



Legendary Strength Podcast

Progression and Movement Quality with Tyler Bramlett

Get this podcast on iTunes at:

<http://legendarystrength.com/go/podcast>

Logan: Welcome everyone to the [Legendary Strength podcast](#). I have on the line here my good friend, Tyler Bramlett, who has been a guest once or twice before. I forgot how many times. He's a real good friend of mine and our training is very similar in so many ways. I know a lot of people have found our websites through each other. We're just always pushing the levels of what people can do and just help people in a whole of different ways. Thanks, Tyler, for joining me.

Tyler: Yeah, thanks man. Thanks for having me on the call again. I really appreciate it.

Logan: Yeah, absolutely. We also had fun yesterday. I set [a new record in the wrestler's bridge](#) with Tyler of over 800 pounds. That was a lot of fun.

Tyler: Yeah, that was pretty wild, man. I definitely think the same way as you when it comes to training but I don't know about my own training schedule. I'm really more just kind stay fit to play nowadays.

Logan: Yeah. Well, you got a baby. I don't. I'm sure that changes things to some degree.

Tyler: Yeah, you know babies, injuries, life, they all get the best of you one way or another. I'm all about looking good, feeling good, and performing good. That's what I'm about these days.

Logan: Yeah, it is a pretty difference between continually pushing the levels of what you can do, you've still got to do that to some degree but you can just be generally a lot better than people as far as like movement quality and quantity. You really don't have to take it to extremes.

Tyler: Yeah, that's the key, man. How many people do you know that can do five straight muscle-ups in a row, handstand pushups and teams of reps, and so on and so forth? That's where I want to stay. I want to get there and I want to stay them until I'm 60 years old. I want to be able to press heavy dumbbells overhead stuff but the reality, like you just said, is most people, they get married to this kind of beginner mindset or they don't believe that they can get past a certain exercise.

That's where I like to come in with all my clients, to teach them just these really solid progressions so that they don't have to worry about the next step. They just focus on the step that they're at and once they master it, they can go on to exercises. The cool thing about that is over time, you eventually get to the point where you're doing things that you would have considered impossible for you to be able to do. That's what I'm all about these days, just teaching people how to do that kind of stuff.

Logan: Absolutely. What would you say is what stops people from really attaining these things that in their eyes may be elite but really aren't that hard to actually attain if you're willing to put in some time and effort for it.

Tyler: Logan, there are two things that stop people from being able to do that and the reason I know these things is because I've trained many, many, many clients and a lot of personal clients as well that I spend a lot of time with. What I see that prevents people from taking that next step is a) building that strong foundation on the basics. This is so important because I'm a classic person where I'll watch or read a workout book or something like that, and the first thing I'll do is open to the advanced section. I know you have a lot more advanced people in your community so there are a lot of people listening to this right now that are naturally inclined to open up the advanced section and jump right in.

Logan: I've done that myself.

Tyler: Yeah, right. Without building a strong foundation, right? When I look at the way I train somebody, I'm going to build a strong foundation against their will. I know they want to go to the advanced section but I'm like no. No advanced. You have to build that strong foundation on the basic movement patterns. When I say strong, I'm not talking about world-class strength. I'm talking about movement quality. I want to look at somebody squat, deadlift, pushup, row, press, and pull-up. I want to look at all these movements and make sure that their body is functioning properly. Do they have enough flexibility? Do they have enough strength? Do they have the proper muscle activation sequence? Do they actually find

the right muscles that are going to help them become stronger, look better naked, so on and so forth in the long run? That's the number one thing. People do not build a strong foundation.

The second component kind of ties between they don't have the knowledge and they don't believe in themselves. I'll kind of break that down a little bit because a lot of people don't understand what it takes to go from a kneeling pushup to a handstand pushup. This would be a simple example. You see somebody rep out ten handstand pushups and nine out of ten people, probably 99 out of 100 people are going to look at that and say. *"Oh, that's freaking impossible."* But you and I both know that pretty much anybody, even into their 40's, 50's, 60's can probably work up to being able to do the handstand pushups, right? I mean that's not unreasonable.

I have a 52-year old woman who's doing face-the-wall handstands for time right now. How do we start it out? We start it out with a kneeling plank, which she could barely hold, and that's to me progressive, that pathway, the roadmap is the key to really getting to that point where you can do things that you might have considered impossible in the past.

With that face-the-wall handstand—let's just take a simple example there, I started her with a kneeling plank. When she could hold a kneeling plank for several seconds, 60 seconds, with good posture and good alignment, then we started doing regular planks with the same time limit. Then we started doing planks with her elbows on a Swiss ball but her arms are still at 90 degrees so that you're getting more core activation. Then I started doing some sort of shorter packing leg raise sequence so that we're doing a lot more core work as well as the same time.

Then I started just walking her feet up the wall. So all I would have her do was put her hands five feet away from the wall, take a step up and hold a plank where her body's slightly inverted, and hold that position for 30 to 60 seconds. Then maybe a week or two later, we just get her hands back about four to six inches and keep repeating.

So she built the strength from doing that to being able to do nearly a perfect face-the-wall handstand. She's still about a foot or so away from the wall but for somebody who was 220 pounds when they came to me and over 50 years old and feeling really hopeless, now to be able to do handstand-type movements, that's a miraculous change for her. She would have looked at herself now and said that's never going to happen but if you have the roadmap, it will happen.

Then the second component of that, what I was talking about, was the belief, Logan. You know all about this mental side of things. People look at it and they say to themselves, *"I will never be able to do that. That is impossible for me."* If you're listening to this right now, I urge you to never think that. Never think that something like that is impossible. Get that out of your mind because those are self-limiting thoughts that are going to keep you from growing stronger. That's going to keep you from becoming a greater version of you.

That's what I really want you guys to realize because I have people come in all the time and I say guess what? We're going to change your body and we're going to focus on performance. When we can squat 225 pounds for 10 reps, when you can do 15 pull-ups, and when you can do 30 pushups, you're going to see a dramatic transformation of your body. They look at me and say I can't even do one pushup. But a year later, they're doing all three of those things perfectly.

So I think that there's a roadmap and then really just taking your mind out of the equation and saying forget about me believing whether I can do that or not. Let's follow the plan. Let's follow the plan and all I've got to do is just beat my last workout. Who fucking cares if you don't beat your last workout every single time? Sometimes you don't. All you've got to do is go okay, I'll cycle back a couple of workouts, I'll start from there and build back up.

That consistency and that roadmap, and just getting out of your head and saying to yourself, I can't do this, you don't even have to manufacture "*I can do this,*" all you've got to do is focus on beating that last workout and having a good roadmap. That's what will get you there in the long run. Not a single one of my clients ever had to picture themselves like "*I will be all right.*" I'm not working on this psychological side. All I say is hey, let's just beat the last workout. That minimizes the goals in your mind so it allows you to be able to understand that over time, you're going to progress because all training is adaptation.

All training is adaptation. That's it. People try to give you all these fancy routines and blah, blah, blah. All you're doing is adapting to whatever stimulus you're putting on your body. So if you progressively make the movements more difficult, like I teach in all of my training programs, then what ultimately happens over time is that the workouts change and change. I think that's what's holding people back, for the most part.

Logan: Yeah, I've spent a lot of time really building into detail along progression with people, trying to teach them to understand how progression works in many different ways because I feel it people get that, then truthfully they don't really need a trainer. If you can grasp just how you get from point A to point B and all the different ways you can progress in doing that regardless of what the move or exercise you're trying to do is, if you grasp that then 1) you won't have a problem with that belief because you can see that okay, I only need to do these steps in between in order to get there, but it is when people are making that huge leap, like oh, I'll never be able to do a handstand because they see no path in order to get there. That's what progression is all about.

Tyler: Yeah, I couldn't agree more, Logan. I think you hit it on the head with the trainer thing because a trainer is there or a program that you might buy is there because you're trying to learn the proper way to do the movements and that's what they're there for. So if you're a total beginner and you're still not learning things properly, you either need a program or you need a trainer to help walk you through these exercises to get kind of the gist on your part. Maybe it's just the faster path than having discovered it all yourself because if you do find a good trainer, somebody who understands movement,

they're going to be able to give you that fast track to better success. But if you go to a trainer and they're just doing bodybuilding, frigging heyday lactic acid beatdowns, you better hightail it out of there because you're just going to be wasting your damn money.

So I think that there's a purpose for a trainer and that purpose is to teach you foundational movement. And then from there, like you said, if you really want to take your results into your own hands, understanding progression is the key.

Logan: Yeah, and it can be those really small tips in progression, how you can tweak things that can make a huge difference or something you never thought of before that is sort of the key to unlocking the progression so you can get to the next step. Let me ask you about movement quality. What's that all about?

Tyler: Logan and I have had a lot of conversations about movement quality and ultimately we agree on a lot of things. To me, movement quality is this: Is your body moving properly within the range of biomechanics? A simple way to think about this is if watch somebody squat and their knees are wobbling inward, which means their femur and tibia aren't in alignment, they have a bend to them, then every time you squat you're going to be putting stress on your knee joint. That's just a simple fact. That's just biomechanics that we understand.

So what I like to do with people is make sure again those foundational movements are there. Why the squat. The squat exposes foundational flexibility and muscle activation sequencing that you need to be able to do. If you're squatting down and you have full range of motion, your knees are going the same direction as your toes, your feet are not so flat on the ground, you're not hunching forward through your shoulders, your chest is still open at the bottom, then guess what? You have good muscle activation sequence and you also have good mobility, flexibility and range of motion.

But if you squat and your knees knock into each other, your chest is all hunched forward, then we've got a lot of work to do. It could be either flexibility-based or it could be your muscle activation sequence, your ability to perform that exercise properly.

Typically what I do with my private clients, with my boot camp people, we try to identify which it is. We want to test and see are you flexible enough to do this. So we might just put them in a position that they are flexible enough to do this position. An example would be like a squat, I might have them lie down on their back, I'll grab onto both of their feet, and I'll just push their knees up into their chest just to see if they were lying on their back and they weren't doing any of the work themselves, do they have the mobility to do this exercise?

If they don't, then we're going to look at and say hey, do we need to stretch the groin? Do we need to stretch the hamstrings? Do we need to stretch the glutes? Do we need to stretch the ankles? Do we need to stretch the shoulders? That's when you can identify whether something is a mobility issue or is

a stability or muscle firing issue. If they can do it, then you know it's a muscle firing issue. So you have to stand them up and you need to teach them how to squat with good form.

The reason why this is so important is because you have to build a strong foundation, like I said. If you build a strong foundation of movement unlike those basic movements, like I said putting your arms overhead, pulling your arms from overhead downward, the presses and the rows, the core stability stuff, and then the squat and the hip hinge stuff, if you build that strong foundation it will carry into every other exercise. But let's say you're just getting started or you're even more advanced and you're doing deadlifts and stuff like that, you've got a pretty decent deadlift, you don't want to skip ahead to one-armed snatches, you don't want to skip ahead to a more complex exercise until you've really mastered that basic exercise. That's just movement complexity. To me, if you can increase movement complexity over a long period of time, you're going to see amazing results. That's the same thing we talked about with progression.

Let me kind of take the flipside of this. I know I'm kind of talking real fast, like I'm an actually on crack but that's how I talk because I get all excited about this stuff. Movement quality definitely needs to be there. Like I said, that depends on whether or not you have range of motion to go into proper exercises and then you could do them with good form, otherwise known as you're firing the proper muscles.

Logan: Can I ask you a question on that before you move on?

Tyler: Yeah, go for it.

Logan: Let's say someone doesn't have what you deem as a good movement quality, how are you cranking that specifically? Are you just doing "corrective exercises" or are you doing regressions of the exercises? What's your approach to that? Does it depend on what the problem is?

Tyler: Yeah, obviously it's going to depend on what the problem is. When you're saying that, are you talking about flexibility or are you talking about muscle activation?

Logan: Let's go with muscle activation.

Tyler: Okay, so muscle activation. Let's go back to the squat because everybody can visualize the squat in their mind right now. Somebody is squatting down and their shoulders are rounding forward and their knees are knocking in. I go okay, let me test your mobility. I lie them down on their back and I push their knees up into their chest and their back stays flat on the ground and their knees come up nice and high. I go okay, let's get back up. It's a muscle activation issue.

So I'll have them do a couple squats. I'll pick the number one flaw. This is the biggest problem that most trainers and most athletes have. They try to do too many things at once. I will pick the number one flaw in that movement. If it's knees knocking together, then I'm going to work on the knees. If it's shoulders

hunching forward and rounding at the bottom then I'm going to work on the shoulders. I'm only going to focus on one thing at a time until it becomes an automatic function, until I strengthen their nerves to the point where that's their new squat. Because I found in my training over the last few years, if I give somebody more than one thing to do at a time, they fail or they do it for a short period of time and then they fail. So I'm not really a big fan of doing dramatic huge changes. What I am a big fan of is constantly making small tweaks to correct their movement patterns.

For example with a squat, let's say the knees are the biggest issue. One of the easiest things to do is either sit down on the ground and push inwardly on the knees so they have to be forced to push inwardly on the knees so they have to be forced to push out, that will fire those muscles on the outside of the hips that stabilize the knee joint and externally rotate the femur—that's what we want in the squat—or I'll use a pair of bands and do that same thing. Let's just say it's one knee. Well, then I'll just focus on one knee.

This technique is basically called feed the flaw. If somebody has a flaw in their movement, if their shoulders are rounded forward, if their knees are wobbling in, instead of bringing their knee back out for them, you want to push in on the flaw, not super hard. You want to ease into it and push in on the flaw so they push back against you to the point where they're in proper alignment. If you do enough reps like this then you're going to see somebody's squat naturally change.

The cool thing about this, too, is you don't have to tell somebody. You can verbalize it, you can display it for them but this is an intrinsic way to learn how to do a new squat. Once you do 100, 500, 1,000, it depends on who you are and what type of activities you've done in the past that gave you this dysfunction, once you do a certain amount of reps, all of a sudden that becomes your new squat. That's what I really like. We call that neural reconditioning where your brain works differently in connection with your movement so people stop rounding their backs to pick up their purse off the ground, people stop wobbling their knees in when they're walking, when they're squatting, when they're lunging. That would be an example of how I would fix that particular issue.

Logan: Okay. Excellent. What if it was a flexibility issue?

Tyler: Typically with flexibility issues, I just go with the standby of range of motion. A squat for example, let's say they go about halfway down and their legs are still about 45 degrees relative to the ground. They go about halfway down and they start to round their back and their knees wobble and whatnot and it's a flexibility issue. I test them and I'm okay, it's hamstrings, it's groin, it's ankles or shoulders, or whatever it might be.

I would typically do a hybrid of two things. I'll reduce the range of motion that they do have good form of. So I'll put a box behind their ass and will have them squat to that box for a week or two. Then I'll take anywhere between one to four inches off and I'll have them squat to that box a week or two. Over the

course of usually about 16 weeks, I can get somebody from a fairly poor squat to a fairly deep squat using range of motion, just like that. I swear to god, people underestimate how powerful that can be. I know you've got a lot of people probably interested in like the one-legged squat. The single best way I think to get somebody to the one-legged squat is just to do one-legged box squats.

Logan: It's all right out there.

Tyler: Yeah, you start at 24 inches and you just lower it like one inch a week. If people don't want to do it for the 16 weeks that it would take to get down to a legitimate one-legged squat but I've done that with my private clients, too, along with some other tricks just to make sure they're muscles are activating properly. Generally speaking, just reduce range of motion to the range of motion that they can have perfect form and then over the course of several weeks, just increase that range of motion a little bit.

The only supplemental thing I would do to accelerate that a little bit further is some stretching. I would have them do some specific stretching either at home or I would bring them in there and I would actually stretch them. Like I said, for the squat it's always going to be hamstring, groin, glutes, ankles, or shoulders. Literally if I narrowed it down to two, it's probably going to be ankles and hamstring so I would just literally hammer those things. If you can imagine somebody lying on their back as if they're in a bed and I'm lifting their leg up, I have seen people go from the point where I can only lift their leg to a 45-degree angle to where I can lift their leg to 100 degrees and beyond within six months.

The cool thing about that is not only can you just all of a sudden squat again because you have hamstring mobility, but the likelihood of you injuring your back is going to go way down because you're not going to be humping through your back because your hamstrings are locking your pelvis in place. I know this might sound kind of advanced to everybody but it really boils down to if you want more flexibility, find the actual muscle that's tight and work on that one. Then work through the ranges of motion that you do have good form on and then just slowly increase it over time.

I forgot to kind of answer, you said, *"Do you do corrective exercise?"* Functional this, functional that? Man, I've dabbled with a lot of physical therapy-esque corrective exercise yaddah yaddah. What ultimately I come back to every time is nothing relates to nothing else. It does but it doesn't. I know that sounds kind of crazy but basically what I'm saying is if you have a fucked up squat and your knees are wobbling in on every rep, I can fix that squat by having you do squats.

But if I do something like hip-wall thing, whatever, weird out, the only reason I would do that is because you cannot physically fire that muscle. That is the only reason that is applicable. And that's what a physical therapist's job is. Somebody gets a surgery, they get their leg up in a sling for six months or whatever. They come out of it and they can't fire their quad anymore. Well yeah, you're going to need somebody to help you fire that quad again so that you can walk, squat, lunge, so on and so forth again,

which are just basic movement patterns. But generally speaking if somebody has shitty movements, all we do is we work on the movements that are shitty. You don't have to make this complex. You don't have to do chops, lifts, and blah, blah, blah. Let's just focus on the basics that I said and then let's just focus on making those basics more complex over time because if you do that, your muscles are going to take care of themselves.

Logan: I really like that explanation because one thing that is sort of more of a dawning realization is one form of progression can just be from poor form in a movement up to good form. This can be with basic movement patterns like you're talking about, the squat or advanced movements like a front lever, for example. The first time that you attain anything, the first time you're able to achieve a skill, for instance let's say when I did the tiger bend, it was the ugliest thing. It looked really bad. Yeah, I used some kip in the legs but I accomplished it. As a form of progression, instead of just adding reps or somehow adding load to it, if you clean that up, that right there is a form of progression. So what you've been talking about is really applying it to those basic movement patterns, which is something you absolutely want to achieve so you have great basic human movement but these same sorts of things also apply to the more advanced stuff.

Tyler: I couldn't agree more. It's interesting, too. I'll just give one quick example of one of the exercises I use in all my clients. Everybody does a one-legged deadlift. To me, a one-legged deadlift is a great example of whether or not you can stabilize on one leg. Why do I care so much about that? Because every fucking step you take is on one leg. If you see somebody who has a crappy walk, ask them to stand on one leg and tap their shoe with their hands and stand back up with good form. It's never going to happen, right? Even worse, I have a marathon runner that I've worked with for over a year and it took me about 18 months to get her to properly do a one-legged deadlift to the point where I could call it good form, by no means perfect form whatsoever. I just feel like it's just one of those foundational movements.

People will have a dysfunction in their muscle firing or they'll have a dysfunction in their flexibility. Oftentimes, no matter what, if people aren't acclimated to that exercise, it takes me between 6 and 12 months to get them to do a perfect one-legged deadlift—I shouldn't say perfect—where I feel like okay, I trust you to add resistance to this or I trust you to make the movement more complex. Just like you were saying, if you're at an exercise and it's like a new progression to you—you haven't ever done it before—then part of that progression is just making sure that you got better at it. It looked better. It felt better. You were firing the proper muscles. You were going through the real range of motion.

Because there are so many ways to progress, that's I think where people get confused, Logan. It's really easy when you're opening the bodybuilding magazines to say okay, this week you're going to do 3 sets of 10 with this weight and the next week you're going to do 3 sets of 12 with the same weight. Then the week after that, we're going to add 5 pounds and we're going to go 3 sets of 8. That's really easy to understand.

But progressive movement is hard for most people to understand. Again, it's simply because they don't have a roadmap. They don't know what the next step is. That's what I try to do with everybody. I try to create this movement matrix, if you will, where it's like here's where I start, here's where I want to end up, and here's the roadmap to get from point A to point B.

To be honest, I was on another interview a little while back and he was asking me most people will never be able to do one-legged squats, [handstand pushups](#), pull-ups and so on and so forth, and I was like I don't really care whether they're going to get to that level. What I care about is that they're moving forward. That's the whole thing. I don't care [if you're 70 years old](#) and you're like crap, I'm never going to be able to do that stuff. Well, guess what? You could probably go from a wall pushup to a kneeling pushup to a regular pushup and you'd still see great results from that. That removes you having to focus on aesthetic exercise.

After people learn this stuff, they don't need long slow cardio. They don't even need interval training. I have one client who has done zero cardio with me. All we have done is progressive movement and progressive resistance training. That's it. And he has probably the best results out of anybody I've trained. So it's not about cardio, diet, and so on and so forth. If you can change your body to function better, it's going to look better regardless of what you do otherwise.

Logan: Right. There's the old design precept, form follows function.

Tyler: Form follows function, baby.

Logan: On what we've been talking about, I'm really big about teaching people so they can learn progression and go very far with it and advancing. One thing you incorporate into every program you put together, whether individual clients or your online stuff, is you have these progressions built in and you're about to come up with a new huge program that's been a lot of work. I've seen it from the sidelines. Can you tell us a little bit about this, how the progressions are built in, and who is this right for?

Tyler: Oh man, this is my baby. About two and a half years ago, I kind of set out in my mind to create this system. I've created a lot of programs based on my concepts of progressive movement and what I've learned from training over 500 people. Looking at that, I wanted to create this, I wanted to create that but the reality was I didn't have enough resources to be able to create THE system, the one where I could just stand back and be like this is what I want to teach everybody. I didn't have the resources to do it. I wanted it to be high quality. I wanted it to be big. I wanted it to have a lot of content but in a way that people could easily digest and use.

So I got partnered up with the Shapeshifter Media guys, who are some fantastic guys that produce really, really high quality fitness products. We got on the phone, we started talking, and this project just

swelled and swelled and swelled. The whole time I was talking to these guys about it, I was like I just want to make this the biggest, baddest ass thing anybody has ever seen.

So the way I like to describe the new project, [CT-50](#), is it's like five P90Xs in one. If you're listening to this call, you're probably like P90X? I'm hanging up now. But that's not what I'm talking about. One of the things that we talked about already on the call is people kind of believe they are who they are and so when somebody watches a P90X program or does any workout program, for that matter, typically, they're going to do one of two things.

They're going to do, like we already said, jump straight to the advanced level before they've built a foundation. If they do that, you have a greater risk for potential injuries and you're probably not going to get the results you wanted because you can't really bring the intensity unless you're biomechanically correct. Otherwise, that causes injury, right?

The other side to this, Logan, is that some people will look at the beginner model and they'll marry themselves to the beginner model. They'll think that the beginner model is who they are. They'll follow the beginner program, and then they'll rest for a week and they'll follow the beginner program, and then they'll rest. Everybody's had that experience where you go to the gym and you somebody who has been doing the same damn workout over and over again for ten years. There's no progression whatsoever. They don't add more weights. They don't add more reps. They probably go to the water tank at the same time during their workouts.

That's what happens, which are two huge mistakes. It's not building that strong foundation and going too advanced too quick and then on the flipside, getting married to the idea of *"I am a beginner. I will never be able to do these advanced things"* and just sticking to your beginner program for the rest of your life. Both of these are huge mistakes.

With CT-50, what we did is we created ten workouts with over five different levels. I'm not talking about two workouts per level. I'm talking about ten workouts per level. That's what it's called CT-50. It's 50 different workouts and the way the system works is this: If you're a beginner, you start with Level 1. You do those ten workouts and if serious, either three days a week up to five days a week, and then you test yourself—this is the part I'm really proud of—once every ten workouts against the challenge workout. That would CT-10 if you were on Level 1.

It's really simple. All you do is perform the exercises in the circuit. We have follow along videos, the manual and everything else as well, the workout tracker sheets, the whole gig. All you do is count your reps for the whole workout. Logan has done CT-50 with me before and he knows how freaking hard that workout is.

Logan: Yeah.

Tyler: It's such a tough workout. All you do is you track your reps and if you get to 400, you go to Level 2. If you don't get to 400 total reps, you stay at Level 1 and you go through back to the cycle again and retest in ten workouts. I was trying to describe it to Logan. It was like kind of like a video game in some ways. All you're trying to do is just beat your last score on that last workout and if you want to track your reps on every single workout, we have progressions how you can track your score on every single workout. So if you have to go back through a cycle, all you have to do is try to beat your scores on that cycle.

The idea is just continual progression, like unstoppable progression. Each level becomes more complex. The movement patterns get more complex. The loads stay the same so you don't have to have a lot of equipment, so if you have literally like a dumbbell and a pair of rings or a pull-up bar, that's what we want you to have. Then the movements get more complex. It just takes you from literally basic exercises like we were talking about, kneeling pushups, deadlifts, [bodyweight squats](#), and bodyweight rows, to like explosive [pull-ups](#), hanging leg raises, [handstand pushups](#), explosive lateral pushups, one-armed snatches, double unders with a jump rope, the whole gig. The whole concept is as the workouts change, you change. Form follows function.

The system is really just laid out for people who want a cross training format that's planned because I hear muscle confusion is running around a lot these days. You and I both know that it's fun to do something different every day but you don't really get the best results. There has to be some degree of planned cycling in there. Oftentimes people will not expose themselves to the things that they're bad at so you want to have that continuous exposure to all of the foundational movement patterns. That way you get consistent results.

The system we've created isn't about like you should do CT-50 and only CT-50. That's not the idea. The workouts are 9 to 20 minutes in length so they're short. If you want to do some strength training beforehand and then just use CT-50 as your high intensity training format, that's fine with me. I don't have any problem with that. I think that's pretty much what I've been doing myself lately. So it's really not trying to replace anything. It's really just trying to teach people a really logical progression so that you can use that progressive movement that we've talked about this entire program, and apply that into a format where you can have a logical progression of workouts and exercises.

I'm so frigging excited about this thing, dude. I've been working on this thing for like three and a half months and it's easily the biggest project I've ever done. I just could not be more stoked about it finally coming to fruition because like I said, this was my dream, my baby, and it's finally coming to reality.

Logan: Yeah. Would you say this is for someone who could be a beginner to a fairly advanced level but really wants to get that foundation, and really have something that they don't need to think a whole lot about but will actually give them those key steps of progression and increases in movement quality that I'd say the majority of programs out there do not have?

Tyler: Yeah, absolutely. I think that's the whole goal of this thing. We just talked about if somebody could do one-legged squats, handstand pushups and things like that. Obviously everybody knows that if Person A can do squats, bodyweight rows, and pushups and they're okay in all of them, and then Person B can do handstand pushups, one-legged jump squats, double unders, pull-ups, and leg raises, there's no question about who's going to look better. You just remove diet, remove lifestyle factors. The person who can do the more complex exercises is going to look better. There's no question about that.

What we wanted to do was give people just the easy way to do it. We just talked about all these progressions. Well basically, what I did was I took every single progression that I had for dumbbells, pull-up bars, bodyweight, and I put them into this one system so that you can great workout in 20 minutes or less. I really think people are actually going to follow along to this thing. That's the big thing about it. I look at it like P90X, sure they sold like a million copies, but how many people have you met that have actually done it?

Logan: Well yeah, a lot of people get injured with it, too.

Tyler: Yeah, a lot of people get injured with it. It doesn't make any damn sense.

Logan: They do it until that happens.

Tyler: Yeah, they do it till they get injured. Another thing, too, is that program asks for like six or seven hours a week of your time. I'm busy dad. I run three businesses. I've got way too much crap going on to have to worry about spending an hour a day or even longer than that working out. I love working out but as I grow older, I get less and less time to be able to do it.

For me, if I can get out there in my garage three days a week and I might do like a lift or some harder bodyweight stuff, I might do a little handstand, some one-armed chin work, some rope climbing, or some weighted chins or something like that, and then I might do a CT-style workout, that's where I want to be. I want to do that so that when me and you, Logan, go to the park I can still play. I can have a good time. That's one of the things we keep toying around with, the saying, *"Be fit to play."* It's not about becoming the world's strongest man with CT-50 but if you follow those 50 workouts exactly as I laid them out, guess what? You will get to the point where you can things that you thought were formerly impossible.

I'm not shy. The CT-50 workout, I'll just lay it out of the bag, it's a gnarly workout. It's 30 seconds of each exercise, no rest between stations, one minute rest between rounds. For a full round, you could your total reps. Those exercises are handstand pushups, explosive or tipping style pull-ups—and we teach you a very good movement progression in that system so you don't injure your shoulders and you actually learn how to do them properly—double unders, toes to bar, goblet jump squats, explosive lateral pushups where it's almost like a clap pushup but your body is going from side to side, then one-armed snatches right and one-armed snatches left. Typically, I tell people to use anywhere for men,

Copyright © 2013 LegendaryStrength.com All Rights Reserved

between a 35 and a 50-pound kettlebell or dumbbell and then for women usually between like a 15 and 35-pound kettlebell or dumbbell. Try that workout, man. See if you can get 400 reps and give me a call if you do because it is brutal.

Logan: Yeah. Now that I'm recalling the whole thing, that was not fun. There are some surprises in there, how badly you suck.

Tyler: Yeah, and it's just a 20-minute workout. Like I said, if you just followed your regular strength training program because I know a lot of people listening to this are just really into this [strength training](#), well maybe you've kind of shot yourself in the foot in movement complexity in not doing as much as you like or you haven't done as many advanced bodyweight exercises—we shouldn't say advanced but some of the more challenging bodyweight exercises—or your conditioning is just really not what you want it to be. Well, that's what the program is designed to go.

You can tack it onto the end or you can use it as your standalone system if you want to. I know a lot of you guys do a lot of strength training so you can just tack it onto the end of your strength training. Do three CT workouts a week, cycle through those ten workouts, test yourself, count your reps. Move on if you got 400. Stay at the level if you didn't. It's that simple.

Logan: Cool. Well, any final things before we wrap up?

Tyler: I think the number one thing I want to leave people with is I don't care if you buy the system or not. It's my baby. A lot of people are going to get into it. I really don't care if you guys buy the system or not. What I want you to leave this call with is the understanding is we've just spent the last 30 minutes or so talking about movement progressions and the one thing that I said that is the most important is that I don't care where you end up. I don't care if you're doing freestanding handstand pushups full range or if your best ever is going to be a legitimate real pushup. What I care about is that you keep moving forward. I really, really cannot emphasize that enough.

That's where I've made mistakes in my past, where I just didn't focus on moving forward. Logan knows me. I have like ADD with training, which is why I love cross training so much but one of the things I really pride myself in is year to year, barring injuries of course because I've had a pretty bad knee injury in the last couple of years, I always want to look back and say okay, I can just do a little more than last year. I could do a few more pushups. I set a new PR in pull-ups in weights or reps. I've gotten stronger in my abs. I think that that continuous moving forward, once you get that in your fitness, it kind of embodies you in your whole life. It has just become this huge thing of mine: Keep moving forward. Keep moving forward.

Every year, I want to look back and be like okay, I look better naked. I perform better. I can do more cool skills and task. I have more work capacity. I've made more money this year. I live a better life, a healthier life. I want to look back every single year and just say I improved myself just a little bit on every little

way. That's what I want to people do. Look at the spectrum of where you're at, where you could potentially be, and just make sure you don't skip backwards. Just keep moving forward.

Logan: Absolutely. Presupposed within that, you're going to have to understand progression to be able to analyze that, holes and everything so a lot of cool things with that and I wholeheartedly agree. Thank you very much, Tyler. Everyone be sure to head over to GarageWarrior.com. Check out Tyler's website. He's got a lot of great information. We'll be having some more information on the [CT-50 program](#). if you want to check that out, I absolutely highly recommend it. Thank you very much, Tyler.

Tyler: Sure thing, brother. Thanks for having me back on the call.

Logan: All right. Everyone have a good day and we'll talk to you soon.