

Paleo Solution – Episode 126

[00:00:00]

Robb Wolf: Hey folks Robb Wolf here and we have a gaggle of monkeys with us, our usual scene of the crime dude Greg Everett and then we have MovNat founder Erwan Le Corre, we have MovNat master trainer Clifton Harski, we have MovNat science advisor and NASA scientist Jamie Guined and then of course you have myself.

So how are you all doing?

Erwan Le Corre: Hey great Robb.

Robb Wolf: Cool.

Jamie Guined: Feeling great thank you.

Robb Wolf: Awesome.

Clifton Harski: Doing well.

Robb Wolf: The last time we tried to have this many people on a show it was when the modern gypsies that won the Expedition Impossible Show and that was a disaster so I'm hoping that --

[Cross-talk]

Greg Everett: That was wild.

Robb Wolf: Hopefully this is a little bit better but they were in four of five different locations or three and then I was in Santa Fe. Greg was in California and so buy you guys are all cast in the wind too so we'll see how this goes.

[Cross-talk]

Greg Everett: We're two different countries.

[Cross-talk]

Robb Wolf: Yeah one guy was in Australia or something. Actually that was true. So guys what is going on?

Erwan Le Corre: Well Robb we're really happy to be here for the first time like the MovNat team together for the first time on your podcast. It is quite an honor. It's very exciting. We've been all of us have been following the podcast forever and so we're very happy.

Robb Wolf: Very cool very cool. So now just to give a timeline like you for one through I think John Durant did an e-mail introduction to us.

Erwan Le Corre: That's right.

Robb Wolf: Maybe two years ago, a little more than two years ago.

Erwan Le Corre: That was a little more than two years ago now.

Robb Wolf: Yeah and I ended up coming the five-day seminar on West Virginia and then that one was right around the time that you first met both Jamie and Clif at the same time?

Erwan Le Corre: I met Jamie first and she reached out to me. She was interested in the certification actually and when I realized that she was actually an exercise scientist at NASA then I contacted her back and said hey it's really great and I'm really interested in working with you.

So she was also very excited about it and so we started our work together the MovNat curriculum and some aspect of it and then later on in West Virginia I think that was the same summer but you also attended the workshop Clifton showed up to one of those workshops and he was also really fired up by what he discovered and learned and the potential and then I also see in Clifton a great intelligence and passion and I thought I want that guy on my team too and then here we are now.

Robb Wolf: Very cool. You know Clif's first photo that I saw of him was the although you have quite an interesting assortment of photos on your Facebook page but it was the one with the giant bone with the meat still hanging off of it.

Clifton Harksi: Yeah was making some bowling broth and just having fun in the kitchen.

Robb Wolf: Nice. So guys I know folks have had a lot of questions about MovNat, what the philosophy is, what all is involved with the curriculum that you guys are generating. What do you feel like is

the number one question that people are asking you are maybe the top two, three, four questions that you're getting that people are curious about MovNat, curious about the philosophy, the way that you handle the coaching and curriculum development and whatnot? What's kind of the number one thing that folks are asking you that you just seem to need to answer again and again.

Erwan Le Corre: I would say it's probably how do I condition for MovNat. How do I prepare for MovNat. That's one of them and the answer is very simple is well with this you are gonna learn to move with efficiency and then you will condition in the process. So basically you don't need to be ready. You learn that foundation of movement, skills and efficiency first and then that's how you condition.

Robb Wolf: Nice. I subscribe to the Straight Blast Gym newsletter, a really good jujitsu, boxing, kickboxing gym. Matt Thornton is the founder of that and they had a good article written by one of their black belts and he was talking, kind of directing the topic towards the over 40 Brazilian jujitsu MMA crowd.

[00:05:00]

The people will comment that they feel like they need more cardio, they need more conditioning for say rolling but he made the point that folks are missing the boat that what they need to really focus on for Brazilian jujitsu is they need to be really good at Brazilian jujitsu.

That at some point the technicality and efficiency of just being good at your given activity is the main driver of that. Would you guys see a parallel with that? Looking at the MovNat curriculum a little bit more analogous to Brazilian jujitsu, kick boxing, rock climbing in that if you're gonna be good at that given activity you don't go and condition by doing other stuff extensively. You mainly get in and do the curriculum that you guys are playing with?

Erwan Le Corre: Well yes and no. Yes in the sense that we would totally align with that idea that movement skills come first and then through the practice of movement skill you will acquire the most specific, the most affected, the most applicable conditioning and if you apply that to your grappling, to your manipulative skills like lifting and carrying for instance or like your locomotive skills like running and

jumping and climbing what you need to do primarily is to jump and climb and run and do those movements if you want to be conditioned in way that is specific.

But we also understand that sometimes a particular additional conditioning may be necessary for greater results or faster results but what is true is that extra or supplemental conditioning usually will come on top of the foundation of the skill. Without that foundation of a very high quality movement foundation then additional skill is probably not as efficient as conditioning specifically on the basis of those skills.

Robb Wolf: Gotcha. Hey Jamie what as an exercise physiologist working at NASA, what was it about MovNat that it seems like the hook sank in really deep for you and really you were early on one of the early adopters on this. Like what was it about the whole philosophy that drew you to it.

Jamie Guined: Rob really it's just the approach to conditioning that behind the MovNat philosophy and the physical education system and what I really like about it is it that it promotes efficiency and that's one thing that we're really big at NASA as far as crewmembers go .

Because eventually when we decide to venture to another planet one of the things that we have to think about is the development of efficiency. When the crewmembers are out of the door an extra vehicular activity or EVA so same thing is like a moonwalk.

What we look at is the right use of consumables and so that could be well you know the air packets are only gonna hold so much oxygen so if they are sucking down a ton of oxygen because they're not efficient or they've suffered so much deconditioning that they're having to overly compensate for changes in direction or they're having to move this or carry this that some of the things that we're interested in.

So what I found in MovNat was a possible way to increase the efficiency and hopefully the adaptability or to reduce the time that it takes for someone to adapt to a noble environment. So that's very important as far as exploration mission tasks go from a NASA perspective.

And then from a personal perspective it just really made sense to me as in this is the direction that fitness needs to go because

we've grown to kind of embrace the compartmentalized approach to fitness and what I liken it to a non-organic approach rather than an organic approach. We treat the human organism as if it's a series of non-related parts when that couldn't be farther from the truth.

Robb Wolf:

So Clif a similar question for you. You had a great kettlebelling background, you have a good athletics background. Tell the folks a little bit about what your fitness baggage that you brought to the game when you discovered MovNat and how that informed your perspective on what you're doing with curriculum development and everything but just give the folks some ideas about your background and then what brought you into MovNat and how all of that is coming together as you guys are formulating the curriculum for the certifications.

Clifton Harksi:

Certainly. First of all I have a group overseas so I played a ton of different sports cricket, rugby, not all the same traditional American sports that we have. Played high school basketball, volleyball, went to Samuel State for a degree in kinesiology and graduated with that degree and immediately went in to managing a Trader Joe's for about five years.

[00:10:10]

And it's funny you laugh and I think that was probably the best start to a fitness career that I could've had because I didn't immediately get married to any one system. I didn't become the pilates guy or the kettle bell guy or the CrossFit guy or whatever happens to me I didn't have one thing that I was interested in.

So I was always trying different things, different modalities, body weight for six weeks, hot yoga for six weeks, I went weight lifting for a certain amount of time and found that there's a lot of benefits in a number of different systems and along that path I saw the Men's Health article Erwan was in that McDougal had written maybe 2008, 2009 something like that and kind of kept on the radar.

Like if I could just have a chance to do this MovNat thing I'll have to do it and I happen to look online. I think you might have been posting about it or putting on a podcast and I looked online and there was one seat left so I signed up and went out they. You might say that it worked out pretty well for me.

Robb Wolf: Right for sure. And I think as I've talked to Erwan about some of the curriculum development and whatnot all of you guys have some really interesting background and are bringing different pieces to the game when you guys are thinking about formulating all the curriculum for the certification and whatnot.

I know that there's been a lot of different iterations about this when I was in Santa Fe. Erwan and I drank a fair amount of wine and a lot of coffee talking about what should -

[Cross-talk]

Greg Everett: Wait at the same time?

Robb Wolf: Sometimes yeah. John Belushi used to call those 8 balls I think.

What do you see is the need out there? What is the need within the fitness space? When I'm looking at what we're doing for the nutrition scene I see a very generalist need, people who just need to understand what do I eat, a little bit of the concept but then also I see something for strength coaches and allied healthcare providers.

Then I see something that we need for NDs, DOs, terminally degreed researchers. Do you guys see a similar need emerging within the fitness space?

Clifton Harksi: I'll jump in. I guess I'll take that one. As far as the need goes I think that what we're trying to do is help make fitness a much more enjoyable and comprehensive experience as opposed to this, as Jamie said, compartmentalized almost a job that people feel like they have to do.

You look at the recommendations you've got to get your three days of stretching a week, you've got to get your three days of 40 minutes at 78% of your VO to max and it just becomes a headache and almost stressfull in the sense that you have to go do these things otherwise you are a bad person. You feel bad about yourself and all that.

So it's not terribly enjoyable. I read your blog post about West Virginia. You thoroughly really enjoyed the experience and at the

same time were getting fantastic physical results and fitness improvements through our participants.

Robb Wolf: Cool. Erwan what's the timeline here on the certifications? When is the first one rolling out? I know that these are going to be a little bit different over the course of time. Like the first batch of certifications are going to be a little bit longer and then that's going to contract a little bit in the number of days for that initial step. Tell us a little bit Clif or Jamie or whoever deals best can answer that.

Erwan Le Corre: Yeah Clif go for it.

Clifton Harksi: We start now our first set of workshops. The first one is May 17th to May 20th in Santa Fe actually and they're gonna be 4 days long. It's kind of us celebrating the fact that we finally have the certification available and we want to make a big deal and really it's like I said celebrate the first people that come on.

So I think we have 144 spots total out of our first set of certification events and they're selling quite well. It's really exciting. So we want to celebrate those first seven.

When we're done with that I'll actually let Jamie explain how we were going into a two and half day schedule and how that's gonna work out.

[00:15:05]

Robb Wolf: Cool.

Jamie Guined: Hey Rob so one of the things that we definitely want to take advantage of is the advanced technology that we have at our fingertips literally. So that's the cool thing about the Internet is that people can learn from where ever they are.

So one thing that we would like to eventually roll out and this is the plan with the 2 ½ day format as opposed to 4 day format is try and make some of the lectures and the course materials available through an online learning portal on MovNat.com.

So that way we can extend our reach because it's physically impossible to be in every single city every weekend and aside from that the time commitment that we think people will

appreciate with a 2 ½ day format will be much more palatable than a four-day and it will also allow us to take some of that focus off of the didactic learning and the lectures and place it into the practical components as far as skilled practice, technique practice, one-on-one time with the workshop instructors and the certification instructors practicing the actual skills that they'll need to have in order to successfully pass the certification exams.

So the benefits of the 2 ½ day workshop are increased convenience, decreased time commitments but increased time with the instructor in a group setting and also with a one-to-one setting with the instructor honing the skills to become a successful MovNat trainer. So we're really excited about that.

[Cross-talk]

Robb Wolf:

It's really smart because there's always a ton of I won't call it onerous curriculum but it's stuff that you can kind of learn on your own, basic concepts and then it's kind of nice that if you're in that face to face setting that you can ask questions or have a whole lot of time spent on the practical applications side.

If you structure it so that people who hopefully got a deep as steeping as they can on the fundamental concepts then you can cover a lot of more ground quickly and with that in mind I forgot upfront some people may have been hiding out under their keyboards too much and aren't even super sure what MovNat is, what the concepts are, you guys have some different ways of delineating what the competency areas are.

Clif, Erwan, Jamie which one of you would want to describe what MovNat is and of the organizational underpinnings of the philosophy are and then we'll talk a little bit about the way that you guys structure training and programming.

Erwan Le Corre:

Well sure. There's still a perception about MovNat that's mostly philosophy and that after all moving naturally is something that you obviously do naturally like when you were kids and it's just like play after all in nature.

But in fact MovNat has a deeper reach. It is actually a physical indication system and that is the fitness program that stems from that physical indication system. What I mean by that is that we teach people how to move in a way that is human, in a way that is

biological but most of all in a way that is skillful, in a way that is efficient and so that's the thing.

We're not about generally conditioning which is a really big usually vague notion. We are a system for human movement skills and then the very effective and applicable conditioning that stems from it. And then that shows we don't just go for say isolation drills or general conditioning drills hoping that it will help us in some of our day-to-day activities or specialized sports.

We actually embrace the full range of natural human movement skills and we've developed that full range of skills and then we acquire a very broad and also very specific conditioning in the process and we call that physical competence.

Physical competence to us is movement, skills plus conditioning as two separate realms but combined aspects of the bigger picture which is physical competence.

Robb Wolf: And then what are the broad categories that you break those physical competencies down?

Erwan Le Corre: Well we see human movement skills placed in three different categories which is most importantly the locomotive skills which is the ability to move your body to navigate through the environment.

[00:20:17]

So that can be running, balancing, walking of course and then jumping and climbing and crawling or swimming if you find yourself in the water and then there are the locomotive skills which is the ability to manipulate external objects or loads such as lifting and carrying and then throwing and catching.

Actually you may often have to combine those skills in the sense that you may have to run and throw, you may have to walk and carry. You may have maybe to swim and carry and such and then there are the combative skill which is the ability to defend yourself or why not defend others using your body as weapon. So that may imply grappling and striking and wrestling and skills like that.

Robb Wolf: And so the plan over time is to have this basic MovNat curriculum which is more focused on like the locomotive skills, manipulative skills, climbing skills and whatnot and then you're gonna have specialization course work in say like swimming or in combatives down the road. Is that right?

Erwan Le Corre: Yeah that's right. Exactly one of the reasons is that it takes time to learn skills depending on the skill but when it comes to combatives or self defense if you prefer it's like an entire world in itself.

Of course there are some basics that are relatively simple to assimilate but there is also a real array of techniques that and there are also safety issues in the practice of a skill. You have to do it properly.

So we've decided to make it a specialty workshop or certification and same goes for athletics or the ability to not only swim but hold your breath and then free dive and then maybe swim and carry and maybe rescue people in the water.

It's is also an entire world. The idea of being able to move your body and perform physically in the water and there are also safety issues that are really specific. So we've decided to make that an entire different and specialty certification.

Robb Wolf: Yeah. Totally makes sense. Clif I'll ping you a little bit and Jamie if you want to jump in on this on the podcast particularly with Greg's background in the Olympic lifting scene we ended up talking a ton about things like max effort versus rate of force development, neural aspects of training and stuff like that.

How is all of that classic strength and conditioning stuff, how would somebody who's coming from that type of background when they come into a MovNat class, a MovNat gym, how is all that stuff considered? Is it considered? I know that's probably gonna be a big question for a lot of folks who are coming from a more of a classic strength and conditioning background?

Clifton Harksi: We do get those questions fairly frequently as far as big specifics like you're saying rate of force development and other I'm gonna say a new ship but I don't need that in a negative way but what we see out of the 50 something workshops that I've done in the last year and that's over a thousand different people, out of that

thousand people there might have been 20 to 50 people that any of that really makes any difference at all.

We're getting into the nitty gritty and it's a lot of fun conversation to geek out on but for the 99% of people that have shown up to these things and 99% of the people that I see in other gyms trying to play other sports it's not necessarily a matter of are they lacking basic fitness.

They have somewhat pretty good strength. They have decent mobility but when you see them trying to move in a coordinated fashions either on the basketball court, on the ultimate Frisbee field or when they come to us and we have them try to get on top of a bar or navigate over and under a couple of things and balance on different situations you realize that people just have a lack of - I'll use the word athleticism.

Agility, grace and the combination of all these things together seem to be fundamentally missing in most people's movement skill set and that's what we're really trying to accomplish.

[00:25:11]

We have a chart we'll be using. It talks about physical competence. One part of this is your movement skills and the other is your physical capacity.

So just as Erwan said we're not disinterested necessarily in physical capacity but we're primarily focused on those skills. Going back to something like the Olympic lifts, if you want to get stronger you want to increase your physical capacity on the Olympic lifts first you've got to get your skill where it needs to be so ultimately you can lift more in the long run. That's kind of where we're going.

Now as far as those 5% those individuals that want to worry about them as a whole our program is very much centered on an individualized approach because everybody has such different goals and such different weaknesses that if we try to generalize and put forth one particular program where it's like oh on Mondays you climb and lift and do this that's gonna be inappropriate for the vast majority of people.

So we need to be looking at an individualized approach primarily.

Robb Wolf: Cool. If somebody is running a facility right now say they're CrossFit oriented how do you see the MovNat curriculum fitting into their wheelhouse? What's your ideal scenario in that story where somebody comes in, they're already running the gym, they've got a pretty well established set of curriculum, how is attending your certification to influence them the way that they do training, programming, movement screen, stuff like that?

Clifton Harksi: Well it's gonna give them a lot of unique tools to start to implement and really start to open their eyes as to what things actually matter to a certain extent.

When we start looking at a big thing in strength conditioning right now is just totality of getting stronger. No matter what if you get stronger everything's gonna be better and that's going to be true for a certain extent.

A lot of people are limited on strength but once you reach a certain level of strength you're gonna come across a diminishing returns aspect where it's like yeah I've got another 5 lbs PR on my back swath but I still can't jump off a one leg side ways and change direction.

So it starts to open the ideas as to types of things that maybe we want to incorporate in training that weren't there before and it does so with a lot of very fun and unique tools and different tools that people haven't had the big experience of doing before.

The group classes, that's gonna end up being and this is one of the things that we're gonna be talking about more extensively in the actual certification, the group size will be a large determining factor on what you can do obviously in said classes.

And then also how big is your facility? What does your facility have to offer? All these things are gonna come up. Erwan do you have anything to add to that?

Erwan Le Corre: No. I don't.

Clifton Harksi: I would like to say that I think that it's a tough spot. I understand that in running a gym and Robb you and Greg will understand more so than I because I don't own a gym. I've interned in a

couple of gyms and I've had the pleasure of visiting a very large number of gyms over the last year and see how things are run.

I know that it's a tough spot that the busiest hours are only a couple of hours the day and getting one on one sessions are - it's not the most financially sound thing from time to time. Would you agree with that?

Robb Wolf:

We've structured things and I think Greg has followed a similar path with this. You fill in the classes where you can and then the one on One Step seem to lend itself really well the missing parts of the day, the middle of the day. That's often times when you have professionals who are capable for paying for one on one training or like one on two, one on three.

So it's a nice mix in that regard where you can have some group classes going on during the popular hours 6 am, 7 am, 8 am, maybe 9 am and then 4, 5, 6, maybe 7 pm and then those other hours really lend themselves well to 1 on 1, 1 on 2, 1 on 3 training frequently with the professionals, police, firefighters, doctors, lawyers, maybe stay at home moms who have some block of time during the day.

[00:30:14]

So that often times the way that we wrote that up and it seems to work pretty well.

Clifton Harksi:

I'm excited to hear you say the 1 on 1, 1 on 2, 1 on 3 and then 1 on 4. You guys are probably familiar at least to some extent with Alwyn Cosgrove and their gym Results Fitness. It's really fun to hear him talk about the business of fitness and how -

Anyway I believe their claim to fame is the most dollars per square foot. Something like that and he said something when he's giving his business lectures that flying a jet fighter, operations, highly technical marine and military operations are taught in group settings but yet we feel the need that we have to have a 1 on 1 session with personal training all the time.

So I think that one of the best way that's going to be utilized is small group settings as opposed to those huge group settings because then we can have that individualized focus in that small group setting and be maximizing the time.

[Cross-talk]

Greg Everett: Making sure that there's a similar background, a similar education level in those small groups. That's the way it works. If you have a group full of people and one of them like you said is coordinated and skilled that's good with the unilateral stability and stuff and you have someone on the opposite end of the spectrum who you have to teach how to walk before you can do anything else that makes it really really difficult. That second person is really the candidate for 1 on 1 training initially.

Robb Wolf: Yep. And that's one of the benefit that we've had for having the on ramp elements level 1, some sort of a triage program so you can figure on before day 1 is this person appropriate for 1 on 1 training. Can you think of another small group that you can plug the person into or maybe they're totally appropriate for a 5 to 10 person on ramp beginners class and then you can move them forward in the curriculum that way.

Erwan Le Corre: It's really important, it's the idea of individualization of the programming is more important to us because we don't believe in a one size fits all approach to training and programming because indeed we're all unique snow flakes so we have our own limitations, strengths and weaknesses.

If this is not taken into account then you end up with a training that's not appropriate for you. And then who needs training? Well in my opinion everybody needs fitness for the real world, for their own life or for their personal goals.

The thing is that if you look at some of the early MovNat videos and then you're like wow. There's no way I could ever do that. The whole goal and it's almost like a mission is to provide people a training that is not intimidating because that's where it starts. They will not engage in anything new or different if they believe that it's gonna be too hard, maybe unsafe.

Most people like the confidence in their movement but then they also like confidence sometimes in their own head and we never want to feel that all those people that are out there but may never show up to a gym because they've lost confidence in themselves and we want our system and our program to send a message to the people hey this is for you and you can do it and

you're gonna grow strong, you're gonna build your movement skills and self confidence in a way that is progressive and safe and intelligent.

That's what we do. We want to rehab people. Most of us have become zoo humans and that's a fact, and in fact it is still the case that most of the people that show up to one of our workshops or to a gym - they're almost elite already. They are the people that almost dare to exercise but out there there are millions of people that just simply don't and we want them to be confident that yes they can do it again and they can move.

[00:35:15]

If you don't move anymore we're gonna have you move again and if you are not a good mover, if you don't move so well we're gonna have you move well and that's what we do.

Robb Wolf:

Jamie can you think of anything else that folks should know about with regards to the programming, movements, screens. What's either a coach gonna get out of the cert or folks as more MovNat facilities and more MovNat certified coaches come online? What are people going to get from this type of experience versus some of the other options that are out there?

Jamie Guined:

Robb definitely the whole Move Nat approach is unique and noble in and of itself and one of the primary reasons is because in the fitness industry we typically over look some of the more basic things that make a major difference in the optimization of a training program for a particular individual.

Specifically what I'm thinking about is this really cool thing that we use in Move Nat called selective tension and by selective tension what I mean is that we're applying varying degrees of tension throughout a Move Nat for a technique and according to various contextual demands and I guess to break that down is if you were to look at two different individuals who exhibit differences in economy while they're performing the same task probably the reason is because they're exhibiting different efficiencies because the work may be performed in different conditions and the conditions may vary so.

That's where contextual demands come in is how are we improving the person's ability to adapt and move efficiently based on the demands or the conditions of their environment.

So whenever we're in a gym and we were working out, we're running on the treadmill we're not really going anywhere. We don't really have to think about what we're doing. We don't have to move through the exercise. We're just rolling that treadmill. We're not thinking. We're watching the TV. We're talking whatever.

But when you take somebody, you drop them out, you put them in the environment where they have to really interact and have to think about what's going on, they have to pay attention, they're having to overcome things, they're having to vary their speed, their effort, then you see a lot of cool things happen.

One of the cool things is that the body finds ways to self optimize and that's one of the cool things. We don't really understand why it does what it does but the human body self optimizes and a lot of the questions as to why it does remain unanswered.

That's some of the stuff that we're also interested in as far as research goes and we think that primarily it has to do with neuromuscular system and some of the pathways that may have been lying dormant for so many years because we've simply have gotten out of the habit of using those because we don't have to interact on a day to day basis with our environment.

Long story short if we begin to use some of these dormant pathways or reactivate some of these dormant pathways and we use selective tension over the efficiency and velocity curve that was created by Heale way back in the day then what we see is an improvement in movement.

We see people become better movers and so then when you have that foundation upon which we need to build everything else and so what we try to establish first is movement first and fitness second because you're gonna build a better house that way. You've got the foundation and then you start with the structure itself.

So the noble thing that MovNat brings is the ability to if you want to say deconstruct, we deconstruct conventional fitness and we focus on creating better movers. So if you create better movers you can eventually optimize their training program. You're gonna optimize their results and hopefully reduce injuries.

So I would hope that some of the folks out there would take that into consideration because it'll be interesting once we get those certified MovNat trainers out there and we're able to really reach the population. Let's see what types of things we can improve just as a result of using the MovNat methodology.

Robb Wolf: Since I attended the West Virginia gig almost two years ago we've integrated a fair amount of the MovNat curriculum into the gym and folks definitely love it. Not only do they like it but our coaches liked it. We definitely see an orthopedic benefit for people and then if people liked the experience then they come back and keep doing it.

[00:40:09]

If you're running a gym that's nice because it allows you to keep the lights on and the doors open and all that silly stuff, actually providing a good service for the folks coming to your facility. That's kind of a bone too.

Erwan Le Corre: That's true Robb. It means that say for a gym or a trainer who owns a gym becomes certified in MovNat and then he can employ some of those techniques and principles as like add ons to his regular training that can be using MovNat for the warm up.

It can be a great warm up that can be using some technique in addition to an already existing and specific conditioning program and of course MovNat can be embraced as for what it is which is a comprehensive physical education and system and fitness program and then it's also possible to just train the entire system.

Robb Wolf: Could you guys think of anything else we should cover? Anything else listeners would be interested in knowing about?

Jamie Guined: Yeah. You know what Robb? Erwan just made a really valid point. One thing in particular that I think is really cool about MovNat is if you think about traditional strength and conditioning especially in colleges and universities or even with professional teams, the

notion as Erwan said using MovNat as part of the warm up but to an even greater extent as a pre habilitation program.

So there's a lot of focus in the strength and conditioning community nowadays on prehab and also on rehab but prehab is huge because what you do during the prehab or preseason can make a huge difference in how you perform in season.

So adding a full MovNat to preseason or prehab I think would be hugely beneficial especially in terms of creating better movers and being able to optimize the performance in the field, in the ring or wherever as far as sports goes.

Clifton Harksi:

Right and Robb I know you're a big Ito fan. I'm a big Ito fan. I had the pleasure of going to a couple of his workshops in LA a year and a half ago and his video that made a little splash maybe a month or two ago where he's jumping up and down on the outside of his ankles talking about inefficient training.

And it's a valid point. It's a dangerous path to go down because I've had people see that video and ask me well I'm gonna have to pick things up that are four feet away so should I practice picking up weights that are 4 feet away from me in a dead lift type position.

I'm like no, no. Don't do that. You're misunderstanding the idea here. But that's another big benefits and it fits in that prehab that Jamie was talking about. When we get into these complex contextual demands you have to adjust slightly so that when in the future theoretically you get into those types of positions it's not the first time that you haven't had your toes at 11 degrees, 17 and a half degree inches apart to a squat but you can actually go ahead and squat in a split stance as needed when that situation comes up.

I wanted to add one thing that I think is really cruel that I've gotten a lot of feedback over the last year via Facebook, Twitter and emails after all those workshops and it goes back to the very beginning of the podcast. Erwan said something about sometimes we're seen as a very romantic system and almost like it's play.

I remember when I first went out I had a strength and conditioning buddy. I told him I was going to West Virginia to do this cool trip and he said oh so you're paying money to go play?

And I was like no. That's not what it is to me and certainly Erwan test and I test and everyone who's been to West Virginia knows that it's not just going out there to play.

But the really cool part is that so many people enjoy it so much more than any other trip to the gym and this kind of harkens over to a lot of what Mark Sisson talks about.

We've got a large of percentage of people that come up and they think of MovNat as play and I think it's a lot to activity levels in general in society in that nobody is doing things that they actually enjoy. They actually aren't going outside to play and so this can be the opportunity for them to have that play but also be an effective fitness modality.

[00:45:00]

But on the other hand what I wanted to bring up is that like Erwan said we don't want it to be over romanticized necessarily. We want it to be understood that it can kick your ass. Anyone who's been to the one day workshops knows that you're walking funny for a few days later and I know that's not necessarily a good measure of a good work out but when we schedule programs for people over long term which I've done with some of my friends and myself and I know Erwan does for himself and our other trainers do it ends up looking a lot like -

Your podcast I don't remember what episode it is but when you guys were talking about becoming Batman, one of our things is we would like to see I think what a lot of people's goal is to be a well rounded athlete, a well rounded human, be strong yet fast, be mobile, all these different things at once.

We know for a beginner we could start to improve a whole hell of a lot of things at once but after a certain amount of time when they reach that intermediate level that we're gonna have to focus on things and we're fully aware that is a misconception it's like just go outside and do some stuff and everything's gonna take care of itself.

Well no that's not the case. That's one of the main things that we're gonna be going over the certification is how to implement cert. When to focus on what aspect? And then that's gonna be coming through the MovNat little screen that we put people

through to assess how skilled they are but it will also assess their conditioning.

Because if somebody comes to us and they're biggest limiting factor is strength they're gonna have some strength work prioritized along with the skills that they need. If their biggest limiting factor is that they can't get into a bottom squat position well then we're going to be prioritizing some direct mobility work in addition to that skill work because that physical competency is meshing of capacities and skills.

So that was just kind of rant that made no sense to anybody but myself.

Robb Wolf:

I never do that so. Cool. Guys it was awesome having you on and we're gonna end the show notes. We'll have links to the upcoming seminars and certifications. We've got a live link to MovNat.com at the bottom of all the Robb Wolf pages I believe.

So super stoked to see you guys getting the curriculum hammered down. I've had the good fortune of knowing Erwan for a pretty good chunk of time and having a little bit of a hand in the development of a little bit of the stuff, putting some of my input and I'm really excited.

Erwan Le Corre:

It's my good fortune too Robb. It's my good fortune too to know you and I'd like to quote a great cook and I love this quote that he said once which is that we are meant to grow strong and to age gracefully and reclamation of authentic movement is the starting point and that is exactly what we do. We reclaim authentic movement.

That's our starting point. We reclaim authentic movement in the sense that it is authentic because it is evolutionary relevant, it is biological humanly and it's also authentic because it's biomechanically sound, it's efficient.

So we reclaim authentic movement and that's because we want to grow strong and age gracefully.

Robb Wolf:

Nice. I like it. Well guys when this goes up I'm sure that listeners are probably gonna have a number of questions. Maybe we could rope you guys on just keeping an eye on the podcast comments when this goes up on Tuesday and if folks have some questions

they can shoot them up there and then we'll get the MovNat expert, maybe give them a little bit of input at specific drills and just whatever questions are popping up on people's minds I think that'd be pretty cool.

Erwan Le Corre: Absolutely. Very cool.

Robb Wolf: Awesome guys. Well thanks for being on. I know that we've got people all over the country on this thing and it seems to have actually worked. So I was expecting a disaster like the gypsy show was but this turned up pretty good.

Erwan Le Corre: We are civilizer in MovNat. We're good people. We're polite here. We're well mannered.

Robb Wolf: Well I was more worried about our internet connection but yeah. Awesome guys. Well we'll talk to you soon.

Erwan Le Corre: Hey Robb we're really grateful that you have us and give us the possibility to explain what we do and give us a great spot like very cool. Thanks to you. Thanks to Greg. Thanks a lot Greg.

Greg Everett: Your great guys.

Erwan Le Corre: Thank you.

Jamie Guined: Thanks guys.

Clifton Harksi: Thank you very much.

Erwan Le Corre: So have a wonderful day and talk to you soon.

Robb Wolf: Okay. Talk to you later. Bye.

Erwan Le Corre: Bye.

Jamie Guined: Bye.

[00:50:57] End of Audio