness, reasonableness vs., 1–3
- track and field, as test, 347–8
- Trafton, Stephanie Brown, 226
- training journals, 142, 227
- traveling, workouts during, 291–3
- triceps, one-arm press for, 169
- TRX trainer, 116, 167
- Tsatsouline, Pavel, 92, 164, 206, 342–3
- tumbling challenge, 270–1
- tumbling, 57–8, 237–8, 270–1
- Turkish getups, 37, 58, 238, 246.  
*See also* getups.
- Turner, Dave, 7, 54, 286–7
- Twenty-Three-Minute Man-Maker challenge, 270
- Twight, Mark, 143, 254
- Two-Day Lag Rule, 289
- two-handed loaded carries, 45
  
- Universal Gym, 185, 258
- up-downs, 113, 237–8, 246
  
- vacations, 126
- variations of programs, 38–9
- vegetables, in diet, 313
- Velocity Diet, 3, 90, 96, 100, 125, 127, 187, 196, 198, 204–5, 209, 235
  
- Viking Warrior program, 129
- vitamin D, 312
- volume, ladders and, 341
  
- waiter walk, 45
- Walker, Buddy, 306–7
- wall drills, 301
- wall-assisted handstands, 103
- warmth, mass gains and, 197–8
- warmups, overuse of, 75
- Watkins, Arthur, 79–81, 343
- weaknesses, addressing, 330–1
- weight plates, large jumps in, 50–1
- Wendler, Jim, 39–40, 104
- White, T.H., 325, 355
- whole picture, seeing, 282–3
- Wiley, T.S., 126
- wine, 124, 134–5
- Winfield, Percy Henry, 77, 83
- Witt, Bill, 64
- Wolf, Robb, 82, 311–12
- women, strength of, 227–8, 343–4
- Wood, Kim, 274
- work capacity, 57–62
- workshops, 112, 350
  
- X look, 162–3, 166
  
- yoga, as program component, 36, 40, 114, 164
  
- Z-12, 312
- Zercher squats, 9, 239
- ZMA, 312–13