

A

absolute strength, 38-39, 70, 75, 77
active straight leg raise (ASLR), 96
age, aging,
 93-94, 108, 120-122, 172, 189,
 193-194, 96-198, 206, 211
Anderson, Tim, viii, 150-153, 155
art of,
 attitude, 204, 252, 255-259
 balance in life—spiral, 49-56
 clarity, 19-25, 37-39
 deliberate practice, 88-89
 discipline, 255-258
 elegance and grace, 171-173, 207-210
 health and longevity, 43-48
 kingly approach, 248-254
 managing compromises & options,
 68, 72-73, 79-82, 85-86
 mastery, 163-169
 playful workouts, 60
 qualities & quadrants, 64-67
 rituals, 86-89
 warrior approach, 247-257
assessment, 95-97, 103-106, 168-169
asymmetrical work, *also see symmetry*
 115, 118, 127, 146

B

ballistic, *see explosive*
Bass, Clarence, 206
batwings, 122-124, 190, 223, 229, 235
Becoming Bulletproof, 153
bench press, *see pressing variations*
bodyfat, losing, 39, 81, 205
Boyle, Mike, vii, xii, 97, 103, 201
Bulgarian goat-bag swing,
 127, 132, 228, 230
Burton, Lee, 95, *see Functional Movement*
bus bench workout,
 61, 201-202, 205-207, 242-243
Butt Burner 4000, 228-229

C

Cannon, Lane, 114
carries and carry variations,
 139-143, 145-148, 223-224, 227
 bag carry, 142
 bear-hug carry, 148
 bodyweight carry, 147
 bottom-up press walk, 173
 cross walk, 142
 double-rack walk, 142
 double-suitcase carry, 141
 farmer walk, 141
 press walk, 141, 173
 rack walk, 141, 145
 sandbag, 132, 142
 suitcase walk, 141, 145, 148, 230, 240
 two-handed carry, 141
 waiter walk, 142, 146, 173, 230, 240
checklists, 83-89
Cheng, Mark, 96
chin-sternum-zipper, CSZ line,
 118, 133, 139
Coan, Ed, 254
combinations, combos,
 see workout variations
conditioning, 190, 226-227, 230-231
continuum,
 fitness continuum, 57-58
 hip displacement, 128-130, 214
 quadrant continuum, 64
Cook, Gray, xii, 95-97, 112-113
 see Functional Movement Screen
correctives, 164-168
Cosgrove, Alwyn and Rachel, xii, xiv
Coyote Point & Crosspointe Clubs,
 155, 157, 232

D

Darden, Ellington, 226
Davis, Dave, 77
deadlift, deadlift variations, 132
 clean-grip deadlift, 236
 Romanian deadlift, (RDL) 229-231

single-leg deadlift, 149
snatch-grip deadlift, 236, 240
suitcase deadlift, 230-231
thick-bar deadlift, 236-237, 239-240
trap bar deadlift, 221

Derry, Father Daniel, 87

DeVany, Art, 208

dieting, 39, 80-82, 249-259

diet variations,

80, 187, 189, 205-206, 249, 251, 257

drag, dragging, 183-184

Durkin, Todd, xii-xiv

Dynami, 112

E

Easy Strength, 24, 63, 269

etching, 84, 86, 88

explosive, 185, 231-232

explosive hips, 127, 130

explosive kettlebell lifts, 222

explosive movements, 120, 188, 191

F

farmer walk, *see carry variations*

fat loss, *see diets, dieting*

Fitness Habits Made Easy, 153

Five Principles, The, 34, 195-211

flexibility, *see mobility*

FMS, *see Functional Movement Screen*

four knots, 96, 154

From the Ground Up, 151, 160-161

Functional Movement Screen (FMS),
24, 95-97, 166, 242

fundamental human movements,
see human movements

G

Gallagher, Marty, 254

gaps in training,

98-101, 103-106, 191, 200-201

getup, 104, 153-155, 168

getup plank, 157-158

goals,

goal-setting, 28-31, 33, 89-90, 192, 206

health or fitness, 40-49

realistic goal, 20-25, 61, 66, 76, 94

goat-bag swing, 127, 132, 228, 230

goblet squat description, 128-129, 135-139

grinds, 125, 138

hinge, pull, push, squat,

132, 218, 225-229

military presses, 114

H

Hammer, Paul, 57

HAT, *see Hinge Assessment Test*

Hefernan, Wil, 125

Hillis, Josh, 125, 231

hinge, hip,

Hinge Assessment Test,

127, 131, 149, 190

hinge movement,

99, 127, 129, 132, 235, 237

hinge pattern, 132, 134, 228-229

hinge side of the continuum, 129

hinged hip, 127, 129-134, 139, 214

suitcase hinge, 230-231, 240-242

hip displacement continuum, 128, 214

Hole, Breon, 127

human movements,

98, 111-112, 156-161, 197-199, 225-226

I

Ilg, Steve, 154

imbalances, 146, 167, 187-189

Intervention, 27-30

initial intervention—movements, 98

Intervention approach to diet, 247

Intervention process, 107

Intervention toolkit, 187-193

J

Janda, Vladimir, 120, 122

John, Tiffini, viii, 47, 84

Joint mobility, *see mobility*

Jones, Brett, 38, 96, 112, 155

K

Karwoski, 'Captain' Kirk, 254

kettlebell, 157-158, 166, 214, 222

*see carry variations, getup, kettlebell
swings, one-arm lifts & press variations*

kettlebell swings,

127-131, 180-185, 218-220, 222-223, 260

mastery of, 168

kettlebell swings, *continued*
 mixing ballistic movements,
 178, 230-232
 overview and technique, 133
 stiff-legged, 130
kingly approach, 248-254
knee bend, 129-131, 214, *also see hinge*
Kono, Tommy, 80

L

Ledbetter, Steve, vii,-viii,
 34-35, 90, 156, 160-161, 193, 260
Leonard, George, 207
lights system, green/yellow/red,
 21, 57, 59, 61
Litvinov, Sergei, 180-181,
 also see workout variations
loaded carry, *see carry variations*
Long, Chris, 192

M

Maffetone, Phil, 30, 45
Mass Made Simple, 20, 243, 250, 269
Matson, Randy 76
Maughan, Ralph, viii, 199
McGill, Stu, 113, 222
military press, *see press variations*
mobility,
 31-34, 96-97, 151-155, 173, 196-198

N

Never Let Go, xi, 243, 257, 269
Niederauer, Archbishop George, 202
Northway, Paul, 83
Notmeyer, Dick, viii, 139, 165, 199

O

Olympic lifts in *Intervention*, 177
one-arm lift variations,
 one-arm bench press, 71, 113, 158, 231,
 one-arm front squat, 158-159
 one-arm hinge, 127, 132-133
 one-arm kettlebell swing, 133-134, 159
 one-arm military press, 113, 231, 241
 one-arm plank row, 122, 126, 231
 one-arm press, 115-117, 119, 158, 178
 one-arm row, 158-159, 240-242

P

Park, Reg, 124, 220
park bench, 61, 203-204
patterns, patterning,
 learning patterns, 112-114, 190
 of hinging, 127-132
 of movements, 151-158, 225-229
 of planking, 190
 of the squat, 135-139
phasic muscles, 122, 196-198
plank, 222-223
 cartwheel, king of planks, 113
 plank row, 126
 pushup position planks, PUPP, 113
Plummer, Thomas, xi
posture, 122-125, 196-198, 207-211
Powell, John, 180-181, 185, 259
press variations,
 bench press, 104-105, 112-115, 229-231
 military press, 113-114
 one-arm press, 115-120
 push press, 178-180
 single-overhead press, 217-218
Pressing Reset, 150, 153
programs, 79-82,
 also see workout variations
proprioceptive neuromuscular facilitation, 210
pull variations,
 also see deadlift variations & kettlebell swings
 batwings, 122-124
 barbell row, 124, 126
 horizontal row, 121, 124
 plank row, 126
 pullup, 104-105, 125-126
push, pushing,
 98-99, 112-114, 165-167, 225-226, 229-231
push variations, *also see press variations*
 prowler, 217, 230, 240-241
 pushing cars, 142, 145, 190, 217
 push jerk, 178, 240-241
 push press, 120, 179-180
 pushup-position plank (PUPP), 113
 pushups and swings, 231-232
 scap pushup, 174, 209

Q

quadrants,

- continuums*, 64
- diet and exercise*, 255-256
- grid*, 65
- overview of*, 63-68
- Quadrant One*, 65, 74, 93
- Quadrant Two*
 - 65-68, 70, 72-74, 76, 177-178
- Quadrant Three*,
 - 64-66, 73-77, 80, 94, 188, 243
- Quadrant Four*, 64-66

R

- Reeves, Ethan, 115
- Reifkind, Mark, 167, 258
- Relax into the Stretch*, 210
- reps and sets, 126, 213-216, 220, 222, 224
 - fives & five-three-two*, 216, 236-239
 - half-body moves, grinds*, 218-220
 - one set of 10 or singles*, 236-239
 - rule of 10*, 215-218
 - standards*, 104-105
- rhomboids, 121-123, 126, 189, 196-197
- Robinson, Heath, v
- rolling patterns,
 - basic rolling*, 157-158
 - forward roll*, 31
 - rocking*, 152-154
 - rolling 45s*, 154-155
- Romanian deadlift, (RDL) 229-230
- Rose, Greg, xii
- rotational movement, 152, 156-160
- Rule of 10, 215-218

S

- screens, screening, 24, 95-99, 167, 242
 - also see Functional Movement Screen*
- sets, *see* reps and sets
- shoulder mobility screen (SM), 96, 99
- simple strength program, 233-242
- single arm exercises, *see one arm*
- sixth human movement, 149-155
- sled, 100, 140, 142, 146-148, 183-184, 240
- slow strength, *see grinds*
- SM, *see shoulder mobility*
- Spillane, Bill, 87
- sprints, sprinting, 100, 182-185

- squat, squatting, 128-131, 187-189
 - doorknob drill*, 135-136
 - standards*, 71, 104-105
 - technique*, 24, 129-130
 - also see squat variations*
- squat variations,
 - back squat*, 104-105, 135-138, 217, 236
 - double-kettlebell front squat*, 138, 227
 - front squat*,
 - 135-138, 180-184, 199, 217, 236
 - goblet squat*, 128-129, 135-139
 - overhead squat*, 135, 181-184, 236
 - potato sack squat*, 135
 - single-side squat*, 139, 230, 240, 242
 - Zercher squat*, 135, 236
- St. James, Elaine, 252
- stability, 95-96, 132, 138-143, 150-155
- standards, 200-201
 - Big Blue Club, Big Silver Club*, 71-72
 - deadlift standards*, 132
 - game-changing standards*, 104-106
 - of loaded carries*, 147, 223
 - one-armed pressing standard*, 115
 - pullup standards*, 125
- Stanton, J., *Gnolls Credo, The*, 82
- stress, 56, 82 *also see* lights system
- stretch, stretching, 209-211
- swings, *see kettlebell*
- symmetry, symmetrical,
 - also see asymmetry*
 - issues with*, 126-127
 - training*, 188, 190-191, 230-232
- systematic education, 32

T

- TGUs, *see getups*
- tonic muscles, 196-198
- Total Body Transformation*, 154
- training programs, *see workout variations*
- triads, *see workout variations*
- TRX, 231, 240-242
- Tsatsouline, Pavel,
 - 24, 63-64, 115, 118, 125-126, 129-130, 160, 163, 210, 233, 239-240, 269
- Turner, Dave, 183, 259
- Turkish getup, *see getups*
- Twight, Mark, 128

V

Verstegen, Mark, xii

Vert, Josh, 127-128

W

walk variations, *see carry variations*

Walker, Buddy, 101, 201

warmups, 173-175

correctives in, 165-166

examples, 193, 235, 259

warrior approach, 247-257

Wendler, Jim, 114

Witt, Bill, 183, 210

Wolf, Robb, 47, 53

workout variations,

40-day workout, 233-234

ab workout, 115

bus bench workouts, 61, 201, 205-207, 242

Butt Burner 4000, 228-229

circuit training, 73

combos, 143, 227-230

down and back, 148

Eagle, The, 177, 227

half-body move workout, 218-219

hip hinge grinds, 132

kettlebell workout, 133-134

Litvinovs, Litvisleds, Litvisprints,
178, 180-185, 191, 240-241

one-arm workouts, 117, 240-242

park bench workouts, 61, 203-204

patterns and explosives workout, 222-223

program of just swings, 160

pushups and swings, 231

rule of 10, 215-217

simple strength, 233-242

triads, the, 178-185, 191