



Legendary Strength Podcast

Adrienne Harvey

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Logan: Hey, welcome everyone. It's Logan Christopher with the [Legendary Strength podcast](#). I'm excited today because this is my first female interview in the *Legendary Strength* podcast. I have a very strong woman with us. Thanks for joining us, Adrienne.

Adrienne: Thanks so much and looking forward to being the first woman you've ever interviewed. Hopefully not going to be the last.

Logan: I think I've interviewed a woman before but not on the podcast so this will be good. So for people who aren't familiar with you, can you tell us a little bit of your background?

Adrienne: Okay, well I'm a PCC Team Leader, and that is Dragon Door's new [Progressive Calisthenics Certification](#) workshop and program. It is incredibly cool. It's all bodyweight. I'm also an RKC Level 2 and CK-SMF and Primal Move Natural instructor. So I do a lot of trainer both for myself and also for my clients and prospective instructors that's based in proper movements, in some ways even mindful movements, and interestingly enough we end up lifting pretty heavy and surprising ourselves with our own strength.

Logan: Yeah, I had the pleasure of meeting you on—what was it?—our second [Superhuman Training workshop](#) down in Florida. I had a good time back then. I want to dive into some more details. How did

you get started doing all this? Most people don't come out of the womb strong and fit so what got you started on this path?

Adrienne: It's interesting. It's been kind of on and off for a few years and when I was in college—not a lot of people know this, this is pretty funny—I had a summer internship working at a commercial bakery plant. I was in the office but they always had plenty of treats for us and for the first time in my life at that point, I put on a few extra pounds, nothing super major but I was like okay, this is something I'm going to have to do about this. All this sitting around in the office was not working for me either so I joined Gold's Gym of all places. They had a college student summer special for its very basic, what everybody starts out with, the machines and whatnot, eventually moving on to some free weights. By that time, I had to go back to school but the experience kind of always stuck with me because it was fun. It's a little bit too structured but I felt was a lot better even just doing a little bit there.

After college, I started my own business and again, my gosh, I'm sitting around a lot. This isn't so great and I started studying *tai chi* and *qi gong* with a friend locally and also just rejoined the university gym that was in the area. It was great up to a point. We've noticed that with these traditional kinds of gym workouts I would do well and then it would just kind of stagnate. I could never really progress past a certain point with it. So I started looking around for some different things here and there and different diets and different just approaches, not really finding anything but still just kind of sticking with it.

Then a few years after that, again, the same cycle. Wow, I'm being too sedentary. I need to do something. Thankfully, I ended up finding kettlebells online and decided to change my career and become at that time, I said well, I'll become a personal train. I needed to hire one. I wasn't finding anybody I was terribly impressed with locally so I'm like hey, why don't I become one? That's kind of how it started. Kettlebells completely changed my approach to fitness and through that and through those kind of principles, I started doing [bodyweight training](#) as well. It just basically took off from there and I just couldn't get enough of it.

Logan: Yeah, I know how that is.

Adrienne: I forget how did you—you've been at this for a long time.

Logan: Yeah, I got started sort of serious about training because I was doing bodybuilding at the gym. I played football in high school, was never very good. I was not athletic or strong or anything. It was shortly after high school I got serious in it because I got into bodyweight training and I started seeing results with that. Maybe about a year or so later, I started using kettlebells and then [the old-time strongmen](#) stuff and everything. I went to the RKC. So yeah, I've been doing this probably pretty seriously for about ten years now.

Adrienne: Cool. It's funny. You said something, you weren't very athletic in high school and I certainly wasn't. Sometimes I have people ask me, what sports did you play in college or high school? My answer

is sometimes taken the wrong way but it's the truth. The only team I was on was the chess team in high school and even somewhat briefly even. I wasn't of it. It's kind of funny to have that as that assumption but it's also good for people to know because a lot of people weren't athletic or even confident in anyway physically in high school and college and sometimes I think that they feel shut out of mainstream fitness approaches.

What I love about bodyweight and kettlebells is that it's so accessible once you start to really delve into it, pretty much for anyone. That's what I like a lot, especially about like [Convict Conditioning](#) and [PCC](#). It's like look, you know what? I got myself into this thing. I can get myself out of it and I can improve myself. I can do this right here in my room. I just think that's amazing and powerful.

Logan: Yeah. We'll definitely dive into that some more. Just thinking back, yeah, I was the person that was picked last for sports and teams just at the different schools, during recess and whatnot, but it really is actually within your control to become an athletic person. It's not just strength but all these athletic abilities can actually be built up. It's not that someone is born with it or doesn't. Sure, some people happen to be but it really can be trained. Using kettlebells, using bodyweight as well as other methods is really going to make you become an athlete even if you have no desire to play a sport. I think it's sort of a natural human quality that we should be athletic. We ought to be athletic but it's going to take some training in order to get there.

Adrienne: Absolutely, and what's cool is a lot of the approaches that you and I are now taking, the problems I'd had in high school and whatnot was well, go do this thing. Okay, I can't quite do that yet. What's the stuff before it? No one had any answers at that point. Now we've got all these incremental steps, all these stepping stones that can get anyone started. I found, just working on the basics, one of the first times I went to an Enter That Lutna workshop it was very cool but when we started doing crawling, my crawling pattern was completely long and I was like shocked and quite honestly a little embarrassed. I ended up working on it with some ideas from Lutna but also a whole bunch of really super basic from Primal Move and I fixed that pattern now.

But most adults and even instructors and health instructors that I've worked with, we all have these little problems in coordination or these problems in pattern that when we work through them from some of these tiny incremental steps, we just become that much more coordinated, strong, and injury-resistant on a certain level as well. Yes, it can totally be learned.

Logan: Yeah, I still look forward to finding out things that I'm not good at because oh, here's a weakness of mine and once I get this better I get that much better all around.

Adrienne: Absolutely. I was working with someone recently and we found this one little habit and when we fixed that, it fixed his deadlift, his swing, posture. All these basic but still crucial things came from this one little, it was almost an awareness, a habit awareness. Wow, it was fun to watch.

Logan: Did you successful the *Iron Maiden* challenge?

Adrienne: Not yet. I've come very close a couple of times. I got the press and I got the pistol. The pull-up is still in there, still looms, and I will admit that I've actually backed off of that ever so slightly just to get more of a well-rounded strength for things like the PCC so I've been working a lot on skill and being able to demonstrate those things towards the PCC. After this next workshop coming up this weekend, I'll get back more into that. I've been maintaining what I have. I haven't given up but I haven't been doing super specialized training towards that weighted pull-up because for me, that's what it's going to take.

Logan: Right. For people listening that aren't familiar with that, the *Iron Maiden* challenge is for women. It involves a 53-pound kettlebell that you have to military press with one arm, you have to do a pull-up with it hanging from you, and a one-legged squat with it. The same one for men is called the *Beast Challenge* and it involves a 106-pound kettlebell. I'm actually right there with you because I can do the pistol and I can do the press but I'm just a little bit away from doing the pull-up for myself so maybe we'll talk about how to finally get through that this coming weekend.

For people listening, I will actually be at the PCC Certification this coming weekend but this podcast will be poster on Monday after so that will have already happened and I'll be sharing some of the lessons and things learned from that as well.

Adrienne: Awesome. I'm glad to hear that you'll be at the PCC this weekend. I thought I'd seen that online. You're going to love it.

Logan: I'm really looking forward to it. Tell us a little bit about it since the first one happened a couple of months ago, correct?

Adrienne: Right. It was an amazing success. It's always a little interesting coming into it. You treat it as a brand new cert and even though I know [Danny and Al Kavadlo](#) very well and I've never met Steven Low—I've read a lot of his things online and they're actually cool and everything—none of us really truly knew what to expect. So he showed at St. Paul and they had these incredible manuals which we had all been reading for weeks and weeks and weeks before it, 600 pages written by Paul Wade. I will admit that it is one of my most prized possessions. It's usually within reach. I can see it from where I'm sitting right now. Everything is broken up and there are illustrations. There's stuff, ways that you can pretty much transform somebody using just this manual. The only way you can get this manual is by coming to the workshop. They'll never be selling it.

We're not going to spend a lot of time in the manual during the workshop. Obviously, a lot of it is very experiential. There's a lot of problem solving. There's a lot of trying to do things and then troubleshooting others but when you go home after the workshop each night or when you go to your hotel or something, you're going to start delving into it. Be careful. You'll end up staying up till morning, till 3 AM in the morning. When I received an advanced copy of it, I just stayed up until 4 AM reading it.

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Thankfully, I was at home so it was no big deal. It is amazing. That right there, I think, is worth the price of admission but what we get at the actual workshop is just an incredible camaraderie and also Al and Danny's instruction style is amazing. They break it down.

Sometimes you go to these workshops and the guy is talking really fast. You get half it and half of it doesn't make sense in your own body. You try to kind of make the shape that he's making and it's not working and you're like man, what's going on here? That does not happen at the PCC. Everything is so plainly described. You're like oh, I got it and I can use this. You're going to come back from that with so many things. You can start using it immediately for yourself and for your clients. It's very cool.

One of the other neat things was many of the people that attended the first PCC—and I'm sure that some people came to the second—you'll realized that hey, there's a community of people that are into this and while a majority of the people attending are fitness instructors, gym owners, fitness professionals, authors, etc., there are a few people that attend just because this is what they do.

I do interviews for Dragon Door so I've gotten to talk to a lot of people who've attended. What was interesting was talking to one guy who's a doctor, an MD physician, general kind of internist, and he was like, *"You know what? Some people are cyclists. Some people run. This is my thing."* Then he had just gotten so into the contrast from *Convict Conditioning* and they have so transformed his life and his strength and his health that he could stay pay the PPC for his own training. Here he was in a room full of other people that understood the passion for running these types of movement and for conquering these types of challenging and seeing that there is a community out there. You aren't that one weird guy at the park who's doing handstands up against the wall.

Logan: I love being that weird guy.

Adrienne: Yeah, exactly. I know a lot of you weird guys, right? You're on the fit trails doing muscle ups on the pull-up bars, eking a couple of good ones out, and then a couple of chicken wing ones, too. So here they were in a room full of people and just variety of folks. We had a couple of breakdancers there. They tried to teach me a breakdancing move during one of the breaks and I definitely need more practice but this kind of openness, non-competitiveness, it was like we're all on this personal journey that we want to learn how to share better with others. That was kind of the general vibe of it so you are going to love it, in other words.

Logan: Yeah, I've obviously been doing this for quite a while. I have [my own books](#) and everything but I'm always looking forward to just those little small things that can be of huge help like you were saying with your client when you fixed that one thing. I don't think I'll find anything that major but it can be just that small thing that will allow me to do a move that I haven't done before. A kind of cool thing, I haven't been doing a whole lot of bodyweight stuff lately. I've been on a really sort of heavy weightlifting kick for the past couple of months now and I plan to still do that but I'm starting to ease

into a little bit more with the bodyweight stuff because I want to be able to do everything. It can be just the small things. I know I'm going to have a lot of fun and definitely set some PRs this weekend. That always happens at workshops. If you're around other strong people and you're learning new stuff, you're getting new techniques and everything, it just comes naturally to set some new records.

Adrienne: I certainly agree with you. So here's something I love, speaking of lifting heavy and we also mentioned the *Iron Maiden* and the *Beast Challenge*, I've been totally convinced that my work on the human flag has just taken my press out of control because I can press a 28-kilo kettlebell once each side now, which is ridiculous. That's always half my bodyweight. Why I think that changed my human flag training is just pushing so hard with one hand while pulling with the other is such a maximal expression that it carried over. I don't even remember why I first tried to press the 28. I think I was just doing heavy cleans. I cleaned it and I was like let's see where this goes. Then holy crap, it's over my head! But I had the same kind of neurological feeling as I had with practicing flags. I still want to get my feet up higher with those.

Definitely the things that I love about so many of these movements within the [PCC](#) and within [Convict Conditioning](#) and just bodyweight training in general, they are so maximal. I mean they are right there on the edge and setting your goals for them is a long term process. I've been working towards the human flag for well over a year. Some days are just better than others but it's like learning to have the patience with that, learning to train with patience to the point of which you don't injure yourself. I've had to slow way down on a lot of things and the rewards from that and the lack of injuries from that are always worth it. But it's hard sometimes when we go online. It's human nature to compare ourselves to others. Well, someone else can just pop up and do that. What you don't know is he's probably been working towards that for over a couple of years and so that really hit home.

I was talking to Danny Kavadlo some time before the first PCC. We're all having dinner and Danny was up. What's the next goal for Danny? What are you even working on? He was like human flag pull-ups. I'm going I don't even know what that is. I'm not sure that exists in my reality, Danny. It's when you do a human flag and you're out there, and then you kind of bend your elbows and pull yourself into the bar. It's like you're doing a pull-up in a totally different plane. That just completely blew my mind.

He was like yeah, I want to add more reps. I'm like wait, wait, wait, more reps? So that means how many are you doing now? I forget what he said but he was like, yeah, I want to add a couple more reps. I said how long do you think it will take you to add a couple more reps. He was like it's going to be six months, a year, or something like that. When I heard Danny admit that here's something super maximum for him and it's going to take this long period of time, I'm like all right, okay, I'm where I need to be.

Logan: Yup. You have to really take the long term view if you want to be great at any sort of training, bodyweight or otherwise. If you can look out long distance, where will I be in ten years and you're just

training consistently over that time, then you are going to become phenomenally strong. You can't not do that if you're actually training properly.

Adrienne: Right.

Logan: So we could we dive in a little bit. Tell our listeners what your training actually looks like. What are you working on? I know it's always changing up but how do you put your training together?

Adrienne: Well, it is interesting. Right now, it's a little bit different. I've been focusing mainly on maintaining the skills that I do have and then also being ready to demonstrate whatever it is they need me to demonstrate from the PCC. But what I'm doing right now, I test out a lot of workouts in general but I do a modified version of what my kettlebell and bodyweight small group does before they do it just to make sure the timing works and whatnot. So I'm doing a little bit of kettlebells. I'm doing a lot of bodyweight, a lot of Primal Move.

On off days, I've actually gotten into swag lining recently. I've had a lot of fun because balance, like [hand balancing](#) and I found foot balancing are both big challenges for me and big struggles. Seeing the incremental progress with that has been very good mentally and it also kind of ties into a meditative like I'm like whoa, I'm balancing on this thing and I'm in my total *tai chi* and *qi gong* mental state right now and I don't know how I got there. It's like cool.

Basically, I'm doing a small amount of complexes. I'd say it's actually pretty close to, and if I were to sum it up, it's like a slightly freeform approach to *Convict Conditioning*. I'll run through a lot of the progressions, starting up again just so I know I can coach them correctly and using those begin on progressions kind of as an extended warm-up right before I get to my own maximal training. I feel sort of rebellious in this. It's kind of funny but throughout the day, I do a lot of short duration—I don't even want to call them workouts. I'm trying to remember who said it first. I think John Du Cane said it at one of the workshops, exercise max, at the Marketing Mastermind. It's take ten minutes to work on something and then come back and you're more focused.

I do a lot of that throughout the day. If I'm on a walk and I find a good wall, yeah, I'm going to pop up and do a couple of [handstand push-ups](#). I'm doing to do some [pistols](#) here and there, just kind of keeping up with a certain level of strength throughout the day. Of course, I would still work on the specific skills and specific progressions, especially with like the human flag and whatnot, but yeah, I'm very freeform with my training and I find it's so integrated into my day that I'll eventually go to sleep at night, oh did I work out today? I'll have to think about everything. Oh yeah, I did actually. Somewhere along the line is I've done about 50 pull-ups and let's see what else.

So these things, well I kind of intersperse throughout my day. I don't usually say okay, this is my hour to work out and plan and a bunch of things. That happens sometimes but it's certainly not the norm for me.

Logan: So you're doing something every day and usually, like you said, just spread throughout the day whenever you feel like it and then have some time?

Adrienne: Right. I try not to stay in one place for too long, to get too sedentary if that makes sense. Like okay, it's time for a lunch break but before lunch I'm going to do a few things, we'll work on this, and crush my stands or going to more—handstand and handbalancing, anything that's balancing on the hands, is going to be extra challenging for me for whatever reason. Any time to work on the progression towards the elbow lever or anything really. Yeah, it is integrated throughout the day.

Now if I have a specific goal when I come back to the *Iron Maiden* training, that will need to be more structured just toward it but maybe even then, how I've maintained a lot of strength is obviously the weight builds out but a kettlebell on it, it might be a 12-kilo, it might be an 8-kilo, it might be a 16-kilo. So that goes by the pull-up bar and I'll just do a pull-up every time I walk near it, the old traditional grease the groove. There were occasions where I'll set a time like okay every one minute or every one and a half minutes and we'd go and coming back from with, it's a lot of patterning and not a lot of soreness necessarily.

Something else I like there besides is recovery. Finding a good massage therapist that kind of understands what you're doing to yourself is very helpful. I'm very fortunate to have found someone that gets it, works with a lot of athletes. It's just I see a lot of people in line that if you stay outside it looks like they're beating themselves up and getting into risk zones and those just don't pay off in the long run. The short term goals might be met but in the long run it's like okay, can you still be doing it later in life? But Jack Arnold is still an incredible athlete. He's well towards his mid-60s and he's in the gym doing front levers. He's working towards his one-arm chin again. I want that type of longevity within my training. I plan on being this old lady in the gym doing front levers.

Logan: I can't wait till I'm 60. I'm going to be very strong then.

Adrienne: Well, think of all the practice time you'll have to train then.

Logan: Yeah, I know. That's a lot of time.

Adrienne: I don't know if I answered your question at all.

Logan: Yeah, that was great. We'll we've already gone half an hour. Time flies when you're having fun. Any final tips or something you'd like to leave your listeners thinking about?

Adrienne: Yeah, actually. One of the things that I kind of really learned from swag lining again, learned before but learned again, is at the very beginning anything seems impossible, like there is no way I'm walking on this piece of balanced. Practice trying it again and again and again, walking away, taking a break from it, doing something else, coming back, trying it again. With that persistence if that's

persistent, soon, over time, impossible is blown away. Just be incremental in your training, not getting frustrated with it or yourself and just really putting in the time and if it's a success, what makes it work. It's great to see because that can actually work for absolutely anybody, starting at any level. You've just got to start it. You've got to keep at it. That's what I've got.

Logan: What once was impossible can become easy if you're willing to put in the time for it. So where can people go to find out more about you?

Adrienne: I'm glad you asked. They can go to GiryaGirl.com. They can also find my page on Dragon Door and there are actually several links to that from my own site as well.

Logan: All right. Well, thank you very much, Adrienne, and I look forward to seeing you in a couple of days and getting to do some bodyweight stuff. It's going to be a blast.

Adrienne: Looking forward to seeing you, too, Logan. Thank so much for calling.

Logan: Yup. Thanks everyone for listening and we'll be back soon with another interview.