

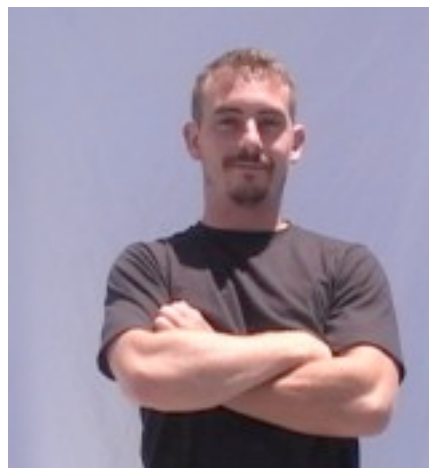


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## WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



Interview with [Caleb Lee](#)



LA: This is Luke Allison here with the [CriticalBench.com](https://www.criticalbench.com) weekly Muscle Building Expert Interview Series. Today I'm here with Caleb Lee. Caleb, how are you?

CL: I'm doing great. How are you today, Luke?

LA: Doing excellent. Excited about this, ready to make it happen. Take a second, give people some insight into your background, sort of who you are and what you do.

CL: Okay, sure. Like you said, I'm Caleb and basically I've always been involved in like health and fitness and training and strength training specifically, because...a little bit of my background is, I pretty much have been doing martial arts all my life. and when I turned like 12, I got really obsessed with training for...I was doing sport taekwondo, which is the Olympic style, where it's like full contact and everything. So, of course, being the strongest you could be and the lightest weight class you could be...

I'm also a short guy. So, going up in weight classes really wasn't like an option for me because then people are a lot taller and it's harder to fight somebody with long arms and longer legs. If you ever watch boxing or anything, the guy with the reach has the advantage.

Anyways, so I got obsessed with strength training, especially like watching Bruce Lee movies and always wanting to get ripped and strong like him and all that. So, that's how I got involved, and pretty much since the age of like 12, I've been just learning through hands-on experience everything I could about it.

Now, I compete every so often competitively in power lifting. So, that's kind of like my new passion now. And I started teaching a little bit about what I discovered and what was working for me, just because of the fact I saw a lot of stuff online or in muscle magazines and stuff like that that I had already tried, because that's the first place you turn, I guess, when you first get started. You start flipping through magazines and you see body building routines and stuff like that. And I tried pretty much everything and figured out kind of what works for me and what could help other people out. That's pretty much my background there.

LA: Sounds, like you said, not dissimilar to what a lot of people do, a lot of trial and error is what it really sounds like.

CL: Yeah, definitely. No doubt. Because you first get started and then I don't know, the first place you look is you go to the magazine rack or something. You look at the fitness magazines. You and I both know, most of those magazines are advertisements for supplements. I remember reading one of those one time, when I was wanting six-pack abs and I saw...I thought it was an article, and it had like an abdominal routine in there, but it turned out to be...pitching a supplement.

I tried these supplements and things like that. There are supplements that work and all that, but a lot of it comes down to just getting smart about your training and figuring out what kind of works for you.

LA: So, we're going to do our part to try to educate people, and one of the things we're going to really focus on is the Lean Strength Advantage. Talk about that and sort of what that is.

CL: Yeah, exactly. The Lean Strength Advantage is kind of like this new term that I kind of came up with. I don't know, other people probably used it before, but to me, it really encompasses...I figured out that it encompasses everything I do and all the goals I've always tried to achieve and that pretty much, whatever your goal is... Let me just define it, I guess. When I'm talking about the Lean Strength Advantage, basically having the most relative strength you can have, given your body weight.

Most guys listening...maybe they're not familiar, but there's a couple of different definitions of types of strength. You have absolute strength, which is just purely how much strength you have, regardless of body weight. So, like a 200-pound lifter and the 120-pound lifter, if the 200-pound guy can lift 1,000-pounds, then he's stronger, absolutely, than the 120-pounder.

But, relatively strength is taking into consideration your own body weight and maximizing, basically, the use of what you already have. And any muscle that you gain, any size that you put on, you want to get the most out of it. It's kind of like having a small engine in your car, but hot-rodding it and making sure that it's pumping out more power than it's supposed to.

So, that's what I'm talking about when I say like the Lean Strength Advantage. So, I've just found if you focus on increasing your relative strength and becoming the strongest that you can be and maximizing the muscle mass that you already have, and then keeping in mind that you put all muscle mass, you know, maximize every little pound that you get, the pretty much all the goals that you could have will take care of themselves.

Do you want me to kind of just go and give some examples of different goals?

LA: Absolutely. Yeah.

CL: Okay, cool. So, we'll start... I first got into strength training and athletically working out and things like that to get better at my sport, right? So, like I said, it's a weight class sport, similar to power lifting, taekwondo, boxing, wrestling, anything where you have to stay within a weight class. So, like I said, if you go up in weight classes, maybe you'll have to...if you're fighting somebody that may be bigger, taller than you...

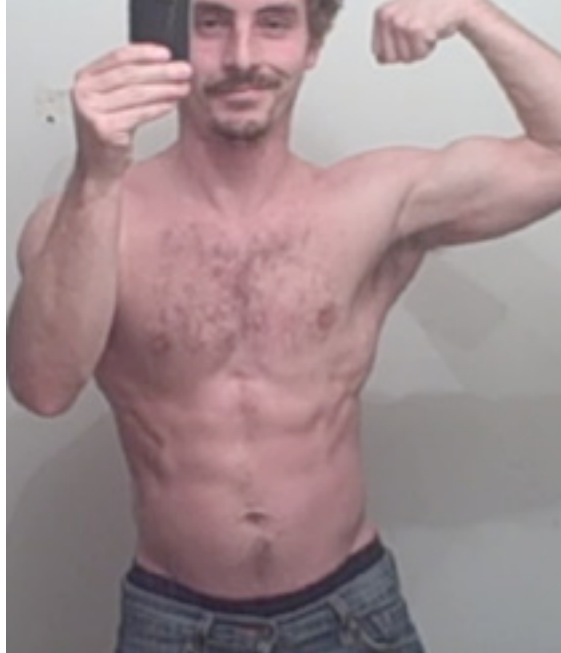
You know, I was always the short guy. It was real important to stay...get as strong as I could, as explosive as I could, as fast as I could at the weight class I was in.

And the cool thing about relative strength is, strength as we both know is like the basis for all the other athletic abilities you have. Right? Explosiveness comes from strength. Strength endurance is all based off of strength. So, the more you increase your actual strength levels, the more you'll increase every other athletic ability you have. Right? So, it's like the foundation for everything.

So, for my goals, for athletic-wise, I wanted to be the strongest I could be and the fastest I could be, be the best competitor I could be as a fighter, and stay within that weight class. So, that meant every bit of muscle that I had, I had to get the maximum use out of. And then, for aesthetic or vain reasons, I like looking good, too. So, in that case, relative strength, as long as you focus on that, takes care of both of those things, because you're watching your diet, making sure that you're not putting on too much unusable mass, which would be like fat gain or anything like that. And you're just going to end up looking strong and looking ripped and getting the six-pack abs everybody wants and all that.

And then, I'll give the example of my roommate, Paul. He also is into power lifting and we workout together. He did football back when he was in high school, and he put on a lot of mass then. But since then, really drilling the basics, he used to do kind of a combination of things, whatever they had him doing in the football training and all that. But, he's really focused on increasing his relative strength to the point where now he's only maybe an inch or two taller than me, and I walk around maybe like 130-135, really low body fat, but he's maybe a couple of inches taller than me and he's 165-pounds. So, his goal is to get bigger, but he's made sure, by focusing on increasing his relative strength as he gained weight, that... Like he squatted...what did he squat at the last meet we were at? He did a 500-pound squat at 165, which is just crazy, three times his body weight.

Paul, he surprised himself that day. it was the first time he did it. But, I mean, that's the type of stuff that can happen. There's kind of, I guess, some guidelines or basics that I could go into if people want to kind of obtain the lean strength or train for that.



LA: One question before you do that. I tend to think of the relative strength and relative power to weight and those type of things as really having a foundation in body weight movements and calisthenics and sort of the ability to move your body first as opposed to being able to move other weight. Can you talk about that for a second?

CL: Yeah, excellent point. Yeah, that is the first stage to start building relative strength, and a very quick way to assess where you're at. Like, I guess the most basic things is, can you do a pull-up? It's kind of weird, but you see guys that can do like hundreds of pounds on the lat pull-down machine or some other exercise and they can barely crank-out a pull-up or two. And when you really get down to it, in our everyday life, we're moving around our body weight. So, you should be pretty good at that. And that's a great way to start increasing your relative strength and your power to weight ratio.

So, yeah, there's definitely... I know when I first got started training, I was kind of scared of weight training and all that, because I didn't know a whole lot about it. I figured it might make me slow and all that, and being in the martial arts, they're always telling you to do all kinds of pushups and everything. So, from the beginning, I've always been involved in body weight exercises. At one point I even took it to the point where I was doing...I think the most I ever did was like 360-something body weight squats and 200-some pushups in a workout. I was really into the body weight stuff back then.

But yeah, and then you move past the pure... I guess there's like the... There's a couple of different levels. There's like the basic strength that you should have where

you should be able to do a pushup and you should be able to do some pull-ups and body weight squats, and you're kind of building that foundational strength. Something I will say that's great about body weight exercises is it seems to me, and from my personal experience, like I had...I guess when I was 12 or 14, my knees were always hurting all the time. Like, you go through growing pains and joint pain and stuff. I finally went to a doctor and they prescribed like these orthopedic insoles and all this junk and they were saying my soles of my feet, I didn't have the arch and that was the reason my knees were hurting and all this.

But, anyways, long story short, I basically just fixed myself by cranking out so many body weight squats. And with the body weight exercises you really give your tendon strength a chance to catch-up with your muscles, it seems to me. Especially like the high rep stuff that you might do.

So, ideally, in my mind, I like to see people kind of start with mastering their own body weight and doing some high rep stuff. And then once you've built that base level of strength and there's some endurance being built there, and then you've got the tendon strength, and really the connective tissues growing that the same time, then you get into the more challenging body weight exercises. Like, you might see a gymnast do with the levers, really high rep pull-ups or one-arm pushups, one-legged squats, things like that. But, yeah, it's definitely very important to master your own body weight before you move onto moving some iron around.

LA: One of the anecdotes that I think really simplifies it for people, a trainer some people might know, Joe DeFranco, works with a lot of NFL athletes. He's convinced. He will tell you that there's a positive correlation between how many chin-ups or pull-ups you can do and your sprinting speed. If you're concerned with being fast, you should be concerned with your pull-ups. So, it does have a sort of influence on performance.

CL: And the light guys, they don't grab that correlation. They're like, well what the heck does pull-ups have to do with my sprinting speed? But, it's like, okay, what's the only way you can get good at pull-ups? You've got to have a high level of strength for your body weight. You can't be carrying around useless weight, like a lot of fat, and you're going to have more muscle than fat. You know what I mean? So, yeah, that's excellent.

LA: One of the other things about body weight and calisthenics and things like that is, if you have really sort of serious movement pattern issues or flexibility issues, you're going to be able to see it. Someone who's trained is going to be able to see it before you start adding external load. And that's really important.

CL: Oh, yeah. That's huge. If you get in this early enough, you never even notice how messed-up you are until you start getting more advanced in your training. And

then you're looking and you're like, why am I squatting like that? And you start figuring out all these muscle imbalances. It could have been... If you're doing these properly, can you squat down, keeping both your heels on the ground and squat all the way down to the ground? Just simple things like that.

But, a lot of people should focus on first, before getting into like training or something... You know, if you go to like some commercial gym, like the personal trainer will readily stick you on like a couple of machines and have you start doing some exercises that may or may not help any problems you already have, any movement patterns or maybe like most people in the civilized world, we have really tight hip flexors and really weak upper backs, because we hunch over all day on our computers and things like that. You know what I mean? So, it's really important. Yeah.

LA: So, theoretically, you're someone, you have the body weight down somewhat. You don't have terrible posture, what comes next? Where do you progress?

CL: Okay. So, we get our posture corrected, we figure out anything that's messed-up or maybe... I notice from just as a side-note. Like I said, I do taekwondo all the time. But, I always kicked more with my right leg, because I was always driving my right knee up off the ground, that hip flexor is a lot tighter than my left. So, there's a constant thing I have to be aware of and I make sure I pay more attention to the right hip flexor and all that.

So, being aware of what muscles might be imbalanced and slowly taking care of those over time and paying extra attention to them. Slowly build up this basic level of body weight strength and we're doing pretty good and we're keeping our weight down and we're getting strong for our size. Yeah, then if you want to move into strength training with some weights, I totally recommend the basics, the basic compound exercises: squats, deadlifts, bench press. Overhead press, I think, has fallen out of favor, especially power lifting. The bench press is the one you compete in.

But, I always... I actually did more overhead pressing when I was growing up than I did bench pressing, just because it was a lot more...maybe athletic carryovers there. Not to offend Critical Bench. But, I didn't focus a lot on the bench before, but now it's my weakest lift. So, I'm working on that now.

But, yeah, I definitely think the basics are the way to go, the compound exercises to give you the most bang for the buck. I mean, there's some basic strength levels in my mind that before you move onto anything, any other types of split routines or even athletic training like plyometrics and explosive training like that. I mean, you really need at least a base level of strength. I've heard some coaches say you should be at least able to squat two times your body weight or 1.5 to 2 times your body weight before you start plyometric training and things like that.

So, I really do think there's some basic strength levels that people should strive for before they get into anything fancy.

LA: And that's a weird sort of guideline that you have to put out there, just sort of as this person, because most people are not in some kind of a system. They're not in school. They're not on a professional team and they have boxes that they can jump on. They've seen people jump on the boxes.

So, they don't understand that you're using over-speed and things like that, that you have to decelerate and that's the hardest part and that's where the injuries happen, and that's where the force is and things like that.

CL: Yeah, it just comes down to... I don't know, if you ever watch like a movie and there's people training or Rocky or something, they're always doing... They pick the exercises that seem really cool. You know what I mean? If you ever watch any type of professional athlete, maybe see him doing certain types of sprint work and explosive jumps over everything, everybody wants to skip to the cool looking stuff and all that. But yeah, I mean, it's not... You may get some benefit out of it, or you may injure yourself because you don't haven't build the base yet, the strength base for it yet. But, yeah, I definitely think the basics need to be taken care of first, that base level of strength needs to be built-up.

I mean, you and I know that even the...I call them basic exercises, those are exercises you can train you entire life and never master, you know what I mean?

LA: And that's the other thing. Lifts can sort of mental, physical or technical. Ruthlessly from Dave Tate, but you can miss a weight that you're strong enough to lift, theoretically, because you're moving your body wrong. That can get pretty advanced. That gets way into proprioception and things like that, and it's like, where is my body in relation to the space around me.

CL: Yeah. Learning to master those nuances and figure it out, what you're doing wrong, that's an important skill to have and it just makes your more aware of your body. And it definitely transfers over to athletics and your performance...like the same me and my roommate did great at, I messed up my deadlift. I was in the 123-pound class, so I had cut down a little bit for that.

I had been working on my deadlift technique and I didn't want to... I noticed I had a tendency to pull really quick from the floor, and it was throwing me out of position.

LA: Pulling forward or back?

CL: Yeah, it was like pulling so fast that your hips rise faster than your shoulders, basically.



LA: Okay.

CL: So, you'd be leaning forward over the bar. And I wanted to make sure I didn't do that. So, I was less aggressive with...well, it was my second. I pulled a really easy like 330 or something, and then my second lift was 370. I planned to just breeze past that, because my best was 405 in the gym, not too long ago, six months ago, something like that. So, I planned to hit well in the 400's. Three-seventy, I couldn't get it past my knees and it was... I realized I was over-compensating too much with trying to pull really slow off the ground.

So, of course, I was upset. I missed it and I came back and it just flew up on my 3<sup>rd</sup> attempt. You know, I didn't get to hit a good attempt. It was still triple body weight or whatever, but I planned to be pretty well into the 400's this time, I was looking forward to it. But, it's those little technical things once you get to a certain level that can make all the difference.

LA: Certainly true. So, we've talked a little bit about building a base and sort of the pyramid being only as sort of tall as the base and things like that. What are we talking about in terms of years? We talked about sort of maybe weight to weight ratios, but how many years are we talking about spending in the gym, how many hours? Can you break it down like that?

CL: That's interesting. I have...that's a good question. I don't really have a guideline. I know that it takes...at least within your first year, I think, with beginner gains and everything. I think what the problem happens is, a lot of people when you first...the first time you start working out and it's all new to your body, especially if you're younger, I think most guys get into it in their teenage or 20's or something like that. You have a lot of the youth hormones like testosterone and all that. Those are really good times to make gains.

It kind of sucks, because that's also the time when a lot of us kind of waste a lot of that energy or waste a lot of that time. Not really waste it, I mean, you're still doing stuff. But, it's not like it's going to hurt you in the long run. But, if you suck to a very progressive system, you can make a lot of gains like really quick.

But, I think there's definitely some muscle and strength maturity that comes after about a year of training, solid training, a year or two of solid training. As far as actual time in the gym each week, that could vary depending on your goals and what you're doing it for.

For most athletes, I think three to four days a week is plenty, for just strength athletes. And then, if you are preparing for a different sport, if the primary reason you're working out is to get better at your sport, then that has to take precedence over the

workouts, and the workouts should be there to support your sport practice instead of... You don't want it to be a detriment, you don't want to get injured, number one, or you don't want to be too weak to be able to practice your sport and develop your technical skills, because those count for more. You just want the strength training to kind of compliment it.

So, it could be three days a week or very low volume, but kind of high frequency. You could do up to like five days a week. I mean, there's different ways to approach it, but those are kind of my thoughts there. Is that kind of what you were getting at?



LA: Certainly. I do want to return to the idea of training for sport in a second. What are the ideas...I don't want to sort of transpose onto sort of any of your original thoughts is. The idea that there are certain amounts of time that you spend as a beginner or as an intermediate lifter and then as an advanced lifter, and that would be sort of by the hours you put in versus sort of anything that you would do on the platform, for example. You could be freakishly strong, but still be very much between a beginner and an intermediate lifter. Is that something...does that resonate at all?

CL: Yeah, no doubt. That's a good point, too. Because there are some people that just like the first time they pick up a weight they can lift a lot of weight, and they're just strong or they...whatever it is. Maybe their confidence is there or they just have a good neural connection between their brains and their muscles. So, yeah, you could definitely be strong, but still be a beginner or at least intermediate lifter.

I mean, I like to think of it in terms of...because strength primarily, and this is one of the ways you can increase your relative strength, strength is primarily a skill set. Right? So, you're teaching your muscles to fire harder and be stronger in whatever exercise you're challenging them with, because we know through science and...if people get electrocuted, their muscle can contract so hard it can shatter their bones, pull them right apart. So, your muscles are actually a lot more capable than you'll ever get to see in the gym or in an exercise. So, it's really strengthening the connection between your brain and your muscles and getting them to fire more efficiently and better.

So, yeah, so that's why it is skilled. So, the more you practice a skill, the better you'll get at it. They say that someone who's proficient in a skill, it normally takes about 1,000-hours of practice, right? And they say that a master of a skill usually has 10,000-hours of practice under their belt. At that point...

LA: You're talking about ten years, approximately.

CL: Yeah, for the 10,000-hours.

LA: Just about, yeah.

CL: Yeah, yeah, exactly. I mean, at that point, you're pretty much doing things...you're unconsciously competent, is what they say. So, as soon as you grab a weight, you're unconsciously tensing the right muscles the way you're supposed to, you're squeezing the bar to get the maximum connection between your brain and your muscles. You're doing everything right that...you're breathing into the belt if you're going for a heavy squat or a deadlift or something. Right? So, you're doing those things unconsciously and you're competent with it.

So, three or four times a week, that's three or four hours a week, within a year, you can get in a lot of skill practice and you'll quickly build those skills. Depending on where you're starting from, if you've never been athletic at all and you didn't play any sports as a little kid or anything like that, it may take a little while to get used to...that's the good thing about the body weight training and all that, at least you're going to get used to moving your body through space. Some kids just seem to be more coordinated than others. They may progress a little faster.

But, after a couple of years of solid training, you're really starting to get your...a martial arts metaphor, you earned that white belt, now you're ready to move up. You're starting to become more proficient, I think.

LA: It's another is you begin...as those years of training begin to accumulate, it's not as easy to make the gains. You have to sort of do more to sort of prevent adaptation.

So, you're going to flip the switches as you have accommodating resistance and general physical preparedness and the plyometrics, as we mentioned earlier.

But, if you flip all those in your first month, if you don't hurt yourself, what are you going to do later on?

CL: Yeah, exactly. It's the new stimulus. You need that once you get more into it. I mean, kind of with the power lifting, you see like the Westside programs and there's this day and there's that day and there's dynamic and there's max effort and there's bands and there's chains. Everybody wants to do all the cool bands and chain stuff right away, but it's like that's at a certain point, once you've kind of maxed-out. Your body is so used to adapting to what you've already thrown at it, it's like you've got to bring something new.

LA: Right, we're adding a different level of sort of understanding of physics and mathematics and at a lot of levels it's just not necessary. You're worried about being cued and sort of having technical proficiency, not how much the chains weigh when they're off the ground.

CL: Right, right.

LA: It's a little something for everybody, but not all at once.

You did mention training for athletes and the sport, which is something that can be said in a lot of different ways. But, I don't think a lot of people listen to it, because if you're an athlete, that's your sort of dominant focus, but it's sort of subjective and finite and you don't need to be able to do all of these sort of "wow", unrelated tasks, and have these wild abilities. Talk a little bit about that and maybe say what that means... You need to be able to do for fighting in those individual sport and maybe what you don't need quite so much.

CL: Yeah, sure. I'll hit on that, because that's real important and that's a big mistake I see a lot of athletes doing, especially now. Let's talk about kind of like the fighting example. MMA, mixed martial arts, all that stuff is like really popular now. The biggest thing I see with that is they just...these guys will try to train and run themselves into the ground so much so that there's hardly any skill practice or proficiency that's being built. And it...you can see that athletes, a lot of the athletes you can tell they do so much cardio stuff or the metabolic conditioning or so much of that a lot of times you can see it looks like they almost have like a skinny-fat look. You know what I mean? Like, they're burning up so much muscle mass, you know what I mean?

But, I mean, yeah. Your skill practice comes first, and because it's... Okay, let's take the MMA example. So, you have like the Brazilian jujitsu, you've got the ground

stuff and you've got the fighting, the boxing, the kicking and all that. So, you can do that, because it's a low-level resistance. You can pretty much recover from that pretty quickly, except for bruises and strains and all that stuff, which you're going to get from banging with people. You can do that, like six days a week. You could even do two-a-days and hit different...maybe your stand-up fighting and you've got your ground fighting. You can do them at different times a day. If you recovery pretty quickly, assuming you're well-fed and you have the energy levels and all that.

But, what's harder to recover from is the additional strength training or additional conditioning that you're doing. I mean, for most athletes, their skill practice, I think, would be primarily... Once you get more advanced, you get into the macro cycles and you have the general GPP, general physical preparation, and then you have like that strength phases and then you have the general conditioning and then you have the specific conditioning and all that. But, I think just starting at a basic level, most people could benefit more and get more endurance that's specific for their sport and more ability for their sport by practicing the sport more and training either less intensely or less frequently for the strength training and the additional conditioning.

Just to give an example how that might play out. So, if you're doing, let's say the MMA stuff, if you're like training jujitsu, stand up muay thai, kick boxing, something like that. Six days a week you're doing that in the evening. You could hit the gym like on your lunch break, do a short, 30-minute workout anywhere from like three to five days a week, 20-30 minutes, and real low reps, real low sets. So, the volume is not very high, but you're priming your nervous system and gradually getting your muscle to respond to stimulus and work better and be more strong.

So, you'd stick to the basic exercises we were talking about, like either the squat or the deadlift and overhead press and the bench or something like that. Just kind of high frequency, but very easy to recover from, or this could even happen right before your skill practice, right before you get into your actual technique or practicing your skills.

That's easy for most people to recover from and you should actually feel better and like more awake and more energized once you get out of the gym. It's not meant to like kill you. And then, you're ready to do your skill practice. You're just kind of priming your CNS, your central nervous system.

LA: And that's the way to add-up to your thousand hours or your 10,000-hours very quickly, as opposed to spending 90-minutes or 75-minutes in the gym, two or three times a week, and have you get so tired and the CNS is fried and I don't want to go to the gym.

CL: Yeah, exactly. I mean, if you're trying to do a bodybuilding split routine where you're doing like 15 different isolation exercises for your arms and then you're going and that same night you've got your practice. You're just going to get fried right away. Yeah, you can really build-up just repetitive things that are easier to train your body at. But, there's only so much that you can adapt to at one time. So, keep the strength drills simple, get the most gains out of the least amount of exercise at a time in the gym, get in, get out, practice your skill set that you're training for, because that's the most important.



LA: One other thing to just like sort of push the MMA sort of analysis a little bit further is, it's a sport that really people have not figured out exactly how to train for. But, I'm sure that people are going to have a deficiency in one of the areas. So, if you're really worried about getting punched in the face, you're probably going to be able to go, I'm going to confront my ego and go worry about getting punched in the face. There is that sort of inevitability stepping in the cage or in the ring that that very well could happen.

CL: Right, right. Yeah, there's things that may be more important than adding some weight to the body, you know what I mean?

LA: Right. Or, if you were on a stick involved sport on a team, you know, theoretically if you were having skill problems, you could hide. You could sort of not do that thing. But, in this individual sport, it's not quite the same.

CL: Yeah, your weaknesses and strengths should be very apparent. You know what I mean?

LA: Right. So, is that the top of the pyramid? Is that it, as we begin to sort of get multiple workouts spread throughout the week? Is that the ultimate goal?

CL: Yeah, I mean, it depends on what your goal is. I think for athletes, people training to get better at a sport, stick and ball sport or maybe an individual sport like martial arts or powerlifting...well, powerlifting obviously, your skill set is your strength training. And you do see that powerlifters, as they get more advanced, like we were saying, and then the body getting better at adapting and everything, maybe you do have to train a little more frequently. But yeah, I think it depends on your goals.

The powerlifter obviously, if that's your sport and that's also the skill set, you're going to be spending a lot of time in the gym. If you're just... Like me, I kind of use powerlifting as... Like, I haven't competed in martial arts for a long time. In fact, the last time I kicked anything I just spent like a month in Thailand about a year...maybe two years ago. I spent like a month in Thailand and I just spent a month doing muay thai and that was about the last time I really done anything martial arts-wise.

So, now, powerlifting is kind of the sport that keeps me interested. It also gives me the reason to go in the gym. But now, actually, I'm doing the Critical Bench bench routine. My bench is my weakest lift right now. So, I'm in the gym...what is it, five days a week now. But before that, it was like three days a week just hitting all the basic lifts. And I was really excelling in the deadlift and the squat and getting the base levels of strength I was telling you about. I'm pretty happy with those and now we're going to bring up the bench press.

And all the while, keeping this whole idea I have in my head of the Lean Strength Advantage in mind, because I really think that's what's been responsible for how well I've done in the various things.

LA: Well, and it's something that's vital if people continue to participate in weight class sports and like you said, if they're more popular now, all the more reason.

CL: Yeah.

LA: Caleb, I want to thank you for your time. I definitely appreciate it. If people are interested in getting in touch with you, can they find you online? Give them some information.

CL: Yeah. I have a blog over at [DoubleYourGains.com](http://DoubleYourGains.com). That's kind of where I spend a lot of my time. You can get in contact with me through that site, leave a comment or something there. I'll be talking more about the Lean Strength Advantage,

definitely be some more noise about that later on. But, DoubleYourGains.com is where they can find me now.

LA: All right. Caleb, thank you again. Appreciate it.

CL: All right. Thank you so much.

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