



www.leanhybridmuscle.com

Inner Circle: www.hybridmuscletribe.com

Eric Talmant Interviews Marty Gallagher

ET: Hello everyone, this is Eric Talmant here on behalf of Mike Westerdal's LeanHybridMuscle.com. I'm very fortunate to have the privilege of interviewing Marty Gallagher today. Marty is a three-time World Master Powerlifting Champion, Teenage Olympic Lift Champion and coached at Black's Gym. He coached them to four national team titles, and in 1991 coached the United States squad to victory at the World Powerlifting Championships.

Most notably, Marty's high acclaimed, 230+ weekly live online columns for the WashingtonPost.com has created a legion of followers for his purposefully primitive fitness philosophy. Welcome, Marty.

MG: Hello, Eric.

ET: So, I was at Mike Westerdal's house, this was a couple of weeks ago, and we had just finished a metabolic typing session and Mike had your book, The Purposeful Primitive on his desk. We began to talk cardio and what really makes an individual a champion, how to break through barriers, that type of thing. Mike drew my attention to your book and others, I've talked to Gainer about your book, and others, and it comes highly recommended.

But, the interesting...what Mike and I really honed in on was how you talked about the three different types of cardio in your book, and then you lead that a step further to the formation of what we may be able to call like a new muscle fiber, or one that most folks aren't necessarily aware of.

So, if you could walk us through it, in terms of your book, could you explain to us just in broad terms, what are the three types of cardio and how do you go about doing each type?

MG: Well, Eric, I think I'm going to maybe walk you into it from a slightly different direction and kind of tell you my own experiences. The first type is, of course, steady-state, which is just cardiovascular sameness. I mean, basically you're trying to achieve a certain level of energy output in an activity, regardless of the mode, kind of tool along at an even pace. The hallmark of steady-state cardio is the athlete's trying to stay as relaxed as possible to burn as little energy as possible.

Of course, when you shift to interval cardio, which...and I call steady-state the first way. The second way is burst or interval cardio. And that's when there's an element of muscular exertion inserted into the relaxed cardio mode. As the name implies, in burst, you burst as hard as you can in whatever cardio activity you're engaged in. Then, you stop, you allow your energy pools to reconstitute themselves. And then, you can burst again.

So, are you with me so far, Eric?

ET: I am. For everyone out there, though, let's give tangible examples of each. So, in terms of steady-state cardio, are we talking about jogging on a treadmill and not...

MG: A Kenyon long distance runner, a marathon runner, a swimmer, a long distance swimmer, someone who... Yeah, you can get on the treadmill and you can go at a steady, even pace and you're seeking the best combination of duration with intensity. But, you're trying to maintain a purposefully relaxed musculature. That's critical.

ET: Okay. And then, in terms of the interval, what comes to my mind would be sprint intervals. So, sprinting at 220, jogging at 220, sprinting another 220. Is that kind of what you mean?

MG: Sure, now that could even be broken down into 40's or 20 yard-dashes, any type. You can leap, you can bound. These are types of bursts part of cardio, playground basketball, anything intense. What happens is different energy pathways are utilized and there's an element of muscular exertion combined with cardiovascular activity.

ET: All right, so then we come to the third one, and that's the one that I want to focus on, because I think it's going to be new to many in this audience. That's hybrid cardio.

MG: Right. Hybrid was first pointed out to me by Dr. Len Schwartz back in the '80s. Len was the originator and the inventor of Heavy Hands. Len was a medical doctor, a psychiatrist and a sports performance doctor. He worked at the University of Pittsburg Laboratories. Len had been analyzing all-time VO2 maxes generated by champion athletes. What he was noticing was an oddity. He thought that the marathoners would trump everyone. But, in terms of VO2 uptake, it was the cross country skiers. The reason was is because they use their arms in the propulsion. It wasn't just leg-only cardio.

So, that got Len thinking, and he created a whole system based upon the use of dumbbells formed about sustained aerobic patterns. He called this "Long Strength" where let's say a powerlifter or weightlifter, he would term that "Short Strength". So, that started me off thinking.

I ran into another guy named Ori Hofmekler...Ori is generally thought of as a nutritional genius. But, Ori talked about the ancient...he did a lot of studies about ancient Roman warriors. They carried sixty pounds of weaponry and shield and they weighed, as far as we're able to determine, 130 to 140 pounds. So, these guys were doing field maneuvers, carrying roughly 40-50% of their bodyweight.

He also pointed out that the long distance rowers that rowed the ancient, giant boats, the records that they set, 500, 800, 1,000, 2,000 years ago, still stand to this day. The type of physique that it would take to carry that armor all day long and the type of physique that is necessary to row a boat with that sustained amount of effort is called hybrid super muscle. Actually, you can transform muscular composition with the right type of exercise.

ET: Okay. So, what we're getting at here is hybrid cardio, it's a type of training that is kind of a marriage between the previous two that we discussed in that it has to be sustained, but at the same time, it has to be intense.

MG: Yeah, yeah. It's sort of a combination of both interval...interval is close, but with the hybrid, in order to develop the hybrid super muscle, the guys that I look to for advice...and there's another fellow I want to bring in. It's Mark Coleman.

ET: Yeah, the fighter.

MG: I don't know if the listeners follow the UFC, but Mark and I, I've been interviewing Mark for the past 15 years, throughout his career. He was one of the ones that highlighted it to me about the hybrid super muscle when he said that the early UFC fighters were having terrible problems gassing-out.

He said, "Marty, we can't figure it out. We can stationary bike all day long. Some of us can run 26-mile marathons. Yet, we're getting gassed-out within three minutes of a mixed martial arts fight." What is was is that they were wreaking havoc on their blood sugars because the type of exertion that they were forced to generate was not anything like their training.

ET: Before we get into the science, because I do want to touch on the science of what exactly is happening when we engage in this hybrid cardio in terms of muscle fibers, but before we get there, and you've already kind of touched on it a bit with Mark Coleman and the UFC fighters. So, what kind of athletes would really be interested in partaking and weaving-in hybrid cardio into their training system? And then, are there any athletes that would want to avoid this type of hybrid cardio for whatever reason?

MG: I can't think of any athlete, that's the operative phase, athlete, who would want to avoid the hybrid super muscle. It's an ability to go not only hard, but sustained. I think that the UFC fighters are probably the closest ones who are looking to replicate... They hybrid super muscle is the product. The way in which you train to get the hybrid super muscle is the exercise mode.

The UFC fighters are using the mode because they want sustained strength for either two or three, five-minute rounds. As a result, they're getting hybrid super muscle. The people that I've talked to, people like Len Schwartz, Ori Hofmekler, these people are interested in building muscle with additional mitochondria and these attributes are sort of a plus to them. They're looking to build a more efficient muscle through these unique training modes.

Is that too convoluted?

ET: No, well, let's stick right there, before we go to...before we proceed onto whatever specific types of... Well, I won't say athletes, but other types of sports that may not want to engage in hybrid cardio. Before we go there, you mentioned mitochondria, the cellular power plant. If you could explain for the readers in simplistic

terms, if you could, why is it important, why would someone care to try to get more mitochondria into a muscle cell?

MG: More is better, more is...these are energy blast furnaces. The more blast furnaces you have lodged within a particular muscle, the more efficient that muscle is at every aspect of its muscular existence. It's better at in-taking nutrients. It's better at expelling waste products. It's better at every definable characteristic of a muscle. Every favorable characteristic is enhanced with additional muscle mitochondria.

A pilosity of muscle mitochondria is usually found in clinically obese people. Okay? Tons of muscle mitochondria are found in elite athletes. But, they're confined to the muscles that the athlete uses within their chosen sport.

ET: So, if we're creating more mitochondria in the muscle cell, not only are we able to...

MG: In the muscle. You're creating more mitochondria within the muscle.

ET: So, when we do that, not only are we able to more efficiently, perhaps, use the food that we eat, we also are going to be able to output more energy? Is that correct?

MG: Oh, yeah, better endurance, but also the type of endurance is not easily fatigued when the element of muscular fatigue is introduced.

Let's say you've got a Kenyon long distance runner who can run 10 miles, and he just glides. You've seen these guys, and they go by and they don't...their footfalls are effortless. But, you put a 25-pound pack on that guy's back and all of a sudden he's thrown out of his element.

Additionally, the solution that Coleman and these guys found is that if they trained using resistance in a cardio fashion, that their capacity grew exponentially, and exponentially quick. As you and I were talking before the show, you having gone through Bud's training, you know the type of training that we're talking about, things like carrying a log for distance, holding your boat overhead while you're running along. I'm not suggesting that the normal person go out and do this, but that is the type of sustained exertion that is needed if you're holding a log overhead or a boat overhead, well, that's shoulder and arms right there. Bring back fond memories, Eric?

ET: Yes, it does, Marty. Grueling memories, actually.

MG: I bet you were in the shape of your life there, weren't you?

ET: Yeah, and I think it was a different shape that I was in...

MG: A different shape. Now, imagine if you had that degree of condition that you had back then, and combined it with the absolute strength that you now possess. Now you're talking about super athlete, the athlete that has not only the hybrid muscle, but also has that incredible powerlifter absolute strength. Now, you put that together and you've got a formidable athletic package.

The mixed martial arts guys, they're missing the boat a little bit because they're neglecting the absolute strength. They're going for the sustained strength, but I've had many conversations with Mark Coleman about this. It's like they now are training in such a way that they're able, their energy output, they can go and go and go and go and go. But, I think that super strength needed to perform like Rampage Jackson exhibits when he slams somebody from overhead, most of those guys are missing that element. If they had that element to compliment their hybrid super muscle, then they'd have it all.

ET: So, to sum-up the more mitochondria there are in the muscle, the greater the energy capacity, which can fuel strength and endurance.

MG: Everything.

ET: Mark Coleman and other UFC fighters can attest to this, because as you mentioned earlier, they could ride the bike all day long or be able to run a marathon, but once they started to incorporate this hybrid cardio into their training regimen, they found that they weren't as winded.

MG: Yeah, but the problem was that when they got into a grappling, punching, kicking, tugging match, all of a sudden their energy storage capacities were drained.

Let me just give you a very, very quick analogy, Eric, and I think it will tie it together. I watched this British import show, "Top Gear" and on it they had...the guy was doing a 600-mile race and he had a brand new Mercedes 770XK that could do 220 miles per hour. He took it on the Audubon; the race was 600 miles. He said the problem is, if I run this vehicle 200 miles an hour, which I can, I will have to gas-up every 23 minutes. He would burn through 20 gallons in 23 minutes, going at 200 miles an hour. Now, that's like a UFC fighter when the referee says, "Fight!"

They have a finite capacity in their athletic gas tank and if they burn it out, they burn through it quickly, at a 200 mile per hour analogous rate, then they're in a Hell of a lot of trouble at the end of three minutes when they've completely expended and there's no gas stations in a UFC fight. You follow me?

ET: Right, I do, I do.

MG: So, how do they deal with that? What do they do? Do they get a bigger gas tank? Do they train their body to use the gas at a slower rate while having the same

athletic output? That was the problem, the dilemma that Coleman and those boys were faced with.

Now, the way that they solved it was in their training, they did a lot more grappling, push, pull, tug from weird angles. They also started doing things like flipping tires, throwing medicine balls, sledgehammers bounced off tires, wheelbarrows loaded with plates, pushing them up a hill, dragging things, kettlebells, all kinds of odd implements lifted, repetition clean and jerks for like 50 or 100 reps, things like that. Excruciating, right?

ET: Also quasi-strongman training.

MG: Very much so. Have you noticed how the physiques on the strongmen have morphed over the years? They made these stupid events longer and longer for the TV. The World's Strongest Man should be, you pick up an object, once. But, television has perverted The World's Strongest Man. They have told the promoters, we need longer events for TV effectiveness. That's why they drag chains, the pick things up and run up stairs and do these extended strongman feats, is because they need to stretch it out for the benefit of the TV.

But, what's happened is they have developed muscle mitochondria because of these extended events and these strong guys today, like the Polish dude, Mariusz, although I think he's probably a little bit chemically aided, these guys are as lean as bodybuilders now days.

ET: Yeah, I was going to mention Mariusz Pudzianowski is probably the poster boy for hybrid cardio, if there ever was one.

MG: And pharmaceuticals.

ET: Well, I can't speak of that.

MG: You can bet the farm on it, brother.

ET: Well, but I'm just going to...I'm going to look...I'm going to look at him and I'm going to look at his performance and there's no doubt that his ability to sustain strength over time is phenomenal.

MG: Yeah.

ET: And not only that, but the amount of muscle mass he can carry with such a low amount of body fat and still be so functional, is really...it's amazing.

MG: He's a great example of that type of training. He's forced to do these extended exertion events. I mean, he's got to go sometimes, what, two minutes putting out

maximum output, right, carrying 440 pounds of this, dragging 800 pounds of that. How do you train for that? You train for that by doing that.

How does a UFC fighter train not to get gassed? He fights... Coleman would do things like he'd have five fresh opponents that would jump in on him every minute. Every minute he would grapple and every minute a new, fresh opponent would rotate-in.

ET: We're going to segue towards the muscle fibers, what is actually happening. But, before I go there, the one last point I'd like to touch on with the hybrid cardio is you mention in your book The Purposeful Primitive, which I recommend everybody pick-up. I haven't finished it myself, but I've read excerpts from it and everyone that I trust in the strength training world is, really.

You mentioned that there are some downsides to this type of hybrid cardio training, and you particularly make reference to trying to do it along with absolute strength.

MG: Yeah, there's a definite conflict there. I think that if you're setting up a training regimen you can't do...well, maybe you can. I don't know, maybe there are physically capable guys out there who can do it. But, it seems, in my experience, that having an intense, extended hybrid cardio session in the morning cuts into my performance capacity of I'm doing absolute strength that afternoon.

ET: For everyone out there, could you put us all on the same page by what you mean and what strength coaches and what the strength field means by absolute strength?

MG: Yeah, that would be your classical weight training, your powerlifting, your bodybuilding, the high examples of the art in the lifting and bodybuilding world. That's absolute strength. You're training with weights, you're using them in classical fashion where you're doing certain key compound, multi-joint exercises, backing it up with some isolation movements, staying in the standard five to six sets per exercise, anywhere from one to 20 reps per set. That's classical. That's training for absolute strength.

Sustained strength is doing things like wearing a weighted backpack while you take a run, a hike, a jog. I run the mountain trails in my neighborhood and I'll wear ankle...right now I'm wearing 10-pound ankle weights and a couple more pounds around each wrist. Sometimes I'll put a backpack on with that.

Back in your military days, what did your full pack outfit weigh, 60 pounds?

ET: Well, in Bud's you don't carry...

MG: When you finally got in-field?

ET: I actually didn't graduate from Bud's. I was injured.

MG: If you're in the military, if you're a soldier and you're completely packed-out for combat, I mean, you could be carrying what, 60-70 pounds?

ET: Yeah, there are friends of mine that I know firsthand, they went to Afghanistan and they would have, even in excess of, 100 pounds of gear on their person.

MG: Right, carrying that up and down those ridges and those hills and those mountains. That, again, that's an element of exertion. The interval stuff, that's easy. Sprint as fast as you can in the pool or on the ground or do that in shorter bursts. That's like stuff up to a minute, I would think. The sustained strength stuff, you're looking for longer. A lot of these kettlebell guys are making good use of sustained strength. It's a good sustained strength mode. I think that there's some real benefit to using kettlebells for building a hybrid, third-way cardio.

One thing I want to caution your listeners is, just because you build hybrid cardio, let's say, in your legs, doesn't mean you're going to build additional muscle mitochondria in your arms. Mitochondria is built in direct relationship to the use of the muscle. If you're carrying heavy weights on your back, which is leg-centric, that's not going to put additional muscle mitochondria in your arms. On the other hand, if you're waving heavy hands around for consistent period of time, that's going to put mitochondria in your arms. It's not going to do anything for you legs. Do you follow?

ET: I do.

MG: Okay.

ET: So, in your experience, it was a very tough thing to reconcile hybrid cardio with, as you discussed earlier, training for absolute strength.

MG: Right, but you can integrate it, if you're in really fit shape, by taking off that day. If you have an absolute training session that day, well, just don't do your hybrid cardio in the morning. Sometimes I'll take off the day before and that day.

ET: So, eventually, what in your personal experience as well as working with other individuals, what kind of template would you recommend for somebody who wants to try to keep training for absolute strength as well as try out the hybrid cardio? What kind of training would you recommend?

MG: Well, first, any strength athlete should do cardio. Cardio will make you a better strength athlete. You'll possess a lower body fat percentile. Your machine will be much more efficient. Your cardiovascular, cardiopulmonary system will be improved. I mean, a big guy, 200+ pound guy, he can get a good cardio workout by walking briskly, particularly if there's some hills around.

So, it's important that you use cardio. It also keeps the metabolism elevated, keep the appetite kicking. If you're a strength athlete and you just sit around, the only thing you do is lift weights and eat pizza and drink beer, you're going to be in a world of hurt at some point. It's important that if you are a strength athlete, then act like an athlete and include some cardio.

Now, if you decide that you're going to do cardio, basically all cardio falls in one of three categories. Steady-state, we know what that is. That would be like walking on a flat piece of ground for whatever the duration of your exercise session is. Burst or intervals, that could be 20-yard sprints in each direction. That's a very, very simple version of burst cardio. And sustained or the hybrid cardio, that could be doing circuit weight training for 30 minutes. It could be who knows, kettlebell or medicine ball session or a sledgehammer session, clubbells, all kinds of different ways to include the muscular effort in sustained cardio.

In a hybrid cardio session, you kind of want to get moving in some sort of even, rhythmic pattern and then add some sort of muscular effort to it. Like those guys who used to pound the railroad spikes with the sledgehammer, that was some hybrid cardio. You know what I'm talking about?

Back in the day, they laid railroad by hand. They drove spikes. A guy would have a sledgehammer and he would drive each railroad spike in. They'd do that for eight, ten hours a day. Can you imagine the amount of mitochondria that that guy would have in his arms and shoulders and forearms and upper back and lats? Incredible.

ET: Yeah, and we could go in a completely different direction and talk about how that was one of the reasons we see more obesity today than then. People were just able to build more mitochondria because many jobs were much more blue collar, actual physical labor, physically oriented.

MG: Yeah. You kind of want to get...optimal hybrid cardio, you get all four limbs dealing with resistance of some type. Len would talk about if you just use your legs to generate cardio intensity, that's very hard. If you use your legs and your arms, you can generate that same amount of intensity, but the work seems less because you're spreading the work amongst four limbs.

That's an important element of hybrid cardio. Yes, you can do 3rd way cardio, just legs. Yes, you can do 3rd way cardio, just arms. But, ultimately, the highest expression of that art is all four limbs dealing with resistance simultaneously.

ET: I see. So, let's touch on the science of what is actually happening. I think in order for the listeners to understand, we're going to talk about muscle fibers. There

are...we could say that there are type one muscle fibers, type two muscle fibers and now the hybrid muscle fiber, which I think you refer in your book as a type three.

MG: Yeah, that's my own. That's not scientific. You should probably just stay with the type one and type two and then I think it would be fair to say that using specific training protocols, you can create a hybrid that has the capacity to use both aerobic and anaerobic energy pathways.

ET: Okay. So, before we get there, set it up for everyone, just quick summarizations of what a type one and a type two muscle fiber is and then let's talk about which attributes...

MG: You're killing me. If you had the book there, you could just read it. I mean... I don't want to go through the type one and the type two, the scientific explanation of those fibers, because you got type one, type two A, B and C. You've got different graduations of this. Suffice to say that a muscle, generally speaking, can use an aerobic or an anaerobic energy pathway and that optimally there's a third way in which you're able to train a muscle through sustained effort. You're able to transfigure that muscle, to radically reconfigure the literal composition of the muscle.

The way you do that is sustained effort, consistent effort, over a protracted period of time. That enables that muscle to operate much longer at a much higher level of intensity. It's a beautiful thing.

ET: Yeah, what I wanted to convey is that type one muscle fibers are primarily used for slow, like the higher endurance activities that you talked about earlier, the steady-state cardio. Type twos are guys that are doing the powerlifting, Olympic weight lifting, explosive bursts of energy and strength. And the type three, if you want, is kind of...you mentioned in the book. It's an intermediate fast-twitch fiber. It's a cross between the type one and the type two that utilize both aerobic and anaerobic pathways.

So, in case the readers don't know the science behind it, I wanted them to kind of know how...what is exactly happening underneath all this rigorous, sustained, long-distance cardio, what is really happening to the muscle.

MG: Are you asking a question?

ET: No, I'm just kind of clarifying between the type one, the type two and then the hybrid cardio muscle, or the hybrid muscle.

MG: Right. Well, I don't quite know where you're headed with that, but I think that you're dancing all around the bush here, because really what you want to find out is how do you make that happen. The training. How do you acquire that.

ET: Sure. If you want to go ahead and go into that.

MG: Well, I think I have. I think I've gone into it into some detail that every athlete out there or every fitness minded individual who's looking to shed some body weight needs to have three key, critical, core elements. You've got to have a resistance training element, you've got to have a cardiovascular training element and you've got to have a nutritional element.

Now, within the cardiovascular element, you have three choices. Anytime you engage in an aerobic session, you have three options. You can have a steady-state session, you know what that is. We can have a burst or interval session, or you can have a third way, sort of a hybrid muscle building session.

If you chose the hybrid muscle building approach, what you will need to do is you will need to inject an element of muscular effort into whatever cardio mode you choose. Again, that could take many forms, very popular, these kettlebells. Have you seen these clubbells, Eric?

ET: Yes, I do know what you're talking about. But, for those of us that may not...

MG: It's a weighted bat. Scott Sonnon put some out. Scott's up in Bellingham, I believe. They're various weighted bats and you can take these things and you can use them as if you would like an ax. Or, you can use them and cut different motor pathways with these heavy implements as you're moving them through space. Kettlebells are the same thing, the different snatches and the jerks and all that stuff. If you heave kettlebells overhead in various movements and motions for 30 minutes, that's a great third way exercise session.

Anything. You can invent your own. You could do clean and jerks for 50 reps followed by 20 reps in the deadlift followed by 30 reps. You know what I mean? You could invent your own weight training, extended weight training movements with high reps, focusing in on exercises that incorporate lots of muscles. There's a million different approaches to this. Again, I would suggest that if you've got a heavy regular absolute weight training session, don't do the implement cardio on that particular day. To me, it's too much.

ET: Have you found that alternating days works okay for most folks?

MG: I'm a very intuitive guy and every day I wake up I say, "Do I feel like doing a steady-state session, a burst session or a third-way session today?" Okay? And again, my weight training, I'm 60 years old, and my weight training will shift and vary. Okay? I usually tend between three to four sessions a week. Sometimes it's as few as two. Sometimes I'll go as many as six. But, it's all very intuitive.

But again, I think that by having three different cardio types at your fingertips, I think it keeps cardio training very interesting. People get bored with steady-state all the time. That gets old fast, just sitting there in that damn stationary bike, just pedaling. It's like, come on man, get outside. Do some sprints. Put a backpack on, put a kids' backpack, 25 or 35 pound dumbbell plate. Put it in a kids' backpack. Find some hills, take a walk. That's third-way leg cardio.

ET: One of the really important things I like about his stuff that you speak about in your book is that it really forces you to...and you touched on it earlier, to be intuitive, to get a little bit more in touch with how you function. And then, to use some creativity, break out of the rut, the mold, as you said, and just throw some weight in a backpack or whatever the case may be. Even keeping the mind fresh is just a great way to reinvigorate and reinvent your training to keep you going and perhaps achieving to the next level, your next goal or whatever the case may be.

MG: Get outside for your cardio, people. If you can, given a choice, get outside. Go to the parks. No one is in the parks. They're empty. Go to the public parks. Every municipality has a public park. Go to it, use it, walk it, hike it, sprint it. Use the exercise equipment. It's fun. It makes it interesting. Get out of those stuffy gyms, quit sitting next to some guy who had 15 beers last night and you're breathing in his carbon monoxide exhalations. Get outside. Move around.

ET: I agree. I agree totally.

MG: And please, if you do jog, people, please don't jog alongside the road. I live in a beautiful community. We have this group of joggers who insist upon jogging down the main public highway because they want everyone to see them. Look at me! I'm doing fitness. Meanwhile, one block off in either direction is the most beautiful back country lanes. But no, they can't be on those. They have to be where they're seen.

Get off the main roads, people. Get in the back roads, get outside, variety, variety, variety, that keeps fitness interesting. If it's fun, you'll do it. If you dread it, it's just a matter of time before you're quitting.

ET: Well, Marty, where can folks go if they are interested in finding out a bit more about your book, [The Purposeful Primitive](#), a bit more about some of the articles and things that you've written? Where can folks go?

MG: I post a bi-weekly column on DragonDoor.com. We spotlight all the before and after type people that I work with. That's sort of the central clearinghouse. You can get my episodic encyclopedia, [The Purposeful Primitive](#), it's cheap. It's actually five books in one. It's got a section on resistance training, a section on cardio, section on nutrition, section on brain train, very important, and a lot of anecdotes and experiences, tips.

Dorian Yates called it, 'the best book on health and fitness that he's ever seen.'
Dorian's seen a few.

ET: Yes, he has.

MG: So, that's it. Eric, I appreciate you having me on. People, if you want to go to DragonDoor.com, look me up. Like I said, it's a big, wide world out there.

ET: Well, I appreciate you discussing with our listeners today your philosophies and hybrid cardio as well as the hybrid muscle fiber. Thanks for taking the time...

MG: And hybrid lifestyle, brother. The hybrid lifestyle.

ET: Okay.

MG: Talk to you later.

Visit this page to download the audio mp3 file:

<http://www.leanhybridmuscle.com/marty.htm>

About Marty Gallagher

Three-time World Master Powerlifting Champion, Teenage National Olympic Lift Champion, Marty Gallagher coached Black's Gym to four National team titles and in 1991 coached the United States squad to victory at the World Powerlifting Championships.

Marty's highly-acclaimed 230+ weekly Live Online columns for Washington Post.com created a legion of followers for his Purposefully Primitive Fitness philosophy. Over the last thirty years he has had over 1,000 articles appear in two dozen fitness publications.



About Eric Talmant

Eric Talmant is a top lightweight powerlifter and has a "passion for all things nutrition." A 1996 graduate of the University of Evansville, Eric is a certified Metabolic Typing® advisor and Functional Diagnostic nutritionist.

Talmant is certified to offer the Advanced Metabolic Typing® Test as well as order blood work (the Signet MRT Test, U.S. BioTek ELISA IgG allergy test, the High Sensitivity C-Reactive Protein heart health test, and the BioHealth Diagnostics Adrenal and Hormone Profiles to name a few) and dispense hormones.

Eric has competed in the ADFPA, NASA, AAPF, APF, APA, the WPO, and the Raw Unity Meet.

