

## Paleo Solution - 207

Robb: Howdy, folks! Robb Wolf here, and if you noticed some change in the way that the podcast is feeling, it's because my ever large and in charge co-host, Greg Everett, is not actually here with us today. We actually have somebody svelte, much better looking, and hopefully quite interesting, Emily Schromm.

Hey, Emily! How are you doing?

Emily: Hi! Thank you for the introduction. I'm doing fabulous. How are you?

Robb: Pretty good, pretty good. We're both commiserating over the fact that we got snow dumped on us. Emily actually has a piping hot cup of coffee. I'm still caffeine-free, but I got to say I'm getting a little twitchy about that. I may go do an espresso after this.

Emily: No. Hang strong, Robb. I will drink it for you. Hang strong.

Robb: I will do what I can. Hey Emily, before we jump into this, let me bang through our podcast sponsors really quick so I can get that out of the way, then we'll jump in and we will unleash you on to everybody, okay?

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Okay. Emily, what's going on?

Emily: Not much. Happy Thursday!

Robb: Happy Thursday to you, yes. I'm very excited. I'm going to try doing podcasts on Thursday. We've had a hell of a time both with getting this stuff done with me working at the clinic trying to get the certification done. And then also, we've had a few technical snafus that basically made Greg and I want to melt our computers and never go online again. So I have a feeling that we'll have better luck today.

Emily, you have so much cool stuff that I want to tell folks about. You've been on MTV's Real World D.C. You've been on the Road Rules Challenges and have just basically mopped the floor with folks doing all that stuff. You are part of a CrossFit Gym there in Colorado. You have Bacon & Skinny Jeans as your blog. You have Unleashed Fitness, which is your personal training and online training gig.

Tell folks about yourself. Those are like the bona fides that we need to get out front so that people are like, "Who the heck is this chick? She's hot, but why do we care?"

So Emily, why do folks care? What's your story here?

Emily: I come from Missouri, but I've been in Colorado for about three years.

Robb: Nice.

Emily: I'm a personal trainer and a CrossFit coach here. I have somehow happened -- about four years ago, I was asked to be on Real World, which I think is -- I think reality TV is a little bit of a joke, but it was one of those random, like someone asked me to audition when I was working at Starbucks and it was just a freak accident thing that happened to get me on the show. So I was just going with the flow and I ended up doing Real World. I ended up doing some challenges that they'd spin off of the Real World, which is like a little bit of a mix of Survivor meets Wipe Out, I kind of call it.

I've been able to -- I don't know. It's so much fun. I'm kind of competitive if you cross that you always embrace your inner competitor. And so, with the challenges, I've been able to do that in a different light and it's just been a lot of fun. I've had a lot of fun the last few years.

Robb: That's awesome. I did the Discovery Channel "I, Caveman" show, so we have a little shared overlap there I guess with the reality TV scene. One of the wackiest

things about doing that was actually the psychological evaluation. Do you remember doing that before you went on?

Emily: Oh my gosh! Yes, I have. It's like a four-hour psychology quiz, and then I had a talk with the psychiatrist. It was insane. Did you pass the test?

Robb: I did. Apparently, I did. It was kind of funny. They ask these questions like, "Do you fixate on death?" "Do you fantasize about killing people and burning them alive?" Was that some of the stuff that you had in yours?

Emily: Yes!

Robb: And so, I asked the -- it was just so wacky, and I asked the gal. I'm like, "Does anybody not ever pass this?" and she's like, "Actually, it's remarkable a number of people don't." Holy Christ!

Emily: Yeah, I know. It was like a 600-question thing, but luckily I think we might have both passed.

Robb: Yeah, just by the skin of my teeth, yeah.

Emily: Yeah, barely.

Robb: The gal actually told me that part of the reason why they need to do this -- so there's the reality show "Face Off" where they do the costumes and the body painting and basically the prop building-type stuff, making people into monsters and demons and all that stuff.

And so, when they first started the "Face Off" show, when they put the people through the psych profile who were going to compete on the show, all of them failed initially. They're like, "Well, this is what I do. I think about the way that a living corpse would look, so I've got to think about this stuff." And so, they had to get all these writers to let these people still compete in the show even though they had completely failed the psych profile, which I thought was just totally fascinating.

Emily: That is fascinating. I mean, good TV comes from crazy people. Not to throw myself under the bus at all, but I feel like there is something to it a little bit.

Robb: Were you one of the balanced people on the show?

Emily: Yeah. I'm a little under the radar. I'm a very low-key person in general. I just like to win challenges, so I think I was there for merely the fact that I was more there

for the actual challenges while some were there more for the alcohol or for the party aspect. I think I was a little balanced compared to the rest.

Robb: It's always fascinating how they put those shows together because they're very good at picking a group of people who are going to be good teammates and they would otherwise get along really well, and then they find one grain of sand to throw in the mix and that person you want to fucking kill on day one, or maybe one or two people, but I guess that's where the whole thing gets interesting.

Emily: Yeah. Well, there are about 30 of us on these shows and about half of them are those grains of salt.

Robb: Okay, so that was a big challenge. We only had like ten people on the "I, Caveman" show, so they can only fit in two people that were a little bit wacky with that.

Emily: It perfectly makes sense.

Robb: Emily, what was your athletic background before getting into CrossFit? How did you find CrossFit? Now, you're actually part of a gym. Give some folks a little bit of a background with that.

Emily: Yeah. I've always done sports growing up, never that competitive though, but I love soccer. I always played soccer. I went to college and instead of playing soccer, I decided to pursue a little more academics, so I did the intramurals all the time and flag-football, and I always missed out on some real competitive things.

After I got on to The Real World and the challenges, I mean, there's something about watching yourself that it's pretty hard to see yourself, especially girls in general. We are hard on ourselves as is, so as I was watching myself and I just *[audio cut out]* shape and I always considered myself an athlete, but I was not an athlete anymore. I feel like you've got to kind of work for it if you're an athlete, and I hadn't been.

And so, I really had found this place in my life where I was just not happy and I didn't feel good in my own skin and I had to watch myself and I didn't feel good. And so, I really found the gym as a way to kind of take my life back and to feel like I was doing something productive, but that was before CrossFit.

I was just finding workouts online and I fell in love with that. I really fell in love with the gym. It got me out of feeling bad about myself and that's when I decided that I wanted to be a trainer. And when I became a trainer soon after, I

found CrossFit, and enough said, my life has been changed ever since I walked into my first CrossFit gym.

Robb: Coffee burpies and muscle-ups basically and not looking back after that. Nice.

Emily: Never going back. And so, I found a really good place where instead of going through the whole counting calories and feeling guilty about everything I ate, I found, oh my gosh, I'm really happy because I just lifted a bunch of weight. I'm like "Holy shit! That was awesome!" It was just a really empowering thing that I have found.

When I found it, I wanted the world to know about it. That's when I really got big with my personal training and with Unleashed Fitness, and that's how it took off with Unleashed Fitness.

Robb: Nice, nice. As you started working your way through CrossFit, what was your nutrition like before getting into CrossFit and then getting into it? Was there any type of evolution with that? How did you tinker with your food?

Emily: When I first found CrossFit, you can't really go into a CrossFit gym without hearing Paleo. That's just unheard of, so I kept hearing people talk about it and talk about how it helped their skin clear up and it helped their stomach, and I was like, "These people are full of shit. There's no way that that's true."

I researched online, but the only thing that convinced me was your book. I read your book and I came home. I threw all my cereal away. I threw all my oatmeal away. I threw my whole wheat bread away and I was like, "I'm going to do this."

Robb: Oh, you sucker. You sucker, Emily.

Emily: I did it! I can't even thank you enough. I remember that first month. I went 30 days strict with Paleo and I felt stronger. My stomach issues went away. My acne cleared up and it was like this epiphany of, oh my God! I had no idea nutrition played -- I had no idea, I really had no idea. It was a pretty big month of finding Paleo and I just want to tell the world about it as you can relate to, I feel.

Robb: Yeah. So Emily, how did you and how have you tinkered your Paleo eating? Oftentimes, particularly in a CrossFit environment which is very metabolically-demanding, very glycogen-demanding, a lot of times, folks will make an error by eating too low carb. Did you ever find yourself doing that? How have you found your kind of optimum air-fuel mixture as you've gone along?

Emily: It is so fascinating because I really think everyone is their own guinea pig. It's been fun to see what I respond well to. I was on pretty low-fat and like moderate

carb and I just felt like shit. And so, I upped the fats pretty high, I think about three times as much as most people do, and I felt really amazing. And then when I cut the carbs too low, I felt like crap again.

So I have found a good balance of timing my carbohydrates. And so, if I have a big workout at noon, I'd say that breakfast I'll have a little bit more than usual, but I do notice a huge feeling in my energy when I have too many. I think some people are different than that. They need more, but I played around the zone for a little bit and I felt like it was too carbohydrate-heavy for me and I felt always hungry and never really got that satisfied feeling, and I stopped sleeping as well.

So I do better with a higher fat diet and a little less carbohydrate, and I keep the carbohydrates for pre and post-workout.

Robb: That's so shocking! That's what I do, too.

Emily: Really? Look at that.

Robb: Yeah. It's funny, for The Performance Menu -- clearly I have history with CrossFit, but at the same time, I love so much of it. I like the zone. There are great elements to it, but I had tinkered and tinkered and tinkered with it and I ended up writing a couple of articles for The Performance Menu.

One of them was called "42 Ways to Skin the Zone" and there were a couple of these archetypes in there. One of them was the "always hungry carb-crazed zombie" where they ate their allotted zone blocks of carbs and they were always hungry and could never fill up.

Emily: Yes. That's so it. I was grumpy and I felt like I was back in the moment of when I was before CrossFit and Paleo for my next meal and I fully embraced Paleo and CrossFit because it takes you out of that mindset. I really do respond better to not zone.

Robb: Could you maybe describe like a breakfast, lunch, dinner then? Oh, and also if you don't mind, give folks height, weight, and dimension so they get a sense. Are you a 6'4" Amazon or a wee, petite Lilliputian thing, whatever?

Emily: Yeah. If you watched Real World, I do look very Amazonian compared to these girls, but I am only 5'8", which is still pretty tall for a CrossFitter.

Robb: Yeah.

Emily: I'm 5'8" and I'm 150 pounds. I'm actually trying to get a little bit bigger because I'm working on getting some PRs here. My breakfast is always bacon and eggs. I

will always go for bacon and eggs, so I usually do four pieces of bacon in the oven and then three eggs, and then I'll either use bacon grease with the eggs and then I pound it with kale right before I finish my eggs, so tons of kale, eggs, and bacon.

My lunch, I usually do -- it's usually five ounces of beef or it will be like some -- I have a really great place here in Denver that caters Paleo food called Caveman Cafeteria and they're just phenomenal. So I usually get a five-ounce meat from them with tons of veggies, and then I do a handful of cashews.

I always, always keep almond butter in my car. My car is a little bit of a grocery store, so I always have that for snacks if I get really into those new bison bars. Have you had those yet?

Robb: I've had those. They are quite good, yes. I wish I had come up with that idea. Yeah.

Emily: Right? They're different, but they're effective because they have protein in them, which no bars really have.

Robb: Right.

Emily: So that's been a good little snack in between. And then right after I work out, I always have about half a sweet potato or a little less and protein shake or I'll mix my protein with coconut water, which is if you haven't had it, you must try it. It's like a milkshake, deliciousness.

Robb: Cracky goodness, yeah.

Emily: Cracky goodness. And then for dinner, last night I had two chicken sausages with a bunch of veggies again. I mean, I always overdo the kale. And then my side is like half an avocado for my fats or -- I discovered pecan butter last night, which changed my life. It's just not tons of carbohydrates unless it's post-workout, but I eat bacon every day and I think I eat tons of eggs. I probably eat five eggs a day on average.

Robb: Gotcha. I guess Eggs, Bacon, & Skinny Jeans would have been a really long URL, so you just had Bacon & Skinny Jeans.

Emily: Kale would be. It's not the bacon. I thought about doing Bacon & Butter because I always put butter in my coffee. A little Kerrygold, I think, is just delicious.

Robb: Nice! So how have you tackled your training with CrossFit? Do you do a pretty standard, front page WOD? Do you stick in a little periodization? Do you follow it

with some CrossFit football? Does it kind of change up in a block periodization format throughout the year? How are you tackling your training and how do you do the training for your clients?

Emily: Yeah. Well, I actually train at Front Range CrossFit here in Denver, which is just a phenomenal gym. In our training, we have a typical WOD, but we also have team lift right after. So if I'm at Front Range, it's about two hours of a workout that they have posted for the gym and then supplemental lifts whether they're cleans, jerks, or deadlifts. We follow Wendler Program right now.

And then I'll do -- before that in the morning, I'll probably do some row intervals or running intervals throughout the day, so I do about three hours -- two to three hours a day, not on my rest day. So it can be pretty sensitive, but I'm lucky because I work at a gym. And so, my life is just -- it's so hard. It's such a rough life that I live.

With my clients, I have -- you know, it's been so much fun because I coach CrossFit, but then I also get the clients that come to me individually and they can be all different ages, all different flexibility issues or mobility issues that I have to kind of tackle, injuries that were going around.

I always incorporate CrossFit because I think it's just the way that it works and what it does for our system and what it does for us mentally. It puts us in a place where we're stronger than we thought we were and I love people feeling that. I love seeing people hit that point.

And so, CrossFit is always incorporated in my one-on-one trainings, but it's always catered to their personal issues that they're dealing with whether it's flexibility, injury, or whatnot, so it's been really fun. I feel like with personal training, it's so fun to be creative. I think I've been able to find my creative outlet with it and just to mix it up every day. It's been a really, really great job for me.

Robb: Nice. What's the demographic of the folks you train both online and in person? Is it mainly women, mainly men, pretty good mix?

Emily: Mainly women, probably like 60-40 or 70-30. The online has been great because I do have such a big following from MTV. And so, there's a younger demographic, people my age and the people a little younger that I would have never been able to reach out to without MTV. And so, I'm really grateful. As silly as reality television is, I feel like I'm a little indebted to it because I have been able to reach out to a bunch of people and do those 21-Day Superhero Challenges that I launched that gets people logging their points if they are having sugar or not and sending out videos, so the online is a little bit younger.

But here in Denver, I have anywhere from 22 -- I have a 60-year-old client without any eyesight, and he's just amazing. I have such a great mix of people, so it's been really, really fun.

Robb: Awesome! So tell people about this 21-Day Superhero Challenge. How did you come up with that and what's the makeup? You know, I have a feeling my super ability would probably be growing back hair, but I don't know that I would have anything beyond that, but what will people come out of this with, what super powers?

Emily: It started when I went to film my last challenge, "Rivals", when I was in Thailand. I was going to be gone for six to eight weeks and I didn't want to leave my clients here in Denver hanging, so I created this online program where they would daily log their points just to hold them accountable for how they're eating and if they're moving and if they're mobilizing.

And then it turned to the world because everyone could use a little bit of accountability if they're looking to change how they feel in their energy, so I started a daily -- I sent out an email every day for the 21 days and it could be a workout or it could be like a little piece on nutrition facts.

At the end of the day, they write if they had any bread or if they had any sugar, soda. At the end of the challenge, they have like the leader board and the winners get some free swags, so it's been really fun. I don't know what super powers have come about, but hopefully not flying because I really want to fly and I'd be really jealous.

Robb: If somebody beat you to that, yeah, that would suck. It's like the coach should get that first.

Emily: Damn it!

Robb: Although the next challenge you do, we should hook up Well Food and get some Well Food swag thrown in the mix with that.

Emily: Heck yes! That would be amazing. That would be awesome.

Robb: You know, I don't want this to be too leading of a question. I'm actually trying to figure it out. What's your experience with disordered eating, both male and female? But I would say in general, we would probably both agree that we see this more on females. What's your experience with that? How much of that have you seen and how do you tackle that stuff?

I have some thoughts about it and I wanted to ask a question, but I don't want it to be too leading because I've got some of my own thoughts about that related to Paleo and CrossFit and everything, but what's your background with all that?

Emily: I think almost -- I don't know any girl that hasn't suffered from a little bit of body dysmorphia where they see themselves differently than they really are, or they look at themselves and hate themselves.

I have been personally affected by that growing up. I mean, I'm *[audio cut out]* and I couldn't even -- you know, you're just supposed to go into a pool and have fun and be in a swimsuit. And even with a one-piece, I had to wear like long shorts because I thought my thighs were so big. It was like, oh, my God. I was eight. It's just not normal how we think.

And so, I really struggled with it right after seeing myself on Real World DC. I just felt so gross and I really suffered from some -- you know, I never, never got to the point of unhealthy badness, but not eating and really, really limiting my food and a little bit of bulimia definitely happened.

And so, when I found CrossFit and when I found Paleo, I felt like -- I don't know. I never struggled with that after I found Paleo and CrossFit because I cared way too much about performing well and succeeding in the gym that that shift of not liking the way I look turned into I love the way my traps look because I can power clean a lot.

And so, there is like this really big shift that happened, but from my experience, I don't know any girl that hasn't suffered from that. And it really makes me sad and it also really makes me want everyone to do Paleo and to try CrossFit because that's what changed it for me and I think that it changed it for a lot of people that I've talked to.

Robb: I just can't agree enough and this is some of the -- clearly, I'm a male, if people hadn't realized that. I never really had any type of disordered eating, had never been around anybody with disordered eating.

We opened NorCal Strength & Conditioning back in 2004, started working with folks. I started off Paleo because that's my background, got more involved with CrossFit and they were really pushing the zone pretty hard. And so, I tried tinkering with that and it was interesting to me that the only people that I saw who came back to me, they said, "Hey. I've had anorexia," "I've had bulimia before and this weighing and measuring my food is making me do that again." And so, I'm like, "Okay, let's can that. Let's just make this very gut level, instinctual, hunk protein, carbs post-workout."

What I discovered, and this is one of the things that I really, really love about CrossFit and I love about CrossFit plus Paleo, is because it is a performance orientated culture and clearly everybody wants to look good. People love wearing their knee socks and they like pulling their shirt off during workouts and everything. That's as much of the culture as box jumps and burpees and everything, but if you skip meals, if you eat poorly, you are going to so suck ass in your workouts.

Emily: Yes!

Robb: It is such a shaming process and it's mainly internal because you're like, "I fucking hate coming in last," you know? If you were doing well before and then you skip some meals because you're like, "Well, I want to lean out a little bit," it just doesn't work that way.

Emily: It doesn't, yeah.

Robb: So I found it to be remarkable that this combination of quality food focus, it's real easy to get people lean and strong and everything just by basically checking in and being like, "Hey, are you recovering from workouts?" Yes or no. "Do you want to lean out?" Yes or no. We either ticker the carbs up or the fat down and we can largely get the person there and we don't get disordered eating out of that, and I think it's amazing.

Emily: It's amazing. It's a no-brainer like how is not everybody in the world of Paleo and CrossFitting?

Robb: Right. I really agree. If somebody really wants to get in and quantify their food, I think that's fantastic. If you want to start throwing what you're eating into a food scale or do some weighing and measuring just so you've got a baseline, I think that's fantastic. But we've had really, really good success with the intuitive way of eating.

Get a plate, lots of protein, lots of veggies, post workout if you're lean, then weigh more carbs and more dense carbs if you're not so lean. And we show some either blood work or some symptomatology of metabolic arrangement, fewer carbs, there we go. That's performance, elite performance nutrition right there.

Emily: Yes. I agree completely. Yeah, it's pretty fascinating, the lack of knowledge, I would say, on that stuff. So the more that we talk about it -- and I love that you have a podcast -- and the more we get it out there of just good sources of protein. I just feel like there's really not much knowledge of what good carbohydrates are and bad carbohydrates are. And so, it's great that it's

happening more and people are more interested, I feel like, these days than they were five years ago.

Robb: Right. I totally agree. This is so painful to say, but you're literally almost half my age. I'm 41; you're 24. You are a generation younger than I am. You're working with people that are almost like two generations younger than I am, which is totally frightening. Someday you'll look back and you'll be in the same spot and you'll be like, "Oh my God! I remember when fat old Robb was talking about this."

What's it like working with these whippersnappers? Are they embracing this kind of Paleo thing? I definitely get this sense that popular media, the government, stuff like that, it's very in vogue to be vegetarian. It's very in vogue to think about veganism and stuff like that. What's your experience of that and how are you motoring through that stuff?

Emily: Oh, it's so fun for me to kind of shock people. I mean, there's nothing more fun for me than posting pictures of butter in my coffee and then me with my six-pack, and people are like, "What?" It's just fun because people don't -- they just don't know.

And so, I think most people, they do -- they see tofu and they see Whole Food promoting a very vegetarian lifestyle and they think that is health, and so they'll try it. And I relate to that because I've tried that. I've done almost everything just because I didn't know because tofu sounds good and it sounds healthy.

Then you tell them and they're just so wide-eyed and so receptive, and I think that it's been so much fun. It's so different than being in a CrossFit gym because CrossFitters, they get it and they're like, "Yeah, we get it. Bread is bad." And then I tell someone on Twitter that and it's like, "Wait! Whole wheat bread is bad?" So it's just a very different demographic, but I just love how receptive people are to it. It's been really, really fun.

Robb: Well, it's got to be a trip, too, because I think that when you're in a CrossFit-type gym, we really get -- you forget that the rest of the world is out there and you start assuming that people more or less understand this stuff.

And then because you've had these big exposures from the mainstream -- when my book was first released and Tim Ferriss very kindly featured the chapter of my book on his website, I couldn't believe how people lost their minds about this stuff.

I was just talking about "leaky gut" and "gut permeability" and all this stuff, and people literally lost their minds. It's great when we get some mainstream, bigger

exposure, but it's also kind of like, "Oh my God! I don't know if I'm ready for this."

Emily: I know. Yes, definitely. With reality TV, when I first did DC, I was a very sensitive little bird and took everything to heart, but I had to get over it. I've done these shows for three to four years and I just have learned that there are going to be crazy people that talk, but the amount of impact that we have on the ones that want to listen is just too big to stop talking about it.

Robb: So how much time do you devote to the person that has got like ulcerative colitis, irritable bowel syndrome, acne, polycystic ovarian syndrome, they want you to train them, but they're just not buying it, they're just not compliant?

How do you tackle that? Is there a point where you're kind of like, "Okay, your needs exceed my capabilities," and you end up not working with that person because you have all these other people that do want to do what you're asking them to do. How do you tackle that?

Emily: I love those cases. Those are the challenges that I love because the people that are eager and the people that are yearning to get in there and do everything I say, I love those people as well, but it's almost more fun to have the stubborn ones because you know how big of an impact it will be.

Some people do really well. It depends on the personality if they do well with one thing at a time. "For this first week, you're going to cut out all your Starbucks. And then for your second week, you're going to cut out all these Red Bulls." And so, some people do well with that, but there are those people that I have to convince them for a week or two that you just got to go for it.

Sometimes you've just got to take the Band Aid off and see what it does because it's pretty -- the changes that occur for them if they're in that severe condition, whether it's gluten sensitivity or whether it is something a little more serious, I think that it's so immediate and that they would be stupid if they saw a little bit of results and then didn't go back, and that's never happened to where they didn't feel better almost immediately.

Robb: Right. It's just getting that initial buy-in so that they can see that change.

Emily: Yes, definitely. Yeah.

Robb: It sounds like you're a much more patient, empathetic person than I am. I'm kind of a jerk with that stuff, or maybe you're still new and bright-eyed and bushytailed with this stuff and not burned out and used up like I am.

Emily: No, there are times. I will say there are times I just get so frustrated that I just want to shake them and be like, "Take my passion! How do you not see how much this works?" but everyone is on their own time and I think personal training has definitely taught me a whole level of patience that I never thought possible. That's for sure.

Robb: You know what? It's interesting and I've always wondered where my patience level would have been if I had been a trainer in a good gym versus an owner of a gym because in addition to dealing with the clients, you're dealing with the staff, you're doing the programming, keeping the lights on and the bills paid and all the rest of that stuff.

I think at some point, like the owners of these facilities, you're just so crispy from being a self-employed gym owner that the thing that sometimes starts getting cut is your ability to deal with those noncompliant folks, or at least that's where I had to cut things because it's like I couldn't stop focusing on paying the bills, couldn't stop focusing on generating content for programming and all that, so that's interesting.

Emily: Yeah, that makes sense. Yeah. I've been lucky because I had -- before CrossFit, I was at 24 Hour Fitness. It's a good old corporate gym. And then I'm able to now have my own business and train in the gyms that I trained at and it's just -- it is really lucky because I don't have the big things to worry about. I can focus on the people, so I will say I'm very grateful for those that allow me to do so.

Robb: Well, Front Range is a phenomenal gym like I have referred at least 20 or 30 people that I've had emails from folks in the Colorado area wanting to know a good CrossFit gym that I would unreservedly recommend, and you guys do a great job. And I didn't even know that you were on staff there until we had our Twitter introduction and all that stuff, so that's really cool.

Emily: Yes. So Front Range, I am just an athlete at Front Range, so I separate the gym that I coach at in CrossFit Park Hill.

Robb: Gotcha. Okay.

Emily: Yes, I'm all over the place, but it's actually been really fun to be able to separate coaching from training. I think that it's rare to see, but they're both great gyms and I'm able to kind of -- when I walk in the Front Range, I'm there as an athlete. And so, it's been fun. I really enjoy it.

Robb: Very cool! So what else do people need to know that you have cooking here? You have your Bacon & Skinny Jeans blog, which is fantastic. You have Unleashed

Fitness. What else do you have cooking? What do you have going over the next year that you want to get accomplished?

Emily: You know, I love these Superhero Challenges. I think they're great introductions for those that aren't -- it's not fully Paleo, but it's pretty significantly Paleo. So I love these challenges to get the people that are just hearing about Paleo into it and seeing the results that they can have taking out sugar and those things. I am doing some workout videos and launching out a little bit of some workout stuff in the next few months.

It's getting people moving in at-home CrossFit workouts that they can do until they can afford a CrossFit gym because everyone needs to be in a CrossFit gym, but it's not always realistic for the college students and it's not always realistic for high schoolers. And so, getting people moving at home versus just going and doing bi's and tri's and back's and bi's and all that, so I want to get some fun workouts for people and keep these challenges going.

I really love the model that I have, the shirts that I sell, the "Be Your Own Superhero" shirts. I just think that everyone should just keep -- God, there is just so much inside of us that we don't even know we have, and if we start moving and eating healthy, we kind of embrace that and we unleash that and we get a little bit of super powers going on and I'm so into it.

Robb: It's not going to make my back hair grow more though, right?

Emily: I don't know. I don't know. I don't think that.

Robb: Okay. I don't know that you really could have it grow any more than it does.

Emily: It might be like doing with some steroid stuff I don't know about.

Robb: All the time I look at that, I'm kind of like, "Why can't I have all that protein growth go into my muscles?" I would actually be a male CrossFit Games competitor then at that point.

Emily: Yes, there you go.

Robb: So anything else that you want to let -- how can folks track you down if they want to do some training with you? How do they do that? How do they track you down online and all that stuff?

Emily: Yes. So just go to my website, [superherounleashed.com](http://superherounleashed.com). I am really big on Twitter. It's EmFitMTV on my Twitter, and my Instagram, which I'm quite addicted to, is emilyMTV. So I post a lot of fun workouts and tidbits there and it's

pretty easy to get a hold of me, but any questions, please email me, [emily@superherounleashed.com](mailto:emily@superherounleashed.com).

Robb: Cool! Well, I'll get you hooked up with Squatchy so that we get all of that stuff put in the show notes so that when this goes up on Tuesday, people can track you down and they can become superheroes, but hopefully not growing back hair.

Emily: No back hair.

Robb: Yeah, no back hair. Awesome! Emily, I just have to tell folks, you were so gracious because I changed this time like 15 times, 20 times. I was just like, "Are you fucking kidding me?" I was like as slippery as a greased eel trying to get this damn thing done.

Emily: We got it done.

Robb: So I'm stoked we finally got it, yeah.

Emily: We got it done.

Robb: Awesome! Well, I'm super stoked that you had the time to come on the show. I'm really excited to have more folks find out about you. Are you going to do anymore reality TV? Does it look like any of that is on the horizon?

Emily: You know, I might and I never say "never". It's an exotic country and that sounds fantastic, so even though I might say "no" now, you just never know. If I do one in the spring, I might do -- we'll see. I still can't decide.

Robb: Have you seen the "Naked & Afraid" shows?

Emily: No. What is that?

Robb: Oh! So you take "I, Caveman", but it's typically a guy and a gal sticking out in like the African bush or like in the Louisiana Bayou and you're literally naked, both of you, and each person gets to pick a tool like a fire starter and a hatchet or a pot to boil water in and then you survive for 21 days.

Emily: Oh my gosh! I love that.

Robb: Check out a couple of them. Some of the people actually ping me it because I was on "I, Caveman" and two of my "I, Caveman" castmates, Billy Berger and also Manu Toigo have both been on there. I got a ping about would I be

interested in doing that and I was like, "I would really have to think about that" because I lost 18 pounds in ten days doing the first show.

Emily: Oh my gosh! That sounds like me entirely and I lost 10 pounds of muscles just being there and not CrossFitting.

Robb: Well, throw gathering wood, hunting elk, and eating once every ten days, and it's a party.

Emily: That's awesome! I will check that out.

Robb: Cool!

Emily: Well, thank you, Robb, for having me. It's been a pleasure.

Robb: I'm stoked to have you on and we'll definitely talk to you soon.

Emily: Okay, sounds good, Robb. Thank you.

Robb: Bye.

Emily: Bye.