

Paleo Solution - 278

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Robb Wolf:

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Howdy folks, here. Another edition of the PaleoSolution podcast. Very excited today. One of my best friends adventure travel buddies, the author of the quasi-official paleo solution cookbook, the bestselling book that goes by the name Paleo Comfort Foods. Founder of Atlanta Strength and Conditioning, newfound convert to Brazilian jujitsu Charles Mayfield. Charles how are you doing?

Charles Mayfield:

Robb, I'm doing great man. How are you?

Robb Wolf:

I'm good. I'm good. I'm – we're just trying to get stuff done at the Lazy Lobo Ranch. We've got chickens, we've got some goats and sheep on order. I'm trying to kick Nicki's ass in a food production contest. She is building some Hugel mounds, I'm doing a food forest and currently I am dramatically in the lead. So that stuff is all fun. How are you guys doing?

Charles Mayfield: We're well. We're actually I'm excited to say hopefully by the time this podcast airs, we will be reunited. Jewel and I have been apart for the better part of about five weeks. Kind of got caught up in a crazy rent lease, tenant, new house, old house bugger over the last month or so. So closed on our new house last Monday and movers are coming this coming Monday so anxious to get the family back together. I get updates from Julie like via video and picture of Scott and Adeline and Julia like picking fresh berries in the morning at the Tennessee farm and I get these while I'm dragging along to the gym to train some folks.

Robb Wolf: [Laughs]

Charles Mayfield: I'm like I don't know why they come back.

Robb Wolf: Right, right.

Charles Mayfield: But I'm excited they're doing. So yeah, no we're good. The gyms have been busy and trying to expand. We've actually picked up a couple of new coaches that I'm excited about at the gym and we got a new book we're starting to work on.

Robb Wolf: Nice.

Charles Mayfield: But right now, it's just getting everybody back under one roof and actually not living out of a suitcase.

Robb Wolf: Details, details.

Charles Mayfield: Yeah.

Robb Wolf: I mean suitcase living and a separated family that's awesome for quality of life so and not stressful at all.

Charles Mayfield: Well full disclosure, I am on a current adrenal protocol. We can may be chat about that offline. I forgot to mention that to you but I actually feel really good. I had some real world experience for me personally. You know, I'm always coaching other people on their food. These folks had me log some food. It had been a long time since I really, really tracked and had some really cool stuff kind of float to the surface in terms of my micronutrients.

Robb Wolf: Interesting.

Charles Mayfield: And yeah I just wasn't eating and I don't feel like I was eating enough vegetables, green, leafy, even if it wasn't you know super calorically dense. It just wasn't, I just wasn't getting a lot and changed that around. That's the other thing we do have a garden now. We haven't had a garden since we've been renting for the past year so we got our garden back and anyway.

[0:05:03]

Robb Wolf: Awesome.

Charles Mayfield: That was a long answer to a short question.

Robb Wolf: That's a good stuff because then I don't need to come up with anything. So you keep doing more of that and we'll be set so.

Charles Mayfield: Fair enough.

Robb Wolf: Hey, remind folks about your background. We met ages ago at a crossfit nutrition gig that I did and give folks a little bit of that background.

Charles Mayfield: Sure. So well background for me in general goodness gracious, strength and conditioning background, we'll just start there. Got out of college, got into – probably ten years out of college, got into an outdoor boot camp company crossfitty company at the time. I was a fulltime financial planner. I had a small boutique firm here in Atlanta with myself and one partner and kind of started to make the switch over. Well I should say fell in love with kind of the group fitness personal training model. I had never really done much of that outside of team sports before. Yeah. I was in the midst of zoning and counting almonds and all sorts of really crazy stuff back in 2008-2009 and met my now lovely bride Julie through a food challenge. So we were trying to find ways to make weighing and measuring your food palatable.

Just kind of stumbled upon this idea of doing a food swap. So we started making you know, - you've been done that zone road before, Robb.

Robb Wolf: Uh-hum.

Charles Mayfield: So rather, than make weighing and measuring ingredients for a gazillion recipes, you just do it for one. So we started talking food and making food for some good friends of ours Jeff and Melissa Hayes. Jeff is going through his first round of stem cell transplant. So he's on house arrest and we were making up a bunch of extra food and taking it down to Jeff and Melissa and that's how Julie and I met.

And then from there it's been kind of history. We started a gym together. We met you in Jacksonville and you kind of turned my OCD brain around to the idea of just kind of eating real food. Kind of tackling the quality side versus the quantity side at least initially. And that has kind of grown blossomed into now we got two cookbooks working on a third. Got a couple of gyms, got a couple of rug rats about the same age as yours.

Robb Wolf: Uh-hum. Uh-hum.

Charles Mayfield: We seem to have procreated according to the same calendar.

Robb Wolf: Right. [Laughs] Old on the parents tied together with the kids.

Charles Mayfield: Yeah, yeah. Yeah. Yeah that's kind of the history of things to this point. In terms of nutrition and kind of expanding my wit I guess or my reach with that just trying to stay up and stay in tune with the latest and greatest stuff that you guys put out, you and Kresser and we're annual participants and revelers in the Paleo FX scene and like to use that as kind of our annual barometer for what's – where everything is moving there. But we just try and keep up with you guys and honestly just cook tasty food. That's it.

Robb Wolf: Which you guys do an amazing job. I know you've been on the show before. Some folks might remember or if they're read the foreword to your first book. We were back in Atlanta for my book tour with the first week of the book launch and you guys had put together a spread at Jeff and Melissa's and I was carving into some of your country curry. You know, when you write a diet book then clearly, the thing that you do next is you write the cookbook for it. I was kind of noodling on this stuff.

Now I'm handy in the kitchen but I wouldn't say I'm spectacular and I just couldn't wrap my head around personally putting all this stuff together and right or wrong. I kind of had some misgivings about just having some dietician/chef ghostwrite a book for me. So while I was carving into Charles and Julie's food, I looked at them literally with a mouthful of curry that was like five alarm hot and I said you guys need to write a cookbook. You both looked at me like I grew six arms and my penis wiggles out of my shorts and started chasing you or something like that. You're like are you kidding? I really leaned on you guys pretty hard with that and it ended up making the bestseller list. In my opinion, it's still one of the best ones out there and there are a lot of them out there now. So that was pretty cool.

Charles Mayfield: It was cool and I think shortly after you said that you did have a four or five alarm trip to the bathroom.

[0:10:00]

Robb Wolf: Right. [Laughs] Now at four am I did. Yeah that bathroom needed an exorcism and you know a priest and a shaman and a few other people to get it back in working order. But you guys have done amazing work with just making paleo eating practical and tasty and ticking some of the boxes of the classic comfort foods out of that kind of southern genre but also with some Indian and Thai influences which has been totally amazing.

It's been interesting watching you guys, watching our own gym progress over the years. You started in a format that was largely come one, come all group fitness model more of a boot camp kind of emphasis. How have you guys evolved over time on the way that you coached folks?

Charles Mayfield: Well I tell you excuse me and I would even say evolving because I still think we're playing with a formula. But yeah I mean my first introduction like really all of my athletic background both from my participatory and also more on the coaching side, has really been group stuff. The team sports predominantly and now coaching and you know when I first got started it was all for me it was all outdoor boot camps. Actually Jeff and Melissa had just started I think a month and a month or two before I signed up for their boot camp. Man this is back in 2007.

They had opened the doors to I think they had the second affiliate in Atlanta. There's like 162 of them now. So in terms of where I started it was all a group fitness. Where we are today Sam and I actually we were catching up on some things before we got on the call today and we're actually moving towards what I would call a hybrid model of... still continuing to offer group classes. Personal training was the next obvious addition for me in terms of historically so I went from just all a group to starting to supplement both my personal income and also kind of the ability for the gym to bring on a different client. So we went to the personal training route and now we're starting to get to kind of the hybrid of a small group training modality. We've actually just started with a coach in our first session with one of our new coaches Lauren this morning but it's a – we're calling it strength class and it's basically a two times a week protocol where it's a small group but it's the same group. You know everyone signs up for this one protocol and it goes for four weeks and then you can sign up for it again or not. You know you can kind of either jump in or jump out of it or you can stay in or you can use it to kind of supplement whatever else you're doing in the gym. But it's a small group setting but you get the same coach and the same clients every single day.

Again, we're just now kicking this thing off but I think it's got a lot of potential to see a varied number of people progress with basic strength lifts over the course of a month.

Robb Wolf:

Yeah that's something that stands out to me. You know the challenge of the group fitness model in some regards and specifically with progression is that you don't know when people are going to show up. You know are they always coming on Monday, Wednesday, Friday, or are they Tuesday, Thursday or they're trying to come five days a week. So you plan out these training blocks ideally. You know if you're thinking about a little bit of block periodization and progression and whatnot. But if somebody's gone from the gym for two weeks, they may not have seen a back squat or a deadlift or something for a month and so the technique may not be there. They're not really ramping up in the strength characteristics and movement quality.

So I can really see a huge benefit with pulling people out and doing these dedicated intensives and particularly with that group model where everybody is together and it's almost like going through buds or some sort of qualification thing where everybody is suffering together and they're you know, that mutual suffering and support and everything. And then it seems like for the coaches you guys because you see them so frequently and because there's some sort of continuity to their schedule that you can really plan the progressions in a reasonable fashion and it seems like people would really make some rapid progress with that.

[0:15:02]

Charles Mayfield:

That's our hope and I would – so the other piece of that – we wanted to keep the groups at a reasonable size. So right now, we're limiting it to eight people. So you can kind of hold on to I love the camaraderie community aspect to the group fitness model. The – well you brought it up. The difficulty presents itself is when you're really as a – first of all as a coach I don't know who's coming in the door which can be a problem at least in terms of preparing and programming and planning for that class. And then other side of it and we're a little bit different gym versus may be NorCal in that we've got – we got a handful of fulltime coaches but the majority of our coaches at present it's kind of a classic what I would call crossfit model. They're former clients or trainers but they have a fulltime job outside of the gym.

So they maybe only in the gym for one shift a week and so not only do we keep the client participation consistent but we also keep the coach on the floor consistent in terms of exposure to that client. And we started introducing – we've been using it now for about six months. The FMS

screen as just a diagnostic tool. You know let's just see what's going on if there is anything. So you know, it allows us to take that screen now and that client and build out a progression specific to them over the course of that whole month as opposed to just trying to shoot from the hip you know oh here – let's see, should I use names to protect the innocent.

Robb Wolf: [Laughs] You do whatever you want to do.

Charles Mayfield: Yeah. John is a 74 -year-old you know, retired doctor and we don't know if he's coming in or not but he's got a shoulder issue and then you got Jody over here who's a 35 -year-old mother of three but played division 1 sports and she's basically a rock star. If they're coming to the same class that's fine as long as we know it's coming so we can plan ahead and make sure that we got Jody and I don't even remember my other made up name.

Robb Wolf: John. John.

Charles Mayfield: John. John. So we got Jody and John both where they need to be from a conditioning standpoint. It's safe, it's effective, and let's just keep on rolling.

Robb Wolf: Nice, nice. So now, what you have done both personally and within the gym to keep expanding your knowledge and skill base? Because I mean there's a million different ways to skin the cat you know, Olympic lifting, gymnastics kettle bells, what have you been doing specifically to improve as a coach and bring some new offerings to your clients?

Charles Mayfield: Well I just got lord the last weekend, I got my level 1 kettlebell certification from the folks at strong first, which was, and awesome weekend. We hosted them actually here at our Marietta location. I've been following strong first. Actually I've met Dan John a number of years ago through actually through a connection with you the navy special warfare program. But I've been following Dan's stuff for a while, got several of his books but yeah strong first. Got my kettlebell on and super pumped about that week.

Sam and I got to do that together in terms of literature. I've been keeping up. I read probably Eric Kressey or Mike Robertson about once a week. those two guys are pretty sharp. But yeah the kettlebells it's been something I've wanted to do. I never took the kettlebell certification through the crossfit program when I started and thinking I kind of wanted to – I guess R. Casey and Strong first parted ways about two years ago so I've been eyeing this one for a while. Outside of that, my personal

experience I've started much to your encouragement, I've started rolling a little bit with Brazilian jujitsu and I got to tell you. Every day I learn something doing that that I think comes to the gym.

Robb Wolf: Uh-hum.

Charles Mayfield: Just in terms of body awareness, in terms of leverage I mean because that's all lifting weights and strength and conditioning is applying leverage properly. And so yeah between kettlebell but most recent kettlebell certification in my exploratory beating down and shoring up all of the holes in my game Brazilian jujitsu those are the only two tools I'm probably adding to in the next couple of months. I got a lot to learn with both of them.

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Robb Wolf: Nice. So what was the curriculum in the strong first circuit?

Charles Mayfield: Goodness gracious, curriculum was there was a written test that was on Sunday and then you had an endurance and a skill test where you had to – it was a body weight based let's see the endurance test was 100 snatches in five minutes, kettle bell snatches. I had to snatch the 24 kilo which was it was good. For those of you that do know me, I'm a fairly long tall guy and snatching a kettle bell a hundred times over the head is it's got to travel away.

Robb Wolf: That was a long load, large load, long distance and quickly yeah.

Charles Mayfield: Yeah, yeah it was pretty much it.

Robb Wolf: Yeah.

Charles Mayfield: But they have an endurance test. Well it's a three day – well let me back up. It's a three-day certification so the first two days are all drilling, skill work, hands on, they broke us into small groups and so you've got – goodness gracious. We had three master instructors and then nine, ten, we had ten supportive instructors and several of them were from the Atlanta area. So these are current SFG level 1 trainers that come and volunteer their time to help with the certification. So all in all there were 42 participants and then 16 trainers.

So the ratio was really cool. There was a lot of 1 on 2 and 3 on 1 situations with the trainers. So there's a lot of eyes here, a lot of eyes on each candidate. So two full days of drilling they would throw a couple of workouts in along the way and just kind of exposing us to different workout modalities you know, a couple of triplets and all that fun stuff.

But also kind of grinding through exploring the breath and how important that is for tensioning the body. That was probably one of the biggest takeaways I have for the weekend.

And then on Sunday it's test day and so you test the endurance snatch and then we had a written test and then they take you through the press, the double kettlebell squats or the double x squat single arm swing. We get up, double bell clean and that's it. And you would perform five to ten movements of each and now the endurance test they let a little bit more of the form go just because you know you kind of go to shit after two or three minutes.

Robb Wolf: Four minutes 30 seconds, yes, yes.

Charles Mayfield: yeah. But it was really fun to watch and participate so the coaches during the skill test they can't do anything other than grade you. So there's no feedback, there's no coaching. They'll just tell you I need to see that again or not. The really cool part was that they didn't limit our ability as future instructors from coaching our fellow instructees So you know, it was on test day there was they divided each group up into sub groups. There were probably four of us in my group and we just go one at a time. So they test the swing and they test the press and they test the get up. So it was great because we could kind of huddle up behind whoever was under fire at the time. If we saw something that we felt like might get them a demerit, we could tell them about it.

So it was a really kind of in the moment opportunity to test your skills as a coach and then turn around and test them as an athlete. So yeah I had to redo my snatch on the skill test three times.

Robb Wolf: Oh nice.

Charles Mayfield: Which was not bad. I knew what was I doing wrong. It just took me a couple of times to fix it but yeah classifying colors. I'll tell you the thing that stood out the most over the weekend, I mean the technique and the drilling and everything was awesome. Philosophically so Dave Whitley I don't know if you know that name.

Robb Wolf: Uh-hum. Uh-hum.

Charles Mayfield: They call them the iron tamer. He's kind of an ass. Whitley was running the show here and he talked probably for 30 minutes on Saturday just about how to coach people, how to approach workouts. This was on the heels of a discussion about biomechanical versus anatomical breathing.

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Which I know you and I have shared tons of stuff through Jim Laird on all that breathing magic. But they talked at a lot about breathing and then he talked about just kind of training in a smarter way and I think the analogy he used is the lions, the king of the jungle and the lion doesn't go chasing after the biggest, baddest wildebeests every day.

Robb Wolf: Right.

Charles Mayfield: And I think Sam even tweeted about that on Saturday because it was just kind of this wonderful awe-inspiring moment of yeah I don't have to beat the tart on myself everyday to look and feel good and perform actually better.

Robb Wolf: Right.

Charles Mayfield: So yeah I actually it just covered every aspect of training and recovery and a philosophical approach to understanding who you are and where you're trying to go and then I hadn't swung. I hadn't done a lot of single handwork with kettlebells in a while. That kind of volume over the weekend man I was wrecked.

Robb Wolf: Oh bad.

Charles Mayfield: In a good way but I was needing a vacation.

Robb Wolf: I have not gone through the strong first yet. I did the RKC ages ago like when it first, first came out and was really impressed with it. I have always liked Pavel's work, huge fan of Dan John. It seems like really, really phenomenal stuff. So you met Whit through a mutual acquaintance of ours. It made me male introduction and you started doing a little bit of Brazilian jujitsu with him. You alluded to this that you're getting a lot out of it.

Charles Mayfield: Exactly.

Robb Wolf: But you know, why do you like Brazilian jujitsu? I mean clearly I'm a big fan although it's one of these things where depending on the day you get me I may be walking out to a garbage bin with a can lighter fluid in my ghee and belt and I'm getting ready to set all on fire and be done and then other days I'm totally enraptured with it. You know what have you been getting out of it and what have you guys been working on?

Charles Mayfield: Well I've been working on not letting Whit beat the shit out of me.

Robb Wolf: [Laughs]

Charles Mayfield: You know, this is going to be a stretch of an analogy but I absolutely love the game of golf. I learned it a young age. I did not get remotely good at it or have a passion for it until later in life. But the thing I always enjoyed about golf was it got me outside with some people that I usually like to hang out with and it was a sport where I got to play it with my grandfather and have fun and I could always imagine playing that with my wife or my kids or my grandkids. You know, I kind of had that and the very short time that I have been rolling with Whit it has come – I've realized that this is something that I could really and truly do. I don't have to do it every day. You know, I don't play golf every day. I play when I cannot much these days but I can see it being a sport that 20 or 30 years from now I can still kind of you know, grab a hold of my kids or grandkids and roll around with them. It's got that kind of state power to me.

In terms of what we're working on, I am a sponge man. I try and Whit has been really good. He tries to get me so we went guard, we actually started in the mount and then worked our way back to guard. And then he went from guard to side guard, side control or half guard and then side control. And then he just tries to drill one or two things each week and we've – I had no clue on offense. I mean I'll just say that. Whit when he puts me because we always switch. Like he'll start in my guard and then I'll get in his guard and the minute I get in any type of position that would require or necessitate me being offensive, I'm clueless. Like all I'm thinking about is don't hurt me.

Robb Wolf: Right. [Laughs]

Charles Mayfield: But it's been good. Just you know the biggest thing for me to get over which apparently is a lot of folks is you really want to maintain control and keep people close and or at least so far he's teaching me to you know, get my opponent close so that I have control over him. That's – you know, we were thinking about fighting or defending or keeping things at bay generally you're trying to close the – or widen the gap and it's been eye opening to get close and personal.

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And actually feel how much that increases the leverage and your ability to apply what I would call applied force.

Robb Wolf: Right.

Charles Mayfield: But yeah.

Robb Wolf: Yeah Whit and I got to attend a three-day gig with Henry Akins who is a Hickson Gracie black belt and ran the Hickson Academy for I think ten years. And he really has a very different take on Brazilian jujitsu. I think the sport of Brazilian jujitsu now has something like 10,000 moves catalogued you know just all these different variations and really interesting stuff. And Henry said that his total curriculum is about 150 moves.

Charles Mayfield: Wow.

Robb Wolf: So a tiny fraction of what exists out in Brazilian jujitsu land and but it's the way he does it all it works for ghee, it works for no ghee like your grips and everything are exactly the same. And a very nonattribute driven. So if you're strong and fast and have a lot of cardio that's great but the way that he sets this up it's not driven just by having, being strong and fast and having a lot of cardio and also it really lends itself for me to you know, an older dude, limited time, pick a couple of things, drill, drill, drill the heck out of them and get reasonably good at these couple of things which it really ends up boiling down to timing and you know, the right positioning, right posture, correct pressure which that's something that I can wrap my head around and it's something that I think you know with two or three days a week of training, you could get pretty good at it in a couple of years. You know not world championship level or anything but you've got a decent chance of having some self-defense. When you get into roll with somebody to your point of getting out and playing some golf and having fun like you've got enough that you know like if you play some guitars you can pick up and strum and play some music and all that. That type of stuff.

Did I send you that video from the folks access of awesome?

Charles Mayfield: No.

Robb Wolf: Before. So really funny I think Australian kind of comedy musical group but they get in and they play like every you know, pop song from the last like 30 or 40 years and they used four cords with it. They're just like banging through this stuff and it's everything from the Eagles to Justin Timberlake you know, and so they got four cords. The dude just keep mixing up these four cords on the guitar and they just shift through and they play all this stuff. So I've had idea for like four cord jujitsu you know, where you got the really basic not a lot of fluff to it but just getting proficient at those basic elements. So that's cool and you're a whippersnapper of 39, 40?

Charles Mayfield: 41 man.

Robb Wolf: Oh you're 41, nice.

Charles Mayfield: I'm right behind you.

Robb Wolf: Sneaking up on it, man.

Charles Mayfield: Yeah.

Robb Wolf: So that's awesome. So Charles you also have organized a pretty cool shindig that's going to be happening later in the summer, early fall. Tell folks about the cube summit.

Charles Mayfield: So yeah we have put together, I would say we you're participating in it Robb.

Robb Wolf: I am participating.

Charles Mayfield: You got the --

Robb Wolf: You actually are doing all the work so.

Charles Mayfield: I'm skull sweating it's pretty hard right.

Robb Wolf: Right, right.

Charles Mayfield: So yeah this thing kind of got born out of – so it's the cube summit. It's October the 17th. We're hosting it here in Atlanta. It's a – I'll tell you what it is. It's a modern day interpretation of what I think the black box summit might have been like. I did not – I was not fortunate enough to have been there but I know you were there Robb but it was just kind of a – it was – this is a best practices, best thoughts, best minds kind of getting together and it kind of came to me. Atlanta is obviously a pretty big hub in terms of fitness, in terms of athletics both at the professional level, collegiate level. It's a pretty busy airport too so they say. But yeah my history in strength and conditioning has been blessed with relationships with folks like yourself. Jim Laird, John Wellborn, Dave Warner and these are all the guys that have kind of pulled together for a one-day hyper focused summit on kind of absolutely squeezing the most and best out of somebody that you can.

Now that can apply both on the field, in the training room and I've actually started ping-ponging several of my friends here at Atlanta that are kind of C level executives. Because these are typically your type A folks. And they work hard, play hard.

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So you know in terms of kind of getting some of the best and brightest minds together to talk about training optimal training strategies for recovery, optimal movement, optimal nutrition, it just made sense for me to try and bring something local to the Atlanta community that you know we'll see how it goes. This year I would love to grow it. I feel like there's a void to some degree and this idea of bringing in a what I would call a nonorthodox approach to training where you kind of throw a bunch of stuff up on a wall and you know, for each and every person something is going to stick and if it does great. If it doesn't that's okay but I don't think there's a single person that's interested in human performance or coaching or just eking the most performance out of their own body they can that wouldn't take something away from this weekend like a life changing, earth shattering valuable tool that changes either their game or their client's games or their company's games. So really excited about what we got going on.

Robb Wolf: And so it's John Welbourn, Jim Laird, Dave Werner, Matt Leland and then I will be making sure that the bathrooms are clean and NorCal Margaritas are made.

Charles Mayfield: Correct. Yes.

Robb Wolf: Cool.

Charles Mayfield: I have ordered a Margarita machine just for you Robb.

Robb Wolf: [Laughs] Nice, cool.

Charles Mayfield: But yeah, yeah it's a one-day summit all day we're going to serve a super tasty lunch but it's eight in the morning until six at night. We're going to just hard charge it through and the space is awesome. We're actually going to do a lot of on the floor movement sessions. We've got a couple scheduled. The cool thing I'm telling folks is because everybody that's going to be there has got a pretty good background in movement. I know that you and Matt specifically are going to be talking nutrition over lunch but when it comes time for Jim's session or John's session or Dave's session, it's going to be all eyes on the floor. So it's a really cool opportunity for the participants to get some very personal and up and close work with some of the people that I view as being top of the game

in the strength and conditioning community out there and you're certainly one of those Robb.

Robb Wolf: Oh thank you. I am very excited to go do that. I'm excited to eat some of your country curry again. Where can folks track down the cube summit information?

Charles Mayfield: Best place is the website CubeSummit.us.

Robb Wolf: Cool.

Charles Mayfield: So CubeSummit.us and if you've got any questions just there's a contact me link there and that will hit my inbox at some point. But yeah we look forward. It should be a fun and festive fall in Atlanta. Hopefully not too high by October but we're going to have some fun.

Robb Wolf: Yeah. I'm going to be out in Virginia at the Polyface Farms gig mid-August so I'm going to get a Brazilian wax before I go for that because it's going to be kind of steamy at that one. It was the last time that I went out for that too. So also if I'm not mistaken Robb Wolf listeners, followers there is a special perk for them with regards to the cube summit.

Charles Mayfield: 20% off.

Robb Wolf: Holy smokes, okay I didn't even know that.

Charles Mayfield: That's crazy yeah.

Robb Wolf: Wow, wow.

Charles Mayfield: So go to the website, when you go to buy your ticket, enter the promo code Wolfpack and you will save 20% off of the price of your ticket.

Robb Wolf: Sweet. Okay. We'll get that in the show notes and Charles what else? I think we Charles being very well organized. He actually sent me the list of the talking points today. [Laughs] So I think we ended up hitting most of them. What's the timeline on the new book? Any type of a guestimate on that?

Charles Mayfield: That's a good question. The manuscript deadline is January.

Robb Wolf: Okay.

Charles Mayfield: So I don't know – honestly I don't know beyond that. Because the publisher will kind of run the show after that. You know we'll get them what they need and I'm sure there will be some edits and revision. Not that you know anything about editing a book.

Robb Wolf: Ewww, no.

Charles Mayfield: Oh yeah tearing my eyes.

Robb Wolf: Right.

Charles Mayfield: But yeah I don't – we're supposed to have this thing wrapped up from our end by January so it will hopefully be sometime in 2016. I'm sure we'll chat before then.

Robb Wolf: Cool .

Charles Mayfield: When we know more but yeah that's the exciting part of the book world and honestly I just want to get our families back. I want to come visit you man all this farming.

Robb Wolf: Man, it's been pretty, pretty cool I got to say. Like I'm busy as heck. The city zero project is really starting to take off. I'll update folks on that here pretty soon but it's been a lot of work but we're getting some pretty major momentum and breakthroughs with that. And then Nicki had the idea of moving us out of suburban hill and going out on to a farm in central Reno. So we've got 2.5 acres in the middle of Reno and we do surface irrigation from the trucky river and we've got marmots and quail all over the place here, ducks, geese, skunks, bobcats. We get – I actually had bobcat tracks in the backyard this morning. We got some chickens. We have goats and sheep on order for January so it's a pretty cool but I think that this is Nicki's clandestine plan of working me to death and then she can bury me in a shallow grave and get a young good-looking husband. So I'm on to her right. I'm on to that Italian. So yeah but it's cool and we would love to have you guys out.

[0:40:55]

Charles Mayfield: Well you did have concrete slab installed for when we pull up the RA right?

Robb Wolf: Yes, yes. Sean and Chrissy I think have first billing on that but we'll pull one next door to them and we'll have a bunch of trucks up on blocks and hound dogs and it will be just like my childhood all over again. We'll add some doublewide trailers and swamp coolers and we'll be set.

Charles Mayfield: Well life is but a circle Robb.

Robb Wolf: It is. It's true enough. It is. It's true enough. True.

Charles Mayfield: Yeah man.

Robb Wolf: Well awesome. Charles where can folks track you down? CubeSummit.us, what's the website for Atlanta strength and conditioning?

Charles Mayfield: Yeah. AtlantaSC.com and then if you're curious about the food side paleocomfortfoods.com. Those are my three web addresses web spots so.

Robb Wolf: awesome.

Charles Mayfield: Yeah man.

Robb Wolf: Awesome. Cool. Well Charles it was great having you on. Very much looking forward to the cube summit. Go easy on me when I see you in October when we get to do some rolling together and I can't wait for the kiddos to play.

Charles Mayfield: Sounds like a plan Robb. Thanks.

Robb Wolf: Alright, Charles talk to you soon.

Charles Mayfield: Okay.

Robb Wolf: Bye-bye.

Charles Mayfield: Bye.

[0:42:02] End of Audio