



## Legendary Strength Podcast

### Adam Glass

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**Logan:** Hey everyone. It's Logan Christopher with the [Legendary Strength podcast](#). I'm excited about this week's call where we'll be interviewing Adam T. Glass who has been a friend of mine for a couple of years now, a guy that I observed training and got to meet a while back. He's been a big influence in my own training and we're going to be talking all about that. Thanks for joining us today, Adam.

**Adam:** It's a pleasure to be on the show and be able to talk to all you who's listening.

**Logan:** So for the people that aren't familiar with you, can you give a bit of your background?

**Adam:** Yes. I do a lot of things. I think it's hard to search for a good label but I compete in group sport. I've been doing that for a couple of years. That is the combination of different lifts, primarily testing the strength for the fingers, the thumb, the wrist, the total hand. I also compete in Brazilian *jiu jitsu*. I do a bit of all-around weight lifting. Besides those things, I really enjoy just a lot of the different directions. A lot of things I'm going to be talking about on our call today is kind of the changes in training I've made over the years.

I used to do a lot of strongman-type stuff. For you guys listening, very similar, Logan and I share a very good teacher, [Dennis Rogers](#), so [steel bending](#), [tearing decks of cards](#), [horseshoes](#), [lifting up a big weight off one finger](#), a lot of those types of things. Then I also love trainer's kettlebells and [kettlebell juggling](#). I like a little bit of kettlebell sport. I don't think I have the patience to be a real competitor in that sport but I can appreciate it.

**Logan:** Like me, you like to hit up all different areas of physical culture because it's all fun, isn't it?

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**Adam:** Actually, I feel when someone tells me that they're only a bodybuilder or they're only powerlifter, it's kind of a sin to me just because there are so many things that you can do with your body and the only expiration point is when we're all done. I mean how many of us who are trainers have clients that are over 60, over 70? I have a woman that I train who's almost 70. She started training for the first time last year. There's just not a cap.

Then I look at all the things that I can't do well, hand balancing, basic tumbling, and it's like wow, I can completely go and spend the year working on that and what would happen next? If there's anything that a caller can get from listening to you or listening to me, what I would tell them to do is do a bit of everything and find out what you really like to do.

**Logan:** I think that's going to provide a couple of advantages. One, you're going to be more well-rounded. Even just having a little basic ability in all the different things is going to be great for your overall athleticism, depending on how you define that and it can also be fun. If you just pursue one thing for decades, you're likely going to get bored of it at some point during that so you're got to be able to change it up at times.

**Adam:** Yes. Logan and I share common training things for you listening, and one of the characteristics is that there are ways to train where you do better every single time, where workouts are never really repeated. You're always doing better. I will tell you in my personal opinion, it can actually become a bit boring at times if the only thing you have to look forward to is five more pounds, ten more pounds, rather than finally pulling off something you just were physically incapable of performing earlier. For me, a great thing was last Friday, just a week ago. There's a CrossFit gym in my area and I'm friends with the head trainer. We powered around for an hour doing some stuff and I said, *"Hey man, show me how you guys are keeping up for your muscle ups because I'd never done a muscle up."* I've never even really given it a good try.

So he shows me the thing and I get my first muscle up of the day, play with it for a couple of days, and I'm only able to get one at a time because I can't figure out how to lower and keep my grip right to be able to go right into the second rep. Then two days ago I get a set of five and two sets of three. That felt better than whatever my intensity PR was in the last couple of days of training. I had a couple with some stuff, with some grip, and it was common. I didn't really feel anything but getting that many reps in muscle ups, something I could not previously do because I couldn't figure out that mechanic, was really good.

Today in BJJ, there were two sweeps that I pulled off that I've been drilling for a couple of weeks. It was the first time I've had both of those sweeps during a live roll. And for me, I would like everyone to have that satisfaction where you previously could not do something and now you can.

**Logan:** Yup. That's what training is all about, getting to those points and doing a whole lot of them. By looking at the wide variety of the different things you can do, you have more opportunity to have that happen more often.

**Adam:** Oh, yes. And I'll talk about something that just popped into my mind that I wish I would have figured out years ago. When I really got serious with my training, the two biggest influences upon me at the time were [Dinosaur Training](#) run by Brooks Kubik and then Pavel's book, [Power to the People](#). Both of them are advocates of very, very simple motions done very, very often. They split when they start to talk about how to do the sets but both of them are very much advocates of keeping things very, very simple. That's fine but the thing is there are a lot of ways to get strong and that is a very limited way to get strong.

I think about how much time I spent just doing deadlifts and presses and truly it contributed to how strong I am now but the same amount of time that could have been put into learning to do basic stunting from a crow stand to a handstand press up and working on just a proper barbell snatch, I think it would have taken me further at the time and those are things I can now easily do.

So one thing I would say if anyone's listening to this call and there's something to get out of it is get out there and try out [kettlebell juggling](#), try out [hand balancing](#), try out a bit of gymnastics. Go play around. See if you like to wrestle. See if you like to play basketball. Don't pigeonhole yourself with just the basic ideas of I want to get stronger or I want to get bigger.

That's another funny thing, too, the idea that there's so many people there that are training so hard just trying to add size to their body. What's funny is when I look at the guys that I know, that I'm friends with —Logan, what do you weigh right now? 192, 193?

**Logan:** Yeah, somewhere around there. I'm actually putting on some size just for fun right now. My normal weight is about 185 though.

**Adam:** 185. I'm a 203 right now and I think about some of the other guys that I routinely train with, Most of the guys I know, they don't look that strong, which is why you'll feel particularly embarrassed when you come in to lift with us. I was training the workshop with Kurt Hartmann. Do you remember Kurt?

**Logan:** Yeah, I do.

**Adam:** Kurt Hartmann, he was here in Minnesota and we were doing a flexibility and a grip strength workshop, a bit of a combo. We had a guy enter who was probably a 260 or 270-pound bodybuilder. He's definitely used to being probably the biggest guy where he's at and I had my 150-pound kettlebell out. I said hey man, do you want to give that a go to clean a press? He was like, *"Oh man, you can't press that."* I said okay, we'll try. I can now easily one-arm clean press the 150. I can do the 175 if I bend a little bit.

And that's the thing. When you find out that you don't need to get that big to be really strong, it makes a lot of sense to me to just go full out. I'm just going eat the way that I want to eat. I'm not going to have to stuff my face with 5,000 calories and eat eight chicken breasts and whatever else to help that people do nowadays trying to gain size. I don't have to spend \$300 a month on sports supplements because I've been down that road.

I've been down that road where you're taking your pre-workout: your vitamins, your aminos, your creatine; post-workout: your glutamine, your sleep aids like your ZMA, and more vitamin D, and then you've got your fat-burner. You've got all this shit that you take and yeah, you get a little bit bigger but at the end of the day it's like man, I don't know if this is worth it. That's where I'm at because I don't see how it's worth it.

**Logan:** Yeah, I mean the size of your muscles, yes, they can contribute to strength but there are so many more important components to strength than that so it's really not necessary.

**Adam:** No, and for me being up at *jiu jitsu* over the last eight months has really helped changed my mind on what is the direction of the most balanced kind of body because it's amazing to me, I have friends that I roll with and when they go to the gym, you know what, I bet a lot of the guys they pull up or would struggle to clean and press a 50-pound dumbbell, nothing spectacular.

Yet at the same time when I came in my first two months, I was stupid, stupid strong and I would get twisted into knots by these guys because by not focusing on strength and focusing on leverage, they have done so much more and that's in a lot of ways how I approach my training. A lot of the variations I look for most times is just where we can we get better leverage?

A lot of people are working to make their lifts stricter and harder and I just go in that different direction. It's the game of if you make something as easy as it can be done every step of the way when you learn it, you eventually will be able to easily do it in a way that no one else can do.

**Logan:** Yeah. Let's talk about that a little more because that's so in stark contrast to still what so many people are doing. You and I, we really don't train that hard. Sure, once in a while we go all out for something but for the majority of time we're not training to our limit. We're not going balls to the walls in our training yet we consistently improve. In fact, we believe that allows you for even better progress as well limits your chances of injuries.

**Adam:** That does seem to be the two truths that are emerging. One of the things is there's an idea that a lot of people have that the amount of effort, how hard they try, how difficult they make it, will be directly proportional to their gains. The first thing, if you're listening to this and that's something that you've been told before—you probably have been—one of the things I want you think about for a minute is I want you to look at posture. I want you to look at the way people stand, the way they sit, and the way they move. One of the things you quickly see is that many people are very limited right now by the current posture they have and my question for you is how hard did they try to get that posture?

Understand this is not some kind of—it's very, very hip over the last ten years to talk about the nervous system and the body and how it regulates things. You need to understand that posture is not a nervous system thing. It is a tissue thing. The body's tissue has become tight and rigid in given spots. But how hard did the office worker have to try to do that? Nobody sits down Day 1 in the office and says I'm going to try as hard as I can to just get this horrible posture that causes me nothing but grief. What it is is they do something for so long that it happens.

That's the first thing. It seems that for any task, simply doing it in any capacity, even in small components can take you much farther. When you do not train as hard, when you do not, you do not get as tired. The thing is a lot of people feel that getting tired is what gets them where they're going but you need to understand doing the motion is what gets you where you're going. So it's completely possible to not train particularly hard at all and to do very easy things and make continuous progress.

So when I'm breaking down the next thing that I'm going to try to do, if any of you guys watch [my blog](#) or my Facebook page, you'll see that I've been on the kick with a lot of extremely challenging pull-up variations where hand strength is really what makes or breaks it. Now I have no doubt that probably 99% of people that will hear this podcast can easily do a pull-up. I'm talking about pull-up variations where the way that you're using your hands and your grip is what determines if you can do it. For example, pinching a hub and grabbing an anvil horn and doing a pull-up that way, very, very hard.

But the way that I got to those things was not—I'll tell you what. If someone were secretly recording five of my workouts and watched them, I think it would probably be one of the most boring damn videos in the entire history of the world to watch the entire thing because I'll come out and the first thing I do is I'm seeing if I should do this thing. There's a way that you can just simply look at what your body's response is. Should I try this out?

Once I do that, the next thing that I do is I'm going to pick out what is the variation that will probably get me closer today, so if I can do full pull-ups that day. Because some days I come in and my shoulders might be incredibly sore because of something that we're doing in *jiu jitsu*. I have days, I bounce Thursday through Sunday so I'm on my feet, eight-hour day. There are times that I just don't feel like doing certain things. Whatever it is that's psychologically stimulating and what seems to work well for my body, I will do a couple of reps and then I will do something else. I train in a private location, not at like at a big box commercial gym and I'll tell you I am one of those thickheads who's continually playing off with my phone and I talk to the other people who are not doing anything. I may go outside and talk to one of my neighbors just from the studio for five or six minutes. I'll come back and do another one.

It's a very, very slow paced way to train because the intention is not like something like a MET count where I'm trying to burn as many calories as fast as possible. What I'm trying to do is get every time that I do whatever it is that I'm doing that day so easy that it feels like it's my first shot on it. Then a lot of days, most of the time that is how I train.

The other day, my workout was all only four motions: barbell back squats, my buffalo bar muscle-ups on the rings, dips with a kettlebell on my belt, and then picking up one of my anvils. It was like an hour-long workout. The first 20 minutes was just the squat sets. So I'm on my belt, walk out, walk at the bar between 5 and 15 reps depending on the load, coming back in, throw on a little bit more weight, and I just went up that day until I was getting sets of three. I did a couple of more sets of three and called it. Very, very easy work. I didn't even break a sweat. So my very first set, I opened up at 99 pounds. My last set I stopped at 340. Nothing spectacular because I'm not training for a powerlifting meet.

The other thing is I don't really need to be any bigger for my sports. I don't need to be any bigger for grip. I competed at Mighty Mitts this year. In the other class, I was the lightest guy out there. I didn't get

destroyed. There were a couple of things I can do that will improve my chances for next year. For *jiu jitsu*, I've been cutting weight.

What I would say for you guys is that you can get to any goal many of the times by training very easy, and this goes for endurance, too. I definitely don't have the snatch capacity that you do, not even close, but even I still average on any given five-minute test with a 24, 125, 130 reps. That is very infrequent. Most of the time when I snatch, whatever the given weight is I'll either come out and do one set like a sprint, three or four minutes worth of multiple hand switches as fast I can, or I'll do a four to six-minute set usually for hand switch and even then I move pretty quick.

But the big thing is when it starts getting to the point where you're really flying out of your body and you feel like you're super tired, I'll just set the bell down because there's no award for hardest worker in the gym today. And when you look at real sports, not like lifting sports but real sports, most of the time the guys that win are not the hardest trainers. They're the guys that trained the smartest. I think a lot in MMA, how many guys talk about they trained so hard, they trained so hard. Well, there are a lot of guys that are doing pretty phenomenal CrossFit-style 45-minute sessions and they get destroyed their first two minutes of the fight. What are we looking at? Because it's not about how hard you train, it's about how well you do whatever you're trying to do.

**Logan:** Actually, I've been reading a lot of [books by the old-time strongmen](#) and there are a few that trained hard but I'd say the majority of them advocated not even going that intensely. One of my favorites, [Herman Goerner](#), he never ever trained to his max. He didn't even go all out when he was maxing out on a lift and he would spend several hours a day training, which is I know something that you do sometimes, where it's really drawn out and long and you're spending a lot of time. They never talked about so much that they were following biofeedback or anything but a lot of those guys, they obviously were doing exactly that.

**Adam:** I think if we were watching them, we would recognize so many of the elements of it. In one of Saxon's books, he talks about kind of the right and wrong way to do it and one of the things he was talking about was there was a period of time where he was waking up, riding his bike quite far because they didn't have cars. So he may have rode his bike 15, 20 miles, he would go wrestle for a couple of hours, ride his bike back and then try to lift and what he learned pretty quickly was you just can't do all of that at the same time.

At the same time though there are so many people out there that are really dedicated to the idea of getting better. But what do we see them do? They're going to a gym, they're jumping on an elliptical or a stair-climber or something, they're going 40 minutes and they look like it probably would have been good to hang it up ten minutes in, and then they go in and they hit every set until they're just running ragged. We'll find it out, weird people, that they'll losing weight, they'll losing body fat, they are gaining muscle, but a lot of people, too, their elbow always hurts, their shoulder, their knee, or their hip, whatever it is.

And I will tell you this. Over the years of changing my training more towards the direction it's in, I've substantially lower incidence of prolonged pain. One thing I will say about that is that pain is not our

enemy. It's the suffering that's our enemy. If you jump up to the bar and you go to do a pull-up, you start to pull and you feel a little bit of pain in that elbow, that's telling you don't do pull-ups today. That's not a problem. The problem is when for the next six days that elbow still hurts and a lot of the time that is one of the things we see from the people that are going just all out.

There was a time when I was really looking at a lot of the high intensity work. This was probably before I started getting into a lot of Pavel's stuff, around 2004 or before that. It was so interesting to me because every single book about high intensity training promised you everything and yet whenever you get a chance to get into a gym and really sit down with someone who's been training that way—

I was very fortunate. I trained out of a Gold's gym that was in Garden City, Michigan at Dearborn Heights. There were guys, almost every famous bodybuilder that you would have wanted to meet from the '60s, '70s, '80's or '90s had a photo of them in the gym or on the wall. It's one of those kind of places, just the kind of gyms we're not seeing anymore, man. It was a great place to be.

I would talk to guys who had been training that way and the thing that I noticed was they may have only lifted for 20 minutes total out of a 45-minute session but 10 minutes in front was putting on different oils and creams, and rubs, and having to stretch, and wrap this and tape that down goes through and then the rest of the time they were in there was just trying to get to the point where they felt okay to leave the gym. That, I never really could get into that level. I don't know. I just don't like to hurt.

**Logan:** Yeah, me neither. I would say that's probably the thing that holds people back from achieving their goals more than anything, not just bad training but they're making progress towards something then they injure themselves in trying to do it, most likely because they're pushing too hard or just doing too much and not listening to their body.

**Adam:** It's got to be in the top three reasons why people don't get where they want to go because most people, what stops the person from getting off at their ten-hour day? They still have to go home and feed their kids and interact with their spouse and they've got other things. So what stops them from doing that 30-minute workout? Well, one of the quickest ways to not go is when it's like my freaking shoulder is still killing me.

What if you could get the person to the point where their body did not hurt before it started and it didn't hurt after? I think a lot of people would really enjoy it. I think you and I are on that same exact page over the years in that we're trying to do something different with the products we create. We are trying to give people just something better than what is on the market and it's because a lot of the fitness products that come out nowadays, they're just really, really poorly done. We have a lot of people that are not training themselves all that well and they're not training others all that well. You can tell right off the bat which of those actually have powerlifting books that's directly in front of me in my book shelf.

One of the author's premises was the reason most people don't get to a 500-pound squat is they just don't want it enough. Man, I can think of ten reasons why most people aren't going to get to a 500-pound squat and the first four involve their ankle, knee, hip, and back because most people will hurt

themselves trying to squat, probably in a way because they've had advice like if they're only squatting with this amount of weight then it's some kind of problem.

I'm going to tell you guys this. This is just personal opinion, 100% personal. After almost a decade in the military and a combat arms job where I've had to do everything from break up bar fights, arrest people, go on combat missions in Iraq then becoming a bouncer, having to stop people from trying to beat other people's head in and kill them, I will tell you this: Nothing you do in the gym is what makes you tough. If your justification in your mind psychologically, you've got this chip on your shoulder and you think you're a badass because of the weight you can lift, that's not it. I only don't think it's because of who you beat up or who you don't. None of that shit. That is not what it's about.

In my opinion, there is no reason to either beat yourself up or grind yourself down because you either are or not doing something in the gym. It's just the gym is where we go because modern life does not allow us to do all the things that our bodies can do. That's just it. For you to live your life right now, you only need like probably 40% of all the things your body can do to get through life. There are people that can't even put their fucking arm overhead or sit down to a toilet unassisted and yet they make it through life fine. I mean it could be a lot better but they make it.

So the gym is where we go because there are a million things we can do and modern life doesn't require anything near that. I think some people would be a lot happier if they're training if they would just get away from all of the stuff that other people are trying to put in their head that's forcing them in a particular direction and just answer what is it you want to do? I think the number one thing that's slowing people down is you take someone and you have someone else inserting all these ideas that are really counter to the direction they're going in.

I'll tell you now. If you have someone listening to this call, let's say you're 5'11", you're 145 pounds. Powerlifting probably is not going to be your best suit and there's nothing wrong with that. You may find that you love to do endurance-type stuff or you love to rock climb or kettlebells, I don't know. You'll figure it out. Maybe it's dance. Maybe it's none of those. Maybe it's golfing. Whatever it is that you pick, it's great because it's your body. You're the one who's got to put up with the choice. So do what's best for you.

If you follow Logan and you probably do, listening to this, you look at his training. Logan, you're not out doing anything other than whatever you want to do at that time. You move through your phases of doing different things and this upward expanding spiral the whole time.

**Logan:** That's a good way to describe it.

**Adam:** That is a [Frankie Faeres](#) quote right there, that terminology. It's a game of not staying on track. It's a game of really just following the trail wherever it goes and just yielding to whatever has to happen next. Every time I get away from that idea, I find myself thrown right back on to the idea that look, you can't just go in just this on direction for too long.



Going into 2012, I had a period of time where I was probably back squatting high volume, every other day almost. I think in one month I got in 16 squat workouts. Of the 16, at least 8 of them were over 100 reps total volume and out of the 16, all of the training were at around the 240, 260 marks, the heaviest days being under 400. I was putting on all these ties and all these different things but one of the things I started noticing right off the bat was there were two motions that I almost never do that I couldn't do anymore and for some reason, two damn things that I could never do but I couldn't do anymore bothered the shit out of me.

One of them was I could not get into a pistol anymore unless I increased the counterbalance a lot because I was losing ankle flexibility with all of the repetition in heavy squatting. The other problem that I was having was most of the time I was so damn sore doing that that there was a lot of other things that I just started passing them over. Then one day when I go to check it out, looking at some of my athletic patterns, some of the criss-cross footwork was super hard because of how tight my hips were getting.

Now there could definitely be an argument made on how I'm on the worst and blah, blah, blah because I didn't stay the course and I didn't squat whatever my weight somebody thinks I need to squat to be whatever in their mind but the reality is what would be different then? What would really be different when I take my max from 500 to 600? What will be different when I get up to a 650-pound deadlift and then a 700? Not that much, or a lot. And that's the problem. The one thing you might do is you might lose so much that later on—

I haven't met an old lifter, someone who's been doing it for 30 or 40 years. The best person I know that I love to talk about strength training is a guy like Chris Rice in his 60's, he's been training for both of your lifetime stacked under my lifetime, a guy like David Horne in his 50's. Every time I talk to those guys, I've never one time heard them say that I wish I would have gotten ten more pounds in this lift or that lift. Both of those are not two guys you're going to hear that they a lot of regrets with but a lot of times you will hear them say I'm glad that I'd switched over and went to this one thing, I'm glad that I'd quit only doing strongman to go into rock climbing, or I'm glad that I quit doing only this to do that.

That's been a very common thing that's been really helpful for me, sharing out that most of the happiest athletes I know are the ones that have simply followed whatever seems to be the next thing they're sliding into. They're not worried about how good or how bad they are. They're just going with what motion, what direction they feel they're being pulled in.

**Logan:** That's exactly what I do. I worked up to a goal, a 500-pound deadlift, I hit that then I was like I don't want to deadlift anymore.

**Adam:** No. It completely loses interest along with—

**Logan:** It's not just the physical thing that maybe the body needs to do something different but it's largely a mental thing. You've just got to go for something different and I've been doing tons. I'd say the majority of my training for the past year or so was all about bodyweight then after a while it was like I want to get back to lifting some heavy ass weights. That's exactly what I did and now I'm pursuing it further. I'm going to get up to a 600-pound deadlift and few other goals and working towards that. I'm

having a whole bunch more fun than I was really at the end of when I was working the bodyweight because I was just sort of losing interest there even though I still have goals and things I want to pursue. When I get done with what I'm accomplishing with the weights, I'll move back to that, I'll have a lot more fun, and I'll end up making better progress because of it.

**Adam:** Oh absolutely. What comes to mind as you say that, too, is out of all my coaching clients that I've ever had, I can break them down into a couple of categories. But there's a particular category that is always the one that I know is going to be the most work on my part, not in the physical training aspect but the psychology. It's where I'm contacted by someone and a lot of times it'll be a gentleman who's usually past his 40s and they have these ideas that whatever they've done before wasn't good enough and that's why they're hiring me.

Every time the reality is this, it's that training with me is definitely better than not training with me. That is a fact. But what's not going to happen is not I'm not going to allow you to sit there and bitch and complain that you can only lift this or that. We're going to go up there, we're going to do other things, and that's because I don't have client assessment the way that other people may be familiar with, meaning if you're my client, I don't have these minimalists that we have to hit. I don't care if I have a client that can't pick up 300 pounds off the floor and never does if they don't want to because I don't have a belief system in my mind that if you're a man, you should be able to do this, this, or this.

For those of that do, here's what I want you to keep in mind. The shit you say about how other people are inferior because they can't do that, what would Logan and I say about you if we had those belief systems? Where can I go? I could say if picking up an Inch dumbbell is so easy for me, if you can't lift the Inch, you ain't shit. That's a freaking belief system. That's not really going to get me or anyone else anywhere.

I see it the most right now on Facebook that comes in. I've got such a diverse group of people that I interact with and one of the crowds, I like them and I don't like them at the same time. It's this thing that kind of comes in from the powerlifting idea. *"Oh, I'm so weak because I can't pull this number or that number."* Hey, if we really go down that road and you're saying you're so weak because you can only deadlift 650, I can show you 180 positions where you don't even get up off your back off the ground that you're so weak. If that's how you want to view yourself and if that's the psychological state you're trying to develop there, that you're so pathetic, we can go a lot of steps further. I'll show you how pathetic you are because can't even do a back bridge.

Or we could do something more productive and start looking at what are all the ways we could fix it. That would be takeaway two for our call. Takeaway one is train easy—it's a lot better way to go—and number two is most of these standards that have ever been adopted by people are useless. Even military standards, they make people do this to get in and that's not good enough. I find that they're going to really start CrossFit and the CrossFit coach, put them on a CrossFit prep thing and yet every workout that they do, because they're doing what that coach told them to do, every workout they do they feel so annihilated that it's like Day 1. Every day, they feel like it's Day 1. It's like if you always feel crushed then whatever you thought was your standard or your prep sucks. It just sucks.

That's why I don't have a measuring system or minimal standards for people. Just let them go wherever they're at and we see if they'll improve. But I will tell you this. If you've been exercising for several years and at the end of a given workout, you still feel like you're completely out of shape maybe because you pushed yourself as far as you can, I don't know if that's the smartest way to go.

I've done some dumb shit over the years. One of the things I did was I wanted to see how much training volume I could actually get in a given day and then of course we tracked it over a month. So I had a month that I'd done something like 1.1 or 1.2 million pounds worth of work and that's not garbage reps where I get in a leg press and like toe press 1,000 pounds for sets of 50. I mean real movements, moving my body around. I had a workout that I do 125,000 pounds of volume. That's a lot of weight moved and at the end of a workout, I didn't really feel that bad. I wasn't really that tired. After three hours, I was ready to eat but it wasn't a crush thing. I like when I do knock out a kettlebell snatch, that's when I get to 125 or 130, and I'm not lying on the floor ready to die.

An argument could always be made that you could have gotten 140 if you would have tried harder. True, but you can always play that card. It's always easy to play the card of *"If you would have used more effort, you'd get there"* because it's a very hard position to shoot it down right off the bat. You say that and then it's like okay, well I guess. It's not really a productive belief system in my opinion. The other idea is how much better could you do when you could learn to make that easier? That's the direction I try to go in.

**Logan:** Yeah, especially for training, if you want to compete and you really do want to go all out there, you have that option and you can do that when you're actually competing for it but as far as training, like we said, it's more productive not to go that way and you certainly don't need to do it every single time you train.

**Adam:** Not at all. Out of group sport, my favorite competition, my favorite single lift is two-hand pinch. In that, you can't tell how much I'm pinching. If you could only watch me pinch because my heaviest pinch I've ever done, the 260, it looked exactly like a 60-pound pinch. But in a medley, the medley is just where I felt that it was always my favorite test. My goal, it didn't matter how many points I scored. It was how it looked as I went through.

I've been to contests where guys were drenched in sweat, out of breath, after a 4-minute medley turn tackle items and everything they hit, even the ones they got to hit, looked hard. Anybody listening to this, you can pull up on YouTube, go to my channel and see medley after medley. I've got probably 25 contests worth of medleys and most of the time, I either get it or I don't and you can't really tell. On the ones that I don't get it, most of time it probably looks like I don't give a shit and in a lot of ways I kind of don't because I'm not going to get instantly strong. If I can't do this right at this moment, it's unlikely I'm going to instantly get stronger but trying it. In fact, one of the things we know is the more you try, the more you're burning yourself out so either hit it or don't.

When I first started training that way, that was not easy to do. At this point now though, everything feels fluid when I'm going through it so the well-rehearsed things and that's a state that I want to get every

person to. It's not about being able to do this and that. It's that whatever you like to fluid and smooth, looking like the master, not like the novice.

**Logan:** All right. Well, we've gone about 40 minutes. We've got so much more we could talk about. I'd love to have you on another time and we can go into some more detail, maybe on grip stuff, what you do and all that.

**Adam:** You know what I think would be fun? When you guys listen to this, here's what I want you guys to do. If you guys have questions, send it over to Logan and we can set up another day because you and I could go all day on all kinds of things. We could do a talk on grip. We could do a talk on whatever you want to do.

**Logan:** Yeah, absolutely. Well before you go, I wanted to let people know about the new *Gym Movement 2.0* program. Can you talk a bit about that?

**Adam:** Yes. It goes back to an idea that I talked about earlier in the call. A lot of us have a very similar vision and it's just working in a different direction from what's already out. I know that there are a lot of you out there that probably bought a program before and somebody was telling you that you're going to do this motion, you're going to squat, you're going to squat with this much weight for this many reps and this many sets and then you're going to come back in a few days and do this. You certainly can make progress on that but one of the things we've learned is that if a person will learn to do whatever is best for them at that moment and that workout, and not really worrying about necessarily doing what you think you should do but just doing what your body needs you to do, you can make incredible progress that is very sustainable.

Now we've put out products on this in the past but we want to do something different this time. So the way we did it, the best description I would call it would be it is a training documentary as if we're talking to you the whole time. We shot it a lot casually. There were times that they were conversations that Frankie and I had, that shit, we should just record this. If we're going to talk about it, let's just record it. He was up in Minnesota for a week. We got a lot of shooting done there and then when we were going through the footage, it's like okay well, we're going to put some files on blocks for these parts.

What it comes out to is it's very much like a one-on-one training experience. We're taking you through all of the principles of the [Gym Movement](#) protocol and then what we're doing is providing many, many examples one after another because I find that that's the most common thing, it's that a lot of people take the information but the only filter they have is what they already know so what we figured is how about if we just give you 50 examples of something in three minutes.

For example, exercise modification. Some people just don't consider how many ways you could modify any exercise to get better results. So what we do is we have sections where we're just firing off. *"Look, I could change this."* *"I could change this."* *"Do you see how this is different?"* *"These are different factors we can use to change it."* There are times for some people that the biggest thing they need is something they have never done before in a gym. There are a lot of times when instead of going in and doing what

you've always done and kind of feeling the way you always feel at the end, it's the time to do some new things. What tends to happen is when people train this way, they get there.

That's what this entire product is about, teaching you the protocol, giving you hundreds of examples of how it's used, and showing you the individual differences. You're going to see the difference in how Frankie does things versus how I do it because we're the two people that have been doing it longest. The thing is that every person who trains this way, we do certain things together with the same way but there are a lot of things that look very different. Your training looks very different than other people who train the same way and that's kind of the goal because you're different from me.

The people listening, for the caller, you and I work so different. That means that your training is likely going to be highly custom to you. That's the end goal that we want. That is what *Gym Movement 2.0* is about, teaching you how to follow your body, how to fully customize your program to achieve whatever goal it is that you currently want to achieve.

**Logan:** Yeah. It's very specific. I mean we kind of just talked about the ideas and me and Adam both know what we're talking about in actually keeping your training easy, what does that look like, and how do you test things to find the signals that your body is giving you along with it. There's really a whole lot of detail that goes into that. It's pretty simple once you've been doing it a little while but you've got to learn all the steps. When I first got started, I had a whole bunch of questions and I have to say the new *Gym Movement 2.0* is the most complete instruction that they've put out, so very comprehensive. It is very good.

**Adam:** I'll tell you what. It's been a bit of a challenge because we did the first [Gym Movement](#), we did the *Grip and Rip* series of DVDs, I did the *Smarter Strength* series, now we have this, Frankie's done *Master Plan*. You include the various parts information for testing, [Kettlebell Snatch Domination](#), a couple of the other ones. What we've seen is we're all kind of playing a game right now where we're trying to figure out what is the correct dose when you show someone this the first time. That's the biggest thing.

For those of you who have seen different parts of the system, when you see *Gym Movement 2.0*, the big thing is you get through that and it answers questions that you may have stopped questioning yourself over because you couldn't figure out the answer. For the new person though, it's a challenge at times because we're trying to figure out what is the minimal level? What is the proper starting point? Because for educational purposes, we could go through days and days of information that all are useful. It's not a thing where it's like just so you know, I'm going to waste six hours talking about this. No. Everything feeds into another thing so the question is how do we get the minimal dose and that's where I'm really, really happy with what *Gym Movement 2.0* is.

One of the other parts about that is because of the format that we used this time, as we decide things need to be upgraded, we go in, we change up the videos, and we mail the product right back to them. In fact, for some of you who bought it the first run through, you've already received a new copy of it. That's how it can go. It's the idea of continuous improvement. Where can I make this a little bit better so I really, really am having a lot of fun with this new product series.

**Logan:** Yeah, absolutely. I'm going to include a special bonus for anyone [who buys from my](#) site just because like I said, if you've been following me for a long time, you've likely heard me talk about this stuff. If you're somewhat new, you may not know but this really is included in everything that I'm doing. I'm not always talking about it just because there's a lot of other stuff to cover and I'm focused on other things but this is literally something I'm doing every single day in my training. I'd have to say it's like the critical thing. If you get this, it's going to build the foundation with which you can reach whatever goals you're shooting for. It's really that important.

**Adam:** I cannot think of a single factor that is more important in the development of someone's training. The funniest thing about it, about the whole deal, when Frankie started discovering all these things, connecting the dots and putting everything together, he was just trying to make his fucking hips stop hurting all the time. It's so very much like a lot of other things that over time, history reflects back on it like wow, that was a big discovery. So many big things have come about where you were trying to solve either a very personal problem and you found out that your fix worked for other people or something completely unintentional came about that was even better than what you thought you were going to get.

In this case, Frankie was trying to figure out how to get a hip to stop hurting all the time. During that time, he discovered that it's possible for not just him but for everyone of us to set your records in the gym every workout, to find out exactly what to do in the gym every workout, and in many ways to never feel stuck again because you're now seeing there's always somewhere new. I think if you go to the gym and you take your fitness seriously, the question is well then who is your enemy? The enemy is time because we don't have that much of it.

The thing is I know that you're going to go work out. Probably the day you listened to this, you either have already worked out or you're planning your workout. My question is, are you going to set new personal records in the gym today? And it's not about trying. It's about will that happen because for Logan, for myself, for a number of other people who train with us, every time they work out they break record. And even if it's just one more rep or just one more pound, it's more than before.

What is the logical conclusion of a five-year training stretch? Where in every workout, you do better than before. I can tell you this. It's a much better conclusion than being on a system or training cycle where you question if you should be doing it and you question if you're making progress, and you're getting frustrated because, man, last time I did 7 655. This time it's 7 655. I don't know if I can go any heavier and my shoulder is starting to hurt. All those, we've all been through that and what we found is that there's somewhere else you can go that's much better.

**Logan:** Absolutely. Well, thank you very much, Adam. Like I said, we will definitely be doing this again. Thanks everyone for listening. If you have questions on the material, be sure to shoot me an email, and also any questions for Adam, which we can cover next time. Thank you very much, Adam.

**Adam:** Thank you, guys. Have a great day.