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WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



Ryan Magin, Jedd Johnson and Joe Hashey

RM: All right guys, welcome to the line. Once again, this is Ryan Magin with [MuscleGainingExperts.com](http://www.musclegainingexperts.com) and tonight I've got a marathon type call with Jedd Johnson of the Diesel Crew and Joe Hashey will be joining us a little later on through the call.

Jedd played basketball, baseball at Towanda High School in Pennsylvania, played Division 2 baseball for two years at Mansfield University before taking on his strength training as his main interest. Jedd is a certified strength and conditioning specialist through the NSCA, National Strength and Conditioning Association, is a regular speaker and presenter at the Pennsylvania State Strength and Conditioning Clinic. Along with that, he's also co-founder of the Diesel Crew and competes regularly in Strongman contests and grip contests all over the country.

Jedd, if I forgot anything, go ahead and feel free to add that in there.

JJ: No, man, you pretty much covered everything. I'll tell you, I really appreciate having the chance to speak with you tonight. It's a real pleasure to be talking with the man with the best hairdo in the strength and conditioning industry. So, thanks a lot, man.

Now, I do have to warn you though, bro, I watch a lot of wrestling, watch a lot of wrestling interviews. I've been tuning into a lot of Iron Sheik shoe interviews on YouTube lately. My interview skills may be a little crazy from time to time just because of the influence I've been around. So, you'll maybe have to deal with me a little bit.

RM: I can handle that, man. That makes for a good interview.

JJ: Okay. All right, well just as long as you're open to that, then that sounds just dandy.

RM: Well, hopefully when Joe gets on the line you don't tear into him too bad. He's kind of a quiet guy. So, you don't want to get him all riled up.

But, let's go ahead and get it started. Tell us a little bit about how you got started in lifting and basically how did you take it to the level where you're a co-founder of the Diesel Crew and with Smitty and everything. We had Smitty on here last week, so people are familiar with him.

JJ: Yeah, man, I tuned in for part of that. That sounded great.

RM: Yeah, kind of give us a little background there, how that came to be and how you guys met.

JJ: Yeah, sure. I started lifting when I was young, just from watching wrestling and Hulk Hogan, the Ultimate Warrior, stuff like that. I'd do a lot of pushups and stuff when I watched. And then I got older and then got like a Nintendo and stuff like that and I kind of got lazy. So, I kind of gave it up for like six years. And then, I went to college to play baseball at Mansfield, like you mentioned, and just hooked up with a couple of dudes that were pretty serious about lifting. I mean, serious for the knowledge that we had, you know, because I mean, I would never train the way we used to train back then. I think we used to do chest like two or three times a week, you know, that kind of stuff. The stuff that I would never even dream about doing now.

But, I kind of just got interested in it and then eventually I ended up getting some injuries, pulled a groin that took about two years to heal. And after I pulled the groin, I had no lower body. So, I was a pitcher in college and since I had no lower body, I had to generate all kinds of power with my upper body and eventually I ended up wearing my arm out to the point that I couldn't even... You know, if I was in class at college, I

couldn't even put my elbow on the desk and then rest my head on my hand, because there was so much pain in my elbow.

So, I ended up giving up baseball and because I took on such a love of lifting with those guys on the baseball team there, I ended up saying, you know what? I'm going to get into this. I'm going to do bodybuilding and do stuff like that. And about a few months into that, I met up with Smitty at a rehab center at the local chiropractor and he was doing stuff that was just crazy compared to what I was doing at Mansfield with the bodybuilding crew from the baseball team.

I really enjoyed all that. it was quite challenging. I mean, we got into using bands and surgical tubing and chains and drop sets and stuff like that, and it was pretty cool. So, I really liked it, so ever since then I stuck with it. I think that was the summer of '99. And then I've been hitting it hard ever since, and loving every minute of it, man. My best time is always in the weight room. So, even a bad day in the weight room is better than like a good day at work. You know what I mean?

RM: I'd have to completely agree on that one. Everything seems to be okay when you're lifting weights. Nothing really matters on the outside world.

JJ: Yeah.

RM: How did you go...you and Smitty and you, and even Joe himself, you guys kind of have the odd training style. You guys do a lot of the off-the-wall stuff, a lot of the grip training. When did you get the interest for that and how did that spring about?

JJ: I found out about grip training on the internet on the Dr. Squat forum, which I'm pretty sure is still up. I haven't been on there in years.

RM: I think it is, actually.

JJ: Is it? I should check it out sometime, see if any of those dudes are still there that used to be there. There's some pretty knowledgeable guys there. But, Rick Walker was talking about tearing cards and closing these grippers and picking up these different combinations of plates. And I was like, at first, I thought why in the Hell would anyone want to train just their hands? You know what I mean? That didn't make any sense to me and it seemed like a waste of your time to train like 5% of your body mass.

But then, I was like, you know what, I'm going to tear a deck of cards. I'm going to figure out how to do this. So, I bought a deck of cards from the store and then it took me a couple of weeks in order to tear it. Like, I would squeeze and tear and yank as hard as I could and I finally cracked it after like an hour. And then, over the course of a couple of weeks, I'd just grab it and tear at it every so often. And then finally, I tore it

the whole way. And then from then on, I've just been hooked on doing grip and Strongman feats and things like that.

So, if it hadn't been for the internet or hadn't been for finding Rick Walker on the website, I don't know...I don't know if I'd ever gotten into it. You know what I mean?

RM: Yeah, and you're into all...like, you regularly compete in Strongman and grip contests.

JJ: Yeah, the truth is, I haven't been in a Strongman in a while, because I've been focusing all my energy on the grip stuff. I generally travel to at least three or four contests a year that are outside of Pennsylvania. I mean, I go all over the place. I'm pretty sure I travel more than anybody in the US, anyway. I've been to Texas, been to Minnesota, been to Ohio. I drive places... You know, I've driven fourteen hours to Illinois twice. I just...I just love it.

It's cool. That dudes that do it are cool. I get along with everybody and I happen to be pretty good at it. So, I was blessed with big hands and I'm putting it to good use, I guess. It's a lot of fun.



RM: And you have a killer double-overhand deadlift.

JJ: Well, you know what? So do you, brother! You shouldn't hold yourself back or anything. You've got a pretty good one yourself. But, I'm always trying to improve, because we have world records now. We have American records, world records. We have standardized equipment and things like this. It's still a small, underground sport, but it's pretty legit. Like, you know, there's not standardized stuff in...some of the stuff that's in Strongman isn't standardized. You know what I mean? And then the equipment that we use in grip is standardized. You're using the same equipment or very, very close to the same equipment every time. So, you can compare of the years and over the different contests the performances and you're able to know how...exactly how you compare to this guy or that guy. You know?

RM: I actually did an interview with Mike Mahler and Andrew Durniat. It's not on the site because he wanted me to keep that one private, and he was kind of the same way. He's real passionate about grip and I think he's competed with you a couple of times.

JJ: Durniat's a...he owns the US record. I heard there was talk that someone else took the world record. I can't confirm that for sure, but I mean Durniat's hands are ridiculous. He is strong.

RM: I have like the smallest hands, it seems like, as a man. But, I just have like a good crushing grip. But, I can't close a gripper to save my life. That's the funny thing. I can overhand deadlift like upwards of like 300-pounds, but I can't close a gripper to save my life. I think it's hilarious.

JJ: Well, one thing to keep in mind with grip is, some things are highly dependent on technique, and then some things you can get away with just brute strength. The axle and double-overhead deadlift and things like that, that's a brute strength kind of deal. So, if you've just got the sheer hand strength to pull the bar off the floor, you can do well against anybody. However, with the grippers, there's a great deal of technique involved there.

That's very similar to say the clean and jerk. You have people that weigh 148-pounds doing upwards of 300-pounds in the clean and jerk because they know how to maximize their leverage and use good form and technique. Whereas, you know, I can't do that much weight and I'm 270-pounds. So, you know, the technique is very important with grippers, and if you don't know the techniques, then it's holding you back. So, that's one of the things.

RM: Well, you're pretty big, being with the Diesel Crew and you guys actually have your own product about homemade strength equipment. Tell us a little bit about why you prefer training in a garage as opposed to a commercial gym and what benefits do you see out of that?

JJ: Yeah. Dude, gyms, commercial gyms, man, are so hit-and-miss. You don't know what you're walking into. There was a good one in town here for years. You could take chalk in there, get the chalk all over the place. They didn't even bat an eye. You could drop weights, you could drop the bars and stuff from overhead. They didn't say anything. And then you go to another gym that you can't take the chalk in there.

I mean, we got kicked out one time. Smitty and I got kicked out of a gym in Binghamton, New York, Johnson City, I guess it was, because we were tearing decks of cards. I mean, we took chalk in with us, but then they took that away. And then they were like, "Okay, you guys can lift, just no chalk." And then ten minutes later we get kicked out anyway because we were tearing decks of cards. Smitty was actually trying to tear three decks of playing cards on top of one another, all at the same time. And I think he would have gotten it, because he already had a crack going in the cards and then the owner kicked us out.

So, I guess the point I'm trying to make is, you never know what the factors, what the rules are going to be at a gym. And you have complete control over those factors in your own home, or in your garage or out in your lawn, or whatever the case may be. So, I mean, I totally encourage people to just put some money away, get your weights, get a bar and just start...and the make your own stuff. And you can have your own collection of perfectly good equipment that you can get great results from. You'll be strong as...you'll be a monster and you don't have to worry about being quite or wiping your sweat up off a bench or having to keep track of your chalk. You can do whatever the Hell you want to at your own place.

RM: Yeah, actually, I see you getting kicked out. I never talk about it too much, but I started training at a local Balley's that was right down the street from my house. I used to ride my bike there. And I was starting to... I never forget, the first time I was a little turned-off with the whole gym scene was then they only had dumbbells to 80 when I first started. I was like, oh, man, you've got to be really strong to do the 80's.

And then, I'll never forget the day, about six to eight months later I got to the point where I was doing 80's and they were like, well, just use the barbell. I was like, well what if I want to do dumbbell? They're like well, nobody's that strong, so you just got to make due. And then I just kept working out there and then I'm a big deadlifter and I love to deadlift, so I think I deadlifted three days a week for like a year straight. But, I got to the point where I was starting to rep-out 405 and the first time I got it, I went for two reps and it slipped out of my hands because, obviously, the bars are slippery. You can't use chalk. They were just like...I dropped it, didn't think anything of it. But I ended up like...it like crashed down the whole gym and everybody was all like, oh, my God! Did somebody just die?

JJ: Yeah, they're not used to hearing anything like that, dude.

RM: Yeah, and then I remember this little pencil-neck type trainer guy comes up to me and he's like, "Um, the owner wants to see you in the office before you leave." And I was like, okay, cool. And they had already hated me, because I was starting to get into chains, too, and I would lug my own chains in in a backpack that I bought from Lowes. And it was...I'd be setting up these chains on bench and just...without really having a clue how to use them. I was just doing it because it looked cool. I'd ride my bike up there like a mile with a backpack full of chains and they already thought I was nuts.

So, he brought me to the office and told me that I was disturbing the members and scaring the clientele and that I should never come back. And that was then I started my whole, you know, starting to figure out ways to make my own equipment. And I was psyched because I didn't have to pay the contract; they let me out of the contract, too. So, I was pretty happy about that.

JJ: Well, they shouldn't make you pay if they kick you out.

RM: But, it came to the point where I was like, oh, well, now I'm like wow, I don't really have a lot of extra money. What am I going to do? But, you know, starting off there, what would you recommend people get that are just, you know, going to start building their own place? What are the basics that you would recommend to somebody?

JJ: I mean, I don't think you can go wrong with just getting a 300-pound weight set from like Wal-Mart or something, or Dicks or someplace like that, and get that. I think that's a necessity. But then, after that, I mean, I would start going for the odd objects. I would start with a sandbag. Just get like an Army duffel bag off Ebay, I think they're like \$10. And then you fill that thing up with feed bags filled up with sand, and then you've got... I mean, you can adjust it and you've got a great piece of equipment there, and you'll be rugged. You'll be a strong dude, and that stuff is not going to take up that much room. You can leave that in the corner somewhere or in a closet or something like that. A sandbag is definitely on the list for building your own repertoire of equipment. I would start there.

RM: So, basically a 300-pound set and the sand bag and you'll probably run out of weight pretty quick with the basic 300-pound set.

JJ: Yeah, and after that, then you get yourself some chains, get yourself...go knock a tree down in the woods and lift that up. I mean, you know, stones. I'm just joking about the tree, but you can get natural stones around. I don't know how it's like in Florida, but I know up here in Pennsylvania, there's cricks everywhere. You know what a crick is?

RM: Yeah.

JJ: You guys might say creek.

RM: Yeah, we don't say crick, we say creek.

JJ: Yeah, well, let's call it a stream for right now. You can go dig a good stone out of the stream and that... I mean, that's going to put the pounds on you, lifting stones, carrying them around, walking them. Not everything has to be like picking things up off the ground or laying down on the bench and pressing them. It doesn't have to be like that. You can go out there in nature and you can find yourself a big ole stone that's going to be good for you for lifting and building some serious strength.

RM: And there's something about that, like the odd object type lifting, it doesn't...it's hard to explain what it does to you as a person, but it's... It's kind of like the implements fight back. It's not easy. A deadlift is easy, but lifting an atlas stone is hard, because as you grab that thing, it tends to rip the skin off your forearms and you become a different person if you actually stick with it and don't let it beat you.

JJ: Yeah, I still remember the first time I went back to work after training atlas stones for the first time, and my forearms were all torn up, because I didn't know anything about sleeves or tape or anything like that. People were like, what did you do? They thought I had some kind of accident on a motorcycle or something like that. I don't even own a motorcycle. So, I mean, I was missing skin for a while, but it was a good conversation piece. So, that was pretty cool.

And you kind of wear it like a badge. You know what I mean? There's no taking that away from you. Those scars are going to be with you for a while.

RM: Definitely. Well, let's get into some of these questions we got here.

JJ: All right.

RM: I don't have names. I always forget to put the name for my ask database questions. But, the first one we've got is, "What is the best move for someone who can't do a pull-up?"

JJ: Yeah. You know, this is a really good question. I'm glad this came up, because when Smitty and I first started training, I couldn't do a pull-up to save my life. I think I was like 226 or something and we didn't do pull-ups on the baseball team. We did like lat pull-downs and it was like crappy form, behind the neck, stuff like that. It was just stuff that you never want to do now.

But, I really thought about this question and I remember what I did is a lot of times it was just the partner assisted pull-ups. And like, you try to do a pull-up as hard

as you can, but if you have a partner there, they're worth their weight in gold. They can assist you for getting that full repetition. So, that's a good way to train the concentric phase, pulling up towards the pull-up bar.

The other thing that I was thinking about was kind of like holds for time, near the bar and then slowly performing the eccentric part of the phase, all the way down to arms extended point. So, I mean, you could get a stool and position it by your pull-up bar and just kind of step off the stool and try to hold yourself for as long as possible. You can add weight doing that. You can put a weight belt around you, like a dip belt, for instance, and hang a dumbbell off there so you can add weight. You're going to be stronger in the eccentric portion anyway. If you add weight to that, that's going to help you perform a pull-up.

But, another thing that a lot of people don't think about and this works really good, if you have any of the giant elastic bands, like jump-stretch bands, these things are great. I'm sure you've seen those before. Right Ryan?

RM: Yeah, we have quite a few of them at Strength Camp.

JJ: Yeah. So, all you need to do is like loop one of these bands up around the pull-up bar and then loop the band down, either under your leg, under your foot, or like under a shin or something like that. And what that's going to do is just kind of offset part of your body weight. It's going to de-load you. So, instead of pulling your full 200-pounds of body weight, the band might take off 20-pounds of tension. So, instead of doing the 200-pound pull-up, you're only doing 180.

And what that's going to do is you're going to be able to develop stability in your shoulders. You're going to be able to figure out how you have to apply tension with your lats. You're going to be able to see how hard you have to grip the barbell and you're going to develop muscle memory through that range of motion. So, the bands are real good, too.

RM: And they also come in the...they have the different colors, too. So, as you progress, I think the biggest ones are blue. Then you have the green, the purple and then like a min-green. By the time you're at the purple, if you can do that for a good amount of reps, usually you can get one or two on your own, and then just start working up from there.

JJ: Yeah, and again, I mean, pull-ups are great for you. So, I mean, it is a good goal to be able to do pull-ups. But, there's no rule saying you can't do a cheat pull-up. You can start out doing like hip-up pull-ups and just jumping pull-ups and holds for time. You know what I mean? You're going to feel that accomplishment when the first time that you're able to hit like a set of three pull-ups. There are so many ways to do it,

hopefully some of those ideas will help out the people that are wondering how to get that done.

RM: Definitely. And the bands, too, are a good thing if you are trying to build a home gym. Those are always a good thing to have.

JJ: Oh, yeah, man. If you don't have the implements...like if you don't have a series of dumbbells, you only have a couple of dumbbells or something like that, you can use the bands for the resistance, for sure. You can use them in all different angles and planes and they're great. They're awesome.

RM: Good stuff. Next question we've got here is, Joe asks how does he repair his back after doing heavy-loaded deadlifts? I'm assuming he means after he works heavy deadlifts, his back probably hurts.

JJ: Oh, okay. So, he's fatigued in the lower back.

RM: Yeah.

JJ: You know, it's kind of a funny question that this comes up, because I've had some back injuries and I've just lately, in the last like couple of months, really been focusing on some restoration techniques, warm-up techniques and post-workout like stretching techniques and things like that. And I've found that sometimes when you have some lower back pain, it's just as simple as doing some stretching, right down on the floor, after your workout. I'm talking pretty close after your workout, because you want the muscles to be warm. They'll respond better to the stretching that way. Sit right down, just to some hurdler stretches, spread right out, spread your legs out, reach down and touch your toes and things like that and just nice and gentle. Ease into the stretch.

Because, I think I read or maybe a chiropractor told me one time that most of the injuries that he had seen for the lower back for athletes, were related to really tight hamstrings. And pretty much what goes on is, you know, a lot of athletes really don't stretch the way they're supposed to. They get tight in the posterior chain in those hamstrings are causing them problems with their alignment, with their lower back and things like that. And sometimes you can just remedy that with stretching. I learned that 15 years ago and just started applying it here the last few months. So, that's the first thing I would suggest.

And another thing that has worked great for me for my hand strength is contrast bathing. So, if there's any way that this person that put in this question could try contrast bathing, I think it would help them out quite a bit. And what I'm talking about with this contrast bathing is kind of submerging the area in a warm water, even up to hot

water, and then going immediately to cold water. And unless you have like a pool or some kind of a therapy pool or something like that, that might be tough to do. But, you could do it in the shower. You could do it in the shower, just spray the warm water right onto your lower back for 20 seconds, then cycle back and forth between like chilled water, pretty cold water, and then pretty warm water.

I've done that for my hands, my forearms, elbows, sore biceps and shoulders. I used to do this back in college when I was pitching, these contrast baths. I first learned about this at a baseball clinic, actually. So, I've had pretty good results for that.

So, I think those two things right there are going to help somebody out with a sore back.

RM: Yeah, one of those things is that nobody really decides to fix anything until it's broken.

JJ: Yep.

RM: A little bit of preventative foam rolling and some stretching beforehand... I know I'm guilty of it. I don't do it near as much as I should.

JJ: Yeah.

RM: First thing is when you hurt you're like, oh, God, I got to fix this now. That's usually too late.

JJ: Yeah, exactly. And I'm really trying to go about it with a more preventative approach. I used to keep the foam roller upstairs in the living room so that I could hit it during commercials and things while I'm watching TV. I mean, do you want to guess how many times I actually did that? Like zero. You know what I mean?

So, I was getting nothing out of that foam roller, so I took that right down to the garage gym that I built, and I do that before each workout now. And I can tell you, that my back feels better and also, my workout have improved in that I just feel more fluid.

Smitty used to say that I walk around town like Frankenstein, because I'm so stiff. And if you look at videos and stuff, I can barely walk. It looks like I'm...had like a board stuck up my butt or something like that. You know?

And I feel more fluid now. I spent a lot of time sitting on my butt at work. I kind of have a sedentary job. So, that kind of works against me, but I'm feeling better lately doing the mobility stuff. And I suggest anybody does that with the foam roller and stretching and dynamic warm-up and things like that.

RM: I mean, there's tons of stuff on YouTube, too, for the people listening, just put in 'dynamic warm-up' or 'mobility' and you'll get...

JJ: Yeah, that's a great point. There is some garbage on YouTube, as well, but there's a lot of good stuff, too. If you take a few minutes and search for those things, you'll find some good stuff. Smitty has a lot of good videos on his YouTube channel. I really suggest anybody subscribe to... When you find a good video, subscribe to that channel, because YouTube will constantly be feeding you the new content from those people. And generally, when you find somebody with decent content, it's pretty consistently good content.

RM: Yeah, I know Elliott and Elliott's channel is very good, same with Smitty's. You guys always put out good stuff. There's so much crap on YouTube it's hard to get through the garbage.

JJ: Yeah, you've got to wade through it. Yep, for sure.

RM: Let's head to the next question here. This person asks what is the number one best piece of equipment to build up his overhead pressing strength. So, I assume exercise/equipment. He wants to know a program to improve his overhead pressing.

JJ: That's a good question. I love overhead stuff. I found that the most important thing for development overhead is just doing overhead stuff. I'm not sure if it really matters what the piece of equipment is that you're using. I mean, there's good sides to everything and there's bad sides to everything. So, I think the most important thing is just having time under the bar, doing the different techniques.

And what I mean by that is doing military press, which is kind of like the more strict press. Also, even push-press, jerks, trying to do all that stuff. I think a combination of all those things is good for developing your overhead strength, because it's not just... It's not just shoulders that are getting that implement up over your head. It doesn't matter if you're pressing a log or an axle or a sandbag or just a normal Olympic bar. It's more than just shoulders. It's really a full-body coordinative movement in order to press something overhead.

So, the most important thing is just get in the gym and start pressing. Get off the bench. You've got to get off the bench and then just stand up and start pressing.

RM: And definitely one of the things, too, that we do a lot with, I train a lot with Elliott Hulse at Strength Camp, and we just do tons of volume. I mean, it's probably not the greatest for shoulder pain, if you're experiencing that, but I mean, take a lighter weight and then just do a lot of sets. That's a really good way to... I mean, I've brought up my overhead press and pretty much it works for pretty much everything. Deadlift... Most

people think they have to complicate things so much, but really, if you just went in and did an hour straight of nothing but overhead press, I think you'll be feeling pretty rough the next day.

JJ: Yeah, you'll be feeling rough and you'll be rugged. You're going to be... You might not get as beefy and cut-up as a bodybuilder that's all inflated, but you're going to be stronger. You're going to be more athletic and you're going to be more rugged. You're going to be a tough son-of-a-gun.

RM: I think it's Charles Staley had the EDT type training. You pick two exercises for 20 minutes and just kill the exercises.

JJ: Yep. Smitty and I did that for, I don't know, it's been years. It's been years. But, I mean, those are good workouts. Those are good, challenging workouts, man.

You said something very point-on a second ago. People try to make their workouts too complicated. I mean, sometimes it's just about getting in there and just working our ass off, you know?

RM: And that's one thing too, I mean, being with garage gym equipment, you know, and warehouse type gyms that you make your own equipment yourself. You don't really have that much equipment, so your choices are limited. So, it's like you may want to do a dumbbell overhead pressing, but well, all I've got is one barbell. So, I guess I'm going to just do barbell presses today.

JJ: Yeah.

RM: And I think people take that for granted that they need to do all this extra stuff, and they really don't.

JJ: Yeah. I mean, there's a way to modify... I mean, you can modify... If all you have is a bar, you can modify that really easily and make it into an axle with just a nice long, thick piece of PVC pipe. Or, if you can get... I know where I work, they have hard like compacted cardboard cores for like rolls of plastic. You can slip these pipes and stuff right over a bar and instantly you have like a 3" axel. You've just got to make sure that this pipe that you're putting over the bar is going to be big enough to pass over those collars that are on the bar. But, that makes an awesome implement.

Smitty and I trained on a cardboard core axel for months and months when we were first getting into Strongman competitions.

RM: I remember I was all psyched-out in one of the old houses I used to live in, we had this small garage and I had just read Dinosaur Training. That was like the first book. Dinosaur Training and Super Squats were the first two training books I ever

bought. So, I was all about 20-rep squats and 3" thick bar bench pressing and overhead pressing.

I remember I bought a hollow-core big bar for...it had to have been under \$100 at the time. It wasn't even that expensive. I mean, you can make a lot more stuff with that \$100, but it was a good investment. We still have it sitting at Strength Camp today.



JJ: Yeah, that kind of stuff lasts you forever.

RM: It's definitely good to venture out into the realm of odd objects.

JJ: Yeah, Smitty just put up a post last week on DieselCrew.com and it's all about axel training. We didn't buy any expensive axel, it's just a 2" piece of pipe that we got at the scrap yard. So, I encourage people to check that out on the site. You'll get a lot of good, hard work out of an axel.

RM: Definitely. Next question kind of goes right into kind of what we're talking about now. Is there any equipment that one could build that could be used in an apartment without a lot of space, and what are your recommendations for a fairly decent pulling sled?

JJ: So, he wants to know about equipment that will fit in a small apartment, probably doesn't have a lot of room, maybe he's a college kid or something like that?

RM: That sounds about right. Maybe a studio.

JJ: The first thing that comes to mind, if you're limited on equipment, is again, that sandbag. You can make yourself a sandbag or two and you'll be able to do rows,

overhead press, cleans, clean and press, squats, back squats, front squats, bear hug squats. I mean, the possibilities are endless with a sandbag.

If you've got limited space, if you don't have a sandbag, then you're making a mistake. You need to get yourself a sandbag. And again, it's as simple as getting on the internet, getting on Ebay, look for a surplus Army duffel bag and just fill that up with some feedbags that are filled-up with dirt or sand or pea gravel or something like that. And you've got yourself a sturdy sandbag right there that's going to last you forever.

RM: We have quite a few of them at Strength Camp. We decided not to make them all adjustable. We just kind of made a 50-pounder and wrote 50 on it, made 100-pounder and wrote... I don't know about you, I've had better luck with actually Army duffel bags. I know Josh Henkin makes them specific sandbag. If you type in 'sandbag training', I think he comes up number one. But, we've had handles rip off of those and they weren't that great.

JJ: Oh, really?

RM: Yeah. I mean, I don't know if we just got a bad bag. Me and Elliott spent some money on that stuff.

JJ: I don't know. I'm not sure I've ever trained with one of those bags. I know Smitty has one and uses them with his athlete, Mike. But, I don't know. I'm not sure. I know those Army duffel bags, man, they're made to take a beating, because those service men, God bless them, are out there and they're got to carry that stuff around. It's got to last. So, I mean, the stitches are always tough, the material is very, very strong. You can drop it. I mean, we've taken our sandbag and put it through Hell, thrown it around, you know, it's landed on rocks. We're dropping it. And the thing never breaks. The feedbags inside are going to break and allow sand to kind of like pop out before the outer duffel bag is going to pop itself.

RM: We ended up taking the Henkin bag and putting them inside the Army duffel bags.

JJ: Oh, yeah, there you go.

RM: I'm probably not the greatest testimonial for Josh Henkin sandbags, but, you know.

JJ: Right, yeah.

RM: What about for a pulling sled?

JJ: Oh, yeah. We actually shot that... It's so easy to make yourself a sled. That's in our Homemade Strength DVD. All we did was just take a tire and we just put a hole in it

and connected like an eye bolt to it, and then boom, there's your sled. In most cases your plates are going to fit right on top of the tire. You don't want to use a gigantic tire. That's not going to hold your plates on top of it very well. But, most car tires are going to be perfect.

Joe makes a real good point in our Homemade Strength DVD. Because he lives in a neighborhood where there's people like right next door. So, if he takes his like metal sled out in the driveway and pulls it along the driveway, it's going to make a lot of noise and it's going to irritate the neighbors. With that tire, it's like silent. You can't even hear it getting pulled around. So, that's another way to go.

If you live in kind of a... I know a lot of people live in cities. I live out here in the country, man. Like, I don't even get cell service where I live. So, I can be out in the lawn making all the noise that I want to and nobody hears me. But, I know a lot of people that live in the complexes in the city and stuff like that, they don't have that freedom to make a lot of noise. So, that's another thing to consider.

If you live on campus as a school or something like that and your funds are limited, because I know mine were. I know what it's like to not have any money at college, you can find a tire. The next time you get your tired changed, keep one of them and you've got a sled, no problem. Just connect a rope to it or some kind of chains or an attachment of some sort and then you can pull that around and just drag that until your heart's content.

RM: We use a lot of actually like the old wheel and tired, the actual rim inside of it. We put chain around it so the chain does make noise dragging on the ground. But with the rim in there, you can take your sandbags that you made, stack them on top and make is as heavy or light as you want it to be.

JJ: Oh, yeah.

RM: So, that was one... I guess that's not the greatest way, because eventually you have to take the... You're going to wear through the chain. But I mean, if you're dragging your sled enough that you start wearing through the chain, you're going to be in pretty good shape and I'm sure you don't want to keep dragging that sled, so the chain's not going to bother you.

JJ: Right. The other option is if you have access to scrap metal and you want to make yourself a real nice sled. You can make yourself a Prowler. You can kind of use a Prowler for your...what do you want to call it? Your pattern or whatever. And then, you can push it and pull it. A lot of people are into those.

RM: Yeah, they're definitely picking up on the popularity these days.

JJ: Right. I mean, I can tell you they're awesome, I'm just too much of a wuss to use them. That's pretty much the hang-up right there, is just the fact that I'm a wuss and I don't like the burn. I don't like when I can barely walk, you know? I'll squat all the time and I'll walk around in pain, but when I can't bend my legs because they're so full of blood and all that, you know, that's what gets scary for me. But, the Prowlers and sleds are awesome. They're great for you.

RM: So, the dorm room thing, too. At the time, I was working at Lowes, so I was making pretty good money. And I actually invested in an Iron Mind Vulcan Rack.

JJ: Okay.

RM: That was a \$400 investment on my part and I was like... It took me like a month to get up the nerve to hit 'order' on that Iron Mind website. I remember staring at the catalogue every day at work, like man, I don't know if I should do it or not. But, I actually sold mine on Craig's List here locally, because I didn't need it any more. But, I had that thing for three years and they look brand new and they take-up no space and you're able to squat. I mean, you would squat in your kitchen if you had to.

JJ: Yeah. I've actually seen pictures of people doing just that, like you can see the kitchen sink in the background while they squat.

RM: It's awesome. There's got to be a little Army of people all around the world just training in their kitchen. Where are you people? We need to talk to you.

JJ: You know, when we were training for our first Strongman contest, our buddy Pete trained with us. And then he ended up getting a job...man, I think in Denver or something like that. I've kind of lost track of where the heck he went. But, he didn't have a real good spot to train, so he bought himself bumpers and a bar, and did his Olympic lifts right in his kitchen, right on the linoleum floor, man. He's got pictures and stuff. He was a great kid. I really miss him a lot. It was a good time training Strongman with him back in 2003, a lot of good memories there. I wish he'd come back around every once in a while.

RM: That's so cool. That's why training in a garage is a breed, it's a different sort of person that will do whatever it takes. I truly believe that goes into all aspects of your life, in business and relationships.

JJ: Exactly, man. You do what it takes in order to get the job done. Exactly.

RM: It changes you as a person. It's hard to explain. I mean, to people listening, if they workout in a regular gym, it's hard to picture that. But, once you've experienced the dark side, you never go back.

JJ: Yeah.

RM: Let's see. This one is actually...the gentleman purchased Smitty's AMD program and the workout he says takes around 40 minutes. Should he be doing interval cardio after or should he be worried about cortisol levels? I think he's making it a little more complicated than it needs to be.

JJ: Yeah. I mean, correct me if I'm wrong, but isn't cortisol the stuff that goes through your body and like breaks down the muscle further in order to like repair later on or something like that?

RM: Yeah. Well, there's that myth that if you workout for longer than 45 minutes your testosterone falls off.

JJ: I wouldn't be too worried about that. I mean, I train generally two hours straight every time. I generally do at least an hour to an hour-and-a-half of whatever body lift I do. I mean, the way I split my workout up is I usually go four days a week. I do an upper body push day, an upper body pull day, and then I do two lower body days. But, one of my lower body days is more like a grip emphasis for the double-overhand lifts and things like that. But, I do long workouts, never had my testosterone checked, but I've never felt a problem as far as like... If I get up into like four hour workouts, which happens sometimes on weekends when you have five dudes and you're doing Strongman stuff and you're doing max attempts and stuff like that. Your workouts are going to be longer.

Back to the question about AMD, you don't need to work out that long. There's nothing saying that you need to spend an hour-and-a-half in the gym. But the thing is, because I do the grip stuff and I'm a competitive participant in those contests, I need to dedicate that time to it. So, what I generally do is I work out long periods of time straight so that I don't have to work out every day. Because, if I work out every single day, then I don't see the results anymore. That's one thing I have noticed.

So, it kind of depends on how this guy is splitting it up. You know? If he thinks that he can make it to the gym multiple times a week, five or six times a week, and he wants to do the cardio on a separate day, I don't think that would be a problem. But, I definitely think that he's got to follow what Smitty says in the AMD and do the interval training and not the long, slow, steady-pace stuff all the time, you know what I mean?

Number one, that's boring. Number two, I think you're going to get better results doing the interval training and body weight squats and sprints and leaps and stuff like that.

RM: For sure. Going back to the odd object lifting, if you're doing like heavy carries, I mean, that turns into cardio.

JJ: Oh, yeah.

RM: A lot of people don't realize that, but you're killing two birds with one stone. And I know Elliott and them are working on a new program right now they're going to have... It's called Lean Hybrid Muscle, and it's... Literally it's like you're creating a new type of muscle fiber in your body. You're doing cardio and strength at the same time.

We joke around and call it max effort conditioning. If you do repetitive max effort attempts, like when you get done, the next thing you know you're lying in a pool of sweat on the floor and you're like... Your heart's going 1,000 beats a minute and you're like, man, I didn't do cardio at all. And then the thought of running is just easy.

JJ: Yeah. And you're conditioned because of what you're already putting yourself through. I know... I got a friend at the Naval Academy named Cliff. He speaks at the Pennsylvania clinic that we go to every year. One of the presentations that he talked about was...see if I can get it right here, the body weight clean and jerk, as many reps as possible in like an hour. And like, that was your workout. A lot of people think overhead press, again, it's just shoulders, but it's not. It's fully body. And you're getting some serious conditioning when you try and do that.

RM: Yeah, by far. It goes back to the EDT type training, and stuff like that, where you just...you simplify everything and you just pick one exercise and you just crush it and don't stop.

JJ: And it's good to throw lifts like that in there. You don't even have to think about that workout. There's no strategy for that workout. It's a lot easier mentally. You just go out and go lift the weights and you try to set your mark and then a few months later, you do it again and try to beat that mark.

RM: Definitely.

JJ: One time back in November of 2004, it was me and Smitty and Ely was there. I don't think Brad was lifting with us at the time. But, we did one repetition of 405 on the deadlift, every minute for an hour. And that was... I kid you not, man, that was one of the best workouts that I ever had.

Like, half way home, I had to stop and open my door. I'm not kidding here. I had to open the door and puke out the door because I'd put my body through such torture. I actually ended up getting 100 reps in like an hour and four minutes. Because once we got to like 55 minutes, then we started doing sets of four and sets of six because I wanted to get to 100. And that was awesome.

RM: We've done some crazy stuff at Strength Camp, too. We did a day with atlas stones where it was just me, Elliott and our friend Brandon. They were doing the 225 stone and I, at the time, couldn't even do the 225 stone. So, I was doing the 200-pound keg. We were doing sets of ten and it was three of us back-to-back. I think we were doing ten sets of ten. I went to...I think I go to my 5th or 6th set, walked over to the bushes and just unloaded.

JJ: Yeah.

RM: By the time I got done puking, I had to go back up again.

JJ: Right, it's your turn so you get back on the platform.

RM: Yeah, there was a battle that day. But, definitely, those kind of sessions, they make you the kind of person that you are.

JJ: Yeah. And you definitely want to make sure that you're puking because of the effort and not because of like the environmental...the contamination in the air. Like, for a while, we were training up in Smitty's garage with one of those things that you put the kerosene in, and then it blows the hot air out. You ever seen those things? Space heater type deal. And like we were...it was like generating all this black smoke and stuff and we're like all getting sick and lightheaded and stuff like that. We kind of figured out pretty soon that it wasn't such a good idea to be using this heater, because we were pretty sure we were getting some kind of like kerosene gas poisoning. So, we got rid of that right away.

Yeah, you have to, every once in a while, put in the effort that you literally make yourself sick. That's a lot of fun.

RM: And it doesn't have to be done every time, so that people listening, your goal in training is not to make yourself puke every time.

JJ: No, not every time. Put that disclaimer in there, brother.

RM: There's those angry workouts, maybe you just got dumped by your girlfriend or you found out your parents hate you or you wrecked your car and you just need to let yourself vomit all over your workout attire.

Next question we've got here is a gentleman asks what is the best and least expensive way to make a homemade power rack for squats and pulls?

JJ: Cool. You know, I've never made a squat rack, but there was one that I saw that was awesome. I think I saw this squat rack on GripBoard.com, someone put it up on their personal photo gallery. But, they made it out of 2X6's, like big, big 2X6 pieces of

wood. It was fastened together with gigantic carriage bolts. I mean, this thing looked like a caveman piece of equipment. So, that would be one way to do it.

As far as like for rack pulls, if you have a set of jacks... Like, I picked up a set of like old, worn-out jack supports for like your car, and I used those for like a year in my basement, before I actually had my garage. I would just set the bar on there and I trained 18" deadlifts for a Strongman contest one time for about six weeks pulling off of just jacks. And they worked great for a deadlift rack, pulling rack.

RM: I've seen a lot of like... I know if you're working from home and you don't have enough for a rack, I mean, pretty much the next best thing is to do...I forget what they call it. Where you start from the bottom position. And I've seen guys make like just...out of like sturdy like PVC pipe and stuff with like metal like bars, rigging it up. I mean, you've got to be careful with that stuff, and obviously... I mean, I used to use sawhorses as spotter racks.

JJ: Oh, yeah, that's a good idea. Yeah, that's a real good idea.

RM: I mean, things like that. You send like 30 or 40 bucks on... I'd recommend the metal ones over the plastic. I had better luck with those. But, I mean, they'll save you one time and if you fall over with a lot of weight on there, you're going to probably want to replace those. Because mine actually fell and I dropped a squat and they bent upwards and it was kind of ugly. But, they saved me, so...

JJ: Right. That's a good point, coming from the bottom, just setting the bar on maybe a couple of kegs. You go and get a couple of kegs from the distributor. A lot of times... At least around where I live, of course I know everybody in town, but I just go to the distributor and am like, "Hey, you got any of these kegs laying around you're not using anymore?" And they've given me multiple kegs. I don't even know how many kegs we have. I think we have like a half-dozen kegs or something like that. And we haven't paid for a single one of them. You could set your bar on those and do bottoms-up squats.

RM: I always tend to go back to Iron Mind, because it's like they always tend to have something for people of our nature to do what we do. I think...Pillars of Power, they always have a clever name and a cool story to go with the stuff. You read the Iron Mind catalogue, it's like a magazine. I get psyched when it get a new one in the mail.

JJ: Yeah. It's always cool to check that out like around Christmas time when they send the new one out and they have like new gadgets in there and stuff. Iron Mind has been great to Smitty and me over the years. They're supported many contests in the past and they've got a lot of good stuff.

And remember, you know, it's not just you have to go buy this stuff. If you know a dude, you know, you may not have the skills. I have no skills as far as like welding, torch cutting, hammering, you know. The only thing I do with nails is bend them. So, I'm no good with building most stuff, unless it's just like fastening pipes together or something like that. If it takes any kind of skill at all, I usually get my dad to help me out, or real good friends with these dudes that own a car garage. They've helped me build stuff.

If you find a good dude that really knows how to make that stuff, all they need is like a picture and maybe some quick measurements, and they'll get it right. And a lot of times they'll do it for free, you just have to pay for the scrap steel they're using.

RM: Yeah, it helps to befriend people in your local area when it comes to stuff like that.

JJ: Yeah, number one rule is kiss everyone's ass for like three years straight and then ask for favors later. Don't come up and just ask for favors. Do something for the person first, help them out, give them some free training lessons or something like that. And they'll be more apt to helping you out later on down the road.

RM: Definitely. Next question is how to make Indian clubs. I'm going to leave that one to you, because I don't even really know what an...well, I think...we used a mace the first time when I was with you. But, I have no idea, really, what an Indian club is.

JJ: Yeah. Indian clubs are very similar to a mace, it's just they're shorter. You can get Indian clubs on the net and they range from reasonable prices to extraordinary prices. One of the best places to get clubs like that is StrongerGrip.com. But, if you don't have the money to get something like that, you can accomplish the same thing and there's a couple of ways that I know of to do it. Are you familiar with wiffle ball at all, Ryan?

RM: Am I? No.

JJ: No? You never played wiffle ball, dude?

RM: Oh, I mean, I know what a wiffle ball is, but I didn't know if it was like a... You made that sound like it was like a club or something.

JJ: No. Just recreational, weekend play up here in Pennsylvania, man. You can get the wiffle ball bats that are like the big, caveman clubs. Have you ever seen those?

RM: Yep.

JJ: They're big red things. They're like four inches around at the end. I actually made a club, like an Indian club, out of one of those. I just popped a hole. I took a

screwdriver and poked a hole in the handle and then I just put sand into the whole entire wiffle ball bat. And it ends up weighing like fifteen pounds. And then, you can do your Indian club work with that, right there, as long as you tape up the handle where you poked a hole in it, the sand isn't going to come out. It might work its way out, you know what I mean, but it's going to stay in there for a while.

And that's a real good way to train for grip strength. It's not all about picking up five dimes or closing grippers. Sometimes it's like swinging clubs and things like that. You can make that work real nice.

I did that...this is back before I had my garage, so I had a nice warm environment all the time. Sometimes I would train out on the concrete pad and it might be 40 degrees, because it gets cold up here. And it was tough to warm-up, so what I used to do was do the Indian club swings with that wiffle ball bat and it worked out great. It really would warm-up your shoulders, get your grip on, your forearms, your biceps and triceps. And I'd be hitting good log press PR's after warm-ups with that bat.

RM: That's an ingenious way to do that.

JJ: I mean, those things cost you nothing, dude. They're like, I don't know, I think you can get them at like Kmart for like two bucks. And then, you don't even have to buy sand, just throw some dirt in there. If you're not worried too much about bacteria and microbes, just throw that dirt in there.

RM: Yeah, we tend not to worry about that stuff.

JJ: Yeah. You've got to eat some dirt in life, you know? There's no way around it.

RM: I think Joe just hopped on the line. Joe, you on the line right now, buddy?

JH: Yeah, Ryan, what's going on?

JJ: Hi, Joe!

JH: Hey, Jedd, what's up?

RM: You came in all quite. I had to test you to find out if you were on the line.

JH: Well, I heard Indian clubs, so I had to get on.

RM: Apparently I'm the only one that doesn't really use these things or know what they are.

JH: Yeah, Jedd found out the easiest way to do it, which is awesome, make them out of the wiffle ball. You can get them at like the dollar store, you cover them up good with some tape and stuff. But they last pretty good for you.

I've seen people make them out of just pipe, like Jedd said, just screwing stuff together. Like, a handle to a reducer and like a two, two-and-a-half inch top of it and you usually fill up the handle with like the expanda-foam stuff. Then fill up the head of it. You can fill it with shots, you can have like loadable Indian clubs right there. It's made out of metal, so it will last forever.

RM: I get scared of things like that, like bats and mace. I tried that mace ball, I was with you guys Fast Track and I felt like I was going to like hurt myself.

JH: Yeah, you looked like you were, too. The video's up on my YouTube channel by the way, everybody.

RM: It was pretty ugly. But, there was some good deadlifting that day, though.

JH: Oh, yeah.

RM: Well, Joe, since you're on the line now, let's get a little background from you. Tell us how you got into lifting and started Bull Strength and met Jedd and Smitty and how this all kind of came to be for you.

JH: Oh, well, I'll keep it kind of quick because I know you guys have already been into it for about 45-minutes here. I got into lifting in high school for sports, like a lot of people get into it. Nothing fancy about it, just a couple of guys that were my dad's friends and one of them went to some NFL camps and he played football at West Point. He picked me up in the morning, before high school, and took me to the local gym and went to college up at Colgate University and picked up tons of stuff with their weight training program

I ended up...I did kind of a big change. My sophomore year I ended up getting hurt. I had like four knee surgeries. I was fat. I was out of shape. That summer I had to do a bunch of learning and taking it all in and actually applying it to myself. I didn't want to get hurt. I was like a 310-pound offensive lineman, and then I cut down to like 250 and started getting more healthy and I ended up meeting...I think I met Jedd first, just through YouTube. I was like "Hey, Jedd, you got some cool videos." He's like "Yeah, you look like you live pretty close. Let's just get together and get some training in."

RM: That's cool, you met off of YouTube. That's kind of cool.

JH: Yeah, I think that's actually how it happened. Yep.

RM: Interesting. Good stuff. So, tell us...we got about ten to fifteen questions for you tonight, Joe, and I actually didn't get a chance to send it over. So, you're going to be on the spot tonight.

JH: That's fine. If I don't know an answer, I'll just pretend like I'm going through a tunnel or something.

RM: And Jedd, feel free to chime-in on these, too, as well.

JJ: Sure, buddy, yep.

RM: The first question is, do both of you guys do any cardio? If not, why?

JH: I'll jump in first. I do cardio. I love it. I don't love... I do love certain kinds of cardio, and the thing with cardio is, just like the thing with lifting is, if you don't like it, you're not going to keep doing it. So, I don't like pounding the pavement. Some people do. What I do is I do a lot of heavy bag work, heavy bag drills, doing that the last couple of weeks. In the summer I'll do a lot of leg work and Prowler pushes and some hill sprints and things like that. I like the explosive stuff. I like to hit it for about 20 minutes and I like to hit it for about three, maybe four times a week. When I'm coaching I don't have time to get into the gym as much, so I'll hit the hills on the way home or something like that. So, yeah, I certainly do it, certainly like what I do. So, if you like it you're going to do it. So, that's the kind of things I choose. I like a little bit of variety, so it works for me.

RM: Jedd, we kind of got your opinion on that a little bit ago.

JJ: Yeah, the Prowlers are out for me. You know, I do kettlebells, and I do the club bell swings, but as far as like your stereotypical cardio where it's just one kind of movement, I don't do any running or anything like that. It's mostly maybe some jump rope. I really love jump rope and I'm pretty good at it. And I can actually put on a CD or something like that and do some jump rope. But, I go for speed and consecutive jumps and things like that. But, running and stuff is just not for me.

RM: You're a pretty big guy, too. That's kind of odd to see you jumping rope. I know that would be a sight.

JJ: Yeah. The roads around here are pretty windy. You know, I'd hate to have a car hit me and I destroy their car. There's a lot of blind corners.

RM: Joe being every foot of 7'5" and 300 pounds there.

JH: No, I will add that I do have cardio in my programs for the athletes, of course they need cardio for their sports. But, me personally, I'll just do what I like. To them, they have to do what's going to achieve their goals. So, a little bit different for them.

RM: Good stuff. Next one we've got it, what do you guys think about HIT, high intensity training, more specifically rest/pause type training that's used in the Dogg Crap style method?

JJ: We did Dogg Crap stuff for a while. I just love training. I don't do the same stuff for months and months straight. I do different stuff all the time. I mean, Dogg Crap's cool working every so often, I don't know if it's the best option for athlete, per se. But, for the strength and conditioning enthusiast, like myself and...a lot of people would enjoy that. It's pretty cool ever so often.



JH: I like a little bit of rest/pause in with more of the accessory list. I'm still old school, got to have those strength lifts in or the dynamic movements in first, and then I'll incorporate some of the other stuff I work into the program. The rest...I've never actually done the Dogg Crap style of training, so I assume...is it like extended sets where you just kind of...like forced reps and that? I don't actually know what it is.

JJ: Isn't the design kind of like you perform...you take like a weight that's like 80% of your max and then you do...you do as many reps as you can, but you leave like a couple in the tank. But, you do it for like 30 seconds straight or something like that. And then you rest for 10 seconds. Isn't that how it goes, Joe? It's been a while since I've done it.

JH: It's roughly what I read about it. I've only done the rest/pause. I haven't done much of the Dogg Crap training myself.

JJ: But, I mean, if any of the listeners want to search for it, it's easy enough to find. Isn't it actually spelled with two "G"s the Dogg Crap?

RM: Right. I think it is, too.

JJ: So, I mean, the information's out there. You know, it's pretty cool. It's kind of like that thing that I talked about earlier, back in 2004 when we did the one rep every minute for an hour. It's cool to stick in there every so often. I'm not sure it's the best way to go about doing things as the primary basis for your program.

JH: Right, I'll agree with Jedd on that. All this stuff we've been talking about is cool to work in, and you might be able to get on it for a little while and break a plateau, but you still have to have your kind of your ground work exercise, ground work program that you go back to, to keep the gains going.

RM: I know like, Jedd, you kind of tend to just train... I mean, I'm kind of the same way. I try to follow the plan, but I'm guilty of just kind of, oh, I know it's lower body day, so let's make some shit up. But, do you follow like a specific plan with your guys' workouts? Or, is it just, all right, vertical push today, so what are we going to do?

JJ: I do the upper body push, I do the upper body pull and then I do a leg day or two. I don't structure things too much for that stuff, because I put my mental focus on the grip stuff. So, all my grip stuff is patterned toward the numbers that I want to try to hit for each lift at the contest. So, I periodize for the grip stuff, whereas the other stuff I just pretty much make sure that I'm hitting a PR every few weeks and stuff like that. If I'm able to hit a PR every couple of weeks or every three weeks, then I know my training is on the for the body lifts.

JH: And for me, I usually do... I used to not plan as much and I realized I was a hypocrite because I was telling everyone to plan like a year ago. I started planning and things have worked out better for me. I know it's a little bit annoying, once I just...using the template I use for my athlete, changing it for me. I won't plan like certain percentages all the time or the exact accessory list. I'll plan the primary list. I'll have my goal down for my last set, try to break that. And then working the accessory list where I feel I need the work for that specific week. So, I'll know whether I'm doing deadlifts or weighted chin-ups or bench or squat and how many reps and how many sets I'll be doing before I go in the gym.

And I know some people who actually don't do that and it's worked out very well for them. I was talking to one, I guess you could say college running back. His name was Lynn Parker, from this area. He's big into training. He said he hates to plan, because then he kind of gets... He sees it as like a mental limitation like I'm going to hit six sets of three on this last...you know, my last set will be three. So, if you can get more, you always go more. So, it just kind of fits your own training personality, I guess.

RM: Yeah, and I think environment plays a big role in that, too. I mean, I know that like every time I try to plan something out, I go to the gym and Elliott tells me I'm not

doing that, I'm doing something else. But, if anybody's met Elliott, they know why you just listen to Elliott.

JH: I guess if you go to a different commercial gym, as well, he might show off a pretty big squat day and there might be a line of eight people trying to curl on the squat rack. So, you might have to change your strategy a little bit. I have my own place, I can do what I want, I guess. But, those who go to the commercial gym, then yeah, you want to try to hit your primaries the same and then kind of work around what you can do, how many people are trying to pick up girls on the machines you need and whatever.

RM: The women are a lot better at the commercial gyms though. I will say that.

JH: Than my basement, then my garage gym?

RM: Yeah, we don't get too many good looking girls that roll up in the Strength Camp either.

JH: I can't imagine.

RM: Next question we've got. "Hey, guys, if you were to choose one exercise out of squats and deadlifts for building muscle and gaining strength, which one would you choose?"

JH: This is like a never-ending argument. I go on any forum and you'll see this thread in like the top 20 threads, squat or deadlift. How many times should I squat and deadlift? Which is great. I'd rather have them trying to decide between squat and deadlift than squat and leg extension or something like that.

Oh, man, if I had to choose one...what was the goal for? Did he say for strength?

RM: He put muscle building first. So, he probably doesn't really care about strength too much, he just wants to look good. I know that's why I lift.

JH: Well, I guess for overall muscle building, if you do it right, I would say squat. It's so hard to choose. If you're doing full range of motion, you're doing squat right, you're tensing your lats, you're flexing your abs out, you're getting low, you're incorporating your glutes, sitting back, things like that, then I give the slight edge to squat. But, I wouldn't do just one. I'd get them both in there. You hit that deadlift, you're also going to get all the legs and you'll feel it in your upper back. So, there's a lot of muscles involved in both of them, so the more muscle involved, the more muscles that are going to be built during that movement.

JJ: I think deadlifts can probably cure cancer eventually.

JH: More deadlifts. I would choose squat, I guess a little bit, but I love deadlifting. I can't not do it anymore. It's like...it's like an addiction.

RM: That is true. I deadlifted and squatted today. So, I just couldn't decide which one; I did them both.

JJ: I deadlifted. So, I deadlifted on a 2 ½ inch axel.

RM: I did the same thing.

JJ: Got to love those deadlifts.

RM: I think everybody tried to pick one, like there's this one exercise. I've interviewed like 16 different people now, so far, and there's always somebody that throws in that question, if you had to pick one exercise. But, if it's between squats and deadlifts you have...you obviously have a bar. You can do both. So, why choose?

JH: Right, I understand the purpose of the question if someone wants to get into a philosophical discussion on which one will work better. But, you know, if I had to choose, I'm sticking with squat just a slight bit better. But, if you have knee problems, then the deadlift is going to not put as much stress on the knees. If you have back problems... You know, you have to work around what you've got, too. But, I'd definitely do them both.

RM: I mean, squatting, too, I'm a way better deadlifter than I am squatter. I have really long limbs and like a long torso and extremely long legs. So, squatting, it takes me forever to get warmed-up to the point where I can get a good-looking squat. Where I can walk up, straight leg, round back that thing and pull it right off the ground.

JH: Maybe you're just getting a little older like the rest of us. You've got to warm-up a little bit.

RM: It's possible. It's possible. I'm never going to admit that, though.

Can you build muscle by using mace balls, is the next question we got.

JJ: Can you build muscle?

RM: Yeah.

JJ: With using what?

RM: Mace balls. Or mace bells.

JJ: Mace bells?

RM: Oh, sorry. Maybe I am getting old. That looks like an “A”.

JJ: Well, that’s kind of a common misnomer, or whatever you want to call it. I think you can build... A lot of times building muscle depends on the amount of tension that you can create. And I think if you’re using a big enough, heavy enough mace bell... Like, we showed people how to build a pretty cool freakin’ mace bell in the Homemade Strength DVD. It’s going to cost you five bucks to do it. And Hell yeah, I think that’s a good thing to work on.

There’s definitely some skill to it, but if you do it right, I mean, it’s not too risky as far as injury is concerned. And I think it’s going to light-up your forearms, your back, especially your upper back and your grip and arms and forearms.

JH: Jedd made a good point there at the beginning. If you’re using it for rehab purposes, you’re doing something real light and you’re not going to build that much muscle in any exercise. But, if you’re loaded-up and you actually get into the movement and you’re performing it right, then you can certainly build muscle with it.

JJ: Or, you can just try to use one, look like an idiot on YouTube.

JH: Yeah, or you could check-out Jedd’s YouTube and check Ryan trying to swing Jedd’s. I don’t know how heavy that was. It was loaded.

JJ: Yeah, it was a good 20-pounds anyway. I’ve actually forgotten how much it weighed, but I mean, 20-pounds doesn’t sound like much, or 30-pounds or whatever it was. But, I mean, when you consider that with a mace bell you’re dealing with leverage. It’s pretty tough. Yeah, you’ve got to have serious not only hand strength, but also the wrist strength. You’ve got to be able to control the implement or else your wrists are going to buckle and you’re not going to be able to do it. You’re not going to be able to push it over your shoulder or pull it over the other shoulder.

RM: It definitely humbled me. I was a little shocked.

JJ: Yeah.

RM: I did exactly...I didn’t go home and build one. The next time I probably use one of those is when I see you guys again. I’ll be like, wow, I still suck as bad as I did the last time.

JJ: Yeah. Well, there’s another name for mace bells you’ve probably heard of called sledge hammer. You know? They’ll work just as well. But, it’s much cooler if you build your own, like the one that Joe and I made. I’ll just throw that out there real quick. Homemade Strength DVD.

RM: Dude, that thing was all like billets. The one I had was billet all over, looking all pretty, too. You had polished it up, painted it, put like a picture of you guys on there and...

JJ: Well, the one that you tried on was a stronger grip model. And they're awesome. They hold up to a beating like...I took these somewhere and the dude tried to pick it up and ended up dropping it. And it didn't bend at all. So, I mean, they hold up to a beating. They're really good quality.

RM: Good stuff. The next question goes back on the density training. It's kind of a long-winded question, so I'm going to try and paraphrase it for you guys. Can density training replace heavy lifting, meaning if we do an exercise with only 20-seconds rest for five minutes, in the beginning, we would hit low twitch muscle fibers, but after 2-3 minutes, the weight would feel very heavy, then we hit the fast twitch muscle fibers. That doesn't even make any sense.

Basically, the advantage would be telling your body you're lifting heavy without actually using heavy weights, by doing them just varying your joints. What do you think? I'll let you guys tell him. I can say what I think later, after you guys do.

JH: Can you? Yes, because it depends on what your goals are. If you want to be the strongest, most explosive athlete, I wouldn't recommend it. If you want to... I think I hear somewhere in there that...well, it's tough to tell without this person's individual goals. But generally speaking, if you're working for just general strength, which a lot of people are, so I'll assume those are the goals. There's better ways to go about it. You can do it, but I would certainly, like I mentioned earlier, still go with a strength exercise or an explosive exercise first. I don't think necessarily you'll be hitting any fast twitch fibers by late in the set. You're probably moving the weight real slow and really hurting yourself by then, or hurting physically. You can't move the weight anymore.

But, I would definitely, for overall balanced program, mix it up. You want to go with the density, Dogg Crap rest-pause method for a little while. Then give it a shot. If your goals are to get a quick workout in, then that might work for you.

RM: Definitely. I think it comes down to like the over-complication thing again. You're so obsessed with training you read so much stuff on the internet, you want to try everything. But really, it just comes down to, I mean, you have to lift heavy. I mean, I personally believe that. If your goal is sports, gaining muscle, looking good, getting girls, whatever it may be, if you don't lift heavy you're not going to get those results. That's kind of my opinion.

JJ: Yeah, I agree. I don't think the density training is going to replace the max effort training for strength and power development. I just don't see that happening. I think

that it's cool, again, for like maybe your finisher, if you're employing like a finisher movement. Put some Dogg Crap in there at the end. I think that would be good. But, mix it up. Don't do that all the time. I think you're limiting yourself.

RM: Definitely. The next question is, what is an alternative for a hamstring exercise. What would you guys recommend?

JH: Deadlift.

JJ: Romanian deadlift, keystone deadlifts, straight leg deadlift: Deadlift.

JH: That's it. Deadlift.

JJ: One leg deadlift.

JH: We have a contest to see who can name the most deadlifts? One-let, RDL, good morning, one-led good morning. Pull-throughs. I've been putting a little exercise index just this week and I started with the posterior chain, including the hamstrings, so put a couple of videos of deadlifts up on YouTube. I just put up pull-throughs.

I don't know what kind of equipment they might have. You can do kettlebell swings if you're talking accessory work. If you're talking max strength work, your primary list is probably going to be in the form of a deadlift. Yeah. I'm going to stick with that answer.

JJ: If you don't have a glute-ham raise, then make your own. We show you how to make one for about \$5 in the Homemade Strength DVD.

JH: I totally forgot about that. There's ways to do it where, I mean, if you're training at your own place, your own house, then definitely make one. It's very simple. When Jedd came over and we made it, we made it out of scrap wood that I had leftover from a deck project, just whipped one together in about ten minutes.

There's different variations. If you have a friend that you train with, you can have him hold your feet, put your knees on something soft and do kind of floor, glute-ham raises. You've got to push off the ground a little bit. Those are real hard, actually. You can do banded good mornings. You can do different cable work. But, yeah, I'd go with deadlifts and then I'd go to the accessory stuff we were just talking about. Jedd mentioned glute-ham raise doesn't take a lot of time to make one, either.

RM: Yeah, I made one a while back, because I've been on Ross Training's website. He had a cool killer one on there, and I can't...I built mine for probably \$30. I went all overboard. I made like a loading platform and... Like, if I'm going to build something, I want to build something. So, that's kind of...

Next question we've got is, how do I maintain and grow to be an explosive athlete? So, I assume he just wants to know how to gain explosive power.

JH: I'll go first. There's a couple of different ways. The easiest ways that I've used, number one, incorporating the dynamic effort method where...this is where a lot of people go wrong. I know a lot of people on this call are already involved with strength training, probably know this, but you go to a different gym, I've been to some gyms around the area that are supposedly athlete training places. They'll have them do, for their primary exercise, like three sets of 20 box jumps. By the time they reach the first one, their form's going to Hell, by the time they reach the 10th one, they're out of gas. By the time they reach the 20th one they're probably hitting their shins on the box.

For explosion, you want to train like you're training at max strength. You're going to taper-down the reps, keep in the 1-5 rep range, 5 being pretty high, even. And just absolutely explode, rate of force development. Explode as fast as you can during those reps.

Now, I mentioned dynamic effort method, you may do that with deadlifts, squat, you may do it with bench press. So, you want to get explosive power in the upper body and the lower body. A lot of people just think leg explosion, get that vertical jump, dunk the basketball, get that date, win that girl, whatever. But, there's a lot more to it.

So, first thing, dynamic effort method, good for explosion. Second thing, throwing things, keep it very simple. I have some videos, I had like a car tire. It's really easy to teach how to throw. They reach back, they explode their hips through, they get triple extension and they launch this car tire. If you watch Strongman, they do it with kegs over bars. They fill up kegs...I don't know if there's sand in there, probably Strongman it's straight lead or something. They throw them over bars. They do it with a tire because they can actually gauge how far they're throwing it, gauge their explosiveness, very easy, very safe exercise to teach.

So, do throwing things, dynamic effort method. I rambled on a little bit there. I'll turn it over to Jedd.

JJ: No, I totally agree. I don't even have that much to add. It's just I think it's really important to remember the rep range and keep it low, because for powerful movements and explosive movements, you're going to start burning out after like three to five reps. So, if you keep going too much beyond that, you're working against yourself. Do more sets and do fewer reps per set.

RM: Awesome.

JH: Just make sure they're crazy explosive, too. I did mention weighted exercises. You can still do that box jump, but you should be progressively increasing how high you're jumping and keep it in the one to five, Jedd said three to five rep range, to get up near your max explosion. So, instead of jumping at sub-maximal level a bunch of times, you're jumping as high as you can a few times with more complete rest, getting that explosive power to be a good athlete.

RM: Nice. I know a lot of times, too, what's overlooked is the more you kind of concentrate on building the strength in the gym and play your sport, for a lot of people I think that takes place. It seems to be that most of the advanced people really need like constant explosive. They see that a lot with kids coming into Strength Camp all the time, training with Elliott. They're always...everybody's always trying to get more explosive, but in turn they're just weak.

JH: Yeah, you mentioned something very important. A big problem, misconception I see out there is that a lot of parents will send their kids or different athletes will go to these places that just like literally turf fields and they'll do sprints, they'll do crunches and they'll do pushups. Then they'll say, no you're ready for your sport. Now you're explosive and it's more than likely breaking them down.

Kids got to have a general strength base. You're not going to be able to...you can't flex bone, is the saying. You don't have any muscle, you can't flex your hand strength... You can't fire your glutes, you're not going to be able to sprint faster. So, you've got to get a general strength base. And the sport specific part of training is mostly the cardio, is the very first...very second question I had here is that conditioning is going to be the sport specific aspect. But, you want to get strong, you want to get explosive and it usually comes in that order. Strong and then explosive, of it will still carryover at the same time. You're not going to get explosive just based on running movements alone. You've got to get strong, too.

RM All right, next question, how often to you recommend changing-up your routine?

JJ: The thing that comes to mind is probably if you're able to monitor the numbers that you're putting up in the gym, when those...when your numbers start to stagnate, it's probably time to switch something up. Now, that doesn't necessarily mean that you have to go from like your max effort and dynamic effort style of training into Dogg Crap workouts or grip strength-focused workouts or anything like that. What I'm saying is you have to make subtle adjustments sometimes in order to break through plateaus and things like that.

So, I think it's a good idea. You know, you don't have to write every single number down. I've never been good at keeping a workout log. I find that it just kind of...it almost like just burns more time while you're at the gym. I'm able to...and I've

been doing this for 12 years or whatever, however long I've been training. So, I kind of have an idea where my numbers are at all times, and I know that if my numbers are stagnating, it's probably time for me to change something up.

Maybe I've got to start putting some band resistance in. Maybe I have to start employing some chain. Maybe I have to do some more stability stuff. Maybe I have to do some odd object stuff. And maybe it's just as simple as changing up the implements for a couple of weeks. Maybe it's the rep ranges. Maybe it's the tempo of the lifts. The list goes on in different way to change it up and it doesn't have to be too drastic. Sometimes it's pretty simple. But, the most important thing is just be able to monitor and have an idea where you're at at all times.

JH: That's pretty much it. I'm not going to add too much more. But, you shouldn't be changing your program as much as you should be alternating your exercises within a program. So, if you choose conjugate...concurrent periodization or if you choose various different programs, it should allow for variables. Like with the Bull Strength Manual I wrote. There are going to be changes in exercises, but the overall program and the progression goals are still going to be in place.

So, you're going to switch up to an accessory list, you might alternate the big list. The bottom line is if it aint broke, don't fix it. If your program is getting consistent gains, then you're not going to switch it up.

Now, I don't want to be like the cop-out answer. It's going to break sometime. If you stop getting gains, your body is going to get too used to what you're doing. So, you have to switch it up. I'm going to give you a general range. You're probably going to look for that to happen in about...maybe six to ten week range. It depends on your training age, how long you've been training. But, you look for that and you make your switches and then you train with your switches in place for a little while and then you switch back to your regular program and test to see if it works.

Jedd mentioned he's not good at writing his numbers down which a lot of people aren't. But, you should be able to test roughly every few weeks. Did my deadlift go up? Did my deadlift go down? You don't have to write it down every single workout, but you should get certain measurements, certain testing protocols in place to know if the program's working. I would go with testing protocols for max strength, relative strength, explosive strength, are the three main testings that I do.

JJ: Again, we're kind of coming it at it from the angle of like, for our own training. If you're a personal trainer or a strength coach, you definitely have to keep a good track of what your athletes are doing and that detail is more important if you're a strength coach.

RM: Good stuff. The last question here is, one actually from me, who are your guys' mentors? Who do you look up to and who do you follow on a regular basis, like what they're doing in training?

JH: There's a whole bunch for me. One is Jedd, and Smitty at the Diesel Crew. Those guys know their stuff. I think they're...the mobility videos that Smitty just put out, I think they're awesome. I think a lot of the stuff they do is underappreciated. So, definitely those guys. I'm not just saying it because Jedd's on the other line and he could probably pop my head off with his hands. But, definitely those guys.

I started off...a lot of people start off, I read all my 'Ask Joe' columns over at DeFranco's training. I read all of those. It's not just internet guys, either. I don't live in an internet world. A lot of local guys, like I mentioned, the guy that used to take me to the gym in the mornings. A lot of local guys have really helped me out, too.

So, when it comes to the popular people that everyone out there is familiar with, I'd definitely say the Diesel Crew guys. I'd say DeFranco, I picked up and incorporated some stuff from Louie Simmons, from his Westside Barbell. He's got a lot of articles out there that...they're not the easiest to read all the time, but they're very informative. So, I'm always checking that stuff out.



RM: What about you, Jedd?

JJ: Well, the truth of the matter is I'm not a real well-read individual. I haven't dug through a lot of the classic books and manuals that a lot of other people have. But, I do really enjoy going to clinics and I've heard Louie speak a couple of times. I've heard Jim Wendler speak many times. And they've really had a lasting influence on me.

I think the first time I heard Louie speak was in 2001. I still remember some of the things that he talked about that day and you know, I still employ them. Wendler, I've heard him speak and really, you know, he was probably...the seminar that I heard him speak at in 2004, up in New England, was probably what keeps me going to this day, as far as just the experience. It wasn't so much what he was saying, it was just the feeling that I got when he was speaking. And that's where I kind of figured out that I wanted to be able to... I wanted to be a bigger presence on the internet and be able to help more people with their training and how to be creative with their training. So, that was a big turning point for me.

Really, it's Smitty. Smitty is a very, very intelligent dude. I mean, he had a double major for math and physics at Mansfield. And that's where I went as well. So, I know that that must be a very good program since the great education in Spanish that I got there. So, but, he's like the mad scientist. I always call him the mad scientist and anything that he's willing to try, I know that there's some benefit that's going to come out of it. So, I look up to him a lot of times as well for my training information.

What about you, Ryan?

RM: Me? I always ask everybody else. I never... Well, I kind of stumbled upon the internet world and the strength training world, I want to say about seven years ago now, when I was... I weighed 170-pounds. I had just lost like 20-pounds because I stopped drinking Mountain Dew, and that was like my breakthrough in weight loss. Wow, you stop drinking soda you lose weight.

But, the first guy I stumbled upon...I somehow found Joe DeFranco's T-Nation article, "Westside for Skinny Bastards", like within like two days of being on the internet, searching training. I don't know how I found it or where I got, so I mean, I devoured the 'Ask Joe' column like right away. And then through that I found all the Iron Mind guys and just through all that, Dinosaur Training and Super Squats, and then it became a passion and then I stumbled upon Zach Evanish and Elite Fitness Systems and all those guys.

So, went on...I forget. I decided I wanted to turn on my bike, so I was training for that and Joe DeFranco's program pretty much put me on the right path to accomplish that goal. So, I always owe that to him.

And I paid, I want to say it was like \$600 to attend the Elite Fitness Systems Syracuse Strength Spectacular in Syracuse, New York. And I flew up there and I'll never forget it because I had my bike and a bag with me, because I was flying to a bike race the following weekend. I just kind of walked in, like the oddball, and I met all those guys there and like Jim Wendler and Dave Tate and then from that point on, it was just Elite Fitness System, Jim Wendler, Dave Tate.

And then, through Zach Evanish I met Elliott Hulse who I train with until this day. So, I mean, it was pretty... And kind of an underground guy that both me and Elliott look up to is a guy named Tom Mitchell. He runs the NAS, National Association of Strongman in Florida. And we went to a little local seminar that he did, put on by one of the guys out of Crossfit gym in Sarasota, about an hour away. He spoke there and really the whole seminar was like, what are your three favorite exercises? Cool, do those every day. And then, let's go do Strongman training out back.

So, we got into Strongman, both me and Elliott at the same exact time. Got into like really...like, this guy pushed... I mean, I was in a shirt and I left just...my outfit was destroyed, but I was like a whole new person. He showed us like basically just volume training, like all right, that's a 400-pound sled. How about we drag it for a mile? That sounds good. You and Elliott go on that one and the other guys go on that one. Basically, we just made it through this guy's workout and he said, "Have you guys ever thought about training Strongman?" And I was like, "No, it never even occurred to me." And then same thing with Elliott. The following weekend we were training at his house every Saturday.

So, that kind of started the passion that I have for the Strongman lifting and just... I mean, it was always there, but never really structured. And then from then it was like... I still ride my bike all the time and compete in Strongman contests occasionally when I feel like getting hurt.

JJ: Yeah, there you go. You know what, injuries happen, though. It's something you can't just go blind into a Strongman contest, because you've got to be ready to commit to five grueling events, five or six grueling events. You know what? You may end up with some slight injuries after that contest. But, you're going to be proud of yourself no matter how you finish, or whatever. That's how Strongman is, because you know you're going in that it's going to be a big challenge.

RM: Yeah, by far. I mean, I did my first Strongman comp with...it was...I guess life changing. It was awesome. Just the fact that you made it through all the events, all day. I think I got so sick the next day, because I just... You know, you leave it all there, like you have nothing left. The crazy thing about it is there's like 20 other people doing the same thing as you. And it puts you in a different mindset that you can push yourself that far and that much. Most people never get to experience that. It's kind of good.

Well, tell us a little bit about your Homemade Strength DVD and what do people get with that? What's included?

JJ: The base program is actually an online DVD. And what you do is you just download it. It's like an hour-long video that you download. And we make like eight pieces of equipment in there. We show you exactly how to make them. We got step-

by-step through the whole process. But then also, what people don't realize is we also feature about another like half-dozen pieces of equipment in there that you can make on your own that we don't go into the instruction, but they're excellent pieces of equipment.

So, there's a lot of good stuff in there. There's also some pretty cool bonuses. For instance, there's an unannounced bonus where I show everybody how to put together one of the most intense grip strength training pieces of equipment that you can make. And I love...I love training on this thing. Joe's trained on it. In fact, it's been on a bunch of our videos. It's called Napalm's Nightmare. And this thing is a thick bar, rotating handle that use two hands on and it's just like performing kettlebell swings, only you're able to grab with two hands. This thing is just killer. It will light you up like a Christmas tree.

And then, we also have some other bonuses that go along with that. So, there's a lot of value packed into a pretty low price.

RM: Awesome.

JH: It was great getting together with Jedd. He came over here and we just started building equipment and videotaping it. The DVD really shows people how to make a lot of stuff, the glute-ham raise already came up, club bells came up, a lot of stuff that people are asking about, we went out and we have the original pieces of equipment. We trained with them, so we were able to make replicas of what it actually is. We make the stuff out of nowhere.

We both have stronger grip maces and those are great pieces of equipment and we figured out how to make some at home. And it's really worked out well, I think. We've been getting great feedback and people really appreciate it. So, Jedd, like you said, we give some bonuses and sending it out to different people. Try hit-up people with as much stuff as we can, to give to them.

JJ: Joe and I are all about putting together value. We didn't shortcut anything on this. In fact, there was one piece of equipment that I wasn't really happy with how the video turned out. You couldn't really see what we were talking about because it was a piece of equipment that was already put together, completely. And you know what? I jerked it out of there because it just seemed like...it just didn't seem to add to much value to the video. But, the rest of the stuff is great.

And not only do we show you how to just build the equipment, we don't just put it together and then throw it in the corner and okay, let's go on to the next piece of equipment. We go over some technique stuff. Because like we said earlier, the mace bell stuff, you're not just like...you don't just pick those things up and do it flawlessly the

first time. There's some technique. So, we go over some technique on that, show you how to use it.

We build a thick bar axel. We showed several ways to use that for deadlifts, for rows, for recline rows. We take it to the extreme. This video is about an hour long and a lot of people have asked whether or not it comes in a DVD, a physical DVD format, and there is an upgrade to that product. It's on the delivery page, once you make the purchase. And basically, we're just asking people to cover the shipping and the manufacturing costs. That's pretty much all there is to it.

RM: That's real cool. The fact that you guys have been on the line now for an hour and 45-minutes...Joe came in a little late. But, Jedd, we've been talking for an hour and 45-minutes. It shows that you guys care about value and I know there's been about 20-25 people on the call tonight. So, I know they got a lot for showing up tonight. So, that's really good.

JJ: Awesome.

RM: Their Homemade Strength DVD, guys, if you're watching the webcast, you can buy it right off the page, if you're interested in it. There's a link. What's the actual URL for that, guys?

JJ: That's HomemadeStrength.com.

RM: There you go. That's about all I've got for you guys tonight. I appreciate you guys coming by and hopping on the call for a little while. We've been on for quite some time now.

JJ: Thanks a lot for having us, man.

JH: Yeah, I appreciate you letting me on. Sorry I came in late. I was at the old child raising classes with the wife.

RM: Lamaze class.

JH: No, Lamaze class it tomorrow. We have all these classes. So, I got out of that about 8:30. We both got home and got on the call as fast as I could and I really appreciate the opportunity and you guys' patience.

JJ: Hey, Joe, when my classes are ready to come up, dude, will you go for me?

JH: Just take your place.

JJ: Yeah, can you just like sit in for me, dude, wear the Jedd Johnson mask or something.

JH: I'll videotape the ones I'm at and you can just play the at-home versions.

JJ: Yeah, yeah, yeah. Yeah, do that. Let's do that. Dude, I love the way you think, man. I love the way you think.

JH: You've got to maximize your time.

JJ: Yep, yep. Hey, Ryan, I just want to throw out there that if people want to...if they ever have a question on anything, feel free to email me. Just go to DieselCrew.com and go to the contact bar and just hit me up on my email address. I always welcome questions on grip strength. I just want to put one quick plug out there, if I can. Grip is a growing sport and I would be glad to share any kind of information that I can with people on how to get into that sport and help keep it growing. Also, if anybody's interested in sponsoring a contest, let me know and we always try to take care of our sponsors as much as we can.

RM: Good stuff.

JH: I got one more thing, too. I'm going to put Jedd on the spot. Jedd, are you coming out to train Saturday or what?

JJ: On Saturday? In the morning? I just don't know. I've got my volunteerism that day. My company does an Earth Day commitment and we pick stuff up off the road on Earth Day and then we also do it again six months later. So, I've got to get my community service in there, brother. So, it's going to be tough. It's going to be tough.

JH: All right.

RM: Get those Iron Sheik wrestling moves, you got to watch out.

JJ: Yeah. Yeah, dude. Every now and again you have to mix in some Sheik.

RM: So, Joe, give your site. Where can everybody find your stuff at, besides [HomemadeStrength](http://HomemadeStrength.com)?

JH: My site is Synergy-Athletics.com. In the strength training blog I put as much information as I can. I have links to Homemade Strength up there, I have links to my manual Bull Strength, over at BullStrength.com as well. I'll try to make as many posts as I can a week. I was good for like the first 300 days, I made one post a day, every single day. Now, I get about five in a week. I think it was like content overload. So, I get about five posts up a week there. It's been great. I've been getting a lot of comments lately.

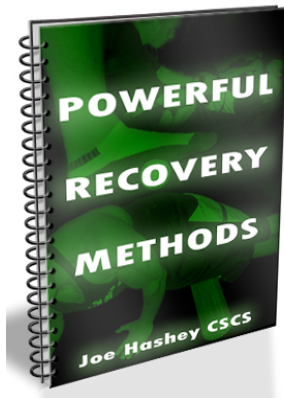
Just like Jedd said, we're really open to questions, suggestions. You can just post a comment, ask question or my email is on most of the posts. I'm not hiding. So, feel free to hit me up with whatever you have. I appreciate it guys.

RM: Good stuff, man. Thanks a lot guys for joining and once again, this is Ryan Magin with MuscleGainingExperts.com with Jedd and Joe. Thanks a lot guys for being on the line. Talk to you guys later.

JH: Yep.

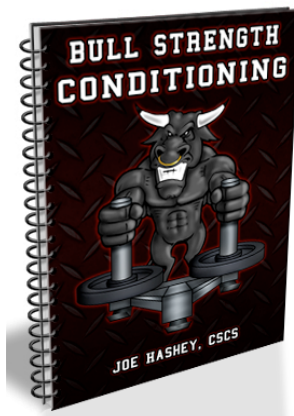
JJ: All right, take care everyone. Bye.

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And Jedd's Homemade Strength and bio here:



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