

Paleo Solution - 194

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[Music playing]

Robb Wolf: Hey folks, Robb Wolf here. Greg Everett in the house. We have double wrapped this baby like if you were going in for a bada-bing east coast hooker. We've got it on Audio Hijack, we've got it on Garage Band. Greg and I --

Greg Everett: And I'm taking notes.

Robb Wolf: And we're taking notes. Greg and I did. Actually, we were both quite impressed with the last podcast we did. We were like dude that one was really good. There were some really good things in there. I think Greg was like no and turned out his side of the audio stream didn't record so we're going to -- yeah, we're going to start like triple wrapping this stuff whenever we can. So dude, what's new? You just got back from nationals.

Greg Everett: Just gotten back from the national championships in lovely Westchester Ohio.

Robb Wolf: Nice. If you haven't been, don't. I was just going to say what's the claim to fame of Westchester but apparently leaving is the claim to fame.

Greg Everett: Well it's like a suburb of Cincinnati so the claim to fame is Skyline chili dogs.

Robb Wolf: Nice.

Greg Everett: And various and sundry Skyline chili iterations like I guess they do it like on top of spaghetti and stuff, just all kinds of weird stuff.

Robb Wolf: Well dude, that gives me a little bit of a stomach ache even thinking about that.

Greg Everett: It was pretty awesome watching a friend who will remain unnamed go to down on a couple of Skyline chili dogs and just rave about how amazing and delicious they were. And then I turned back around about five minutes later and he was basically resting his head on the table, unable to move. I'm like, oh fudge, another taken down by a Skyline chili dog so.

- Robb Wolf: Awesome.
- Greg Everett: I think it's an acquired taste and a bit of an intestinal tolerance building sort of activity.
- Robb Wolf: I have no doubt that the taste is amazing but definitely the ability to survive it would be, in toxicology it's the LD50. You know, you give a bunch of animals a dose of some poison and when 50% of the population dies from it then that's the LD50 on it and the LD50 of a Skyline chili dog is probably for most people just looking at one so.
- Greg Everett: Yeah. Yeah like 24 ounces of shredded cheese on top is a little off-putting to me.
- Robb Wolf: Wow.
- Greg Everett: But whatever. So anyway, the women's team we came home with the bronze medal for the gal's team.
- Robb Wolf: Nice.
- Greg Everett: Which is pretty awesome and everybody well and I'm glad to be back here in California.
- Robb Wolf: Shocker.
- Greg Everett: Even without the sun, I'll take it.
- Robb Wolf: Yeah. Sweet. Well let's see here. Maybe we should do our sponsors here and we were going to – I had like a nifty transition to a new sponsor but we're actually going to shelve that sponsor for a while now so maybe it's just as well but the last podcast didn't record. So we've got the Performance Menu, the journal of nutrition and athletic excellence. 30-year subscription will get you all of your copies of the monthly performance menu. \$100 subscription gives you not only the monthly issues but all of the back issues. This stuff is available on mobile.
- Greg Everett: And that \$100 a year gets you 15% off in the Catalyst Athletics Store.
- Robb Wolf: That's right, that's right.
- Greg Everett: So it's basically paying you to read the Performance Menu.

Robb Wolf: So that means like if somebody wanted to go and buy your mega huge book on programming, that it has like 50 zillion weeks of periodized programming that we get a 15% discount on that with the --

Greg Everett: They would indeed.

Robb Wolf: Cool, cool. That sounds good. So who else do we have? We have WellFoodCo.com. Go to WellFoodCo.com and order up all your grass-fed snacky treaty goodnesses. We have some really cool things going out with Well Food, some kind of amari replacements, some pre workout, post workout stuff all whole food, all real. You know, we're actually – you know, I'll go ahead and crack this one open. We've had some decisions that we've been making with Well Food about you know, what we're up to and what we're doing to company and all that because clearly lower quality meats and produce, you know, fruits and veggies and all that cost less but we've actually gone with a line of 100% grass-fed, 100% organic, 100% certified GMO free on everything. And that's--

Greg Everett: Wow fancy.

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Robb Wolf: We are not there yet but we are rolling that out very, very soon probably within a couple of weeks. That's where the whole product line will be. So when you're buying your jerky nut, fruit mix stuff just keep that in mind. We're going to be the only ones that have 100% GMO free, 100% grass-fed organic etc., etc., etc. so.

Greg Everett: They're better than you and they know it.

Robb Wolf: Exactly and we're willing to tell you so.

Greg Everett: [Laughs]

Robb Wolf: Who else do we have? FrontDeskHQ.com. Front Desk HQ is your mobile-based solution for service based business. But it doesn't just have to be mobile but they have some really, really kickass stuff. DocuSign where folks can sign their waivers and take care of all their paperwork. You effectively can go paperless on the frontend of your business. They have a nifty feature where when people are paying with their credit cards it's not even like a square that swipes. There's actually an integrated feature where the person signing you in the class or signing you up or if you as the gym owner are signing people, you actually use the camera feature in it. It doesn't take a photograph that's like stored on the camera but it integrates with the merchant processing software. So it can basically look

at the card, integrate that in the purchase and it's super quick, really efficient pretty cool. They have quite a variety of people that are running service-based businesses using Front Desk now. So that stuff is all cool.

Still finally, a couple more shows we're going to have the Bunny Ranch. Go to BunnyRanch.com if you need your porn fix or think about booking some time with one of these lovely gals and you know, have cocktails with them I don't know, have a cup of coffee. Bring them some gluten free treats because they're all gluten free and paleo out there so there you have it.

Greg Everett: Wow. All right.

Robb Wolf: Yeah. We build them better in Nevada.

Greg Everett: Okay. Well there's got to be some reason to go.

Robb Wolf: [Laughs] If not for the happy ending then at least some other reason. Yes.

Greg Everett: So Squatchy has put together quite the training specific episode here, although I see this last one is called Paleo dating so. That should be fun.

Robb Wolf: That's training also. We need to have --

Greg Everett: I have not looked at it yet so I'm excited. All right.

Robb Wolf: Glute Ham Developer, Friend or Foe?

"Nick says:

Hey guys. First off, I want to say that I love the podcast and ever since I dove into the paleo lifestyle almost three years ago, you book and podcasts have become a great source of information and guidance for me. And Robb, being a fellow science major and guru, I love it when you geek out! Rockin'!" We're all gurus now.

"The question I have refers to the GHD. How safe and effective do you think it is to include in one's training program? I ask because I recent splurged and dropped \$800 on one for my garage gym. I learned the proper technique (at least I think I did) when I USED to work out at my sister's crossfit gym, as well as read and watched many tutorials on how to properly perform exercises on the GHD (specifically the sit up with the whole slamming the knees down)." Let me just interject right here and say that it's interesting to me that the glute ham developer, the glute ham bench, the primary use of that thing in the crossfit world has

become sit-ups. We've encountered people who have been using these things for like two years –

Robb Wolf: And they didn't know they were supposed to be lying face down on them.

Greg Everett: Literally have never ever seen or heard of someone lying face down on them. It's pretty amazing so. I will continue now with this question.

"Felt I got some benefit when I did them a few years ago when I was still attending their box, and since I kind of strayed away from the whole crossfit psychoness, I figured it would be a cool idea to purchase one for my own. However, every time I do them, I feel I am just left in days of pain (especially lower back and under rib cage)." Sounds like a good idea.

"For some reason, I don't recall being in this pain when I did them about a year ago (or maybe I was but was just brainwashed by the whole crossfit thing and thought it was cool to be in pain.) Even video recorded myself re-evaluate my form, and couldn't pick anything out. Would love to hear your thoughts." You don't want to hear our thoughts.

"Mainly wanted the damn thing to help me keep a sweet 6-pack, but feel as though it may just be counter-productive (yes, I'll admit it that my workouts are slightly vainly driven...) Thanks guys!"

Robb Wolf: Oh lordy. Well you know I mean Greg kind of hit the salient point here that the name is glute ham developer, it's not ab developer. I will do a little hat tip to crossfit for figuring out perhaps a novel use for this item but you know it's -

Greg Everett: But it's not though. It's a roman chair sit-up without a Roman chair.

Robb Wolf: Yeah and so I mean the glute ham developer is amazing for developing the posterior chain. Low back glutes hamstrings. You can use it in a way that you make it very hamstring specific or you can use it in a way that's much more glute specific. It ends up being a lot like a laden glute bridge. You can use it to really both you know, get some mild mobilization but also develop like the multifidi all the little kind of rigging muscles within the spinal column itself and then obviously the spinal erectors. Like it's really nifty piece of equipment and you do it with your feet anchored.

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So I've always liked Twinkie hugs where you lay on a – it's not a Twinkie--

Greg Everett: Pummel horse.

Robb Wolf:

It's a pummel horse and you know you do back extensions off of that. But which I think that that's good but so much of what we do in athletics, your feet are actually anchored on the ground. So I think that there's some argument for developing the kinematic chain in that way if you're doing more gymnastics stuff than doing the Twinkie hugs are great. It's just a nice way to mix things up.

As far as doing sit-ups on the glute ham bench, you know, this is one of the crossfit movements similar to wall ball, similar to a sumo dead lift high pool. You know, they're hard and they can mess you up and all that stuff but you know it's still like I've seen more people have problems with these movements that you know, like the risk-reward thing gets dodgy and this is the movement like I had never had back pain before. I never had any problems. My first exposure to the glute ham developer was 70-glute ham developer sit-ups was 75 reps and then I had abdo and then ten days later I tried to pull a max deadlift and I folded up in my midline and I had a flexion injury in my low back. Granted that's all my bad. Clearly, that wasn't the responsibility of my trainer to actually give me progressive overload on this so you know.

Greg Everett:

Yeah, it was 75 and next time it was 150.

Robb Wolf:

Yeah. I was a weak performer and a pussy and all the rest of that stuff but you know, it's just one of these things where from a risk-reward standpoint, I'm just left a little bit confused with it. You know, one thing if you want abs then that's diet period. Diet and maybe a little bit of low level cardio and just generally matching calories in, calories out, blah, blah, blah, blah, all that stuff. So you know I can think of knead elbows, I can think of like board sit-ups holding a weight, I can think of lateral trunk twists and stuff like that. Like I could think of a zillion other ab movements that are really effective, really beneficial and then you leave that glute ham developer for developing your gluts and hamstrings. We have another question further down about like developing an athletic core and I think that that's where the glute ham developer can plug into this but really more addressing the posterior chain.

Now if you've got the mobility, if you are firing in all cylinders and you can make glute ham developer sit-ups work then by all means stick them into rotation broad times, model domains, you know, unknown, unknowable great, give it a shot. But if you're consistently having problems with it and particularly if you are largely self-coached then this is the time to kind of pull back and you know do something else. I think if you've got a pull-up bar or some gymnastics rings, there's a whole world

of ab progressions that you can do, you know, front lever, windshield wipers, knead elbows all kinds of rotational stuff in that world doing Turkish getup sit-ups and, Greg, what do you think? What else have you got to dogpile on the glute ham developer sit-up?

Greg Everett: I tend to agree. Like one of the pieces of equipment that we really invest a lot of money in when we first opened this gym was a glute ham developer just because it is so useful and I'm a huge believer in back extensions and hip extension and glute ham raises and all that fun stuff. It was definitely not purchased for sit-ups. That said, like personally I'll do sit-ups on it, you know, maybe once every couple of weeks. It's very infrequent and it's very much toned down relative to what you tend to see in a crossfit sort of environment.

I think that one of the big issues is that people are despite all of this crossfitting, they're pretty bad at ab work and I mean not to say like it's they don't really have good control over that area of the trunk. And when you throw them on a glute ham bench and ask them to do sit-ups especially really quickly and you know, doing stuff like throwing med balls as part of a sit-up, it just becomes disastrous. So people with like really tight hip flexors or really weak hip flexors just encounter all kinds of problems like this back pain because you can get a lot of lower back compression or –

[0:15:27]

Robb Wolf: Using the psoas.

Greg Everett: --hyperextension yeah and all kinds of goofy stuff like that. So if I do glute ham bench sit-ups, I set up a little bit differently. The footpad is farther back and I don't try to go down and reach the ground or anything like that. I basically use it to just get a slightly larger range of motion than I would if I was just lying on the ground doing a sit-up. And I focus on actually keeping my abs tight the whole way rather than trying to fold over backwards and just crank on my hip flexors to pull me back up.

The other option that I'll use sometimes is you basically turn it into a really fancy Swiss ball. You move that leg pad way back and you actually get on the thing with your lower back over the pad, over the fulcrum with your knees bent. So it's kind of like doing an extended range of motion sit-up over a round object like a Swiss ball for example. But you don't have the shame that comes along with being on a Swiss ball. So those are some options there but yeah, I agree with Rob that there are a whole lot of other ab exercises that I would go to long before I use the glute ham bench sit-up.

Robb Wolf:

And you know, we are going to talk about the athletic core here in a bit so I may end up either just defaulting to the next chunk of commentary here or I may just repeat it again to do a network time killer and just fill space on this thing. But you know, this isn't a knock on crossfit. This is just an observation. But when people lift weights and do gymnastics, one of the key things that they get from that experience is learning how to be tight throughout their whole body, tight through their core, whatever that means whether it's just your abs and butt or like basically lats to gluteals. But you learn to be tight. That's one of the really important I guess kind of transferable skillsets that people get out of those activities and that's great and then doing these high motor output activities is cool as well.

But one of the things that you learn when you're doing jujitsu or kickboxing or whatever is actually how to relax when and where you can. I see that people do that when I was doing more crossfit type stuff, I started doing that you know, like you learn to relax under load and I think that that you know, some people do it better than others, some people are wired up better than others. This is where the neophyte getting thrown in a little deep and they haven't developed that strength background maybe enough. What I see is that people are basically learning how to hang off of connective tissue. They're learning how to relax their abs so that they can breathe while they're underload and then their psoas and their spinal erectors are taking over the load. So we're shifting load into really weird places and again is this a death sentence, is this the worst thing in the world, no.

But I think that it is a sign that people are sometimes not wired up sufficiently, not being developed in the way that might be a little more beneficial. You know, the whole progression versus scaling kind of argument that I've made in the past. So this is some other stuff to just kind of keep in mind depending on what you're doing for your training. The point of strength work in a lot of ways isn't just like bigger muscles and better neurological efficiency but it's learning to be tight throughout your whole body. Pavel talks about this stuff a lot. Any gymnastics coach is going to talk about this stuff ad nauseam.

Then when we start applying this stuff to sportive activity and we'll throw crossfit into that, then clearly we need to learn how to be both tight at the right time and relaxed at the right time. What I've seen within the crossfit scene is that you need to be very vigilant about not allowing that to turn into something that becomes very problematic, you know, again

from like just kind of hanging off the rigging of your spinal erectors and what not but we'll talk more later possibly.

Greg Everett: Yes. Yes, indeed. Okay. Deadlift head positions and possible neck breakage. Sounds intense.

"German says:

Robb please let me begin with the obligatory "How do you do" to both you and your glorious sidekick Mr. Everett. You have both helped me make significant life altering decisions; for the better I might add.

Robb Wolf: Clearly we're failing then

Greg Everett: The first thing that came to my head was Cheech and Chong saying I don't want to be responsible for turning you into a drug addict.

"It is people like you whom really do effect positive change in the world. Anyway my question is less nutritional than mechanical; bio-mechanical to be precise. I have recently suffered some herniated nucleus pulposus due to an automobile accident. I am 28 years old and before this I had never had a single issue with my body but now I find myself being careful – overly careful about how I move. My question then without further ado is what is the correct position of the head for dead lifts. I have read many contradictory articles on head up vs. head down. My goals are not to become the strongest man in the world, they are more akin to becoming as strong as safely possible without hurting myself. Could you please advise me oh great one as to the proper spinal/cervical positioning for deadlifts and beyond? Thank you and once again you have already helped change my life for the better in too many ways to outline so if you don't answer this question it won't break my heart but I might royally screw up my neck – no pressure. Thanks boys!"

Robb Wolf: Seriously man. [Laughs]

Greg Everett: [Laughs]

Robb Wolf: So you know, when I'm thinking this through, I would actually, I'm not answering the question directly but I'm actually thinking that a clean pull would be safer. You know, basic takeaways that you want the neck in a neutral position so that that column is bearing the load in as much a columnar fashion as possible. Greg, what do you think about that?

Greg Everett: Yeah. Well okay first of all, I want to take into task for using the term correct head position but I would argue there's really no such thing as a correct head position. There's just different opinions. My personal opinion as I like a head up position because it makes sense and it works better. That said I also prefer a very upright posture when pulling things off the floor. So this is where people get confused is I'll say I want a head up position but they've been reading all kinds of stuff about pulling deadlifts with their trunk practically horizontal in which case having your head up is extreme cervical hyperextension. So I'm not advocating that. I want overall upright position in which case you get what Robb is talking about is a fairly neutral neck position despite your head being up.

So I think that number one thing is really upright posture. So definitely more of a clean pull position where your shoulders are high, your hips are low. It's definitely more of a squat kind of motion rather than a hinge at the hip. And then keeping a fairly neutral neck position I think is probably a good idea. I mean I would say that any time you have any kind of spinal condition, it's probably a great idea to stay as close to neutral as possible and not going to any extreme one way or the other.

Let's see what else did --

Robb Wolf: And, you know, maybe to expand on what you're saying like if we were take that more parallel, almost parallel with the deck, you know, starting position in the deadlift with some people kind of push that. You know, anthropometry will dictate different things but you know you could think about this. If you were getting ready to do a good morning or you've got a bar across your back, you're straight fully upright you know, neck is stacked, chin is down a little bit. You're looking straight ahead then you would push the hips back. You would hinge at the hips and then you would come to I guess a finish position where you are parallel to the floor with your trunk.

Now your head I wouldn't recommend that you know look upwards with that in which case just to make –you know, to expand again on what Greg is talking about, technically you would be looking down but your neck position never changed throughout this movement. You're just fused together in one piece.

Greg Everett: Yes. Indeed.

Robb Wolf: So, you know, if you had let's say really long legs, short torso and your start position in the deadlift is going to be such that like the hips are high, your torso is legitimately pretty parallel with the floor, then you are kind

of looking down but your neck is neutral. Like you know, up and down becomes kind of not really all that important or valuable when talking about this. It's more just specifically if we were to draw a line from your coccyx through the crown of your skull where is your chin in position with that. If it's at a 90-degree angle essentially then we're pretty good. When we start deviating from that then I think that you know, and again it's not like this is a guaranteed death sentence. It's just that when your trap starts firing, when all the musculature of the neck starts firing and we're not in columnar position there then I think that there would be the potential for getting some sort of anterior-posterior kind of disc compression, which sounds like you've already had that under violent load.

[0:25:09]

Greg Everett: Indeed. All right. Old ACL Surgery – Recovering from asymmetry

"Jack says:

Rob and Greg,

Asymmetry in the squat was mentioned briefly on the podcast with Jason Seib and I wanted to get your take on a proper plan to fix this problem. I had knee surgery 10 years ago and now have bad asymmetry.

27 year old male, Paleo diet, good sleep, 5'4, 160#, 10-15% body fat.

I had knee surgery at 17 to repair a complete ACL tear and meniscus damage on my left knee. I have never recovered properly, most likely due to favoring my right knee. I have horrible asymmetry due to mobility issues and lack of musculature in my leg.

I do some mobility work (couch and table top stretches) and it does help. I find myself trying to load up on squats and I feel like I should probably address my issues before pushing myself at all. What's your take? What should I be doing to try and fix this — low weight squats and lunges?

Possibly irrelevant:

I did Crossfit for about 8 months and stopped after getting sick of beating myself up. I followed Starting Strength for a bit after Crossfit and now lift without much direction."

Robb Wolf:

So I'm kind of almost thinking like unilateral work.

Greg Everett: Yeah, I think both. I think he pretty much answers his own question when he says low weight squats and lunges.

Robb Wolf: Right.

Greg Everett: I think that you know, everybody has that tendency to want to load up the weights on everything before they're ready. If you are not yet able to sit into a deep symmetrical squat then yeah, it's probably not a great idea to start loading yourself up. Because it's, was it Gray Cook, he had the phrase you know, like basically strengthening dysfunction and you're just kind of continuing to reinforce that which it sounds like you've already been doing for ten years. So it's probably a good time to really--

Robb Wolf: Get off that pony.

Greg Everett: Yeah. Take a step back, you know, clean slate as they say and work on the mobility. So I would try squatting every single day and when I say that, I don't mean heavy. I mean you know, empty bar on your back at the least but you know, focusing on sitting all the way into the bottom of that squat and I think that pause back squats would actually be really helpful in this case because you can really settle into the bottom. You can feel any imbalance, you know, laterally and you can adjust for it before standing up. I think it makes it much easier to focus on pushing equally between the legs maintaining that position, maintaining that tension and then yeah, like Robb said lunges. You know, split squats, any of that kind of stuff where you're trying to focus on unilateral stuff but equalizing it side to side.

So you know, start with your weak side hey I got eight reps on here I'm going to replicate that with my good side. So you're always trying to push that weak side up to match the strong side rather than continuing to kind of increase that disparity.

Robb Wolf: And if you do some poking around online, there is something called a Peterson, is it Peterson or Jefferson step-ups? It's --

Greg Everett: I believe it's Peterson step-up.

Robb Wolf: Peterson step-ups and they don't --

Greg Everett: And a Jefferson deadlift.

Robb Wolf: Okay, okay.

Greg Everett: Which is awkward --

Robb Wolf: Is quite awkward yeah.

Greg Everett: It's just the nut crusher deadlift.

Robb Wolf: Yeah. [Laughs] Must have been a slow night at the black iron gym that night when they came up with that one. So the Peterson step-ups they don't look like much but you know Poliquin I think was the person that exposed me to these for some rehab kind of reenergizing the need and that kind of peri extended position. And then stuff like pistols and starting off working you know, just down to like a 20-inch box, making sure your technique is good but pistols, lunges, etc., etc., etc. And then I actually like Gregg's idea of getting down into that full squat daily.

I noticed I had a little lateral meniscus tweak in my knee about six weeks ago and doing jujitsu and I've noticed that you know even just like playing with Zoe and getting up and down off the floor and everything, I've been doing more like hinging. You know basically, I've been avoiding squatting because that thing has been a little dodgy. I've noticed that my quads weren't as strong and you know so what I did is I started on my little work breaks. I've just been going up stairs and I'll do quick little bit of mobility and then take that bar and just drop down into a deep squat or I'll do like a potato sack squat or a goblet squat. Lo and behold one my meniscus is feeling a lot better because I'm actually loading that thing at the end range and it actually is feeling remarkably better doing that. Then it feels like my quads are kind of firing again the way that they shouldn't.

So even when I'm rolling I'm feeling a lot better and it's not like I'm doing a ton of reps. Like it's maybe ten reps a day with an empty bar or something. But I'm just spending sometime down in that extreme range where I know that I've had problems and I'm not hurting it, I'm being careful with it but I'm getting some time you know, being in that kind of near compromised position and just kind of fishing around and seeing what things feel like and it's feeling a lot better.

[0:30:38]

Greg Everett: Yeah the one thing I would add regarding pistols is I've never been a big fan of pistols. I feel like they're kind of a cool novelty exercise but like because they require you to just basically fold yourself over and --

Robb Wolf: Uh-hum.

Greg Everett: --get into this really horrible posture I've never been a big fan. What I prefer doing and what I've done in the past when I've had kind of an issue with my right side kind of being weaker than my left is that I'll just get a plyo box and basically do a one-legged squat with my free leg hanging off the side. So you can put yourself in the exact same posture as a squat but truly have one leg working. I just feel like that is a lot more effective for me rather than trying to do pistols.

Robb Wolf: Because you can track the legs straight down and so you don't need to fold over and get in that really low back hyperflexed position and all that stuff.

Greg Everett: Exactly.

Robb Wolf: Okay. Okay. I like it. I like it.

Greg Everett: Okay. Recovery after Ironman.

"Jessica says:
Dear Rob and Greg,

I'm about to do Ironman Lake Placid this coming weekend, which will be my fourth Ironman in five years. (I know...I know) After my race, I plan on taking time to 'detox' from endurance sports and work on my overall strength and stability." Mental Stability?

"I've had a couple of recurring injuries (calf pulls, hip strains) that I know are symptomatic of overall poor strength and flexibility.

Do you have any suggestions for how to transition into a strength and conditioning program after a couple of years of endurance focus? I plan on really cleaning up my eating to be at least 90% paleo." I'll be curious to see how you measure that. "(I try to as best I can while IM training, but after a five hour ride, I'll eat the first thing I see).

I'm a 35 year old female, no other health problems, about 5'10" and 160 pounds. I've also been struggling over the past couple of years to lose about 15 pounds, so I'm hoping my 'detox' will help with that as well.

Thanks for everything you do, and for sharing what you know with the masses."

Robb Wolf: Is that a fat joke? [Laughs]

Greg Everett: It might be. I don't know that there needs to be any fancy transition honestly.

Robb Wolf: Yeah, you just have to.

Greg Everett: I mean get a strength program and take one to two weeks to ease into it. Like don't go to fucking max weight and I think you're good to go.

Robb Wolf: Maybe you know, so I --

Greg Everett: Am I overly simplifying that?

Robb Wolf: Probably but that's what I keep circling around on is haven't we talked about this already? But you know, it seems like I guess the question for Jessica, are you comfortable with the basic strength movements, squatting, deadlifting, laden lunging, pressing, chins, body rows, bench press. You know, are you comfortable with that stuff? If you're not then you know find a good coach that can get you up to speed with that. It would be great if you could train with a coach even if it's a group fitness scenario. You know, clearly Catalyst Athletics, like you guys do some group fitness classes but it's clearly more strength oriented.

At Nor Cal, we're more kind of classic kind of crossfit-esque group class stuff but we have an Olympic lifting program, we have a power lifting program. You know, if you can find a gym that has something like that going on then that's great. You get the community. Maybe that's some of the itch that needs scratching as part of these endurance activities. So instead of working out in your garage alone like finding some people to lift some weights with. But assuming that you know how to do these movements then I mean you literally you know, you start off with an empty bar and then start adding weight and you could do a simple linear progression deal with that. You know, do workout two or three times a week and each week try to add a little bit of weight to the bar and just ride that pony until it dies. And then you pull our the Prilepin chart and start doing a little bit of periodization and some blocked programming and stuff or you follow the Catalyst athletics squat or crossfit football or something along that line.

But I guess first is just you know, do you have competency in these movements? If you don't then get some coaching and then you know from there ask the question like is it worth paying some money to have some community while you're doing this stuff. I think in general that that answers yes and it might even keep you out of endurance athletics, which should be a bonus so. Yeah.

[0:35:15]

Greg Everett: Okay.

"Andrew says:

Dear Robb and Greg:

You guys are the best!" Thanks Andrew.

Robb Wolf: We do what we can. Thank you.

Greg Everett: "My wife and I are addicted to your podcasts and are motoring through back episodes." You can go ahead just stop at episode 70.

"My question is with regard to a training system developed by Brandon Campbell of Campbell Fitness, below is a YouTube video detailing the program. Do you feel that this model is adequate to get some respectable strength numbers on the big lifts (2Xbodyweight on deads, 1.75 body weight on squat, etc.) or is the "Power" portion too infrequent? I've been using Wendler's 5/3/1 for 6 months with some steady success but am feeling a plateau coming on and was interested in cycling onto something different for another 6 months or so before proceeding to Simmons' Conjugate stuff.

Thanks guys, great content! My wife got me the Performance Menu subscription for my birthday this year and I irrelevantly sport my Catalyst Athletics T-shirt around Hawaii where I am stationed with the Air Force, even though I've never been to the gym. 15% discount, what!"

[Laughter]

I guess my first question here would be if you want to do Simmons' stuff why don't you just go right to it? I'm not sure why you feel you need to the something in between there.

Robb Wolf: Yeah. You know, I looked at this program like the link it will be in the show notes, it looks like good stuff. Like it looks like actually kind of a conjugate approach but minus the speed work. Like you've got some strength work in there which they call power which is a little annoying because it's kind of like whenever I hear explosive power it's just fucking painful.

Greg Everett: Explosive isometrics.

Robb Wolf:

[Laughs] Oh boy. But anyway, that aside it looks like a good program. It has some hypertrophy work, it has some you know, kind of neural based strength work. You do one day on, one day off, I think then two days on, two days off and you kind of rotate through on that. It looks good. Like I mean it looks like good stuff.

Now as with everything like I think goals are clearly important with this and you seem to be focusing on like the double weight deadlift 1.7x body weight back squat and stuff like that. I think that if just strength specifically is the goal then something that is a more free – and you asked this question, you know, is the power portion too infrequent. You start looking at some stuff that you know a little bit more like Pavel's or even the way that Catalyst runs its stuff. So you know, for what Greg is programming, you know snatch clean and jerk and then I would say like back squat front squat are really the money makers. And so you see that a lot and what's the thing that Pavel always quotes as heavy as you can as often as you can, you know, cycling volume and intensity within all the stuff. But strength is a skill and there is clearly some specificity to it so if you want to just get strong, then I would say focus a little bit, find something that focuses a little bit more along that line and you know, some of the Catalyst stuff, some of the Pavel stuff kind of focus along there.

The Wendler stuff is intriguing to me because I think that you see some stuff like the cube method. You see some stuff like Wendler and these things are coming from people who are pretty – these are people who have totaled elite in power lifting. Granted they're wearing gear and they may be taking care and there's gear, gear, gear whatever but who cares. They're strong and then I think that you reach a point where you have to start figuring. You know, it's almost like the you know, a punch was just a punch and then a punch wasn't a punch whatever that Bruce Lee quote was. You know, it's like you have to lift frequently to get the skill set down but then at some point when you get real big and real strong, then you have to start kind of getting creative again about what you are up to to be able to make progress. That's where like the Wendler almost to me looks like the old Mentzer high intensity training. It's almost a one step to failure kind of gig and there's different iterations of it. This program. Is clearly not like that but I think that you could get big and strong doing this program. Is it the most direct route to getting as strong as you could as quickly as you could? Probably not. But it seems like a nice balance between doing some hypertrophy work. You've got a big variety of stuff that you're doing. There's different rep schemes going on so it seems like something that you could progress on a long time and probably not get bored.

Greg Everett: Cool. All right. Oly technique work on off-days?

[0:40:01]

"Eric says:

Love the podcast—

Robb Wolf: Is there an off day when you're doing Olympic lifting?

Gregg Everett: No.

Robb Wolf: Okay. That's what I thought.

Greg Everett: There are no off days in life Eric.

Robb Wolf: There we go.

Greg Everett: "Love the podcast, , excited that y'all will be answering more training questions moving forward. Here's mine.

Train crossfit 4x/week and love it but really want to dial in my oly lift technique to improve my efficiency on the lifts. What are your thoughts on doing light technique work 2x a week on off days at 50-60% to "grease the groove"? Any thoughts on using a "every minute on the minute" type scheme with the light weight to improve technique + get some "zone 1? aerobic work in?" I'm sorry Eric, I'm not laughing at you. "Would the technique work on off days hurt my recovery?

28yr old male, 5'6, 140lbs, low-stress job, good diet, 7hrs/night of sleep.

Thanks!"

Yeah, I mean doing 50 to 60% especially if you don't already have really well developed lifts is going to be really light, really easy and will probably help your recovery more than hurt it. Unless you went and did like 500 reps or something like that, which I don't really see you doing. So yeah, I think that could be a good idea and I would just start conservatively and see how you feel after a couple of weeks, you know, make sure that you are recovering enough to do your crossfit stuff. Since it sounds like that's still your priority. And then you know, increase a little bit and kind of play with that and then also can definitely kind of fluctuate the volume with that stuff week to week. So one week do more volume of this stuff , still

keep it light and then the next week kind of back off a little bit. That in itself will help you keep your recovery up pretty well.

Robb Wolf: So like what would a programming scheme look like here? I kind of like the on the minute stuff so maybe like you know, one day eight sets of two power clean, 50% on the minutes, another day eight sets of two, power snatch again on the minute.

Greg Everett: Yeah I mean --

Robb Wolf: And then maybe half that volume for the next week or...?

Greg Everett: Something like that. I mean he's doing twice a week so that's simple. You got a snatch day and a clean and jerk day and depending on what you need to work on, you could mix those things. You snatch and jerk one day and just cleans the other day however that works out based on your need. I mean I think you can throw in a couple of exercises. I think you could do - you know, the problem with talking about programming around crossfit is that you just have no fucking idea what you're going to be doing those four days a week. I mean for all you I know you could be snatching and clean and jerking three of those days or you could be snatching and clean and jerking once every fucking eight months.

So forgive me if I can't give you a super precise answer here. But so let's say on your snatch day you have kind of an issue with the overhead position for example so maybe you're going to do, you're going to start with snatch, push, press plus overhead squat and just really focusing on locking in that overhead position holding that bottom position in the squat for a few seconds. Again not heavy but really focusing on position mobility and kind of actively locking everything in. Then you might do some high hang snatches, you know, doubles, triples or something like that or you might do snatch high pull plus snatch. Really just you know, you've got figure out what do you need to work on because you talked about doing technique work so that should be focused. It shouldn't just be I need to work on my snatch and clean and jerk. Like what about those things you need to work on and that's going to guide you know, the exercise selection.

And that can change week to week too. You know, you don't necessarily have to lock yourself into a certain set of exercises for two months. Or maybe you pick two to three exercises for snatch, two to three for clean and jerk, maybe one or two extra for the jerk and then you stick with those for two to three weeks and kind of get a little progress on those. Even though they're light just get a little --you know, whether you do a

few more reps or you do a little bit more weight before you rotate to another set of exercises. But yeah, the every minute on the minute stuff is actually really good for technique. It's very good for consistency. So we'll do that in here every once in a while just with snatch and clean and jerk and you tend to see, you definitely tend to see more technical consistency with that short rest period than you do with kind of letting people rest as they so choose. Rob?

Robb Wolf:

No, I like it. I like it. I like it. And that's maybe an argument too. I mean depending on if you are going to a crossfit gym and you know the programming has been given to you. If you're kind of doing your own programming, there's a great argument for you know, getting kind of blocked periodizing what you're up to.

[0:45:02]

If you've got a little bit -- you know periodizing isn't the ability to know where you are going to be six months from now. Like it's not a Newtonian physics where like you know you release a cannonball at this vector and so we know where it's going to be at some later time point. What it is is trying to have a vector and then you make adjustments as necessary along the flight path. You know, and also it allows you to address weaknesses, you know, like what Greg was talking about. I think so much of what is good – well you know, I was going to say within west side barbell but this is true of all coaching. I'm actually- I just had an epiphany here folks, it's crowning.

Greg Everett:

[Laughs]

Robb Wolf:

You know, I was going to say that the reason why west side is so effective is that Louie Simmons has been doing this stuff for years and he'll look at the deficiencies of people. He's like you know, there's this – they always have the saying you know, if your shoulders and pecs are strong enough to bench 500 pounds but your triceps can only bench 475 then you're a 475 bencher. So you've got a weak link and you've got bring up the triceps. But I mean this is really true of any type of an endeavor and that's where again having some good coaching is really helpful. Or if you're doing some self-coaching, having some distance from your ego so that you don't do jackassic stuff and you can address the weaknesses that you have and really legitimately address them and you know, you've got a lot better of a chance to continue to make forward progress instead of always focusing on your A game, never really fixing anything. Like Greg said previously when we were talking about the knee injury, you know, just reinforcing damaged motor patterns and stuff like that.

Greg Everett: Cool. Alrighty. This one is sweet here. SEALFit programming review. Also, wife is Wolverine, I am Bubble Boy?

[Laughter]

“Butch says:

Lift-master Greg and Pseudo-master Robb,

You rock. I love listening to the podcast, pretending I understand the “science,” then preaching your wisdom like I know what I’m talking about. I spread your glory, you’re welcome. Feel free to skim/skip to the questions.

I recently separated from the Navy with the sole purpose of growing a glorious beard, training for 6 months, and joining the Air Force Pararescue program. The last two years in the Navy I was a Scout for Naval Special Warfare Recruiting in Los Angeles, trying to turn those wannabe SEALs into BUDS-worthy candidates. Of course, exercise philosophy in prep is mega-volume, no pain no gain, overall suck. I would often dish out, but not participate in, the beat downs (cause I didn’t HAVE to, its way more fun to watch and mock). I’m now preparing myself, specifically the physical aspect. I’ve got the mental aspect down, I know what I want, and I know what I have to go through to get it, because I often supervised it. I was using your advice from episode 135 on the Academy student trying to go to BUDS: crossfit football plus Max effort blackbox, throwing in my runs and swims. Unfortunately, I did get a little enamored with Oly lifts (because let’s face it, pushups/situps/pullups to failure, rinse, repeat is just boring), and not long after I started getting a little wonky on my own interpretation of programming mixtures. I have now settled on Mark Divine’s “8 Weeks to SEALFit,” it has all the training aspects integrated in a seemingly good rotation/progression, and I don’t have to think for myself! I did listen to and enjoy episode 139 with the CDR, and I know you were pretty clear on your recommendations to the BUDS prep question, so to avoid a re-hash and waste your guy’s time, what is your opinion of the SEALFit programming? I’m not training for the tests or benchmarks of school, I know what they all are and can currently pass well above minimums. I’m training to better withstand the daily beatings (and by better withstand, I mean relatively...) Volume and over-training aren’t as much of an issue for me. I’m unemployed and have no obligations. I eat when I’m hungry, sleep when I’m tried, body comp doesn’t matter one bit (I’m 5’11”, 180, don’t know BF%, don’t care. Look fit, feel fit). Durability/endurance matters. This is my sole concern until October.

Number two: Before settling on the SEALFit programming about a week ago, my wife would match me workout for workout on whatever I did, scaled to her %. I had considerable soreness on days after workouts, and she had none. It didn't matter what we did, MEBB two or three lifts with a 10 minute metcon after, or a long-ass chipper with sprints and burpees, she'd wake up the next morning bouncing around like a spring chicken and I'd hobble around like an old man in a car accident. I sleep better/longer, eat cleaner (I know Greg "loves" quantifying the % paleo adherence! I'm 90/10, she's maybe 50/50) I'm not bitching about being sore, and it's not impacting training, but my wife's insane recovery power is making me feel like a little girl. Please tell me it's because I just pushed harder on the workouts than my Asian 5'3" 120lb all-muscle monster of a wife (or at least SAY that out loud so I feel better). If not, maybe I'll just let her wear the pants and go be some badass SpecWar chick while I play homemaker. Thanks in advance for your likely emasculating answers guys.

A few rounds of free NorCal Margaritas to Squatchy for getting this question in before October."

[0:50:05]

Robb Wolf:

So this is really interesting. I would – did we get this guy's name?

Greg Everett:

Butch.

Robb Wolf:

Butch. Okay, Butch, strongly, strongly recommend that you go get tested for familial hemochromatosis. You may have an iron overload condition and even if you're – I would definitely check that out. We've seen a lot of people that you know, would get like the kind of Glassman called it the cold rhabdo or they just have these horribly debilitating post workout days. It seemed like the less volume they did the more out of shape they got, the worst thing got and then one person we had them checked for familial hemochromatosis and they had it and then I had a bunch of other people checked and every one of these people had it.

When you start storing excess iron in your musculature, it's an oxidative stress and so we need to start phlebotomizing you. We may be need to do some tweaking on paleo. Maybe we need to make sure that you eat a little bit of dark chocolate or have a little bit of coffee with any type of red meat that you consume. You might shift more towards pork and fish and chicken and reduce red meat consumption. It depends on how you respond to the blood donation and stuff like that. But I would be really, really interested and actually I'm making a note right now to have

Squatchy email this guy directly and have him go get some blood work on this. So that could be the thing.

If you don't have the familial hemochromatosis then you're just a pussy and you're apparently smoking hot wife is she married down just like my wife did and she's going to have to live all of her days rueing that decision just like Nicki probably does. But beyond that, like I really like the SEALFit programming. I think that they tend to use more like sandbags and stuff like that for the Olympic lift derivatives which I think in general is actually maybe a little more you know, "real life applicable" safer, easier accessibility. Unless you've got a good coach or you're really diligent about like you know, shooting some video yourself and getting some feedback like on the Catalyst Athletics forums and everything. Greg, are you familiar with Mark's programming or...?

Greg Everett: Not familiar enough that I would feel comfortable really commenting on it. I have heard good things.

Robb Wolf: Yeah, yeah. I mean it's good stuff. Here's the deal. People using the programming are making it through selection process at a much higher success rate than what you would see from many, many other programs that I could pull down. I do like the crossfit football plus focus on the specific tasks you were going to be faced with, pull-ups, push-ups, time run, time swim etc. But then at the end of the day when you look at what Mark is doing with the SEALFit, it ends up – you know, it's apples and apples. Once is a granny smith, one's a Fuji and it's just kind of like which one do you like better is kind of the thing.

The nice deal with the way –you know, Mark's whole program like he has the emerging courses that folks can do. Like it's very good. You know, Mark was a SEAL and he's been and around that community for ages. Pretty much his life is devoted to helping people navigate the selection process of things like ranger school and BUDS and all the rest of that jive. So I think that it's a really solid you know, choice. There's lots of options out there, different programs you could follow. But I think it's a solid choice because the whole thinking, the whole culture, you know, all of it is focused around that.

When I was really looking at medical school like you joined the premed club and virtually I can't think of anybody that got into med school that wasn't even like passingly associated with the premed club because you get together and do MCAT test, prep and that's just where your head was. Like that's what you were really focused on and so you made the decisions, you know, not just academically in that situation or physically

in this situation but all kinds of like psychological almost kind of like spiritual decisions that really move you in that direction. Like you're really hyper focused on that.

If the pararescue thing like that is a no joke program both Greg and I have known a number of people in that scene and you definitely want to focus and have your ducks in a row to be successful with that so, yeah.

[0:55:05]

Greg Everett: Cool. Okie-dokie. Building an athletic core.

"Ben says:

Today's podcast with Jim Laird got me thinking about my weakness in core strength. I don't have much of a sports background except some occasional basketball and I definitely lack the core strength to keep my upper and lower body in sync. Jim mentioned something about having an "athletic core." I was wondering if you/he had any suggestions for building a good athletic core foundation. I'm sure hip drive has a lot to do with it as well. I'm interested in what you have to say. Maybe you could tackle this on your podcast as well."

Robb Wolf: Gosh, you know, the glute ham bench was kind of like I said that was a little bit of cracking this one open. You know, I kind of like Starett's kind of commentary that the core is everything from the lats to the glutes basically and we see this when you start trying to do some of the gymnastics type activities like front levers and back levers. Man there's so much I was going to say there's so much to it but there's not. I mean there's trunk flexion and extension. There's stability, you know, so isometrical it's like planks and I would say plank derivatives like front levers and back levers and even some of the like Capoeira hand balancing type stuff and whatnot.

Definitely if you're not integrated in the core, if you're not strong enough in the core whether it's abs or low back or whatever, we've had a number of clients that were like this. Like they were pretty athletic, they were pretty springy and everything but when they would go to jump or run or cut in particular it looked like a bowl of spaghetti attached to legs.

Greg Everett: [Laughs]

Robb Wolf: Like they would change direction and shit would just kind of keep going one direction instead of really being integrated and tight and being able to pull the package together. You know, I think if you looked at like

gymnastics bodies, if you looked at Eva Portal those are some nice places to start getting some ideas about basic gymnastics core progressions which the gymnastics stuff definitely tends to be more ab-centric. Like they're not real monsters in developing the posterior chain and the low back and all that sort of stuff. So that's where I then think you need to circle back around and start thinking about Twinkie hugs and back extensions, loaded planks, squatting, deadlifting

You know, for me still, I don't know what it is but the front squat is like I can front levers and back levers until the cows come home and front squats you know, the place that I fail on front squatting isn't leg drive. It's my abs and it's really, really weird but I get a really potent stimulus from front squats and you know, I've been thinking about this a little bit. I almost feel like front squats for me at my point in athletic development I get more out of front squatting than I do out of back squats and it's more because of the core demands than it is from like leg drivers or whatnot. Greg, what do you think about all that stuff?

Greg Everett: Yeah. I think the key with core development that word is so irritating to me but not when Jim Laird uses it. When he says it it's cool.

Robb Wolf: Well when his arms are bigger than both of our heads combined then yeah.

Greg Everett: Yeah. Anyone else I don't like it. But yeah, like Robb said, you know, there's a couple of very simple categories of ab work you can do. You've got flexion and extension.

Robb Wolf: I guess rotation.

Greg Everett: You've got lateral flexion.

Robb Wolf: Yeah.

Greg Everett: Rotation and just stability. So I think my approach to ab work has always been just basically making sure that we hit all of that stuff. So you know, maybe Monday, Wednesday, Saturday, we're going to do some kind of flexion, some kind of extension, and then possibly add some sort of planking in there too. Tuesday, Thursday we always are going to do plank variations and probably some rotations or lateral flexion. So really making sure we hit all that stuff and basically the more of a novass you are the more we're going to stick with plank type things or limited range of motion stuff. Because you know, when you don't know how to really activate like those lower abs and the kind of pelvic floor that sort of stuff,

you tend to do it even more poorly when you're doing larger range of motion flexion stuff. Going back to the glute ham bench situp example things just go to hell or people doing weighted sit-ups and it just gets gross. So I think that the plank foundation is really good.

[1:00:00]

Like you know, for example going back to our group fitness stuff, when we were still doing onramp classes, one of the things is that every single session part of the kind of warm-up and prep phase would be planks of ascending time. You know, throughout the progression of the 12 sessions. Because I just found that that was such a huge element missing from a lot of these newer people's abilities. It's like well why are we teaching them how to do a push-up. They came and hold their bodies rigid. We got to teach them how to do this and part of it too is it really is learning how to activate. It's not necessarily a lack of strength. That tends to be part of it, a lack of strength and stamina. But a lot of it too with planking is learning how to activate that stuff properly and learning how to be one long rigid plank I guess would be the word to describe it.

So I think the more exposure people have to that, the easier it becomes and then it becomes more natural to activate that way while you're doing front squats or back squats or pressing or whatever it is. So if this core stability is something that you're really focused on, you have to be really focused on it. Every single exercise you do one of the things you're doing is making sure before you get going that you're getting your air to stabilize the trunk and then you're really locking in your abs and your back and your glutes and your lats, you know, whatever the hell you want to include in the core. But making that an emphasis with every single thing you do.

Robb Wolf:

Gregg, what do you think about like on rep schemes? Like when you start talking about flexion, extension or even some of the lateral movements? You know, like Pavel will talk about when you're learning the squat and the deadlift, he likes lower reps more sets because from a learning stand point you get more opportunity to be exposed to this thing. You're fresh, you can focus for a brief period of time. Would you like more you know, like threes and fives or what type of rep scheme would you like with that?

Greg Everett:

Well with planks, I think the key is not exceeding the point where you can no longer hold the position properly.

Robb Wolf:

Right.

Greg Everett: And I think like to me that's so obvious but it's overlooked to a staggering degree. You know, you see people they start shaking and they start collapsing. You see that lower back just hyperextending and now you're blowing it. Like you've just gone past the point where it's effective and you're just torturing yourself for no reason. So you're better off doing you know, five second holds. If that's all you can hold properly, then that's fine and you build up from there. The other thing with planks for me is that I don't like more than 30 seconds or so I feel like it's just kind of not that useful so if you can easily hit 30 seconds it's time to start adding weight on your back.

Robb Wolf: Right.

Greg Everett: And you know, doing a few sets there with 30 to 45 seconds or so rather than like oh, I can hold a plank for four minutes. So that's just dumb. Because at that point you're so far beyond strength and stability and you're just it's all stamina and endurance and there's just I don't really see that being super useful. And then as far as other stuff goes, yeah I mean it's the same thing as how many reps can you do correctly before you shit the bat and start using everything except the muscles you're supposed to be using to kind of coerce your body through that movement. So that I mean you're talking anywhere from like five to 100 reps I don't know. It really depends. I think I would say weighted stuff that eight to 15 range maybe unweighted more like 20 to 40 or 50 or so kind of just depending on what exactly you're doing.

Robb Wolf: Okay. Okay. Cool.

Greg Everett: Was that sufficiently vague?

Robb Wolf: I like it. I like it. It covered all possibilities. [Laughs]

Greg Everett: Okay. Let's wrap this up on a paleo dating question, which I'm going to tell you Matt right now where you're going wrong is referring to this as paleo dating. I'll get more details in a moment.

"Matt says:

Robb,

I live in the Reno area. Every time I tell a girl on Match.com that I eat a mostly paleo/primal diet, they stop responding to my emails. What the hell is that? How do we spread the Paleo word without seeming like creepy weirdos?"

Matt, let me tell you something. You don't lead off with nutrition.

Robb Wolf: Yeah, you don't lead with your neurosis.

Greg Everett: That's like that's to me literally that would be like trying to meet these girls by talking about religion, abortion and you know, any kind of political thing. It's almost as bad as those things. No one wants to talk about that stuff even on a first date. This is pre first date conversation. Like it's all puppies, rainbows, sunshine. I mean not to say that you have to be a liar but just hold back. Just wait a minute. You know what I mean? Like you have to decide are you trying to be a paleo evangelist or are you trying to meet a girl? Because those are really two different things and --

[1:05:28]

Robb Wolf: And the meeting the girl is way more important.

Greg Everett: Yeah, because the whole reason you eat paleo to look good and be a good athlete so you can meet hot girls. Let's be honest.

Robb Wolf: You know, when I met Nicki it was in a Capoeira group and Nicki was vegan at the time and you know I didn't even mention the way that I – actually I told her. I'm like I'm gluten free. I had some problems with wheat. You know, that was that and I didn't go any further than that really. You know, we started hanging out and I would cook her some food and because of my former vegetarian days, I was pretty good at cooking her chow and I've cooked Nicki some food and cooked myself some food. I just didn't make it a topic of conversation until she started asking me some questions about it and then I started kind of bleeding out a little bit of information and then you know she started noticing that I was actually eating a lot more like vegetable matter than she was. Everything that she was eating was like brown. It was tofu and beans and stuff like that.

Greg Everett: Brown rice. Rice cake.

Robb Wolf: Yeah, yeah. She's like wow your plate actually looks a little bit healthier. But you know, Greg is spot on with that. I mean this is almost like if you want to lead with this. I think there is actually like a paleo dating site now, which I would recommend against because that is going to be the most lunatic of the lunatic branch.

Greg Everett: Yeah.

Robb Wolf: If you can imagine --

- Greg Everett: Don't do it.
- Robb Wolf: This is going to be like if you were like a depressive Goth kid and like you wanted to –you know, like you go on these depressive Goth dating sites where they're like you know, --
- Greg Everett: Let's get together and cut ourselves together.
- Robb Wolf: Yeah, and cut ourselves you know, and all the things--
- Greg Everett: Let's sit in the rain and listen to poetry.
- Robb Wolf: Let's listen to The Smiths and Depeche mode and stuff like that and they're just depressed about like the fact that zooplankton is going to die tonight due to a whale and shit. Like they just –you know, this is definitely on par with that type of stuff. Like you know just had my mom's funeral this last weekend, life is short, it's about joy and happiness and being shagadelic and so make it fun and like the paleo evangelizing can happen elsewhere and other different circumstances. So yeah, just you know, if the topic of like health comes up at all, just be like I eat pretty well, I used to have some health problems and it took me a while to figure them out but I feel really good now and you know, that is deep down that rabbit hole as you want to go.
- Greg Everett: Yeah.
- Robb Wolf: That's it. You know?
- Greg Everett: To me that's like such a minute detail and there are a hell of a lot more things that are way more important in terms of compatibility and actually liking people then how to eat.
- Robb Wolf: Yeah.
- Greg Everett: And that stuff comes around. If you meet the girl of your dreams and you guys get married, your nutrition stuff is going to tend to kind of come together at some point any way. Or you do what every other married couple does and just fucking work with it. So Matt I hope that's helpful.
- Robb Wolf: Probably not but --
- Greg Everett: Don't be the creepy weird guy on Match.com who just wants to talk about paleo.

Robb Wolf: Seriously man, that's what Facebook is for.

Greg Everett: Oh god.

Robb Wolf: [Laughs]

Greg Everett: Shit.

Robb Wolf: All right. Anything else?

Greg Everett: I don't think so. We'll – let's see yeah, there's something else. We will have some information on the theater premiere of the American weightlifting documentary in the next few weeks.

Robb Wolf: Cool.

Greg Everett: There will be an opportunity for you guys to buy tickets, come see it in a big movie theater before the DVD and online streaming and sundry and various distribution modes are available.

Robb Wolf: Cool, cool. I like it.

Greg Everett: That's all I've got.

Robb Wolf: I have nothing else. Oh, you know what, I lied. I've got a little bit. It looks like we are at some point going to have the wife episode where our lovely spouses will be on. Amy and Nicki will be fielding some questions. We had some pretty good questions coming in. We might also do a guest podcast where Eva T and Coach Michael Rutherford come on and sit in for Greg and I just to get a little hip-hip and what not and break things up and have those guys – I'm sure that they can make as good a train wreck out of this as we have done.

Greg Everett: Wait, I want to know which one is going to be me.

[1:10:02]

Robb Wolf: Probably Rut, probably Rut because he's a little more stoic.

Greg Everett: Stoic.

Robb Wolf: And Eva is a bit more of a spazz.

Greg Everett: He's a stud.

Robb Wolf: So I think she would fill my shoes pretty well with that so.

Greg Everett: Sweet.

Robb Wolf: Cool. Right on man. Okay folks if this one did not record yet again then the podcast is over.

Greg Everett: Then I quit

Robb Wolf: [Laughs] it is 100% Eva and Rut from here on out, so. But we triple bagged this one so hopefully we're good. But thanks for motoring through the last week. Super busy, lots of external life stuff going on and then the fucking podcast gods were not on our side so.

Greg Everett: Fudge.

Robb Wolf: Yup. But --

Greg Everett: All right.

Robb Wolf: All right G. Thanks man.

Greg Everett: See you.

Robb Wolf: Talk to you later. Bye.

[1:10:50] **End of Audio**