

# Paleo Solution – Episode 141

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Robb Wolf: Hey folks, a sunburned Robb Wolf here and equally sunburned Greg Everett. What's going on man? It's 141 episode of the Paleo solution podcast.

Greg Everett: That was such an odd way to say that.

Robb Wolf: It was indeed. I realized it as I was saying it. I'm like this is almost like saying it in German or something.

[Laughter]

The punch line doesn't happen until the very end.

Greg Everett: 141 this episode is.

Robb Wolf: So what's new? What's exciting?

Greg Everett: Oh man. Just actually got back on the Saturday from a little vacation with Amie and Jade and came back to all the stuff that I didn't do for the last week.

Robb Wolf: Sweet.

Greg Everett: Yeah I came in yesterday and for a few hours played a little catch up and then responded to some of the emails and then just deleted the other ones.

Robb Wolf: Nice. I liked the 456 emails in the inbox and you were like fudge.

Greg Everett: Yeah it's 476. It's been worse but that's pretty bad especially considering the fact that I don't even get very many emails anymore. Most of the email related to Catalyst Athletics goes to Amie, Steve or Eliza. It doesn't come to me and so the funniest part of posting that picture is there was 2 or 3 people who were oh I've seen worse or that's like half a days email. Okay. Cool. Your dick's bigger than mine. Ride on. You know what I mean?

Robb Wolf: You squander even more time on the internet than I do.

Greg Everett: Yeah exactly. You win. If that's a contest you really want to get into then you can win. Awesome. So what's happening over there in your neck of the windy world?

Robb Wolf: Not too much. Just got back and went and had some dinner with Loren Cordain and his family last night and -

Greg Everett: Was it Paleo?

Robb Wolf: Shockingly enough. Other than I got a little bit schnackered on some red wine which that will not impede -

Greg Everett: Well red wine is made from grapes.

Robb Wolf: Totally. It's totally Paleo. Yeah exactly. Showed his son Kenny how to throw in that ladle and he was out in the Greenbelt of their condo area trying not to skewer their neighbors. They thought it was pretty hilarious so awesome photos up on that. That was cool. That's about it.

Greg Everett: Awesome. Cool

Robb Wolf: Yeah. Zoey's sleeping better and better through the night.

Greg Everett: You sound a bit more human.

Robb Wolf: I'm a little bit more human versus the first couple of weeks. I was not ready for primetime.

Greg Everett: I'm still not but we'll just work with what we've got.

Robb Wolf: Indeed. So yeah. That's all I've got man. The games are pretty impressive, the checkout bummed about Jenny Lavash. She went to this whole thing with some neck issues brewing but she managed to motor through and the things that weren't really irritating that she seemed to do really well.

I think she got 4<sup>th</sup> place on the triathlon piece and some really high rankings on a couple of things and then the stuff that overhead traps, scaling, activation just irritated the heck out of that gig so she had to pull out a little bit early but otherwise did a really good run at stuff.

Greg Everett: Cool. It's always good to pull out a little bit early.

Robb Wolf: Well it can be good in certain situations. Yes.

Greg Everett: Okay are you ready to bang out these questions?

Robb Wolf: We better get it done so to speak

Greg Everett: Corrie says hello Robb and Greg. Living in a valley in North West Montana where winter seems to be a season that lasts half the year, Nov through April, I find myself daydreaming about moving to the tropics. All things Robb Wolf Paleo considered info from "Lights Out," food availability, etcetera where would you live in this world to make living a perfect Paleo lifestyle easy and enjoyable? Thank you!

It's not so much as where as when.

Robb Wolf: It's a tough gig. I really dig the tropics. I like Nicaragua and we've been to a couple of places in the Bahamas and not the standard - Usually we go off the beaten path. So we went Aleuthera, Bahamas which was totally amazing. It's like being in the US in the 1950s just not a lot of infrastructure and not a lot of people.

I seriously dig that stuff but I like the heat, I like the sun, I like being in the water. Super cool where there's coconut trees and banana trees and all that stuff but then when you get around the tropic there's a hell a lot of bugs and so there are definitely these kinds of tradeoffs with all that stuff.

And hanging out with Loren Cordain last night. They have a place up in an incline village that they hang out each summer and that kind of Alpine scene where you can imagine hunting big game and catching fish, getting pine nuts and all that - that all seems cool also.

I don't know that there's really a one ideal spot. I guess the tropics would be pretty cool and that I think it would generally be easier to find enough chow all the way around because if you've got some sort of water interface and you have the potential of some plantains and bananas and all that stuff going all the time then that would be pretty cool.

**[0:05:39]**

And you always have some fresh seasonal vegetable matter whereas like if you're in Montana once everything freezes that's it. It's whatever you've got banked.

Greg Everett: Gotta live on snow cones.

Robb Wolf: Exactly yeah and don't go for the yellow ones like Greg does sometimes. I don't know. I could make a pretty good argument for a variety of places being pretty cool. I think having the option to cruise around and hit locations when they're really at their peak.

Like there's places in Baha that are totally amazing but then I don't think some times you necessarily want to be in Baha during August when it's 150 degrees and super humid and stuff like that but it all depends on the experience you want to get.

I don't know. I could make an argument for a variety of places.

Greg Everett: Yeah just be your self.

Robb Wolf: Is that where you go and get your sweat on during the summer?

Greg Everett: Me? I don't like going anywhere.

Robb Wolf: I didn't think so.

Greg Everett: I like being right here in California.

Robb Wolf: Sunny California. Sunny bay area California.

Greg Everett: I'm happy here. You're over the hill, you're at the beach. You go the other direction you can get to the mountains and get to Lake Tahoe. You can go pretty much anywhere and you've got no more than a few hours of driving. Weather here is pretty damn nice.

Robb Wolf: It's true.

Greg Everett: I can go hunt at the local store.

Robb Wolf: Gather the local bars.

Greg Everett: It's not bad. It's true. I think some kind of beach locale I think is probably where I'd end up although I do really like the mountains so that might be a tough one. Although Montana's a little too far North like she said. The winter there is a little bit too long so maybe somewhere in the central or southern Sierra. I can handle that.

Robb Wolf: I really like where we are in Reno but it definitely is a high desert kind of gig. It's scrub brush and we have a nice view where we're at but just going up to Tahoe and getting in some pines and all that it's pretty damn nice. That area is definitely legit. That's a nice area.

Gregg Everett: Yeah. See the problem for me though is that the kind of environment I like in the mountains is the same kind of environment where there's like nothing alive. It's not a good place to sustain your own life. So I'll be staying here for the foreseeable future.

All right. Question about gulf sea food. Michael says hi Robb. I bought my wife your book for Christmas. We both read it and loved it, and we, including our 2 kids, have been eating Paleo since the new year. We feel better than ever. Even before, we cared a lot about food quality, eating only grass-fed/pastured meat and sustainable seafood, so the main change for us has been cutting out grains.

So my question is about food quality. We live in Florida near the Gulf Coast, and we have easy access to fresh Gulf seafood: shrimp, oysters, grouper, etc. After the BP spill, though, we're still not sure whether it's safe to eat. Of course, the FDA says yes and there's a link there.

The NRDC says unclear and there's another link. The Surfrider Foundation seems to agree with the NRDC. How concerned do you think we should be about the contamination of seafood by (a) oil from the spill and (b) the dispersants used after the fact? Do these contaminants affect shellfish differently from fish? Thanks in advance.

Robb Wolf: I am definitely not an environmental toxicologist.

Greg Everett: You're not?!

Robb Wolf: Yeah shocker. I wear many hats but that's not one of them. Shellfish are filter feeders so typically whatever's in the environment they're gonna filter into their system but you tend to only get that direct stage bioaccumulation it's whatever's in the water goes into them where's when you have a situation say like with mercury and tuna or something like that you get bioaccumulation when you've got a top level predator fish or a whale or something like that. So you have this tendency for bioaccumulation to occur.

I think to the degree that you can find critters that are lower down the food web that are not top level predators then you're gonna tend to see a lot less bioaccumulation.

Maybe this is why I've got an extra arm or something like that but I'm not super duper concerned with a lot of this stuff especially when we have synthetic carpet in your house that out gasses and if you ever get anything packed in Styrofoam.

[0:10:36]

Obviously you want mitigate your toxin load and you don't want to bathe in it unless you want to become the toxic avenger which could be cool but I wouldn't worry too much about it either on the selfish or the fish side and I would just try to generally steer a little bit lower than the food web and I think that's where you're gonna do better.

Then just mix that up with your grass fed meat and you'd be fine with that.

Greg Everett: Cool. Okay. Acid reflux, already eat super clean Paleo. Ben says Hi Robb. Love your work. I've been eating paleo for about 1 and a half years. The benefits for my IBS and overall health: energy, body composition, etcetera have been fantastic but I have, over the last 2 weeks, developed severe GERD/acid reflux. I had terrible chest pains and ended up in the emergency department at hospital.

The doctors tell me it is acid reflux, which may have been brought on by stress. I'm currently doing my masters research degree, am travelling a lot to collect data and have been applying for jobs and PhDs and have had interviews. See I keep telling you guys school does nothing but wreck your health.

On the other hand, acid reflux runs in my family even my mother, uncle, grandparents have all got it. The doctor has prescribed me 300mg of ranitidine per day for 2 weeks, and hopes it will go away. If not, he says I could be developing it the same as my family.

Chris Kresser suggests low carb paleo for acid reflux treatment. I already do this! I think fats and coffee may be a trigger, but I live off fats for my energy. Do you have any suggestions as to what I can do for my diet if this is long term? My understanding is that it's caused by a loose valve at the top of the stomach, so I don't think there is much I can do to fix that, and I guess it will need to be dietary changes.

If it helps I'm male, 24, 5'8 72kg, and about 10% BF. I CrossFit 4 times per week. Many thanks in advance.

Robb Wolf: So a couple of things pop out and come to mind with this. There's definitely a difference between -

Greg Everett: Get it? Pop up?

Robb Wolf: Greg's on a role.

If you have a structural issue like hiatal hernia - those are tough to deal with. Obviously dietary intervention is gonna help because you wanted not do the things that are normally contributing to acid reflux as a base line but if fundamentally the valve that seals in the juices as it where is not working then you've got a problem there.

But the fact that this just came on all of a sudden - it doesn't sound like it's probably or primarily a structural issue. I'm wondering if in

addition to the stress of travelling and all the rest of that it sounds like you eat well in general.

But I know for a fact when I travel I get constant low grade gluten exposure. It's inevitable. I tell people I'm allergic to it, the whole nine yards and I still am just sick and not do as well when I'm on the road as other times.

So I'm wondering if this isn't the result of some low grade exposure travelling and doing all the other stuff and then add to it lack of sleep and stress with all the dissertation type stuff that you have going on. That would be the things that I would lean toward tonight.

The coffee deal - it seems like if people are not ingesting this primary triggers like dense carbs, refined carbs, gluten specifically for a lot of people also dairy can be a trigger - if you remove that stuff then typically folks do pretty well and it's good that you're reading Chris Kresser stuff.

Chris Kresser has a huge - I think a three part series on GERD and really explains the mechanisms, some of that being related to small intestinal bacterial over growth and then production of gasses and the gasses actually force their way upwards and push acid through that valve in the gut.

I don't know.

**[0:15:00]**

You're doing everything that you can. The only things that are popping up is just thinking about the stress, the potential of cross contamination when you're travelling.

If you're really legitimately think that fats are a trigger then you can try by going more for yams and sweet potatoes and stuff like that and see if that helps things but my gut sense on this is it's probably a cross contamination while travelling but I don't know.

Greg Everett: All right. Do probiotics survive the highly acidic stomach? Stephanie says hi Greg, hi Robb! Ya'll are awesome, thanks for the podcast, thanks for your wittiness, patience, and general awesomeness.

Robb Wolf: She must not be listening very much.

Greg Everett: This is something I have always wondered. Do the live bacteria in probiotics, in the form of fermented food or in pill form, really survive the trip through the highly acidic stomach to the gut to help re-

populate the gut microbiota? That always seemed pretty hard core to me for those bacteria to be able to survive such a range of PH's, but maybe bacteria are just less wimpy than people.

I believe that is true. Greg you can stop reading here. Okay. I don't even know what this says.

Robb Wolf: It's making a request for some future guest.

Greg Everett: Excellent.

Robb Wolf: Definitely bacteria do survive the gut transit and there's different ways that they do. Like they can associate themselves in mucus layer with food particles and that would protect them. Some of them just have a high acid tolerance.

There's definitely a kill off that occurs but these foods definitely make it through the gut even just standard old yogurt you get gut repopulation from foods like that. You imagine like you're putting potentially several billion of these bacteria down the pie hole, maybe half of that or even three quarters of that may get twacked from the stomach acid.

But you only need some of them to make it through in tact and then if you're sending them some resistant starch and some soluble fiber and some things that they use for chow then they are able to repopulate and go from there.

Greg Everett: Cool. That was an easy one.

Robb Wolf: These are just flying by. This maybe a quick podcast today.

Greg Everett: That's okay. I think every podcast other than ours that I've either been on or spoken to people about them doing they always say oh it's going to be 30 minutes, 40 minutes at the most and we always go an hour. I think people are just bored with us.

Alright. Reid says my grandma always told me to eat slower and chew my food 15 times per bite. I know slowing down your eating - oh sorry. Just had this memory of -

Robb Wolf: Reid you chew that food 15 times or I'll hit you with a hickory stick.

Greg Everett: Chewers. I know slowing down your eating and chewing your food lowers - I'm sorry this is the most confusing sentence ever - I know slowing down your eating and chewing your food lots lowers gas, and I have to believe chewing your food also helps with nutrient



absorption, but how important is it to eat s-l-o-w-l-y and chew food thoroughly?

I hope I read that correctly based on the hyphenation in the world slowly.

Robb Wolf: Reid you chew that food or I'll hit you with a hickory stick.

Greg Everett: I remember every time Robb and Nikki and I would go to Taco's day and eat, Nikki and I would be done with 18 tacos while Robb was still chewing his first bite. He's definitely a chewer.

Robb Wolf: I have wimpy digestion so I do tend to chew my food a little bit more whereas you guys can basically consume a tin can and drop out a rabbit pellet afterwards.

If you cook food well it's easier to digest, if you chew food well it's easier to digest, the more you break food down and increase surface area then the better digestive enzymes can act on protein, carbohydrates and fat and the better absorption you're gonna get out of that. That's just on a really mechanical, chemical digestive interface - that whole thing.

And then there does seem to be this other side of things where if you're chewing slowly and relaxed and all the rest of that stuff that you're getting some of that parasympathetic response which means more blood flow to the gut and if you get more blood flow to the gut then you enhance the digestive process, you enhance the ability to remove nutrients out of the gut and shovel it to the liver and all that sort of jibe.

So there's the mechanical consideration of chewing and digestion which basically the more you break your food down the better you're going to absorb it typically and then the other side is this parasympathetic neurological basis of digestion that enhances the secretion of all the digestive enzymes but also aids in better peristalsis and also just removing the nutrients out of the gut itself.

**[0:20:28]**

So yeah I would say chewing slowly is preferable. I've got to say since having Zoey and we tend to even for me. I don't have as much time to go around. I've just got to get my food down and get it done. I feel quite as good on the digestive side whereas before I was using bethane hydrochloride with food. I've been using some of that and definitely benefiting from it because I'm not just sitting there leisurely chewing my food like I used to.

Greg Everett: Life has changed.

Robb Wolf: Joys of childhood. Yes or changehood or whatever it is yeah.

Greg Everett: All right I like this next question.

Robb Wolf: Do we shift from how to chew your food thoroughly to how do I stuff as much down my pie hole as quickly as I can?

Greg Everett: Charles says clearly you have helped a lot of people improve performance through solid eating habits, but what about improving performance of eating specifically an all you can eat type contest?

One of the main selling points for a low-carb Paleo approach is that for a normal person it is just very hard to overeat protein and fat compared to processed carbohydrates. However what would you do to take on the challenge of eating a 72 oz steak? Would you tackle this in a relatively fasted state? Or perhaps some starch a few hours before? Extra salt? Liberal amounts of water similar to the hot dog eating contests?

Also while on the topic of eating contests. Many of the competitive eaters are quiet slim. Any pseudo-scientific theories here on an ideal build for a competitive eater? Or do you think this is like most sports where hunger and determination play just as large a role as the physical part. I have heard about John Broz asking his lifters what Naim Süleymanoğlu would do in their bodies as a way of emphasizing just how important the mental game is. I try to do the same with Joey Chestnut.

Robb Wolf: I am suspecting that the competitive eaters - the slim ones are simply the ones that have not died yet. There's a selection bias. All the other people have probably died so these are the only ones left. I typically have not found 72 oz steak challenge at all difficult to hammer through.

It's not like I'm force feeding myself and I am kind of a notorious chewer as is the folks most we just discussed a second ago. I don't do a lot of TV. I do some fashion police. I do bizarre foods and a couple other things like that and one of the other shows the eating challenge kind of gig and it seems like definitely if you're gearing up for some sort of eating contest you just want to eat big volume.

Like you literally are stretching out your stomach. You are desensitizing that stretch reflex that sends an off signal to your brain and then I've seen people do interesting stuff like I saw some guy

eating an ice cream sundae gig but it had 3 gallons of ice cream and there was some time limit on.

It was absolutely ridiculous and the key actually - he's motoring through this thing and he's about half way through and then he asked for a couple of orders of French fries and he asked for extra salt on them and he started doing a couple of bites of ice cream and then a couple of bites of French fry.

It was simply he had so completely overwhelmed his brain that neuro regulation of appetite. It was just this wall of white noise coming in on that sweet signal which was finally sending the off switch to not eating anything else and so he would break it up a little bit with that savory salty deal that you get out of the French fries.

He was able to motor through the whole thing and it's just so fascinating because you think about the volume of the stomach and do you want to add more food in there particularly something like French fries which then absorbs water and you're kind of expanding everything but even in this eating contest scenario the neuro regulation of appetite is so powerful that actually adding more volume, more substance to the game but in a way that is a different flavour so it down regulates that off signal a little bit actually made him successful to get through that.

So I think that if you're doing the state deal having a little bit of something sweet to offset it might be something to do, a little bit of warm liquid I think would be good like some green tea or an espresso or something like that could be really good because those things tend to get the digestive juices going a little bit.

**[0:25:24]**

You get a little bit more of an acid environment and it helps to chug through things. So not that I'm an expert in eating contests personally but I do have a bit of a spectator's eye for this stuff.

I still think when Steve Pan's O lifting career's done we need to gear him up and get him in the competitive circuit.

Greg Everett: I have to say I have never seen anybody who's able to eat so quickly. It's some kind of weird magic trick.

Robb Wolf: And it's every single meal. It is as if Steve is dying.

Greg Everett: Yeah. For real. It's like he's been starving to death for two weeks even though he just ate 6 hamburgers an hour ago. I do remember though

it was pretty incredible he used to be an 85 kilo lifter maybe 2 or 3 years ago. I was like it's too light for you. You need to go up to 94.

So I told him right after National Championships - we need to move you to 94 and I'm not even kidding with him like 3 days he was up to 92 kilos. It was practically overnight he put on 8 kilos. What happened? He was holding himself back.

Robb Wolf: And for folks who don't know Steve is on the cover of Greg's new book Olympic weight lifting for - what's the title?

Greg Everett: For Sports.

Robb Wolf: Okay.

Greg Everett: Yep. Magic Mike says are ab exercises needed for six pack abs? Go.

No. What's needed is choosing your parents very well.

Robb Wolf: Yeah choosing parents, having some good sleep, having some good diet. I would say -

Greg Everett: Perhaps a Paleo diet.

Robb Wolf: I think a little bit of ab work can help separate things a little bit. You develop the muscles a bit and so they can stand out more: front squatting, dead lifting all that stuff I think is gonna develop them pretty thick too. I think it's more like good genetics, good sleep, good diet and then a little bit of ab work may help bring things out a little bit but it's gonna be 5% of the equation compared to simply doing some heavy full body resistance training and just being lean.

Greg Everett: I would say you definitely want to do ab exercises. It's like any other muscle in your body the more you train it the more it's gonna develop. It's a pretty simple equation but that being said there's two issues.

One is do you have the actual muscular development of a six pack and then two are you lean enough to actually see it cuz I think pretty much anybody can pull their belly fat to the side and kind of stretch it out a little bit and be able to feel or see the definition of that rectus abdominus but the question is how big is it. Is it either big enough and defined enough to actually work it's way through that layer of fat you have or are you lean enough that you can see just that minimal definition.

So you see really really lean people who are not muscular at all they'll have a 6 pack just because there's nothing covering. It's like their skin is painted on over their gut but then larger people probably have pretty good abdominal development but they have so much fat that you can't see it.

The nutrition definitely - what's the saying? The best exercise for your abs is pushing away from the table but we all know at least one person who doesn't do a damn thing with regard to nutrition or exercise and has a better 6 pack than any body we know who trains really well and eats really well.

So that just goes to show your parents have more influence than you'd like to think.

Robb Wolf: Yeah.

Greg Everett: All right. Let's see here. Aaron says hey guys. First of all, wanted to thank you both for keeping me awake on my drives to work. You're welcome. I'll drive straight into it, and this is a question for both of you. The sad truth is I cannot Snatch. I've always had weak/loose shoulders subluxation usually. God man. You guys are doing this on purpose to trip me up. It's probably cuz I'm still swallowing coffee while I'm trying to read this.

**[0:30:00]**

Resulting in a right labrum repair 2/3rds torn a few years back. The left is getting really rough now, as well, and I'm afraid I'll have to get it fixed before long.

Male, 165 lbs, 21 years old. 255 lb clean and jerk, 365 ass to grass back squat, 425 dead lift, 125 snatch. See my problem? Anything over 125 and catching the weight overhead while in the hole essentially just pops my shoulder straight out of socket. I've tried all the cues and strengthening exercises I can find, and while it has helped everything else, nothing can stabilize this shoulder in a true snatch grip.

Could I narrow the grip and make the snatch more stable overhead? I have good hip t-spine mobility, so I would still be able to keep an upright torso in the hole. Even beyond that, I'm sure Greg has experienced aspiring weightlifters who essentially have a humerus attached to the torso by a rubber band. What has worked for them?

Long live ZORG.

Well a couple things come to mind.

One yeah if you have the flexibility you can narrow your grip and not will alight to tighten up the shoulders a little bit better but that's gonna totally change the mechanics of the lift and so I think you may just run into problems elsewhere as well.

So try narrowing it a bit but don't go crazy. Don't snatch with a clean grip. See if you can bring in your grip one inch on each side at first and see how much that helps. That's the kind of adjustment where you can modify the rest of the way you lift to account for pretty well without affecting the mechanics of the extension very significantly.

But then the next thing that pops out in your question is that you say anything over 125 and catching the weight over head while in the whole essentially pops the shoulder straight out. So it makes me wonder if you're dropping out from under the bar and getting down into the bottom of the squat too soon while the bar is not there so the bar ends up crashing on you.

That kind of force coming down on you is gonna be rough on anybody's shoulders let alone someone who's got a loose labrum and that sort of thing. I don't know whether or not that's the case obviously but make sure that you're staying connected to the bar so while you turn that bar over you're probably strong enough to power snatch 125 based on these other numbers and probably power snatch it pretty easily.

So make sure that you're staying connected to the bar when you turn it over, push straight up into that receiving position and tighten it up and do that while you're squatting so there's never a moment while you're down at the bottom of the squat and that bar is coming down onto you.

So for 125 you're probably gonna end up fixing that bar in the overhead position in a squat above parallel just don't stop there. Don't power up by locking up that receiving position. Fix the overhead position and then squat smoothly into the bottom and as those weights go up the height at which you receive that bar over head and lock that position out is gonna get lower and lower but you never want to drop out from under the bar.

Imagine having someone hand you a bar in a half squat, set it right into your hands over head and then you can squat down to the bottom. It's easy to be nice and tight and secure and then imagine sitting in the bottom of a squat with your hand over head and having me drop the bar into your hands from 6 inches above them.

One is pretty easy to stabilize, the other is really really difficult to stabilize and is probably gonna pop your rubber band shoulder right out of it. That would be the two things that I recommend and then this is gonna go right next to this next question here but there's a lot of exercises you can do to try to stabilize that shoulder.

Basically working on the rotator cuff and obviously you can get on with Dr. Google and then find a billion different exercises but it's all a pretty conventional ones and doing everything you can to create strength to stabilize that shoulder and the joint as much as possible and then obviously making the mechanics of the lift as tight and as consistent as possible so you're not running around chasing an errant bar and finding your self in a position that has your shoulder structure compromised.

So yeah. Try narrowing the grip a little bit and then experiment with that and if you want a video some of your snatches preferably not the ones where your shoulders dislocating cuz no one wants to see that go ahead and post them on our forum and you'll get some feedback most likely from me but also from some other people who -

Robb Wolf: Those dislocations are great for the sport though.

Greg Everett: You know what? It pisses me off so much when these guys post videos of elbow dislocations and stuff like that from weight lifting meets like no weight lifter wants to watch that shit. That's the last thing you want to have on your mind when you go up to a lift.

Robb Wolf: When you look at Aaron's numbers here like 255 clean and jerk and all that stuff I feel he could probably be muscle snatching 150 to 170 lbs off the deck. Definitely at least 135 lbs and if he's able to get that type of drive and then if he's really muscle snatching significantly more weight than he's snatching currently and then having problems and then he's able to over head squat it.

**[0:35:32]**

Your whole analysis totally makes sense if this is probably an issue of him ripping the bar really high cuz he's got plenty of gas and then flying under it and then having the thing crash down on top of him. Would you prescribe some muscle snatches with the front end of that to make sure that he's going from that hip extension, the pull under, being practiced by unfurling that bar over head and then fixing it?

Greg Everett: Yeah there's definitely a few things you can do. The over head squat is an obvious one. That's just really your strength foundation there. So

you don't have an over head squat listed here but it's a nice slow control movement. There's not a lot that could go wrong so it should be much easier for you to stabilize those shoulders going into that movement.

So see if you could build up your strength there and you can do things like snatch push press plus over head squat complex. So you may do 3 - 5 snatch push presses then keep it over head after the last one and do 1 or 2 overhead squats. In that way you can get more strength work with the shoulders before you go into over head squat.

And then doing snatch balances would be the next progression and the trick with the snatch balance especially for you is again not letting the bar crash on you is learning how to really stay connected to the bar, meet that bar where you need to tighten up that over head position as you're squatting down rather than waiting til you hit the bottom abruptly and then trying to lock it up.

Yeah doing complexes like a power snatch and then lock off that power snatch, check your position, tighten up then do an overhead squat and then follow that immediately with a snatch in which you're trying to fix that over head position at the same height you did on the power snatch but not pausing in that partial squat receiving position.

So in other words learning to be there to receive that bar and tighten up at a right time and then learning immediately to transition into a nice smooth squat into the bottom position once that bar's been fixed.

The muscle snatch definitely. The muscle snatch is a fancy external rotation exercise and you have a little bit of a press at the top there, nice upper and mid back development too. So for strength work specifically I like doing muscle snatches from the hang or from the blocks simply because you get less leg and hip power into it so you really have to focus on the actual mechanics of the arms and shoulders.

So doing 5-8 reps even on that and thinking of it more of an upper body strength exercise which is really what it is if you're not using it as a mechanics learning exercise.

Let's see what else? Those the big ones definitely. You can be doing high hang or mid thigh snatches, again learning how to stay connected to that bar, doing complex where you're starting your first rep from the hang and then doing your next rep or your third rep from the floor and again trying to make your lift from the floor be exactly like your lift from the hang, make your power exactly like your



full squat variation but just learning that no matter how high you lift that bar or how little you lift the bar you have to be there to meet it and tighten up right away.

Then that's gonna help again with your consistency and the more consistent you are technically the less chance there is that you get hurt.

Robb Wolf: Cool. I dig it.

Greg Everett: Did that answer your question? I feel like I was just doing a Robb Wolf and rambling.

Robb Wolf: No. You made some sense so that's the difference with me.

Greg Everett: All right. Well here's another snatch related question. And the subject line is I have a stick and want a snatch. No, I don't want a sex change which is funny too because then you read the name and it's Susie. Very very confused young lady you are Susie.

Okay Susie says hi Robb and Greg. I am a huge fan of the podcast, and cannot thank you enough for all of the free, critical advice you give the general population. Also, I very much appreciate Greg's commentary on grammar. Ah that makes one of you. Thank you, Greg, for all you do to advance the correct usage of wary, weary, and leery. I'm sure you are weary.

I am Susie and actually it's funny that you use the word usage because I think historically the word usage is specifically for language although it has in recent times been used to describe the use of anything.

Robb Wolf: There you have it folks. Nice.

Greg Everett: After that exciting lesson in grammar.

Here is my attempt at brevity in my backstory - which is funny cuz this question takes up 6 pages. I like you Susie. - after a few months of Crossfitting I became enamored with your podcast, decided Crossfit may not be the best idea, and took up independently lifting instead. I used six Wendler cycles to hone in my technique in the four big lifts.

I also had help from some Olympic lifters at my gym. Ironically, their willingness to critique my squat technique was positively correlated to the shortness of my shorts, but I digress. I am now starting to miss the conditioning aspect of my previous training. I like the Crossfit Football programming, and have started following the SWODs and DWODs to the best of my somewhat-more-fit-than-the-average-female ability.

What's the SWOD and DWOD?

Robb Wolf: You have a strength workout and then a daily workout.

Greg Everett: Oh fancy. There's too many WOD acronyms to remember.

Robb Wolf: Indeed.

My goal is to be strong, lean, powerful and have fun, as training is something I do purely for my health and enjoyment. The crossfit football DWODs are similar to my few favorite WODs from the Crossfit days; short, intense, and lacking in fear of destroying my joints.

Here is my problem: I want to follow the programming as designed, but it calls for snatches and cleans. I am not very comfortable with either of these movements, particularly the snatch. In case you were wondering yes. Your worst fear is true. I have done Isabel with no idea what the hell I was doing shudder.

Robb Wolf: This never happened before.

Greg Everett: Seriously you're not alone Susie. You can get help.

With a technical movement like the snatch, I know I can't take the same, more independent approach I took with squats and deads. Sadly for both parties, I have moved away from my O-lifting buddies. I really don't want to screw up my body or develop bad habits by trying to tackle this move alone, so I am saving up for some private sessions with a professional weight lifting coach.

Unfortunately, private sessions are pretty damn expensive. So in the meantime, I bought a PVC pipe. Any suggestions on work I can do with the stick until I have enough money to work with a coach? Any good articles, books, videos, etc. I can look into to begin practicing the various pulls?

Susie you know you got me all flustered complimenting me for my grammar stuff and now I can't even read a normal sentence. For the strength portion of crossfit football, is there a less technical exercise I can sub that will help my snatches when I can get the proper coaching? Am I going totally overboard here?

I really am trying to do the right, smart, safe thing, but I may be way off in my approach. If so, a point in the right direction is greatly

appreciated. At the risk of going all Swimfan on your asses, I think it's safe to say that I love you guys. Thanks for everything you do.

Robb Wolf: We love you too Susie.

Greg Everett: Oh thanks Susie.

Robb Wolf: And if you ever want to send us some of your squatting photos then we'll gladly accept those.

Greg Everett: All right. So yeah you're wise to not go nuts on that stuff if you're not comfortable with it technically speaking and obviously the best thing to do is to work with a coach. Presumably the coach you were talking about working with knows what he's doing because they don't all.

But as far as books, DVDs, articles and stuff yeah I know a few - they're all on my website. You can get them there. We have a ton of free articles obviously. There's our forum which I've mentioned in the last question. You can post videos of your self and get a lot of really good feedback.

I do my best to respond to every single post in the weight lifting section of the forum and then with the books - if you want to get one of my books I would suggest getting the new one Olympic Weightlifting for Sports cuz that's really really simple.

It's about as straight forward as you can possible with learning a snatch and clean and jerk. So I would say that's a really good place to start. If you're more of a visual learner get the DVD and we'll be doing a DVD that goes with the new book soon but for now you can get the DVD that is just call Olympic Weightlifting Guide to learn the snatch and clean and jerk I believe.

That's on our website and for \$30 you basically get to learn every single thing you ever wanted to know about learning snatch and clean and jerk. Stick with the PVC pipe until you feel comfortable with that and then just be very conservative about building up from a PVC pipe try to find a light technique bar 5 or 10 kilos and stick with those learning progression exercises and just build up by just ingraining those movements over and over and over again.

**[0:45:13]**

And then whe you start feeling comfortable enough you move up to a 15 kilo bar and then 20 kilo bar, whatever you have available and once you're using a full bar then you're pretty much good to go. You

can start adding weight as you see fit and as you feel comfortable with.

Then as far as substitute exercises for the strength portion initially just do snatch dead lifts if snatches come up or clean dead lifts and over head squats during the snatches. In that way you can not only work the strength element of those things but you will be practicing and strengthening the technical aspect of the two of learning how to lift properly from the floor, how to properly lift the bar over head or in the rack position.

And then when you get comfortable enough to actually use the snatch and the clean in those work outs you'll have that foundation built really well. So there'll be much less chance of you getting hurt even if you're not really really dialled in technically.

Robb any thoughts to add on that one?

Robb Wolf:

No. I was kind of thinking the same things. I was just thinking of things like snatch pull or clean pull but actually taking these different elements like you said and incorporating all of those say if the workout is 10 by 2 power snatch or something.

Take some of the other elements like overhead squats. I'm always a huge fan of muscle clean and muscle snatch just to teach people how to really engage with the bar and start learning to meet it where it is and it's hard to goof that one up and I think it's a little intuitive particularly like Greg said in the previous question if you take it from the high hang position just a nice simple movement.

This is definitely the place where at the beginning of all of these workouts muscle cleans, muscle snatches, over head squats, empty bar, PVC - tons and tons of reps on that just working your technique and then also because you've got a resource like the Catalyst Athletics forums taking some video and posting it and then getting some feedback and just trying to be as consistent as you can, technique overloading.

Then when it comes time for the legit strength work just defaulting to whatever the movement is that you can do well but again if you're doing snatch grip dead lifts or snatch pulls or something like that you've got to keep the loading really way more conservative than what you would on a standard dead lift and stuff like that cuz you're really trying to emulate the mechanics of pulling for the Olympic lift.

So that's just a place that I know I've goofed up. I've seen people goof up where they will overload those things and they're going 130, 140%

of what they could snatch or clean and it's really not gonna transfer overall that well.

Greg Everett: I imagine with the crossfit football SWODs he's gonna be using your basic lifts squat deadlift bench press, all that kind of stuff - that's gonna be your real strength work. So in this programmings snatch and clean and jerk and those sorts of things you don't need to worry about going super heavy anyway because you're already taking care of your basic strength work somewhere else.

So don't feel like you have to load that stuff up other wise you're gonna get super weak and like Robb said make it appropriate for where you stand in terms of technique and strength and focus on the position and the movement and the posture during the lift because that's what's important.

Building that up and building that foundation is really what's gonna allow you to go far in the long term rather than trying to rush it saying I've got to be snatch deadlifting 200 lbs in 2 weeks so I can snatch 60. You'd be fine sticking with the real light weight for now.

Robb Wolf: Cool

Greg Everett: All right. Well that ended up being 50 mins long. That wasn't too short.

Robb Wolf: Yeah it was the full meal deal. Folks got their nickels worth out of this.

Greg Everett: Awesome.

Robb Wolf: Sweet dude. All right man. Anything else? Any parting thoughts?

Greg Everett: Let's see here. Well this is a weird one cuz it's actually going up tomorrow instead of several days from now. So let's see. What else? Any of you guys who read that breaking muscle website they just put up part two of my interview on there so if you're curious about some silly recorded phone quotes you want to check that out you can.

**[0:50:03]**

Breakingmuscle.com. We are putting all of our videos now on YouTube. I totally changed the format of our website with regards to videos so I've already gotten one complaint about no longer having QuickTime videos which is hilarious because the last three years because I've gotten nothing but complaints for having QuickTime videos.

So I can't win with you guys but anyway go and subscribe to our YouTube account cuz we're gonna be moving towards publishing at least one video a day and I'm really trying to free up more time for my self so I can record more instructional videos for you all as has been requested many many times.

So keep checking that stuff out. We'll keep putting out more good material and again if you guys ever have suggestions for us you can always email and we listen to all the stuff you say and if it's a good idea we consider it and if it's stupid we just ignore you. Don't worry about taking up our time

Robb Wolf: Or we'll publicly ridicule you so either way it's good.

Greg Everett: There you go. Anything you need to announce there Robert?

Robb Wolf: I'm theoretically gonna be on the Joe Rogan experience here at the end of the month so we're getting all the details hammered out on that.

Greg Everett: I feel like that's a very appropriate title for his podcast. It is going to be an experience.

Robb Wolf: It will be an experience so stay tuned for that. We'll give you details. Looks like I will probably be in Rome, Italy in November. I've got a speaking gig that I'm gonna do there. I'll give folks some heads up on that but I will be on the European continent hopefully not the European incontinent sometime in November.

I'm trying to think what else we got a central health symposium screaming up here pretty soon. That's about it. Those seem to be the biggies and for folks in the northern Nevada area July 24<sup>th</sup> here coming up very very quickly we have a screening of In Search of the Perfect Human Diet at the Nevada Museum of Art here in Reno.

That's gonna happen at 6:30 PM. Professor Loren Cordain and myself will be there and a bunch of other folks. I have some information about that on the website a couple of days ago but buy tickets, come hang out. After the screening I think we maybe heading washo and seeing if we can put a dent in their tequila reserves. So come have some fun.

Greg Everett: Oh I know what else I need to fill for buddy. I'm looking for an intern. We need someone who is good with a video camera possibly still camera also and someone who is familiar with webcasting specifically through you stream although I assume they're pretty much the same.

So obviously you need to be local. We would need you for anywhere from 3-6 hours a week minimum. There's a potential for more than that. There's a potential to actually turn it to a paid position if we like you and if you like it and if you do a good job.

So if you know anybody, if you're interested your self then please get a hold of us. You can email me directly [greg@cathletics.com](mailto:greg@cathletics.com) or give us a call, stop in, whatever you want to do.

Robb Wolf: Cool.

Greg Everett: Yeah.

Robb Wolf: All right man. Thanks for everything.

Greg Everett: All right.

Robb Wolf: Talk to you soon. Bye.

Greg Everett: See you.

**[0:53:26] End of Audio**