



## Legendary Strength Podcast Episode 19

### Stronger Pressing

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Logan: Hey there. It's Logan Christopher with the [Legendary Strength Podcast](#) and I'm here with my good friend, Tyler Bramlett, who has previously been a guest on the call. I figured I'd get him to jump on here and we'd just sort of go back and forth, talking about specifically what I'd like to address, the various forms of pressing and getting a stronger press. Thanks for joining me today, Tyler.

Tyler: Sure, man. Thanks for inviting me on the call again. I love getting out there and talking to people, especially about training and getting better.

Logan: Yup. We're all about that. So I guess a good place to start with is you can give us your foundational ideas on why the press is important and different ways that people can approach it.

Tyler: Sure. The press is a very important movement. People talk about the different movements of the human body. If you're looking at the upper body specifically, they talk about that vertical plane press and pull, the chest press and pull, and your dip curl kind of range, that lower press and pull.

The thing that you've got to realize is that when your arms are down by your sides, it's really easy to use them and it's really easy to root them into your body. As an experiment, if you guys are listening right now, you can just take your hands by your hips, you can make some fists, and you can squeeze every muscle. You can see how easy it is to fire your core, your glutes, your lats, your pecs, everything can fire really easily in that position. But take your hands overhead and try that same drill, squeeze your glutes, squeeze your pecs, squeeze everything, and it becomes very challenging for you to actually utilize those muscles in that overhead position.

So to me, I think the press is a really great exercise because it strengthens you through a range of motion in what [Steve Cotter](#) who I think once said, *“the position of most compromise.”* That’s just kind of my general view on why I like the press so much. It’s because it does so much more than just educate your shoulders in how to work, it educates your body how to work in a position that’s very challenging for it to work in. Does that make sense, Logan?

Logan: Yeah. Absolutely. One thing I’d like to address is the most widely done press is not overhead pressing but the bench press so what are your thoughts on that as an exercise. I know a lot of people say it sucks. I really like how [Dru Patrick](#) put it, who is obviously very strong in the bench press and a lot of other presses as well. He was saying most people say that because they suck at it so they’re just trying to dog the exercise and say it’s not important.

Tyler: I’ll tell you, Logan. I was one of those people.

Logan: Oh, yeah. Me, too.

Tyler: Because I could get under a bar and I think my best bench press ever was like 255, which is just really not anything special, considering what Dru Patrick is benching, like 400 for reps.

Logan: 500.

Tyler: 500, yeah. That makes me feel like a little girl. I can definitely relate that I can be one of those people, this and that, but here’s something that’s really interesting. When you do the bench press right, when people teach you how to get into a good position, how to press from the lats, how to do that real powerlifting-style bench press, not only will you build that barrel-shaped chest but you’re going to be tremendously strong, as evidenced by you hanging out with Dru Patrick and running your [Superhuman Training Workshops](#) with these really strong guys. They take their bench press and they transfer it to their overhead press. Provided they maintain their mobility, that’s going to transfer pretty well.

I don’t know very many people these days that have a standing barbell press of over 200 pounds but I would be willing to wager most of them have a very strong bench press at the same time. I think the bench press is a good exercise. I don’t particularly practice the bench press very much myself, in fact, not very often at all. I had like a little kick a few months ago where I wanted to do learn to bench press a little bit more but then I realized it contrasted with way too many of my other goals. If I’m trying to work on ring strength and stuff like that, the bench press is going to help me add a lot of mass and size and strength to my upper body, which isn’t exactly going to complement that bodyweight-style strength training that I’m really going for.

I think it’s a fantastic exercise. I think it’s like pretty dang close to being the squat of the upper body if you’re looking at the most bang for your buck mass builder out there but it’s not for everybody. Don’t bash it just because you suck at it or because you think it’s unfunctional. The bottom line is it’s one of the most functional upper body exercises out there. I just choose to focus on other things because I like to express my body through movement a little bit more and I’m not actually concerned with adding crazy amounts of bulk to my frame.

Logan: Right. A lot of people talk about the different planes of motion and you mentioned that before, like the dip where your arms are down by your sides then you have that horizontal bench press-type action then overhead. Is it important for people, in your opinion, to work all these different planes of motion or can you really just like choose on press and stick with that?

Tyler: Absolutely. I'll let the cat out of bag on this one. I'm going to give your listeners one of the coolest pressing exercises I've ever seen. This is actually a new program that I just created and not many people know about this exercise.

Most of your listeners are probably going to know about the Turkish getup, right? The Turkish getup is a really cool exercise because it takes your shoulders through a full range of motion and it teaches you stability and mobility components as you go through the exercise. You can't do the Turkish getup with perfect form without being fairly mobile so if you guys haven't seen the Turkish getup, go on YouTube and click. I'm not going to describe how to do a Turkish getup over the phone because you'll never get it.

Here's the exercise. This kind of covers what you were just talking about. Imagine a Turkish getup and imagine these steps. You're on your back and you come up to your elbow. The next step would be coming up to your hand. The next step would be popping your hips up. The next step would be bringing your legs through into that side bending position. The next step would be a kneeling position and the final step would be standing.

At each one of those positions, press the weight through a full range of motion. You can use a kettlebell, a dumbbell, a sandbag, a barbell, it doesn't really matter just as long as it's a weight. As you do your Turkish getup, at each one of those seven positions, you're going to press through a full range of motion. So it would look like this. I would roll over my back, I bring it up, I roll up to my elbow, I press through a full range of motion. I come up to my hands in a seated position, I press through a full range of motion. I pop my hips up, I press through a full range of motion. I drag my legs through to that side position, I press through a full range of motion. That one's a weird one, by the way. Then I come up to a kneeling position, I press through a full range of motion, stand, and press through a full range of motion.

That is one of the coolest pressing exercises out there because you literally take your shoulder through a full range of motion and by adding the presses into it, you actually create that bent arm strength along with that straight arm strength. So that's something that I've used on myself as well as many of my personal clients not only to get stronger on the press but to kind of reshape the way their shoulders move.

Because if you can't press through different ranges of motion, you get kind of locked into a particular way of pressing. So it's kind of a cool way to shake up the mindset or the mental challenges of doing this exercise as well as being able to press through these different kinds of mobility pieces. It's a really cool exercise.

Logan: That's six presses in one?

Tyler: It's seven. You might have missed the first one, the press on the back. It's a cool exercise, seven presses. Here's my rule of thumb. I'll do a set of ones and if somebody can do three sets of one at each position, then I'll do a set of twos at each position, then I'll do a set of threes at each position. If somebody can do three sets of threes at each position, not only are they going to burn their shoulders out like crazy because they're doing 21 reps of the press of different ranges of motion, then I'll basically add about five to ten pounds and then just go up from there. That's how I do that double progression with that particular exercise.

Logan: What do you usually use for that, dumbbell or?

Tyler: I like kettlebells personally because I have kettlebells that go up in 4-kilogram increments but dumbbells are fine in 5-pound increments. What I do with my kettlebells is I set a goal for men and women to achieve and it depends on what the goals. If a woman tends to take on bulk, I don't do this exercise because then they'd be doing too many presses, too much hypertrophy training. I'd just rather stick to the Turkish getup.

An example for gentlemen is I would try to get them to a 24-kilo to the point where they can do three presses at each position. Once they get to that rate, then I'm going to take them back to a 16-kilo and then have them do a bottoms up. If you've never done a bottoms up Turkish getup and press with a 16-kilo kettlebell, you've never experienced a press, man. That is a hard exercise to master.

Logan: Wow. So what do you call this exercise? Do you have a name for it?

Tyler: I call it the Turkish getup and press. That's it. I guess I should call it the Turkish press up or something like that.

Logan: You should probably call it the Bramlett getup or something.

Tyler: No, I can't take credit for it. It was actually at the first [Superhuman Training workshop](#) where one of the guys there described it to me. I can't remember his name. He said that's how he learned how to press really strong. I said, "*What? I've never heard of that before.*" I took it home. I was having some shoulder issues and I was doing the biofeedback stuff where I was testing movements for a month and a half straight. The Turkish getup and press and one-arm rows tested good every single day. By the time that month and a half was over, not only was I pain-free but I felt twice as strong as before.

Logan: Wow, that's really cool. What sort of weight have you worked up to, doing that exercise?

Tyler: In that exercise, 24 kilos regular style and then in a bottoms up, I didn't go all the way through a 20-kilo but I've been trying to get the 20-kilo in the bottoms up style when I practice it. I can do the 16 bottoms up, which is pretty fun but the 20 kilos eluded me. It's that side bend position, I tell you. It's a tough one.

Logan: Yeah. That's a really cool exercise. I'll have to give that a try because I've not done that one before and I understand that, like you were saying, it works the shoulder in all ranges of motion with full

ranges of motion so if you're looking for something that will get you strong and mobile at the same time without spending a lot of time, that sounds like a great exercise for it.

Tyler: Exactly, because you get to work that bench press range of motion in there, too. Also, you're going through these different positions so you're working that core stability at the same time, which as you know is pretty key when it comes to developing all around real world strength.

Logan: Yeah, cool. One thing I wanted to talk about as well is the idea some people go with bodyweight only and you can work a lot of presses with that and then all the different sort of weighted presses. How do you mix and match and bring those together or do you do a lot with both as well?

Tyler: Yeah, absolutely. I think it's critical that you divide your training into those two components that you just mentioned, Logan. One side is learning how to move your body better and the other side is learning how to move external objects with your body better. The crux of my philosophy would just be those two things. You're either going to learn how to move stuff better or move yourself better.

So bodyweight training is super critical and I feel like people who get married to weights and don't do any bodyweight training are short selling themselves. Then vice versa, people who do just bodyweight training but don't do any weights are also short selling themselves. However, I would probably lean a little bit more towards I'd rather see somebody do a lot of bodyweight and a little bit of weights than a lot of weights and just a little bit of bodyweight. That being said, there are some really cool exercises.

I do what's called movement progressions. If you guys have seen the [Convict Conditioning](#) books or you've been in gymnastics for any period of time, everybody's coming up with these movement progression things but as you and I both know, Logan, it's all just kind of like a sexy form of gymnastics.

The reason why people are catching on to this is because gymnasts are the strongest people out there. You can't do anything that they can do but they can pretty much do everything that you can do. It's just incredible the way these guys learn how to move their bodies and they learn how to do that through a movement progression.

I'll give you a real simple kind of movement progression that I use with the bodyweight pressing exercises. I'll start with something like the kneeling pushup, just a crazy simple exercise that everybody should be able to do. The first thing I want to do is I want to make sure that they have symmetry. When somebody is doing a kneeling pushup, their hips aren't tilted out to the side, not rotated or twisted in some funky direction. If they're not symmetrical, then I'm going to focus on improving that symmetry through some drills that I use in terms of feeding the flaw or having them avoid contact with something to keep their posture perfect. Then I'll basically get them through a full range of motion so that their arms can come all the way up behind them and they can do that full kneeling pushup.

Here's the funny thing. Some of you guys listening might be, "*Hahaha, a kneeling pushup. Whatever...*" you come to my house and do kneeling pushups with me, you're not going to be laughing anymore. Because if you do a pushup right, and you take everything through its full range of motion, and you move properly, sometimes it can be much more challenging than you think. The kneeling pushup is

something I start. Literally everybody I've known, people don't move past that super duper quickly. It takes a little while before they get to the point where I can trust them with full pushups and more challenging exercises.

From the kneeling pushup, once you get about three sets of ten—I know it's an age-old goofy thing but three sets of ten seems to work really well for most people, especially when they're beginners—I'll move them to a full pushup. We'll keep all the same stuff. We'll keep on working on those same forms and everything and once they get to about three sets of ten on that, then I'll move them up to an extended range of motion pushup. You can use a pair of pushup handles, blocks, or anything. That way you can go through a more full range of motion. That way we're working on that increased mobility and stability component in time.

Once they get through that, then I'm going to start transitioning them into [handstand pushups](#). That's where the fun begins, Logan. It's getting somebody from a pushup position and teaching them how to do wall walks so they're walking towards the wall and back to kind of improve the handstand position. From there, getting them into a back to wall handstand position, learning how to kick up against that.

Then I'm going to do a progressive range of motion thing, which sounds sexy but what I'm really doing is putting five or ten phonebooks down and I just have them do head to phonebook, and do the handstand pushups like that. Then I take a phonebook off. Once they get three sets of five or three sets of three, we keep working our way down until the point where they can do a full range handstand pushup. Then I usually freeze people there for quite a long period of time, just because I want to see them develop mastery in that position before we go to more complex things like full handstand pushups or, what you and I are working on, those freestanding handstand pushups.

Logan: I just wanted to relate a story on this topic. You can really have so much fun playing with what you do because you and I both do a fair amount of hand balancing and I've been working on the freestanding handstand pushups as well as other variations of it. Recently, I started really concentrating on the [tiger bend](#), which is a very cool exercise that I've dreamed of being able to do for a while. I haven't quite gotten it yet but I'm working on it and getting really close to having it.

For people who don't know what the tiger bend is, that's where you start in a forearm stand, where the length of your forearm is on the ground and then you basically shift over till you're on your hands and then press yourself up. The cool thing that happened to me was just by working on this—I wasn't really working on the freestanding handstand pushup, which when I've been doing them I have a goal of five so I take a fairly wide base of support in order to shorten the range of motion—in training the tiger bend, you can't go wide at all. In fact, you have to go very close and it puts a lot more stress and difficulty on the triceps just in training that. Then I went back to training those freestanding handstand pushups and they were easier than ever before. I actually blew through my goal of five and hit six of them so I was very happy with that.

Tyler: I saw that. That was a [cool video](#), man. That was really cool. My best ever is stuck at two. I've got to figure how to get that balance better but you bring up a good point with the handstand pushups. People talk about pressing exercises, this and that, and everybody wants to know all this like mystical

magic and it's like if you could work up to the point where you can do five full range—you may be on the edge of a bench or something where you come all the way down hands to chest—freestanding handstand pushups, now that may sound impossible to you listening right now, but it's always possible with a proper movement progression.

You can go from kneeling pushups to regular pushups, regular pushups to extended pushups. Well, then you can go on to vertical pike presses, handstand pushups, extended range of motion handstand pushups, to freestanding or face-the-wall handstand pushups, to tiger bends and beyond. Don't shortsell yourself.

Think about it like this. If you could press a barbell that equals your body weight and then the guy next to you could do a full range freestanding handstand pushup, could you do the freestanding handstand pushup? No, I don't think it's going to happen. Even if you guys might have the same "*strength level*" I seriously doubt you're going to be able to do that movement. But I'll bet you that guy is going to pick up that barbell that weighs his body weight and he's going to throw that thing overhead like it's nothing.

When you're looking at building incredible amounts of strength and a body that looks as good as it performs, you have to think about the exercises that give you the most bang for the buck. The handstand pushup and those pushup progressions are definitely those exercises.

Logan: Yeah. One cool thing about the hand balancing as well is depending on how you move, you're taking your shoulders through different ranges of motion. If you take the prone press as an example, you're basically lying on the ground and then you press yourself into a vertical handstand position. In doing that, you're going from something like a bench press to an inclined press to an overhead press while moving through that. I suppose there's a machine that could work that same range of motion but it can't be done with a barbell or any sort of weights without having some sort of pulley system. It's really cool.

One mistake I've made in the past—I believe you have as well—is just getting started in the whole overhead pressing, thinking that that's way more functional but if you're not doing some form of horizontal pushing, that really is going to come into play if you're trying to go to these much more advanced press exercises.

Tyler: Yeah. I completely agree with that. It's funny. It kind of kicked me on the ass with that one. I've been doing presses for a long, long time. I got really hell-bent on presses for about ten years, anything from one-arm presses to barbell presses to kind of looking at the Olympic lifts, and learning how to do the clean and jerks. I'm a huge fan of one-arm weighted exercises. Maybe we'll talk about that next but one of the biggest things, like you said, was I avoided the bench press, I avoided pushups and stuff like that. I'm just now really starting to see the benefit from just making sure you train every range of motion, just so that you're well prepared for anything and that you're body can kind of do anything.

I would I go down and try to crank out a set of pushups and it was like a set of 30 was hard. I'm like this is bullshit. I can go up there and do a set of 15 handstand pushups. That's not a good ratio. I need to

build better horizontal pushing strength and then to top it all off, my wife goes, *“You know you’ve got great shoulders. You’re a really broad-chested guy and stuff but your pecs kind of look weak.”*

That had me thinking about it, really working on the ring dips, the muscle ups, and a lot of ring work. I have a good time doing the ring work. Plus you look at gymnasts and their chests are just chiseled like steel. I do like the hint of pec look but apparently my hint was a little too small so I’ve been working on that horizontal plane a little bit more with the bodyweight stuff.

Logan: Yeah. Let’s talk about more weighted stuff as well because that was a decent overview of bodyweight progressions and what you can do. You mentioned the one-arm weighted work. What do you like doing with that?

Tyler: Oh, man. To me there’s nothing more fun than putting heavy shit overhead with one hand. Just plain and simple. Because here’s the funny thing. I’ve been experienced in the Olympic lifts for several years now and I coach a couple of people on Olympic lifting. I really enjoy it but it is so technical and I spent a year with somebody just getting their form to the point where I could trust them to test their PR, an entire year, three days a week, an hour each time. It’s just so hard to coach that via online. It’s so hard to take the passion and be like, *“Hey, you’ve got to Olympic lift at home.”* You know that CrossFit gyms are doing it and everything like that but nine times out of ten these guys don’t know how to coach this shit.

That’s why I like the unilateral version of those exercises so much. The one-arm clean and jerk, talk about an awesome exercise for your entire body and talk about something that’s fairly easy to coach and fairly low risk in a lot of ways, at least a lot lower risk than the barbell version. That’s why I really like that unilateral stuff. Plus, like I said, there’s just nothing that feels better than putting like heavy weights overhead with one arm.

You have a big audience of people who were old-time strongman fans and they really look to these old-time strongman who are just shredded and crazy strong with strong ligaments. They were just freaks of nature and we always wonder how they got so strong. Part of it was a healthier planet. The other part of it was good food. But I think honestly a huge portion of that were these unilateral heavy lifts that nobody does anymore. When was the last time you went into a gym and saw somebody do a one-arm snatch?

Logan: You don’t.

Tyler: Exactly. It never happens.

Logan: No, it doesn’t happen.

Tyler: You don’t. You seldom see someone doing a one-arm press, let alone like a one-armed jerk or a push press. Usually doing a push-press is usually for a cardiovascular capacity. It’s usually not for a strength capacity. I think honestly the one-armed push and jerk, the one-armed push press, or the one armed split jerk, any sort of variety of just that one arm, getting dumbbells overhead where you kind of use your legs for a little bit of help, that is one of the coolest exercises out there.



Plus people are always talking about core. *"I want to make my core stronger."* *"I want to do pilates."* *"I'm going to do this."* *"I'm going to do that."* When was the last time you held a dumbbell overhead that was like 100 pounds or more and you didn't feel your core working? It's one of the nastiest core exercises out there, holding heavy weights overhead.

Logan: Yeah. I spent some time after studying the whole on what [Arthur Saxon](#) did, especially like you said, a whole bunch of the old-time strongmen just going through and those exercises. Things like the side press or the bent press, they were just not done a whole bunch. Like you said, taking something heavy and putting it overhead, there's a whole bunch of different ways you can do that and you build insane strength by doing just that.

Tyler: Yeah, you totally do. The other thing I think about too is that's where hand balancing and that single arm lifting come in so handy, in that you can focus so much on like one small thing. With the two-arm Olympic lifts, there's so much more to think about. With the one-armed push jerk or push press, all you're thinking about is that one arm and that weight getting overhead. You could take so much of your attention and put it on that one hand. Then in [hand balancing](#), you're moving slowly and you have to work with balance and coordination as well as strength. That brings so much more attention to your position.

So I feel like those are just great exercises, not only for building strength, building muscle, and everything like that but they're going to improve your coordination and your balance. I have this goofy theory that the more coordinated you are, the more your brain works in a bunch of different ways. The more your brain works in a bunch of different ways, the smarter you are and the faster you can think through problems. I think that one-armed jerks make you smarter.

Logan: Nice.

Tyler: To sum up what I just said, one-armed jerks are going to make your life a lot better.

Logan: Yes. I concur. I think that's very cool stuff. Let's actually talk a little bit about this. How do you put it all together? We talked about a lot of different weighted exercises and doing bodyweight stuff. How do you blend that together without doing too much?

Tyler: That's a great question, Logan. We talked about a bunch of different cool lifts. Here's the mistake that most people make, myself included: it's doing too much way too often. To me, you have things like the one-armed presses, the push jerks, and things like that. Take an exercise and pick one thing that you want to do.

Talking about specifically the press, let's say your shoulders are kind of feeling funky. You know you have an over-firing pec and you want to kind of reshape your shoulders and build some strength. I would probably work you up to doing that Turkish getup and press. On top of that, I wouldn't add any more one arm pressing into the mix. It's not going to help you at all.

Usually what I recommend is this: I have people focus on an exercise for anywhere between two weeks and six weeks. They work up in a simple double progression like add reps or add sets, and then once you

get to so many reps and so many sets, add weight and start back over. Then I usually couple that with something like a two-armed version. For me, I think one of the coolest things that I like to do is either a Turkish getup with presses or every once in a while I get on like a bent press kick or a one-armed push jerk kick. I would pick one of those exercises. I would make that my weighted exercise and then I'll work on something else. It might be a muscle up so I can work on that dip portion. It might be a handstand pushup. It might be a ring pushup or a ring fly, so I'm kind of working that frontal press.

Literally, just pick two and four things and just stick to them for a number of weeks like six weeks. If you're digging in on them, pick them again for the next round. If you're not digging on them, just try something different. The whole key is don't overwhelm yourself by doing every single exercise every single day because you're not going to get any good results because you're not building the skill of the movement.

And I just don't have time to do that. I just don't have time to do everything at the same time. Some of the old-time lifters could do it but if you look at their training schedule, they spent like six or eight hours a day training. If you're got an hour a day, pick two movements, have fun with it, go through the movement progressions on the bodyweight. I also recommend people do movement progressions with weights. I don't recommend you just jump out there and do one-armed jerks.

I think you should do some one-armed presses, some one-armed push presses, and then some one-armed push jerks then some one-armed split jerks so you can work up that skill of movement, too. Then just pick a couple of things and cycle through it. I really have a hard time with this because people want rocket science but it's really all about just picking good exercises, getting better at the movements, focusing on them for a little bit, and then switching them up, just constantly trying to get better at the exercises not necessarily hundreds of reps and this and that. Just get a little bit better each day, each month, each year and that's when you see some really, really powerful changes, when people can build that upper body strength.

Logan: Yeah, I think that's a very good message and something that I'm even learning more and more myself, just to focus on fewer and fewer things but doing them right, doing them till you get good and consistent progress, and hit you goals. Then after that time, you can change things up. So in all the exercises we talked about today, like I was saying, focus on one or two of them and get that to a certain level. Then move onto some of the other variations without trying to do them all at once. You can do them all, just spread it out over time with consistent focused action on doing it.

Tyler: Let me patch real quick. I want to say one more thing about that. Sorry, I'm all fired up about this topic. If you're at home, think about this. I'm going to say weights for gentlemen so ladies don't get intimidated if I'm saying some crazy weights here. Imagine you had this body that could do a one-legged squat with 100 pounds, you could do a barbell back squat with 400 pounds, you could do a prone press to handstand, you could do a one-armed chin, you could do a front lever, and you could do a one-armed push jerk with 150 pounds. Imagine that body.

It sounds crazy but I what did I name? Six or seven exercises? That person could not only be fit, could not only look good naked, could not only be strong, they could be all of these things at the same time

and they never had to get outside of their head and focus on all these other things. You could do four, five, or six exercise for the rest of your life and end up being stronger and fitter, perform better, and look better naked than everybody else around you who are just inundated with millions of different exercises. That's why I really think that people need to get that point.

Logan: Yeah, very cool. Just to wrap it up, you have a brand new product coming out. I was curious if you could give just a few details on what that is and how it ties into everything we were talking about today.

Tyler: Totally. I've been shipping away and I've launched a bunch of new products about everything I talked about over the last eight months, just trying to get my message out about these movement progressions and what I'm now calling REAL Functional Training. I'll touch on that really quick because I think this is something cool.

In REAL Functional Training, REAL is an acronym that I created because I see too many people who, when I said functional training, thought I was doing pink dumbbell curls on like a floaty disk or something like that. REAL functional training is when you learn how to move better. R stands for realistic movement, so no fluffy bullshit but what you would actually have to do in real life. E is executed with perfect form. I want to make sure that people are doing things the way their body is supposed to be doing them. I won't go into the debate between biomechanics and whatnot but I want to make sure that people aren't doing things that are going to damage themselves. A is at a high intensity so we want to be lifting heavy. We want to be going at a high intensity and we're working up the speed. The last part is L, to build a body that looks as good as it performs. That's what I've been talking about now with the REAL Functional Training.

The program I'm launching this week is actually an upper body program and it's going to take people through all the steps we already talked about. I do teach the Turkish getup and press in that in great detail. I do go through all of the pushup movement progressions and show some really cool pushups that most people have not heard of. The whole goal is to take someone from struggling with the kneeling pushup to like getting to 20 pull ups, working towards their one-armed pull up, getting their muscle ups down, getting their handstands down, getting their handstand pushups, their one-armed pushups, and so on and so forth.

It's just all about you progressing from simple stuff to more complex and difficult stuff. That way you can play with the big, fun exercises and just have a great time in your training.

Logan: Awesome. I look forward to checking that out myself. Like I said, that Turkish getup and press exercise sounds like a fun one. I think I'm going to play with that a little bit right after we get off the air.

Tyler: Yeah. If you guys don't do that exercise today, you're high. It is literally one of the biggest gems I've ever found in terms of upper body movement. It's just fantastic. I've tested this with numerous people now and people who have like shoulder issues that aren't structurally related, so they don't have a torn rotator cuff or anything, people who just have those muscle imbalances, almost everybody's shoulder pain disappeared within about 30 to 60 days of doing a Turkish getup and press a couple of days a week. It's really interesting for me.

If you guys have shoulder pain out there, I would love to hear your feedback. Don't do something if it hurts or if your physical therapist tells you not to, but I'd love to hear your feedback if you take on the self fix format like I've done and I've worked with some clients on as well. I just really think that it's a wonderful exercise for building that strength through all ranges of motion and building that bulletproof shoulder.

Logan: All right. Excellent. Any final things we forgot to cover?

Tyler: No, man. I'm just here to have fun and preach the REAL Functional Training message.

Logan: All right. Well, thank you very much, Tyler, and thank you everyone for listening. Go and try those exercises and be sure to let Tyler know how it goes for you. Also, you can leave [comments on the blog where this will be uploaded](#). I have links and everything. You'll see more stuff coming out this week. I might be throwing in a bonus as well if you decide to pick up Tyler's program. It might have something to do with what we walked about today but you'll have to wait and see what that is. Thank you very much.

Tyler: Sure, man. Thanks for having me on the call. I appreciate it.

Logan: You're welcome.