



Legendary Strength Podcast Episode 9

Leg Training with Tyler Bramlett

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Logan: Welcome, this is the Legendary Strength podcast and today is a special day because we are doing the first of many interviews that will be taking place on this call and today, I have with me my good friend and longtime training partner, off and on, Tyler Bramlett. Thanks for joining me today, Tyler.

Tyler: Sure thing Logan. Thanks for having me on the call. I'm really excited.

Logan: Yeah. Well, people who have been following me for a long time. It's likely they have seen you in some of my videos like the partnered kettlebell juggling or just here and there. You've made appearances but the people who are not familiar with you, do you want to just give a brief background?

Tyler: Sure, yeah. I'm like the underground cameo guy in the videos, right? So for a brief background—I don't want to waste anybody's time and make them fall asleep—but generally speaking, you and I, we started training together way in the past. Unlike you, who's a relatively lean guy, I was a relatively fat guy and my genetics is kind of like me being chubby so my goal was always just to get stronger, get more muscle, and kind of lean up a lot. Over the years I have made a pretty significant change in my body composition as well as my strength.

I started out with body building and power body building. I did everything everybody thought they were supposed to do when they looked up training and they went out and bought the *Encyclopedia of Modern Bodybuilding* from Arnold. Then of course, the next logical step is to flip straight to the competitive section and follow the programs and the competition guides which I did for several weeks before getting crazy sick with the flu and realizing that maybe that was a little bit over my level at that point.

Logan: Wait, you're saying you weren't an elite body builder at 17, having just gotten into training?

Tyler: Yeah. I made all mistakes in the book. That's where I feel I kind of learned the most from, just all the mistakes I had. Anyway, I went from the bodybuilding background, started to do some power bodybuilding stuff and then one day, I'm leg pressing, I'm trying to work up to my 900-pound leg press and I go to work at a blinds shop—I wasn't always a fitness guru per se—and I leave early to ride my bike home. As I'm riding my bike home, I'm just enjoying the day. I'm ready to go hit the beach and stuff and out of nowhere—whabam! From the outside, I just get hit by an SUV.

That kind of started like the whole functional movement training because I totally wrecked my knee. I had to go through surgery. I ended up in a wheel chair, and on crutches, and wasn't even allowed to walk for 12 weeks. As you can imagine I'm looking down on my legs, and I have rather thick legs naturally, I look down and my left side is just shriveled. It's like five inches smaller than my right side.

That's what kind of got me down this functional fitness training. I started doing things with bodyweight training, kettlebells, and a lot of kind of tips and tricks towards rehabbing things like knee injuries over the years. Like I said, I've made every mistake in the book and it has helped me to train my personal clients and some athletes just how to kind of do things the right way, how to do things in a progressive way and a much smarter way than I originally approach them myself.

Logan: Yeah. Actually in [my last podcast](#), I was talking about a recent injury I had. I'm fortunate in that none of my injuries seem to have been nearly as bad as yours and that wasn't the only time you ran into some knee problems.

Tyler: Yeah, it certainly wasn't. No. About a year ago I had decided to rejoin in adult gymnastics class and I hold my fingers in quote when I say "adult" because the next oldest person there was 16 years old.

Logan: This was the same class I have attended in the past.

Tyler: Yeah. The big mistake I made was years ago when I was doing a class, I was probably two years post-rehab after my knee injury so there was still things that kind of hurt a bit here and there but I had done such a good job at rehabilitating my left leg that when I went back this time around, I was just flying. I mean I was punching, I was flying, I was doing flips higher than I ever thought I could, and I was like "Yeah!" I was feeling great, right? I mean I had been doing a lot of Olympic weightlifting, a lot of lower body trainings so that's what helped me build—

Logan: This was the first day back, right? It wasn't like—

Tyler: This was my first day back. So I'm jumping and doing twists and tricks and stuff. I'm doing a 360 punch to a dive roll which I later renamed—I'll tell you that name in a second—and I'm doing a punch 360 and I can't seem to string them together. I'm doing the 360, I land, and I can't seem to immediately bounce into the dive roll and so I keep thinking, "Just punch, just punch, just punch!" and the coach is like, "Just punch harder."

So in my last run, I'm like, "I'm going to punch so fucking hard, nobody knows what's coming. I did. I jumped up, I come down, and I punch so hard and my knee just goes, "brrrrp!" and I just swirled in a circle and I collapsed to the ground.

Long story short, I ended up devastating my knee and completely blowing it out. That was actually a much worse injury than the original one. So that happened and I later renamed that move a Fairy Twist, just because it was not—

Logan: it wasn't an epic move at all.

Tyler: Yeah. I keep trying to tell people a lie but I'm just not a guy who lies very well. I was doing a fairy twist and I blew my knee up again but guess what? I have learned a lot over the last year that has helped contribute to my training and the training of others especially in terms of taking your time and moving through things properly. It's going to be a long road for me to get this thing fully back to normal but it's coming around. It definitely is coming around and mark my words within a year or two, you guys are going to never know I injured either one of my knees.

Logan: That's excellent. That led into the genesis and some people will be familiar with you listening this. Recently you released your Warrior Warm Up and a lot of people had been getting great results with that and a lot of great feedback but you've come up with something new, this lower body PM3 Method. Tell us a little bit about that.

Tyler: Yeah, absolutely. We talked a lot about knee injuries and stuff like that so that's kind of been a passion of mine for a while now and I know this is going to be like—

Logan: Knee injuries?

Tyler: Well, no, not injuries. Making people move better so they don't get injured in their passion in life.

Logan: Ok. Glad we cleared that up.

Tyler: The reason why I get so excited about this is because I've consulted with a lot of people. I didn't mention it but I run some boot camp-style programs and I've met with a lot of people. I can easily say that I've seen probably 2,000 people do squats in front of me under my critique. I'm trying to fix their form. So I have a lot of experience tweaking people's form and technique.

It's so common, Logan, that I see people come in and the first thing I always say when I ask them to squat, "Just give me your squat. Show me what you would do" and their natural movement is shit. It's just complete garbage. I say, "Does your left knee hurt?" and they go, "Oh, how did you know? How come my left knee hurts when I jog or whatever?"

So I had taken all these concepts from rehab, obviously, from body weight training, from weighted training, and I kind of put them together in my mind. I'd been using that with my private clients and with my boot camp clients for several years now to get people really good results. I'm not talking namby-pamby like I double my strength results. I'm talking like five times their strength. I'm talking about people who couldn't sit down on a chair and stand back up because they were so weak to being able to do full range one-legged squats. That's the kind of results I want to see people get. They do get that if you have a properly planned system.

That's where people fail. If somebody can't do a one-legged squat, what do they do? They just go for it, over and over and over again. They never get it so not only do they rehearse failure over and over again, but they eventually just give up. "Oh, this is too hard. This is too hard." Nobody ever showed them a better way to learn how to do it.

That's what I wanted to do with this system. The whole crux of this whole thing is what I now call the PM3 Method. What that stands for is Progressive Movement 3. What I'm trying to do is I'm trying to steadily progress you in terms of your movement capacity in three areas. The first area is strength and stability. This is what most programs focus on. They focus on the contractile tension of your muscles, adding weight, adding sets, adding reps, things like that. Strength is nothing new to anybody. I'm trying to focus on adding strength, plain and simple.

The second component is interjecting flexibility and range of motion within your strength training. Now that's the key, key, key difference right there. A lot of people out there, what do they tell you to do? They're going to tell you to go lift weights and then they tell you to go stretch. There's nothing wrong with doing these things separately. I like a good stretch from time to time but if you're not consistently trying to build your range of motion and your strength at the same time, then you're short changing your results. In fact, nine times out of the ten they actually do the opposite. They give their barbell back squat and they do like ass to grass squats with their warm up sets. As the weight gets heavier, what do they do? They cut the range of motion and so they're doing partials, right?

Logan: Without meaning to do partials. Yeah.

Tyler: Yeah, without meaning to do it. They're doing like 50% reps with heavier weights. "Check me out. I can do 315 for reps." Well, I wanted to teach people how to get strong through a full range of motion in a safe way because that's kind of the real key behind this. You can just try to go as deep as you can with a light weight, with a heavy weight, and you might not be well prepared for that. So there are lots of flexibility and mobility components kind of interjected in this program.

The final component of the PM3 Method is balance and coordination and this is something that people don't really focus on in their training. It's really important that I tell you this is not like stand on a Swiss ball and pick your nose while you're lifting dumbbell with the other hand. This isn't some kind of goofy—I don't want to say the word but I'm going to—worthless balance training. This is some straight up like how to move on one leg, how to move on two legs, how to move through full ranges of motion, how to start taming rotational movement, how to balance your body in several different planes at the same time. That's what I mean when I say balance.

When I say coordination, I mean complexity of movement. It's not about rubbing your belly and patting your head while you do your body weight squat. It's about taking your body weight squat and turning into a split squat, and turning your split squat into a walking lunge, and then your lunge into an assisted pistol, and then your pistol into a perfect one legged squat, and then into jumping, and then into rotational drills, and the shrimp squat and things like that. So we're constantly trying to sophisticate the movements to make sure you get better results.

The key is every single exercise that I highlight in this series is trying to improve upon all three of those things, not just like, "Oh, we're just going to add some strength" or, "We're just going to add some range of motion." Every step you take is going to be a little bit better in all three of those things. I took this system, I kind of put it together, and I just created this giant program that's all about how to train your lower body. I call it the *Warrior Lower Body Training System* and it's going to teach you all these stuff I talked about in the PM3 Method and how to get the best results with your lower body training.

Logan: This is the stuff that I have been doing off and on not exactly the same but for the most part same sort of principles. One move I really like in there having just reviewed, gone through, browsed through everything was the rotational jumping pistols that you have in there. Did this come about just because that was an even harder version of the thing that bummed your knee in the rotational movement in there?

Tyler: I originally wrote this program down several months ago and finally got it all on paper and on video and stuff. The jumping rotational pistol to me was like a way of a) sophisticating your pistol to the point where you can properly load through rotational movement. As I always say in all these manuals, make sure the biomechanics are correct. I know you're not a huge fan of perfect biomechanics and this and that but here's the deal: if you're jumping and rotating and you land, your knee is in a valgus collapse, and your weight is on the ball of your foot, you're putting a shit ton more pressure on your knee joint than if you sink through your hip and your femur is going in the same direction as your toes. That's just biomechanics.

Logan: Yeah. I would agree with that. That's one move where you definitely want to have things in good positions.

Tyler: If you don't agree with it then I wish I had a video of me flopping to the ground because that's exactly what happened. I landed with my knee inward and it just blew to pieces. So looking at proper biomechanics and making sure that you are able to the prerequisite exercise before moving on to these complicated exercises. One of my recommendations is to be able to do 20 perfect one-legged squats with just your body weight before moving on to the jumping and the jumping rotational pistols. I don't find many people can do that but the people who I know can do that can move on to rotational pistols safely.

Logan: So who would you say this is for and who is it not for?

Tyler: Oh, excellent. Okay. If you can do 20 jumping rotational pistols, if you're sufficient at Olympic lifting, you've got good form and you can lift heavy weights, if you know dozens of different body weight, lower body exercises, if you know how to put together your own training programs and you're totally satisfied with the results you're getting, then this program is not for you. Don't even look at it even though it's a freaking insane deal. I'll tell you about that in a second.

If you want to be able to do a one-legged squat and you failed over and over again, if you've had injuries in the past and you can't shake them, if you've had some knee injuries or something like that in the past and you can't shake them, there's a lot of information in this program that kind of really helps you get started from a foundational perspective like learning how to fire the proper muscles, gain the requisite flexibility, and learning how to move better through all these movements.

Anybody who just wants to ascend the ladder of functional training, they just want to try the next exercise up, they want to learn how to do the Olympic lifts with competency in a planned progression so they don't have to waste their time just trying to throw a snatch overhead over and over again until their shoulders blow out. It's really for people who just want to learn more about their lower body training. I include a bunch of workouts with it, too, so you can check out some done-for-you work outs. I threw some fun names in there just to give you guys an idea of the type of training that I want you guys to be doing with your lower body.

Logan: One thing I like about this, too, is you're combining the body weight exercises where really it there is more of a focus on the coordination and balance involved, dynamic flexibility as opposed to some of the weight exercises. I mean that stuff is still in there including the flexibility in different ways but that's even more strength component.

Really by bringing these two together, you really get the best of both worlds because there are so many guys that only do body weight training then they can't handle weights at all. The benefits you get with those weights and by incorporating the things like you have, the Olympic lifting, in there and I have to say that's not something I have spent a lot of time doing but just looking through your examples of how it's done, there was really good instruction for it.

Tyler: Awesome. Yeah, I have a comment on that. The reason why I kind of divided this thing out, if you look at the system, it's got a foundational manual which is what I've already told you about, trying to build the requisite flexibility, coordination, balance, range of motion before even touching a lower body exercise—and encourage people to go try and see if you can do the fifth level of the foundational series and tell me if you have perfect form in it. If you do, than great! You're probably not going to injure yourself. You're going to move forward and everything is working fine. But if you have some flaws in your technique, those little tiny flaws in your foundation, it's like putting holes in the foundation of your house. One of these days it's going to crumble. So I included that first foundational manual.

Then instead, like you said, being just like, "I'm a body weight guy" or, "I'm an Olympic lifting guy" or, "a kettlebell guy" or whatever, I just said there are only two ways to train. One way is to make you better at moving yourself and the other way is to make you better at moving something outside of yourself. That's the way I wanted to program this thing. It's move better with your body weight, make the exercises more complex, those body weight thing are slightly higher in repetitions so you get to build power and endurance at the same time so you can use it even if you're a runner or something like that. You'll build tons of power and endurance. Then the weighted exercises are just teaching you how to move external objects.

So once you learn how to control both your body and external objects through an increasingly complex set of exercises then you get some really freaking awesome results. Then the done-for-your workout series, I do 15 bodyweight only just in case you're a body weight guy and you want to do just body weight workouts. I do 15 weighted only just in case you're a weighted guy and you're not into body weight workouts. Then I include 15 hybrid workouts, which are my personal favorite, where you do some sort of lifting exercise mixed with some sort of body weight exercise. That's the type of training I really feel gets the number one best results out there.

Logan: Could you give the listeners an example of one of those workouts?

Tyler: Yeah. I try to come up with some fun names, you know what I mean. One was "squabattas." This is like a complete beginner body weight workout and it's just body weight squats, too. It's a body interval. So 20 seconds on, 10 seconds off for 8 rounds of just body weight squats. Now if you're an advanced person, you're going to look at that workout and you're going to be like, "This is stupid. That's too easy."

But you might look at one of my more advanced workouts—what the heck is the name of that one?—something like the "Vengeful Vendetta." I can't remember exactly what I named it. Anyway, the point is

you do barbell full cleans working up to a max set of one rep at a 30-second interval—there's detailed instructions to go into that—followed by set a timer and see how fast you can get 20 assisted one-legged squats, right and left, for 5 rounds.

That's an intermediate workout. There are even more advanced ones than that. I encourage you. If you don't think that's a hard workout, work up to a max power clean or a full clean or a dead lift just to give you that same idea and then go out there and try to do basically a hundred one-legged squats, left and right, even assisted by using a TRX strap or using a pair of dowels pressed up against the wall or even a partner. Your legs will be burning for days not to mention your heart rate through the roof.

Logan: Yeah. So this is stuff that you not only do yourself but you have your clients do. What sort of results have they got out of these same methods people will find on the system?

Tyler: Sure. One of the most common things I see with people is that they have a condition—let's call it that that—called "glute amnesia" which basically means we sit, we walk, we don't sprint, we don't lift heavy. Most people just do lame stuff and they don't do anything after that's really high intensity and things like that so what happens if a muscle doesn't get used, you basically your neural connection to that muscle so somebody's glutes stop working. When somebody's glutes stop working, then they get to ask all the muscles around knee joint to do what the muscles around the hip joint should be doing.

I see a lot of the people come in who have what's called a valgus collapse. Basically, it means their femur internally rotates when they walk, when they squat, all those sort of stuff. The number one thing people have got to do when they're building that foundation is get the proper muscles firing and to me that's get your foot firing properly, get your stomach firing properly, and get your ass firing properly. If you get those three components in a chain, you're going to have awesome results with the lower body training that you're doing.

If you jump into doing one-legged squats and you have tight hamstring, tight ankles, and your glute doesn't fire, you're asking for injury. This is what we kind of start everybody out on, these simple kind of foundational exercises teaching how to fire the proper muscles and then a lot of stuff giving you the requisite mobility in order to be able to go into full range of motion positions with weight and with your body weight.

I see people all the time with this knee collapse depending on who they are, depending on what they did before. I had a marathoner and she was a real challenge because marathoners take a lot of steps wrong and the more steps you take wrong the harder it is to get them to do it right, the more steps you got to take to get it right. I know you've talked to our friend Chuck about that kind of concept.

It took me six months to get her fire her glute, just for the glute to fire. Now that is a completely rare case. That's the longest I've ever seen it. I would put her into a position where it's almost impossible not to fire your glute and her leg would lift up, her hamstring and her spiral erector would fire, and her glute would be completely off. It took a really long time to develop that connection but once we did, then she started running better, started walking better, and then we started working towards the one-legged squat. She's doing one-legged squats to a 16-inch box so she's easing her way down. That was something that was pretty stellar, going from somebody who had some really like IT [phonetic] 0:21:22.16] band issues and nasty knee issues, not being to sit down on a chair, and then going to the

point where they're damn near a one-legged squat. I've had tons of people who've built some pretty awesome results.

Bill is one of the trainers that I work with and he's actually in one of the videos, too, that I shot. He's a really strong guy now but before he started working with me, he even had never heard of a one-legged squat. At a recent event I did, we did kind of a competition where it was like see how many one-legged squats you can do on one leg and the rule was as soon as your other foot goes down, the set is over. So you have to stand on one leg the whole time while you're just cranking out set after set after set after set. By the end, you're pretty much just doing a single and then resting for like 3 seconds and then repeating. He did a 123 one-legged squats on his left leg alone. 123. I've never even heard of somebody doing that much.

I've heard of the other guy, Steve Cotter, who was the one legged-squat guy in the past. I heard him doing like 80 or so. But it's incredible, just incredible. Those results came from him starting with basic movements, working up to the pistol, and then working up doing things like jumping pistols, weighted pistols, and things like that. Then lo and behold he went for a set of regular old pistols and pulled 123 out of his hat.

Logan: I'm curious to just find how many I could do. I've never really tried to max all out set.

Tyler: 38, that's me, 38.

Logan: That's really good. I mean most people can't even come close to 1 so if you're breaking 20, you're pretty solid, in an elite class compared to most people.

Tyler: Yes, I absolutely agree.

Logan: Okay. So I guess we should tell people. Having talked about this whole bunch, people are probably imagining these systems cost them a lot of money but you have quite a special deal on it.

Tyler: Yes. I like nothing more than to kind of share my concepts with people. I really want people to reshape the way they're thinking about their training because to be honest, I'm just sick of the bullshit that's out there. I'm just 100% sick of the bullshit that's out there.

So I took this program and put it together. Its 45 done-for-you workouts, Foundational Training Manual complete with pictures, Body Weight Manual complete with pictures, Weighted Training Manual complete with pictures, and I'm probably going to throw in a little bonus in there in the next few days. I'll keep you informed, Logan. All of that is just going to be 7 bucks. That's it, 7 bucks.

We're talking hundreds of pages of information, like I said, 45 done-for-you workouts. To me, I'd like to think it's a no-brainer and that's why I wanted to make it that price, because I want people to have a taste of this style of training and realize that if they follow a properly planned movement progression like my PM3 Method highlights, they're going to get better results than they ever thought they could doing any sort of training routines because nobody's talking about these movement progressions other than gymnasts and usually people look at gymnast and they're just so advanced that they get turned off by it. They're thinking about iron cross movement progressions and stuff like that so they get a little bit wiggled out because they'll never be able to do the iron cross. But a pistol? You and I both know that everybody can work up to do a pistol. Right?

Logan: Yes. I mean I couldn't do one when I started. I had to follow certain progressions through in order to be able to get it. Especially with body weight training, people don't understand the progressive movements that you need to do. If you can't do one skill but you can do another, there's some sort of progression you need in the middle in order to bridge that gap and there might be multiple different steps.

Tyler: And it's not just the body weight training. In the Weighted Manual, I really took a progressive approach to Olympic lifting because it was something I don't really see very often either, where people don't teach you those foundational movements before taking you to a more complex movement that requires more mobility, strength, power, balance, coordination, blah blah blah, right?

Logan: So everyone who is interested in this and if you're listening to this, I'm sure you're quite interested and \$7, what do you have to lose? There's a money back guarantee on this I imagine as well?

Tyler: Yes. It's got a 60-day money back guarantee so if for some reason you followed the Warrior Lower Body System and you don't get the best results in your lower body ever, you can just request a full refund and I'll gladly give you your money back and we can still be friends.

Logan: Right. So you can check that out. Go to legendarystrength.com/go/warriorlegs. I call it warrior legs instead of lower body just because legs was shorter.

Tyler: That's all right.

Logan: I hope you don't mind. Okay, so you have to definitely check that out. We did have one other special announcement we wanted to make. Tyler has his own podcast at garagewarrior.com. I have this one here but we also started another podcast on a different topic together. That's over at fitnessmoney.com.

Our plan on this website and this other podcast that we're doing is teaching people how to build online businesses or offline businesses. Really, anyone in the fitness profession, whether you're a coach or a personal trainer or want to do products online like we've been talking about here, we're going to be teaching you how to do all that. We've been going the past few weeks and so definitely be sure to check out the website and sign up and get on that podcast because we're sharing a lot of really cool information and having a lot of fun doing it.

Tyler: Yes, it's a pretty cool new thing that we're trying. It's just really simple. It's for people who want to break into the fitness industry and haven't figured out how or it's just for the frustrated trainer who's just kind of sick of living from paycheck to paycheck and wants to figure out how to monetize his passion, which is what we absolutely love doing. That's another side of everything. We love teaching other people how to become better and one of those components is in their financial lives.

Logan: Yes. Everything really shouldn't just be so narrowly focused on one thing like being strong. That's great and everything if that's what you want to do but both myself and Tyler, I know, and many of the other people I surround myself with, they're all really seeking to get the most out of life and so many different things.

Having a business can be a big part of that because that will give you the financial freedom. You want to be able to do all these things you want to do, go to training seminars, get the best information, and do everything you possibly want to do. So that's what that podcast is all about so definitely check that out.

If you are in this business and are looking to bring it to another stage, tons of great, solid, free information and highly recommended.

Okay, so thank you very much, Tyler. Once again to check out the Warrior Lower Body Program, go to legendarystrength.com/go/warriorlegs. If you download the podcast from the website, you'll also see a link there. There will be and other articles about this on the website as well. Thank you very much, Tyler.

Tyler: Yes. Thanks so much for having me on, Logan. I'm looking forward to the future.

Logan: Me, too.