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WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



Luke Allison Interviews John Cortese

LA: This is Luke Allison here with the [CriticalBench.com weekly Muscle Building Expert Interview Series](http://www.criticalbench.com/muscle-building-experts.htm). Today I'm here with John Cortese. John, how are you?

JC: Hey, good Luke. How are you doing?

LA: Doing all right. I wanted to get into your background a little bit, kind of probe your experiences as an athlete and also the idea that you operate your own gym right now.

JC: Well, basically my main background in athletics lies with football and track. I started playing football and track and field as a sprinter. I started at about 12 or 13-years-old. The main reason I excelled at those sports is because my belief was, from

the very beginning, I could just run fast almost naturally. So, it kind of just grew to the point to where I could just almost excel automatically. But, I had no really idea of how to play football when I even started. So, I had to learn a little bit.



The whole strength and conditioning aspect side of training really, really was something that I grew to love and even at a very young age, I was almost... I hate to use the word obsessed, but that's really what it was, and how I could become a better athlete. I could run fast, but I was always somewhat of a skinny kid. So, I had to constantly, read, research, would ask my strength and conditioning coach in high school questions all the time.

My parents would get us a weight set in the garage I would use a little bit. I finally got access to the weight room in high school, which we had obviously a lot more equipment to use than what I had in my garage. That's how that grew.

And from there, I went on to play both sports again in college, up until my junior year of college. And then I finished up at Cal Poly San Luis Obispo in June of 2010. I got my bachelors degree of exercise science in Cal Poly San Luis Obispo in 2010.

Yeah. So then I moved back home to my hometown of Napa Valley, California and again, the whole strength and conditioning, it was always something I wanted to be a part of. Not just be in it. I wanted to be a part of it and help grow the industry and help...put myself in it and help other athletes. Because, I got to a point where I knew that my playing days...I knew I wasn't going to be a pro athlete. I was a decent athlete, but not good enough to make it beyond college level.

So, I knew that what I wanted to do was help athletes become the best that they could be physically and mentally. So, I got to work right away after school. I didn't waste any time and I opened up my warehouse gym in Napa in October of 2010 and it's been going well. We're at the five-month mark now and we're up to about 24 kids now, 24 athletes.

LA: That's exciting because it seems to be one of the things that people want to do, and if it's not in your area, you know, there's an opportunity to make it happen.

JC: Yeah, there was somewhat of a need for it here in town. It's a pretty big sports town. There's been a few kids that have kind of made a name for the town lately. They've gone and they're playing really well in college right now and a couple have ended up going pro. So, it's really exciting for the town. There's nothing around, so I wanted to give back a little bit and I also wanted to help out and really live the dream and see what I could do and help the kids.

LA: Absolutely. One of the things I really want to talk about today is recovery. I think you're a good person to ask about the length between recovery and performance. What do you think that could be, possibly?

JC: Yeah, I would say... You mean, the faster that an athlete can recover from training sessions, the better that they're going to perform. It really comes down to a few simple things. Like a younger kid obviously has a much better...their ability to recover is much faster than an advanced athlete simply because the younger kid or the younger athlete is just simply not as strong. They're not as fast yet. They're not as advanced. So, their body is not really stressed as much as an advanced athlete who's running a 4:2 forty and is squatting 500 pounds. You know what I mean? That's a lot more stressful on the nervous system, the joints.

So, to recover from very, very hard training for an advanced athlete, the better you become the more time you need to put into recovery. It's something that not a lot of people are paying attention to. And I think that's a big reason why we're seeing a lot of injuries. Especially even at the high school level and middle school level. You're seeing a lot of kids getting hurt and it doesn't have to be that way if you just take care of yourself a little bit. I always tell my kids the little things add-up. Little things add up and go a long way. So, just taking the little, tiny steps to make sure that you're not getting hurt, that's going to help prolong your athletic performance and make you a better athlete in the long run.

LA: And I think the key is that those little things add-up because that takes a different level of attention and dedication if you seek those things out. You're not getting it at your high school or you did get it where you played in college, things like that.

JC: Totally.

LA: One of the techniques I think you're familiar with is going to be self-myofascial release. That's not something people have ever heard of. Hopefully they're heard of it, but what is that? What is a really quick summary?

JC: Very, very basically it's a fancy term for...self-myofascial release is a fancy term on the... I didn't invent it, but it's part of the PDF that I put together. It's basically self-massage. So, what we're trying to do is address any sort of tight areas in the fascia or the muscle tissue.



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When you're training hard over and over again, the muscles and the fascia around the muscle get tight. You're going to eventually build-up adhesions or trigger points in the muscle. So, what we need to do is address that by simply either getting a massage, which is the ideal situation, getting active release, seeing a chiropractor that can do that, or a very simple way to do that is using a foam roller.

A foam roller is just another way of addressing that by hopefully getting rid of those tight spots in muscle, the trigger points or adhesions and that will actually help with mobility and recovery and tissue quality and all that stuff.

LA: Just so people know, that's just the basics. You can get really serious with the implements that you use. I want to go over a couple of those really quick and maybe you can sort of jump in where you see fit. But, obviously you have foam rollers, you're going to have different density foam rollers. You're going to have PVC pipe. You're going to have the stick and tennis balls and lacrosse balls, all that you can use for myofascial release.

JC: Oh, yeah. Those are awesome tools and I have all of those at the gym. I have the kids to really light rolling before they warm-up, just to kind of make sure that they're feeling good. We don't like to go too deep. If you go too deep during the warm-up it can kind of... It's basically like you're putting the muscle to sleep almost. It gives you like a relaxation effect. So, you don't want to go too deep. A really light roll in the warm-up just to make sure we kind of check for any extra spots that may be tight before the session so we can address that in the warm-up.

So, if little Billy has really, really tight hamstrings that day, and we notice that while we're rolling we can say, okay, we need to do work for him, do some extra stretches before he starts his training session. As opposed to somebody else that might not be as tight in the hamstrings, but they might be tight in their quads. You know what I mean?



Definitely the denser the roller, the more it's going to...the deeper it's going to get. Same with the tennis balls and lacrosse balls. They can actually focus on the smaller muscle groups like the rhomboids in the feet and the trap and the lower back and stuff. The foam rollers usually are better for the lower body and the larger muscle groups.

LA: Is there a good guideline for people to use for sort of where to start or is that sort of really personal in terms of what works and what doesn't?

JC: Yeah. Generally when I have my kids roll or when they start, I usually have them start from the feet up. So, we start with the... Most of the time they can use some tennis ball rolling on their feet, mainly focusing on the arches and just rolling up and

down on the tennis ball and putting some pressure on it. It's almost like you're standing on it and just kind of roll back and forth a few times.

The fascia under the foot is actually shown that if you...just by simply rolling on a tennis ball for a few minutes, it can actually help loosen-up almost everything in your body. So, we start with the feet and then we work up toward the aquiles tendon and the calf with a roller. And then we just keep going up. So we go aquiles tendon, calf, hamstrings, glutes, periformis, and then lower back, upper back, thoracic spine.

And then sometimes we'll do upper body, depending if it's an upper body day or if they actually need it. Then we'll get like the upper back and the lats and the pecs and stuff like that. If we have some extra time after the workout we'll focus on...we'll get a little bit more detailed. But usually it's a good place to start, starting from the feet up, from what I've found.

LA: Okay. That sort of makes sense. That's easy to remember. You mentioned the sort of depth that you're rolling at or the intensity. Is that going to be the main difference between how you use it for recovery versus prehab?

JC: Yeah. Definitely the type of roller and then actual density of the roller itself is going to make a difference. You can also make the actual roller itself a little bit more dense by simply applying more bodyweight onto it. Most of the time when we're having the kids roll, they're supporting some of the weight on their hands. For example, if they're sitting down and they're up and they're rolling their calf, their back on their hands. So, they can actually put more or less weight on their actual muscle by simply lowering themselves off their hands a little bit. They can also cross another leg over to focus on one leg at a time to put a little bit more resistance on that so the roller can penetrate a little deeper.

And then, like you said, the type and density of roller, too. So, the black rollers from Axis are the... The ones from what I found are the actual...the densest ones out there. The white ones, there's a bunch of those out there. The white rollers look like Styrofoam. Those don't go very deep, from what I've seen. But even the black rollers, too, you can just go real light and just kind of go up and down.

If you're focusing more like on the warm-up or like a recovery roll, a real light roll up and down a few times. And if you're really trying to get deep and really work on some soft tissue work, then you definitely want to focus on trigger points. So, you need to roll up and down on the area that you're working on and when you find a sore spot or any spot that's kind of painful, we need to stop and hold on that for about 10 seconds. Because, what that's doing is basically like...you're telling that muscle to relax by putting pressure on it. Eventually, over time, you keep going over that trigger point,

back and forth a few times, eventually that pain should go away. That's about as simple as I can put it, really.

LA: Well, I think it makes sense if people are sort of not that familiar with it. That's probably a good enough starting point.

How do dynamic flexibility, mobility work and stretching all fit together?

JC: You know, it's...I like to address from the mobility aspect of training first, because if you're mobile enough to get in the proper positions, especially for athletes and even just somebody that wants to train and feel better, you have good flexibility if you're mobile. So, if you're mobile enough to sit in a full squat with a bar on your back, I mean, nobody can argue with me and say, "That kid's not flexible," because he is. Because, if they can sit all the way down with their chest up, their knees out and their heels on the ground and their eyes are forward and they have great ankle flexibility, they have great hip flexibility, they don't have any...their hips are strong, their groin is pretty flexible and their chest is not tight, because they can sit their chest up. I mean, that's a pretty good test of flexibility right there, being able to sit in a deep squat.

What we like to do in the warm-up, again, is we start light with basic leg swings, arm swings, hip circles and we like to just get the joints warm first, before we get into any stretching, because we need to get some blood flow in the muscles first and get some heat going. The more heat you have generated, the better the stretch and the better range of motion.

So, definitely mobility/flexibility they do tie-in together. We focus more on static flexibility post-workout. So, trying to increase range of motion of a static stretch and holding it, that's usually... Just me saying this, I like to focus a lot more on that after the workout, even like an hour or two afterwards, just to kind of let them calm down a little bit and let the nervous system and muscles kind of calm down after training.

Because relaxation is a big part of getting a good stretch. We don't like to force it and hold and I don't know if you ever done a really intense stretch before and like all of a sudden you start to feel like you're shaking. You know what I mean?

LA: Sure.

JC: You start to shake and it hurts, I mean, that's too far. So, we just need to find a point to where it's somewhat uncomfortable and hold it and just try to increase that range of motion over time. But, I think dynamic flexibility is huge in increasing mobility and flexibility. Range of motion, we're trying to get the joint basically through a full range of motion without caving over or having improper technique and I think that goes a long way.

LA: One of the things that came up is... I'm not sure the degree to which sort of one flexibility/mobility program is going to work if you have a different split or you're working body parts or maybe you're not doing full body all the time. What do you think the need is for having multiple routines or being able to create your own routine?

JC: You know I think regardless of what split you're using, regardless if your goal is bodybuilding or powerlifting or Olympic weight lifting or athletes or whatever your goal is, everybody still needs to work on mobility. And they still need flexibility, because we're really trying to prevent injury.

I mean really, it's like if you're so tight you can sit in a full squat, the benefits of that exercise, you know, that's going to carryover to every goal you have. If you're not getting full range of motion on your exercises, you're limiting yourself and you're limiting the potential you can have for strength development, speed development, anything really.

I mean, my bias is towards training athletes and I train everybody like that, pretty much. So, we use either full body splits Monday-Wednesday-Friday or Tuesday-Thursday-Saturday or we do upper/lower four days a week. And even then, we're still doing mobility work every day they come in, regardless if it's an upper body day. We're still doing lower body dynamic flexibility because we need it. The kids need it and they're sitting most of the day at school and I know they're not stretching at home, even if I tell them to half the time.

So, we have to do it when they're there because I can supervise it and it can be done. All it takes is like five or ten minutes. It doesn't take a long time and it can be something as simple as leg swings, hip circles and a couple of dynamic flexibility drills every day.

There are a ton on the internet that people can look-up. All you have to do is just search dynamic flexibility. I think I even link a video on the PDF. If not, I can send you that link, too. I made a video on my YouTube page of a sample warm-up. It's super-simple and it only takes like five or ten minutes and it makes you feel better.

Most pain that people have is just because something is just so tight and immobile that a joint is affected. So, as soon as that kind of loosens up a little bit, back pain goes away, shoulder pain goes away, stuff like that. So, it's very important. All it takes is five or ten minutes a day.

LA: So, basically it's good for you and you have to do it.

JC: Yeah, I would say to a point, most people need it. And then, once you get to a certain degree of fairly good mobility and flexibility, then maybe you don't have to focus so much on it, but you still need to at least maintain that quality.

LA: That makes sense. One of the things I was really surprised to see in the PDF that you're talking about, we'll make that available to people, was tempo runs. Talk about sort of where that comes from and how that fits into recovery.

JC: Basically, I first heard of these tempo runs when I first started researching into Charlie Francis and his training. Charlie Francis is no longer with us, but Charlie was a great coach and he's got a lot of influence on how I train my athletes and the way I look at sports performance as a whole.

Basically what tempo runs are is they're low intensity... basically you can call them a rhythm run. They're done in between... I mean, they're so low intensity like... The difference between low intensity and high intensity is simply how much stress is it putting on the nervous system? Again, just an example, Monday-Wednesday-Friday split, for example, we were using strength, we're using speed development. So, we're lifting weights, we're running sprints, we're throwing tennis balls, we're doing jumps on Monday-Wednesday-Friday.

Tuesday and Thursday we still need to do something, even if it's something as simple as a tempo run. A tempo run is basically looking at... we're trying to flush the body of excess waste products built-up from training. So, you train hard and sometimes you're going to be really sore the next day. Movement is always better than doing nothing. It's going to help speed-up recovery and the more... So, what we're looking at, tempo runs, number one we're trying to build work capacity. Number two, we're trying to flush the system and get rid of any excess waste product. Number three, we're trying to speed up recovery.

I think the work capacity thing is huge because you can do tempo runs and the idea behind those is finding a grass field, ideally, a nice, flat, grass surface and getting a five to ten minute warm-up and just going out and doing runs. No faster than like 65 to 70% effort.

People are like well, what's 65-70%? I don't know what that is. It's hard to really tell until you do it. Basically, this is the first rule. You always say, if my best 100-meter time is 11.5, then I need to run at 65% effort of that. So, you just take your time... and that's a lot of work and if you don't run the 100-meter or whatever, this doesn't apply to you. But, that would be your guideline. So, you would be running your tempo run in like 18 to 19 seconds, which is pretty slow compare to an 11-second run. But, that's the whole point. We're not trying to sprint. We're trying to keep it nice and easy and it's still work because we're taking very short breaks in between runs.

If you don't have 100-meter time, which is totally fine, you can also go out and just...the general rule of thumb is you need to start and finish at the same exact pace. So, if you're finishing and you're gassed and you're tired... I mean, you're going to be a little tired from these runs, but you should not be building-up any lactic acid. That's too fast. You should be able to talk to somebody next to you. I mean, these are pretty comfortable rhythms. So, it's not like you're going out and killing yourself with these runs. These are more general fitness and conditioning.

You can do anywhere from... I mean, I would start with 6-8 100-yard rhythm runs for most people that haven't done them before. And you're taking like a 30-seconds break in between each one. These should feel very refreshing. You should feel better after a tempo session than you did before. That's the whole point behind this. Then, you're ready to go on Wednesday and at least you did something on Tuesday. That will help speed-up recovery over time.

Eventually, you can work up to 10-20 100-yard tempo runs. I mean, I've worked up to 2200 meters in total volume in a session before, and that's pretty good work capacity for a sprinter. Even power athletes, speed and power athletes, they need some sort of work capacity. They need some sort of conditioning to help them tolerate more speed and strength volume. Because, if you don't have that general fitness, you're not going to be able to tolerate much volume.

So in the end, it's definitely going to help recovery as well. It just makes you feel better and kind of gets you away from training hard all the time, because you just can't go all-out every single day, eventually you're going to get burned-out. So, if you don't pay attention to recovery and if you try to do 100% every single day, because we just can't do that. You know.

LA: Yeah, that's definitely true. I think anyone who's been around long enough has tried to do that three or four times a week and didn't have a very good next week. One of the thoughts that I had just about the tempo runs and things like that, it's like that's not as familiar to people that don't have that type of athletic background. What is something similar to where we're trying to manage work capacity, like you were talking about, for something else that's a bit more familiar to people?

JC: Yeah. The cool thing about low intensity...the tempo runs is there are so many different substitutes, especially with...most people don't have the luxury of... I live in California, so it's like sunny year around. So, I have the luxury of being able to go outside and do tempo runs, but some people don't. They have to stay indoors because it's so cold or it's raining or they have a job or they just can't. They don't have the time to go out and find a grass field and do runs.

There's always another way to get it done. Jumping rope is another great way. You always want to think on these low intensity days, you need to do something that's not so stressful on the body. So, jump rope is pretty low impact and it's great for athletes. It's great for anybody and it's easy to do. You don't need a lot of space and you can do like timed intervals. You go like 30 seconds on, 30 off for 10-15 minutes.

Just keep it low-key. All you're trying to do is work-up a little sweat, get the heart rate up, get the blood flowing, really. So, jump rope, stationary bike, a really good one that Charlie liked, on the stationary bike was 45 second sprint, 15 second rest. I think it was for 15 minutes. I mean, that's a pretty tough one. If you're really cranking on a stationary bike, it can get pretty challenging. And again, if the lactic acid starts to build-up a little bit, take the resistance down and shake your legs out a little bit.

But, the good thing again about the resistance bike, it's not going to make you sore, because there's no eccentric loading at all. It's not going to make you sore from doing that.

Another one is dragging a sled or a tire and keeping it really light. Again, we're focusing on recovery. We're not focusing on strength. So, just doing forward/backwards drags for maybe 10-15 minutes is a good way to get your recovery in.

Body weight circuits is another good one. Something very simple that I've had, some of my kids do when they're super sore. I'm like all right, your legs are sore, you're beat-up, you're tired. You still need to move though. We're going to do a body weight circuit: 10 squats, 10 pushups, 10 sit-ups, 10 pull-ups. We'll do that like 4-5 times. Again, that's a very general template. People can adjust that more or less as they need to. Again, we're still looking at some sort of work capacity development.

Another good one, too, is using a medicine ball. That's really, really, really good for...we can still get work capacity training and we can still get conditioning working without hammering the legs too much, which is awesome. I like that, especially for kids that are hurt. All you need to do is either find a partner or a wall and then you can train. I mean, it's that simple. You can throw the ball against the wall, it can rebound back to you. So, you need a ball that can somewhat bounce and you can do anywhere from 200 throws to 1,000. One-thousand sounds like a lot of throws in a session, but it goes by pretty quick.

Again, you develop that work capacity over time and 1,000 throws in a session is nothing. Anybody can do that over a couple hard months of training. Again, these throws are not maximal throws. We're not looking for maximal speed or distance on the ball. We're doing real light throws against the wall. We're standing like two feet away from the wall or partner and just throwing the ball back and forth, real light.

So, those are a lot of different ways. If you have a pool, that's another good one. Hop in the pool and just do some real light swimming. Basically, as you can see the trend here is just very low impact, low intensity movement. We're trying to promote recovery, number one, and we're trying to promote work capacity development.

LA: Absolutely. I thought that was important to touch on just in case people were not entirely sure of it. But, you pretty much frame it, what you're working towards.

Something that just really sounds light to me is...this sounds very heavily influenced by sort of track and field, which it's just not something I think most people have been exposed to or are they aware of sort of how good these methods are. Is that something that you're sort of comfortable talking about for a minute, just because...

JC: Yeah, totally. I'd be lying if I said my training bias wasn't heavily geared from track and field. Really, you look at it like speed development is...the purest form of speed development is running a straight line. I know some coaches are not into training their athletes for linear speed development from point A to point B, and I do understand that most team sports are not...if not all team sports, require more of a multidirectional speed development. Really in most team sports, they're never going to hit top speed. I totally agree with that.

But, at the same time, it doesn't hurt to develop acceleration. It doesn't hurt to develop max speed. That's not going to hurt any athlete, especially when they're going to be tested in the 40-yard dash. They're going to be tested in the 60-yard dash. At some point in their career they're going to have to run in a straight line.

Even though that's not what team sports are, that could be a deal-breaker for a college scholarship. That can be a deal-breaker for an NFL contract. It can be a deal-breaker for an MLB contract. You know what I mean? So, a lot of these sports, they're getting it tested in linear sprint tests. So, it doesn't hurt to develop that quality.

That's why I kind of almost have a bias towards that. If they're practicing their sport a couple of days a week in addition to training, I mean, they're getting enough...almost enough directional work as it is. I think doing more of that is almost similar to overkill, depending on the time of year, really.

We still need to train maybe the younger kids on how to change direction quickly, properly, and even older kids, too. They could use it also. But, I don't know. I just have found that you use these...they're almost very simple techniques to get...to help these kids get faster. If it's helping these sprinters get extremely fast, why wouldn't it work for athletes? You know what I mean?

Yes, the sprinters are going 100-meters. I know it's somewhat, if not all of straight speed. It's speed endurance and acceleration and relaxation techniques and all that. But, that can still be applied to team sports. I don't know. I guess what I'm trying to say really is like, it doesn't hurt to train that way and I think more of us can benefit from training like a sprinter.

I mean, if you look at sprinters and I use myself as an example. I was a sprinter and a wide receiver in football. You look at any sprinter or wide receiver or any skill player, I mean, any football player, I mean, their physique is pretty good, really. Their training, they're sprinting, they're not running long distances, most likely. Some kids are, which I don't know why they're still jogging like miles and stuff for training. But most of them, they're sprinting, they're jumping, they're throwing, they're lifting weights. And then, the really serious dedicated athletes are doing the low intensity recovery days.

Which also, the good thing about those, too, is it helps to keep the body fat level in check. Especially when we're trying to keep athletes...we're not trying to build bulky, fat, soft kids. We want lean, explosive, strong, fast kids. It doesn't do any good to have a spare tire. Ten or twenty pounds extra body fat can be slowing you down. You get rid of that right away and the kid gets faster. I think it's really good to train like an athlete regardless. Training for speed and strength, it doesn't hurt anybody, regardless of your goal.

LA: It was very interesting to me, at least, because speed is something that I associate with track. I think the first time I ever saw dynamic flexibility, it was...I think it was somewhere in the '80s. I could have been like the Olympics or something like that. But, it just seems sort of necessary and appropriate to sort of open peoples' eyes.

One of the things you mentioned that I want to go back to for a second is sort of sled dragging and that's sort of expensive. It's not necessarily accessible. It snows in some places. Break-down sort of how people can get into that if they're really interested.

JC: I like that you mentioned that, too, because I mean the sleds that I use at my gym aren't even real dragging sleds. It's an old car tire with a tow rope attached. That's so simple to make. I mean, if I can make it, anybody can make it. I'm not like the most handy guy in the world. So, if I can do it, anybody can do it.

It's so simple. All you need to do is go to like an old junkyard or tire yard, there's got to be one around most people somewhere. What I did, I just went to an old tire yard and they had a scrap yard in the back of old tires they were using anymore. I went up to the guy or one of the guys that was working and I was like, "Hey, do you have any tires that you want to get rid of," because most of the time they have to pay somebody

to come out to pick up old tires and get rid of them, take them to the dump. So, they'll gladly give you two or three tires, no problem. They're just old car tires or truck tires.

So, I took them and then all I did was take a drill, drilled a hole through the sides, screw an eyebolt through, put a nut and a washer on the other side and that's your sled right there. I mean, you have a hook and all you need to get is get a karabiner and a tow rope from like Home Depot. A tow rope is like a 20-foot long...it's made for towing cars, but they're super-strong and sturdy. The ones I have is just like nylon webbing, I think. It's got two little eyelets at the end. Basically, it's made for like looping one end through the other. But, those are perfect for like putting your hands on so you have something to hold onto.

You don't even have to use two rope. You could use really anything. You can use an old piece of rope if you have it. But, the tow rope is easy. It costs like \$20 at Home Depot. You go to like the automotive section and you can find it there. And then you just loop it through the eyebolt with the karabiner and then that's your sled right there. That costs like maybe \$20 to make. Most people can make that.

Then, as far as weighing it down, I just put a 45-pound plate on top of it. It fits perfectly. If you don't have plates you can put rocks in the tire. You can get creative, get a duffle bag full of something. You can put a piece of plywood inside the tire so it doesn't fall through and put whatever you want in there, really. Go out to a parking lot or field and get to work.

LA: Yeah, that's really important, because with a tire, you're going to get the friction, which you're not going to get, necessarily, from a sled. So, if you have the ability to add weight to it, then it's scalable and you're basically ready to go.

JC: Oh, yeah. The friction aspect is what makes it, I think, a lot harder. When you drag it on the asphalt, the more you weigh it down the more friction you get. So, it can get pretty challenging, even with just one 45-pound plate on an old tire.

LA: That's enough for people to work with if they're that dedicated. You don't need to load people down unnecessarily.

I wanted to thank you for your time, but also give you a chance, you mentioned your gym very briefly in the beginning, but if people are interested in sort of finding you online or finding you in real life, how do they do it?

JC: Yeah, so if you're an athlete, I'm in Napa, California, which is northern California in the San Francisco Bay area. You can find me at CTSGym.com and the name of the gym is CTS Strength and Conditioning. I also have a blog online that I try to update regularly. That is CortesePerformance.com and if you're not an athlete in Napa, I'd love

for you to stay in touch with me on my blog, sign up for the newsletter. I'm giving away three really good little mini ebooks in addition to this PDF, I think that we'll give away, too. I have the blog linked in the PDF, so if people weren't able to catch that, again, they can find that in the download. If you guys have any questions, feel free to email me. I'm pretty good about writing back and letting you know some stuff. Again that's CortesePerformance.com and CTSGym.com.

LA: Well, John, I appreciate the time, thank you very much.

JC: Yeah, thanks Luke, appreciate it.

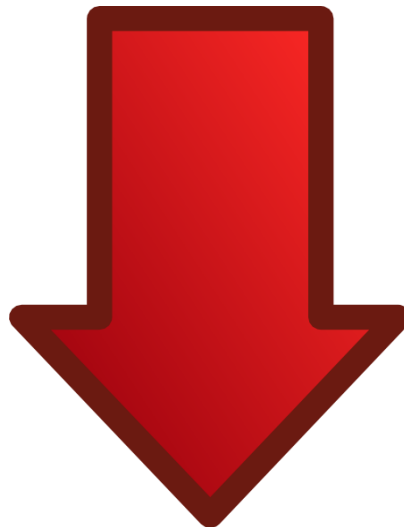
LA: All right, take care.

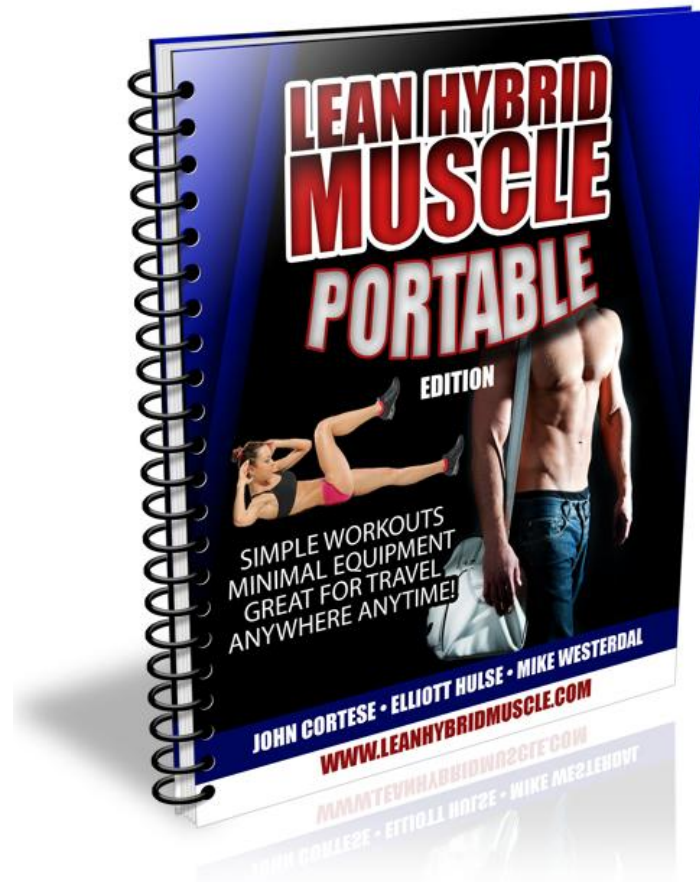
JC: All right, bye.

About the Author:

John Cortese, CSCS, graduated with a B.S. Degree in Kinesiology from California Polytechnic State University – San Luis Obispo in June of 2010. John is the owner of CTS Strength & Conditioning, a small warehouse gym located in Napa, CA where athletes come to train to get bigger, faster, and stronger for their sport. He also owns the speed and strength training blog, www.CortesePerformance.com where he posts articles, videos, tips, workouts, and other various informational material to help athletes all over the world become physically and mentally dominant.

For more information, visit John's blog at www.CortesePerformance.com where you can get instant access to 3 FREE Strength & Conditioning reports and access to tons of free articles, training tips, workouts, audio interviews, and more!





John Cortese CSCS is the author of [Lean Hybrid Muscle Portable](http://www.leanhybridmuscle.com)

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