
Index

- 1-2-3-4 Assessment
 - amount of exercise, 31–2
 - assessments within, 23–44
 - client needs and, 3
 - coaching and 111–14
 - colorful vegetables and, 30, 68
 - four tests in, 32–45, 49–50
 - “get back ups” (GBUs), 35–9
 - measurements and, 25–9
 - on-going assessments in, 48
 - pillow test in, 29–30, 47–9
 - plank test in, 32–4, 49
 - purpose of, 50
 - QIII subgroups and, 23
 - sleep and, 29–30, 47–9
 - standing long jump test, 39–41, 46
 - standing on one foot, 23–5
 - three major areas of, 21–3
 - “to the floor and back up” test, 34–5
 - See also* assessments.
- 315 deadlift challenge, 104
- ab wheels, need for, 100
- active athletes (QIII A²)
 - assessment of, 10–17
 - Basic Weekly Training
 - Template and, 177–85
 - programming for, 157–60
 - training for, 10–17
 - “addition by subtraction” rule, 137, 145, 148
 - “additional components” rule, 137, 146, 149
- Anderson, Paul, 18
- Araújo, Claudio Gil, 34–5, 38
- Ashwell, Margaret, 27
- assessments
 - 1-2-3-4 Assessment. *See separate entry.*
 - active athletes (QIII A²) and, 10–17
 - body composition and, 21–3, 28–30, 33–4
 - constant, 5–20
 - everybody else (QIII E²) and, 17–19
 - feedback loop and, 111, 151–2
 - goals and, 6–9, 19–20, 45, 139–41, 144
 - initial, 5–6
 - kettlebells and, 43
 - mobility and, 21–3, 28, 30, 33, 47–9

Can You Go?

- Quadrants of, 9–18
 - strength gaps and, 21–3, 28, 33–4, 49
 - training programs and, 45–9
 - weight and, 25, 48–9
- backpack walk, instructions for, 144
- Bannister, Roger, 116
- barbells
- need for, 98
 - simple training with, 100–1
 - strength training with, 159
- Basic Weekly Training Template, 177–85
- Bass, Clarence, 39
- bear crawl, instructions for, 194
- before-and-after pictures, 141
- Berardi, John, 141
- Berra, Yogi, 134
- “Bigger, Better Deal,” 117–18, 223
- Bimonthly Tabata workout, 168.
- See also* Tabata Protocol.
- bird dogs, tips for, 171
- body composition
- assessing, 21–3, 28–30, 33–4
 - strength training for, 57
 - training for, 55–7, 158–9
- “body is one piece” principle, 72–3
- Bohr, Niels, 20
- Bojak, Rick, 76
- Brown, Mike Warren, 42, 89
- Brunetti, Ross, 25
- caloric restriction
- appropriate use of, 23, 55, 57, 95
 - fat loss and, 10
 - tool of, 63–70, 109
- See also* diet.
- Caralla, Lewis, 46
- carbohydrates, 49
- “cardboard,” 26, 56, 67
- Cardio Hit Workout, 166–7
- career, training for, 227–30
- Carrying Judy, instructions for, 193
- Cerruta, Percy, 112
- challenges, 104–5
- clarity, client numbers and, 87–8
- Classic Conditioning in Ten
- Movements program, 161–76
- coaching
- 1-2-3-4 Assessment and, 112–14
 - client relationship to training and, 114–19
 - effective, 111–12
 - managing risks and, 120–3
 - resilience vs. flexibility and, 123–4
 - three principles of, 124–6
- colorful vegetables, 30, 68
- communities
- internal communities and, 143–4
 - training in, 87–8, 133, 140.
- See also* intentional communities.
- complementary training, 76–7
- “*Concept-Drill-Frankenstein’s Monster*” approach, 125–6
- conditioning, time spent on, 130–1
- constant assessments, 5–20
- Cook, Gray, 61
- cool downs, 131–2
- Corso, Lee, 25
- Coyote Point Kettlebell Club
- Workout, 174–6
- Curiel, Dan, 105
- cycling of workouts, 132–3

- “dazed and confused” clients, 115–16
- de St. Exupery, Antoine, 55
- DeLorme-Watkins protocol, 18, 161, 163, 187
- detrained clients, 115–16
- diet
- carbohydrates and, 26, 56, 49, 67
 - fats and, 67
 - proper, 55–6, 64–70
 - protein and, 68
 - sugar and, 56, 67
 - vegetables in, 30, 68, 84
 - water intake and, 49, 59–60, 68, 84
- See also* caloric restriction.
- discipline, realistic, 83–6
- “*Don’t make me look stupid*” principle, 142–3
- drills, 126
- Earhart, Amelia, 87
- elevated rolls, instructions for, 192
- elite athletes, insights from, 11–18
- “everybody else” (QIII E²)
- assessment of, 17–19
 - five tools for, 63
 - programming for, 157–60
 - training for, 17–19
- eye exams, 25–68
- excess, eliminating, 97–8
- Fahey, Tom, 12
- farmer walk challenge, 104
- fasting, 68–9
- fat loss
- caloric restriction and, 10
 - inefficient exercise and, 10
 - sleep and, 29, 59
 - strength training and, 57
- See also* body composition.
- fats, Frankenstein, 67
- feedback loops, goals and, 111, 151–2
- Ferriss, Tim, 70
- five tools, overview of, 63–4.
- See also specific tools:* caloric restriction, hypertrophy, inefficient exercise, mental set, mobility training, *and* strength training.
- flexibility, resilience vs., 123–4
- Flynn, Pat, 155
- Fogg, B.J., 83
- follow-through of program, 86–7
- fractals, 52–3
- Francis, Charlie, 96
- functional movement screen, 49
- fundamental human movements, 53, 56, 81
- fundamentals, focus on, 134
- Gable, Dan, 53
- Gaffigan, Jim, 75
- “get back ups” (GBUs), 35–9
- Get Up!* newsletter, 71
- goals
- adherence to, 127–34
 - assessments and, 6–9, 19–20, 45, 139–41, 144
 - community involvement and, 133, 140, 143–4
 - feedback loop and, 111, 151–2
- goblet squats, tips for, 171
- “Goldilocks Effect,” 95–7
- applications of 97–104
 - exercise selection for, 106–7
 - workouts based on, 104–9

Can You Go?

- habits, cultivating, 83–6
- Halpern, Marc, 69
- Halpern, Samantha, 89
- Hang Over Rule*, 105
- Harbach, Chad, 142
- heart rate (HR) monitors, 59
- height, measurement of, 27
- Hemery, David, 116
- Hemingway, Craig, 86–7
- Hillis, Josh, 57, 83, 125, 141
- hip flexors, stretching, 14, 18
 - hip-flexor rainbows and, 172
 - hip-flexor stretches and, 172
- Hippocrates, 69
- horizontal growth, 147
- hypertrophy
 - appropriate use of, 23, 158
 - exercise selection for, 106–7
 - Hypertrophy and Mobility Complex program and, 187–9
 - tool of, 63–4, 78–81, 109
 - workout for, 159–60, 174, 187–9
- inefficient exercise
 - appropriate use of, 23, 55, 57, 95
 - fat loss and, 10
 - selection of, 106
 - tool of, 63–4, 70–1
 - when appropriate, 23, 55, 57
 - workout options for, 57–8
- intensity, volume of training and, 132
- intentional communities, 88–93
- internal communities, 143–4
- Intervention*, 117, 147–8
- Janda, Vladimir, 7, 18, 59, 80–1, 158, 161–2
- Jerome, John, 72
- joint mobility. *See* mobility.
- kettlebells
 - assessment with, 43
 - Coyote Point Kettlebell Club Workout and, 174–6
 - kettlebell swings and, 70
 - need for, 99
 - strength training with, 159
- Kill Yourself* workouts, 104–5
- Killer App* program, 100, 108
- Koch, Bill, 65–6
- Kono, Tommy, 133, 227–8
- lateral walks, instructions for, 192
- Ledbetter, Steve, 8
- Linguist, Eric, 147
- “little and often over the long haul,” 125, 129–30
- longevity, training, 227–30
- Lopez, Alice, 88–9
- Maffetone, Phil, 17
- Mann, Bryan, 163, 187
- Manning, Payton, 19
- Martin, Dan, 90–1
- mastery, coaching to, 116
- Maughan, Ralph, 32, 125, 129, 147
- maximal performance, four kinds of, 103
- McCredie, Scott, 24
- McGill, Stu, 32
- measurements, in 1-2-3-4 Assessment, 25–9
- mental set, tools of, 64, 81–2
- Millman, Dan, 156
- mind, training of, 133–4
- Minger, Denise, 156
- mini bands, need for, 99
- mobility

- exercise selection for, 106–17
- Hypertrophy and Mobility
 - Complex program and, 187–9
 - sleep and, 58–9
 - strength and, 59
 - tool of, 64, 78–81
 - training for, 58–9, 106–17, 158–9
- Mobility Workout, 169–70
- moderation, training and, 95–7, 117–19. *See also* “Goldilocks Effect.”
- motivation, intentional
 - communities and, 88–90
- mountain climbing, training program for, 191–222
- needs vs. wants, 1–4, 157, 223
- Northway, Paul, 147
- Notmeyer, Dick, 105, 139
- nutrition
 - carbohydrates and, 26, 56, 49, 67
 - fats and, 67
 - proper, 55–6, 64–70
 - protein and, 68
 - sugar and, 56, 67
 - vegetables in, 30, 68, 84
 - water intake and, 49, 59–60, 68, 84
 - See also* caloric restriction.
- one-arm press, tips for, 170
- one-arm rows, tips for, 170
- on-going assessments, 48
- overconditioned, undertrained clients, 115
- pain, motivator of, 82
- Pareto principle, 149–50
- Park, Reg, 18
- Passey, Glenn, 130–1
- perspective, maintaining, 134
- phasic muscles, 80
- pillow test, 29–30, 47–9
- Pilon, Brad, 27
- plank test, 32–4, 49
- plank variation, 172
- Plummer, Thom, 138
- polio, insights from, 17–18
- Powell, John, 6
- Price, John, 229
- prisoner’s dilemma, 124–5
- programming, client types and, 157–60
- progressive resistance exercise, 18
- protein intake, 68
- Punch the Clock* workouts, 104
- pushup-position plank (PUPP), 33
 - tips for, 171
 - See also* plank variation.
- Quadrants, assessments and, 9–18.
 - See also* QIII clients, active athletes (QIII A²), *and* everybody else (QIII E²).
- QIII clients
 - 1-2-3-4 Assessments for, 21, 23
 - active athletes (QIII A²). *See separate entry.*
 - characteristics of, 9–11
 - everybody else (QIII E²). *See separate entry.*
 - five tools and, 63
 - subgroups of, 23. *See also particular subgroup characteristics, e.g., hypertrophy and mobility.*

Can You Go?

- reasonableness, in training. *See* moderation, training and.
- Relax and Win* method, 15
- relaxation, 15
- repetitions
 - correct number of, 101–2
 - ranges, 18
- resilience vs. flexibility, 123–4
- results, effective training systems and, 139–42
- risks, managing, 120–3
- Robbins, Tony, 82
- Rosenberg, Mike, 71–2
- Ross, Barry, 132

- Schmitz, Jim, 139
- Schwartz, Leonard, 71
- seamless training, 52
- see-saw press walk, instructions for, 193
- self-coaching, 229–30
- Sheehan, George, 16
- Shelton, Herbert, 69
- “Show Up, Do Stuff” (SUDS), 104
- Simple Strength workout, 164–6
- sitting, prolonged, 14, 18
- six-point zeniths, tips for, 172–3
- sleep
 - 1-2-3-4 Assessment and, 29–30, 47–9
 - fat loss and, 29, 59
 - mobility and, 58–9
 - pillow test and, 29–30, 47–9
- Sondheim, Stephen, 54
- spine mobility, thoracic, 14, 18
- sprinting, tips for, 194
- standing long jump test, 39–41, 46
- standing on one foot, 23–5

- strength
 - mobility and, 59
 - strength gaps, assessment of, 21–3, 28, 33–4, 49
- strength training
 - active athletes and, 11–12
 - body composition and, 57
 - correct weight load and, 101–2
 - exercise selection for, 107
 - fat loss and, 57
 - programming for, 158–9
 - three kinds, 73
 - tool of, 63–4, 71–8
 - unexpected benefits of, 15–16
 - weight lifting and, 56–7
- sugar intake, 56, 67
- suitcase carries, tips for, 173
- swings, tips for, 170
- “system survives the loss of its founder” rule, 137, 146, 148, 150
- System, The*, 145

- Tabata protocol, 162. *See also* Bimonthly Tabata workout.
- Tate, Dave, 102
- teachers, effective, 114
- Tharp, Twyla, 85
- throwers, training program for, 223–6
- “to the floor and back up” test, 34–5
- Todd, Terry, 40
- tonic muscles, 18, 80
- Tonic Recharge Workout, 167–8
- training little and often, 129–30
- training programs, assessment of, 45–9
- training systems, effective, 135–50
- traveling athletes, 14, 18

- TRX, need for, 98–9
- Tsatsouline, Pavel, 69, 100, 132, 141
- Turley, Brett, 156
- Turner, Dave, 108
- Two Test Tubes, The*, 149–50

- untrained clients, 114

- vegetables
 - adding to diet, 84
 - colorful, 30, 69
- vertical growth, 147
- “virtual stone soup,” 91–2

- waist measurement, 49
- Walker, Buddy, 229–30
- Walsh, Bill, 73
- wants, clients’, vs. needs, 1–4, 157, 223
- warmups, 131–2
- water intake, 49, 59–60, 68, 84
- weight, assessment of, 25, 48–9
- weight lifting, strength training and, 56–7
- weight load, correct, 101–4
- well-trained clients, 116
- White, T.B., 136
- Wilde, Oscar, 144
- Winters, Bud, 15
- Wolf, Robb, 29–30