



## WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



### **Luke Allison Interviews Matt McGorry**

LA: This is Luke Allison from CriticalBench.com and I'm here with Matt McGorry. Matt, how are you?

MM: Good, good, how are you?

LA: Doing all right. Take just a second and introduce yourself. Give the Critical Bench listeners an idea about your athletic background.

MM: Okay, sure. I guess starting way back in the beginning, I didn't have much of an athletic background. I was always never quite too good at sports. I originally started training with weights when I was about 14 years old because we had to do pushups for gym class and I couldn't do one. So, I ended up actually working with a trainer at that point and that kind of got me into it. And from there, I think the naturally progression was once I found out that I enjoyed lifting weights to kind of compete in that. So, I've

been competing in power lifting for the last couple of years. I do raw power lifting, mainly in the USAPL. Yeah, I compete generally in the 198/181 class.

LA: Now, one question I like to ask a lot of people, especially power lifters is, why power lifting? It's a little bit off the beaten track.

MM: Right. Well, so I started back when I was 14 lifting weights, originally. I found that I didn't really have a whole lot of athletic potential in general. I found one thing that I could do fairly easily was actually put on weight, whether it was muscle or fat, and the combination of both. I particularly enjoyed it being...I just enjoy the one man sport of lifting weights. Essentially, you took all the blame if you didn't do well, and you took responsibility if you did.

I really enjoyed the fact that essentially you could pile up information, study everything you could and directly apply it and see those results improve. I think that kind of crossed over to every other aspect of my life after I began in power lifting. Yeah, so I think it was the natural progression of finding out that I enjoyed lifting weights. I initially started with more of a bodybuilding approach, get myself quite a bit bigger than I am now, actually, about 20 pounds.

And then, I was actually in Boston studying in school and I ended up meeting up with Eric Cressey, who's a power lifter. He's also a great writer and strength coach. At the time, I was about 220 and he was about probably 185. I went out there and I started training with him and I was just getting destroyed by him in the gym. I figured I wanted to do more than just kind of look stronger than I was, actually. I kind of wanted to be as strong as I looked or more so. That was it. That kind got on there from there.

LA: That's a good start. I think you're going to make at least a couple of people jealous by doing that.

MM: Thank you, sir.

LA: Sure. Now, why raw power lifting? You're probably, I guess, in a bit of a minority. Talk a little bit about that.

MM: Yeah. Well, the raw power lifting, for me, I guess initially when I started training with Eric Cressey up in Boston, I wasn't really strong enough to kind of warrant the gear to begin with. And now, most times, I generally am training by myself. So, to really kind of, from what I understand, to learn the gear on your own and how to kind of use the equipment to the best of your advantage, requires some definite hands-on instruction. And my schedule, unfortunately, doesn't really allow me right now to make a trip to any power lifting gyms.

It's funny, actually, in New York City, Manhattan specifically, there's really not many power lifting gyms. It's more of a bodybuilding culture in the urban area. So, it was more a lack of instruction combined with the fact that essentially I like to take all credit or blame for my lifts. I feel like I have a lot of room to improve before I really need to add another variable. So, it's not something I'm completely ruling out in the future. But, a couple of years down the line, if I feel like I'm starting to really kind of slow down, maybe five years, 10 years down the line, or if injuries are starting to kind of pile up. I think it's another thing to add in that can really kind of extend the career. And I feel like using that too soon...I don't want to tap-out what I've got, if that makes sense.

LA: Absolutely. It seems as if raw power lifting might be a good option for some of our listeners if for example they're in an area maybe like New York or somewhere like that that they don't have access to a group that is working in gear. People sometimes get confused that they're either power lifting in gear or they're doing something else. So, I think that's a good alternative because I don't think everyone wants to move. That's probably a little bit extreme, at least for the way power lifting is right now.

MM: Sure. I think it's great if you can train with a group of partners. Even when I was in Boston training with a group of guys even once a week did kind of huge things for me. It's just knowing that you're going back there and knowing that you're training with a group of guys stronger than you and you don't want to be left behind in the bunch. I think that carries over into all your other training sessions. So, it's not always even just being there for that individual session. And also, getting the feedback in terms of how to peak for a meet and all the other small stuff that kind of adds up and makes you stronger.

LA: What does it mean to have a training log at Elite Fitness Systems?

MM: It means a huge amount to me, actually. It's been a pretty big year for me. I graduated from college last year and it's funny actually. I had initially this kind of strange fear of writing and I'm not sure. I'm mother's an English teacher, so she's always kind of given me a lot of instruction and I don't know what the fear... I have this weird like fear kind of aversion to writing. Even in college, actually, I'll be quite honest, I proofread probably about 10 papers. I didn't like reading my own writing so much. But, this year actually, I started. I put myself out there. I started doing some writing for a buddy of mine, Nate Green. He's a writer for T-Nation and I wrote an article for his website and then it kind of snowballed from there.

I ended having a few articles on T-Nation and I've talked to Jim Wendler and Dave Tate quite a bit over the years, going to different seminars. I just presented this option to them and actually I talked to Dave when I was out in Ohio for reviewing the Arnold Expo. I kind of pitched him an idea and he seemed to like it. He said he's go

over the stuff and it's a pretty awesome thing for me because I've looked up to these guys for a long time and I really appreciate them giving me the chance to put my stuff on there, especially being, I think, a very different kind of... I go under the name Unlikely Power Lifter, and I think that's the way I presented myself, as someone who's pretty different from most of the athletes that they sponsor. Most of the guys are kind of multi-ply, a lot of big guys and guys who are used to training in power lifting in crews.

Essentially I find myself to be, I think, kind of the newer generation of power lifter, the YouTube power lifter almost where they're getting a lot of information from training websites like your website, Critical Bench, or Elite Fitness or T-Nation and kind of compiling that and talking to various people online and getting ideas as opposed to 10 years ago, people weren't able to do this. I feel like it's kind of expanding that way. So, yeah, it means a huge deal to me and I'm really proud to be representing them.

LA: Now, you mentioned sort of being star-struck. How do you sort of reconcile that feeling with the idea that you can write and you do sort of have something to contribute? How does that work?

MM: Yeah, it's...well, I've got to tell you. I mean, initially, I first met Dave Tate and Jim Wendler at a Syracuse strength symposium. I think that was my sophomore year of college, about four years ago. I really was star-struck. I remember stuttering when I went to speak to Dave Tate and I don't I even bothered speaking to Jim Wendler. This was back in his bloated phase when he was like 275. I think I was just too scared to get anywhere near him. But yeah, and over time, it happened a lot with the guys from T-Nation as well. Over time you realize they're just good people, most of these people are really good people. That's why they communicate. Not only the fact that they're awesome athletes, awesome coaches, but they're generally good people. So, they all hang out together and do a lot of networking together. Over time, yeah, it just kind of came together for me.

That's an interesting thing, too, because when I was thinking about applying for the sponsorship initially, I thought, well, I'm not really strong enough to kind of warrant this. But, then I started thinking about perhaps the positives, the fact that I'm building myself up there. A lot of these guys are very established. These guys are stronger than most of the world already. Whereas, I still have some place to go and some things to learn, therefore, perhaps the leaders can learn as I'm learning. There's mistakes that I make.

Yeah, I also felt that in terms of the writing stuff, people generally came to me for questions whether it was about training, training my clients, the writing that I'm doing for some different print magazines as well. I've done some stuff for Men's Fitness recently, Life & Style Magazine, got something coming out in Men's Health soon. But, I found

that I was just kind of taking the risks that I didn't really want to take. I saw it as something that would make me uncomfortable. Like, for example, trying to talk to someone from a print magazine and sell myself to them. I said, maybe I should do this anyways, regardless. It's kind of been...it's been working out.

So, sometimes it's worth is just to see those risks and realize that perhaps you do have more value than you initially see and just go forward with it and see what other people think. Let other people be the judge rather than kind of judging yourself. If that makes any sense?

LA: Sure. On a personal note, I'll tell people to go look at your log just because, at least for the average person, it's probably a little bit easier to relate to some of your numbers than it is Briand Schwab or some of the other guys that are top numbers in their weight class and things like that. So, it's not quite as intimidating. I know you're preparing for a meet right now, sort of talk a little bit about where you are now and how far out you started.

MM: Okay. Well, right now I'm about three weeks out as of yesterday. The meet's in Virginia. It's USAPL Raw Nationals. It's my first every national meet, which is a pretty cool thing for me. In the past I've just done the local meets. And a lot of times that's fun, but generally I'm just going there for PR's, because it's really a matter of who shows up. So, your personal record is the best thing I think you can get.

In a national level meet, either you get really good guys that show up and you get absolutely crushed a lot of times. Or, you get like a mediocre crowd and you end up winning. It's a funny thing with me, I'd either rather go head-to-head or completely get crushed and still kind of maybe come out at like 4<sup>th</sup> or 5<sup>th</sup> than I would kind of just dominating the competition, just because I don't feel that his moment that...I'm pretty far from my ultimate potential, I think, and I just like that challenge. So, this can be definitely a real challenge for me.

My last meet I did...this will have been five months since the last meet, which is a little longer than I like to do. I think usually 12 weeks, 12 to 16 weeks is a good cycle for me. So, at this point I've been using Jim Wendler's 5/3/1 program, which you guys may have heard about. It's been getting a lot of testimonials from various lifters online and people have had a lot of success with it.

So, two weeks ago I had a de-load and then last week I worked up to some kind of estimated openers. So, I worked up to 525 in the dead lift for a single, which was estimated 90% of 585. I worked to 285 in the bench, which is an estimated 95% of 300 and a couple of singles at 405 in the squat, which is an estimated 90% of 450. So, from there I'm basically judging essentially the speed of the lift, how clean the technique is. In this training cycle I actually haven't really lifted anything less than I could do for

probably eight reps on my main lift. I've still gotten stronger and I'm also regaining weight from back when I was 181 in February, the end of the February.

So, there are some different technical issues that you just...you tend to forget about or they kind of all by the wayside or they have the tendency to when you're used to working with relatively lighter weights. For example, on the dead lift, my hips shot up pretty fast. I ended up kind of stiff legging the weight because I wasn't used to kind of having to really think about keeping that torso stiff the way I do with heavier weights. With a lighter weight it's easier to kind of just take the breath and go from there.

So, yeah. And I judge generally my attempts on how fast those look and also comparing them back to previous videos. On my YouTube account I've got videos from the last few years. So, I can generally see what I do and what I call my skills evaluation and how fast those lifts look and then how much that carries over to in the meet, how much weight I have left in me.

I feel like that's been a huge thing with the videotaping, too, is it's just really allowed me to kind of judge essentially how much left I have in the tank and any kind of technical errors as well, obviously.

Next week I'm actually trying something a little bit different. I'm essentially...I'm working up to some heavier lifts. I've been talking to a power lifting coach, Matthew Gary. He's a great coach. He coaches a very high level in the USAPL and the IPF and he's kind of helped me put together this peaking cycle. I feel like that's something that's always evolving. I feel like even the guys who are competing for 10, 20 years, are always talking about finding new and better ways to taper for competitions.

So, yeah. I'm thinking next week probably working up to some more 90%, 95% in the bench. The bench felt really easy this cycle. I think for the first time in my life it's actually making some progress. The dead lift feels pretty good. I'll probably work up to some more 90%, maybe 95% and the squat I think I'm going to go a little higher, too. And then from there, I'll really start backing off, working on singles in the dead lift, just working for the speed. The last week will be basically completely off on dead lift, more so on squat, too. Maybe a little benching a little assistance work. Yeah, that's kind of it. Next time I'll kind of see how it works and take it from there, yeah.

LA: Okay. That's a lot of stuff in very sort of detailed. Has there been something specific that you were focusing on from the last meet in preparation for this meet?

MM: Let's see... I guess really one thing...basically I did for about 16 months previous to my meet at the end of February, I was using Sheiko, which is the Russian power lifting system. It's kind of a higher volume approach, which I found very effective

in building strength, especially so without actually increasing muscle mass. So, for someone who's at the top of their weight class, I found it very effective.

For the February meet, February 28<sup>th</sup>, I dieted down from 200 to 181 and this was with a two hour weigh-in. So, it was pretty much a true 181, maybe 184, 185. I dieted some muscle off, for sure. I was pretty lean, but I realized after that that I didn't have a whole lot of muscle on me, or as much as I probably could. I was working with Shelby, I've been working with him for about 30 weeks now. He's another contributor to Elite Fitness, great nutritionist, also a bodybuilder in his own right.

I essentially... Once I came down to 181 I thought to myself, wow, if I could add on, theoretically over time, 20 pounds of muscle or 15 pounds of muscle, it will do that much more for my lifts. So, funny enough, I'm actually...this time around I was actually really working on essentially staying a bit leaner and putting on just a higher percentage of muscle to fat. Because essentially, I mean, no, we're not bodybuilders in power lifting, but essentially the more muscle you have and the leaner you are, the better you're going to be for your weight class. And that's why, a lot of times, I think you might see bodybuilders in the gym, at least in their early stages of their training, maybe out lifting some power lifters, essentially because if the power lifter's carrying an extra 20 pounds of fat or 15 pounds of fat, and the bodybuilder's pretty lean, then relatively he's going to be in the lower weight class and somewhat stronger.

So, I've actually been concentrating somewhat on building muscle this time around, a lot on the nutrition. It's been about 30 weeks now and it's funny. When I first started I didn't think I'd be able to adapt, but I'm doing a lot of my own cooking. Basically all my own meals, six or seven meals a day, I'm cooking. Bringing...hauling around Tupperware with me. It sounds like more of a bodybuilder now than a power lifter, in a weird sense. But, it's been working pretty well. So, yeah.

LA: Okay. Well, it sounds like a sort of long-reaching goal that has some sort of implications into a lot of different areas.

MM: Absolutely. Yeah, and I think going back to the Sheiko approach, like I said, I did find it worked very well for me, but wasn't that effective at putting on muscle. I think once I go back to that, you're really setting yourself up for more gains. Essentially, the more muscle you have, the more potential for strength you have as well, up to a certain limit, obviously.

LA: Now, previously you talked about sort of videotaping lifts. Do you have criteria that you use in terms of watching for bar speed or sort of how you'll archive things or sort of anything like that that people can sort of take-away?

MM: Let's see, I guess I have a few different aspects of it. I used to be...I guess before I got my iMac I had no editing software. So, it used to be single sets done where you'd see me walk up the camera and walk away from the camera. Then, I started...first of all, I enjoyed posting them. I enjoyed posting them and putting the music to them. As long as YouTube doesn't take the music off now-a-days, which is starting to happen more and more.

Initially, I think it was more about when I felt that I'd given an effort that was really pretty substantial, that I liked to post it. Whether or not it was actually...I viewed it to be a great lift or not, if it was strong enough...or if it was a hard enough battle that it was worth posting. Or, like I have this floor press video from a couple of years ago. I was doing 295 or something and it's actually pretty funny. With my legs straight I got enough leg drive that my butt was about 6" off the ground, with straight lets on a leg press. Not the most ideal thing, but I did find that it was funny enough to post. I think Jim Wendler complimented me on it saying that it was a good effort. And it's kind of like crapping your pants on dead lifting. You don't really want to tell anyone about it, but it still makes you know that you worked your hardest on it.

Now, I'm posting definitely all the skills evaluations where I'm working up to heavier weights. Now that I'm starting to get a little bit of a following on there, I'm just trying to keep people entertained, but also not kind of over saturating. I think taping every session is a little much. People get tired of it when you see your subscription updates. Sometimes you're just like, ehh, I'll watch the next one.

But, yeah, I think there's a certain...as we'll probably get into later, I'm also an actor. So, there's a certain probably performance aspect of it as well, just in terms of finding the camera angles and pairing the music to it and whatever else. But, yeah, I think it can be very useful in terms of personal form feedback. If you're not training with a crew, which I'm not, it's important to be able to send these to someone. So, whether you're sending it to guys on the Q&A at Elite Fitness, who can give you feedback on it or other power lifting coaches, I think it's been like probably the most useful tool in our modern day training arsenal.

Not to mention the kind of essentially moral support, if you're training at a gym that's got no power lifters, it feels a little lonely. No one really gives a crap if you've gotten a new PR in the gym. But, if you post it online and some of these people have forums where they post their videos, which is what I was doing, essentially, then you get feedback and you get people who are encouraging you. Essentially, you go in a competition with the other guys. So, it's an interesting kind of internet, essentially, training group where you can get the feedback and you can get that kind of sense of competition.



So, even if you are training by yourself, you can think, hey, someone's going to appreciate this other than me. And I think that really helps you stick to it and that's essentially why a lot of people hire personal trainers is for that accountability and to be able to have someone else see what you're doing and give you feedback.

LA: Sure, sure, that support is...it doesn't matter how you get it, but it is that constant that needs to be there in some shape.

MM: Absolutely.

LA: How important are de-loads to you?

MM: De-loads are, to me, I think, supremely important. I've never really understood. Some lifters are very old school. They don't take any time off. Personally, I don't see how that can be done. Maybe I'm just missing out on something. Maybe there's some kind of genetic component to...I hate to use that card, but I think the de-loads are supremely important. As we know, fatigue masks fitness. So, the more tired you are...and essentially to get stronger you have to impost a certain amount of fatigue on your body. Then, you'll see kind of essentially a performance decrease. As you increase the fatigue you'll see a decrease in the performance. It's temporarily if you're doing it in the right way.

The de-load, essentially, allows you to rest your body and actually come back stronger and eliminate some of that fatigue while also kind of giving your body a rest, giving the joints a rest. So, I think there's no way to do without it. Unless, someone's competing enough that they're frequently tapering down and peaking, which is essentially an extended de-load where you're trying to get rid of essentially all that fatigue. So, unless they're doing that, I think the de-loads are incredibly important.

Right now, I'm doing more of a...every 4<sup>th</sup> week I'm de-loading, which is what I did kind of when I got started in power lifting. Eric Cressey got me into that. He's very much about fluctuating the training stress. We often start, week one would be like a high stress. Week two would be a medium, week three would be super high and week four would be a de-load. And that way you're kind of getting that super compensation effect. We would do that basically by changing the volume as well as the intensities of the lifts.

But, by the same token, I also...when I did Sheiko, I really...I would go a while without a de-load. I'd go eight weeks without a de-load, 12 weeks. But then again, that program, for me at least, I found that it really took a toll on me. It was tiring. I felt, a lot of times, tired, generally most of the time. But then, once you got rid of the fatigue, it worked. The lifts would just shoot on up.

LA: I think it's sort of becoming, I guess, en vogue now to be much more sort of aware of the de-load and the programming as far as over-use injuries and all that.

MM: Absolutely.

LA: It's definitely something people can look at and make their own evaluations. But, they're being told it's out there. So, that's good, at least.

MM: Sure, yeah.

LA: Talk a little bit about sort of what you do, maybe differently, to manage training where you do it sort of by yourself in a commercial environment. What do you do when people are staring at you or they're sitting on machines that you're usually using? Go into that for a minute.

MM: Okay. It's funny. I haven't had much of an issue with that. First of all, the staring I don't really mind. I don't really care unless it's aggressive, which actually sometimes it has been. If someone's just staring because they're watching, that's fine by me. I mean, I've done it before to strong guys, too. And I think when I see it, if I'm inspired or I've been inspired by someone and if I can hopefully maybe do that for a couple of people maybe through my YouTube channel or even in the gym, then that's great.

I think a lot of the thing with power lifters is people stereotype them as being big, mean bastards and I think a lot of times that's not the case. We're just focused on what we're doing so we don't have a smile on our face and we're not talking to every single person by the water cooler.

Generally, I find if people are in the racks, people are curling in the squat racks, I just say, "Hey, do you mind if I work in with you when I'm squatting?" Most of the times they'll say, "No, I don't mind." And once they see you start putting the plates on the bars, they're kind of like, I should probably get the hell out of here, and they kind of pack up their stuff and go, move to the preacher curl bench or the curl machine or something else.

I fell like generally being kind of nice about it is...it works. The only probable I really had was essentially with the dead lifts. I find it very difficult for me to really...when I'm doing a lot of reps, to control my eccentric or lowering phase of the dead lift. I find it really just fatigues my back and if I do that, as the session goes on, my low back flexion gets worse and worse, setting me up for more injury.

So, I found one gym that's a couple of blocks away from me that actually doesn't bother me quite as much about it. They were bothering me for a while about not having any shoes on. I talked to the owner who used to be a power lifter himself and I find the best thing is being essentially apologetic, but also this is what I need to do. Saying,

“Hey, look man. I understand you don’t want me to break my toes, but is there any way I can do this? I really need to do it for my sport and training for competition?” People don’t think you’re just being a jerk my slamming a weight down over and over again, making a lot of noise for no reason if they understand that it’s actually for competition. I think they give you a little more leeway.

So, essentially, I drew up my own waiver that says that if I crush my foot that I’m not going to blame the gym. I signed it and I gave it to him, and that worked out pretty fine.

They’ve also been giving me a little bit of some issues about chalk. It’s funny, the dead lifting in New York, most of the gyms are high up in buildings, so the people below, downstairs, it really disturbs them, which is... I wish it wasn’t the case, but it’s kind of understandable. This other gym that I train at is in the basement. So, it’s not as big of an issue. But, yeah, so they were giving me crap a little while for the chalk. My favorite one for that is I tell people that if I don’t use chalk that my calluses tear off and then I start bleeding everywhere and I start bleeding on the bar and the floor. I tell them, “Look, I’m sorry, I really don’t want to bleed all over your gym, so I kind of have to use this chalk in order to keep my hands dry enough that my calluses won’t tear off.” Usually that tends to work. I’m not sure if it works at every gym, but I think it’s a pretty good excuse.

And the same thing when it comes to putting the dead lifts down loudly. I tell them the dead lift...just kind of explaining it to them. The dead lift starts with a concentric, it starts with lifting. There’s no stretch reflex on the lowering portion. So, essentially, you’re putting all the load on your back if you’re really doing it slowly. I really don’t want to injure myself in your gym. I think the last thing I want is to herniated a disc in the gym with bloody hands bleeding all over the bar, something like that. Essentially just creating this vile image in their mind.

LA: And certainly with you sort of asking for those concessions, you’re hopefully doing what they would want, which is limiting liability in terms of not dropping heavy weight, not causing other problems, not sending the bar through the floor, things like that.

MM: Yeah, exactly.

LA: That’s good. I have a sort of similar problem right now where I’m dead lifting at a commercial gym and they’ve decided the light above the squat rack and the power rack, they’re just going to leave it burned-out. And it’s been out for about five weeks and I train at night. It’s great. Move a couple of hundred pounds in the dark. I can’t possibly see anything going wrong with this.

MM: Maybe you should just bring a lantern and set up shop right there.

LA: I might have to. That would be great. Put that up on YouTube.

I really appreciate your approach because I think that there's movement to get out of those types of gyms, the commercial gyms, the global type of stuff. But, for everybody, it's simply not possible, for work or for convenience or commute or whatever, that they might have to sort of make these arrangements, sort of like you have.

MM: Sure, sure. I mean, I was surprised they even bothered me at all, to be honest, at the other gym that I lift at, because it's essentially a bodybuilding gym. Not a hardcore bodybuilding gym, per se, but I've seen Victor Martinez there and a couple of other pro bodybuilders. You think they wouldn't mind.

But, I think really making that distinction and letting them know that you're not doing it just to be loud and that you're actually training for a competition and this is the way it kind of needs to be done. I think generally people will make a little more allowances, especially if you let them know that you're only doing it for a few minutes.

The Sheiko was tough, because over the course of 2 ½ hours, I'd be dead lifting and I think people were going out of their minds. But, people would come and go during that entire 2 ½ hour training session.

LA: Yeah, that's possibly a week's workout for some people. So, you've got to be careful. Talk a little bit about sort of how you find balance with your other pursuits. You have a lot of other stuff going on. Go into that for a second.

MM: Okay. I wish I had some kind of secrets for that. I feel like a lot of it is just essentially when you find a couple of things that you're really passionate about, and you're willing to make those sacrifices that it ends up falling into place. For me, a typical day right now looks like...essentially, I'll get up. I don't train morning clients, which is nice. I've kind of eliminated that, also because I like to go to bed pretty late and I can't seem to really fall asleep very early.

So, I'll wake up at 8 or 9 and start training clients at 11. Probably train like three clients and I maybe train myself in between, three more clients and then essentially go straight to rehearsal. I'm doing a theater show right now. I'm also an actor. I got my degree in college.

I'll go to rehearsal from say 3 to 6 and then 6:30 I have call for the show and then 8 o'clock I have the show and I get out at 9 and end up hanging out for an hour or two and then head back up town. So, I find if you really want to do these things, if you really have these things that you want to do, you'll make the sacrifice.

Perhaps if I was a full time power lifter and that was truly my only interest, maybe I would make the commute. Maybe I would travel an hour an hour and a half both ways to try to get to a gym where I can get some, kind of more hands-on feedback. But, I feel like it's not absolutely essential and I also have these other interests that are really important to me. So, I'm doing the acting thing as well as I'm also pursuing some comedy stuff. Some people may have seen my comedic YouTube videos. And the writing as well.

It's funny. I think to a degree my social life has become somewhat limited. Although I don't think unreasonably so. I think depending on the demograph that you're comparing it to... For someone who just kind of graduated college a year ago, I'm not going out every night during the week. It tends to be pretty limited to the weekend now a days. I essentially go crazy if I'm not busy.

I've had to cut back a little bit on training clients right now, because of the show that I'm in. So, when the show is over at the end of July, I'll be picking up a lot more clients again, some of my old clients who I had to kind of put on hold temporarily or train a big more infrequently and probably picking back up more in the writing as well.

But, yes, essentially, you see the things you want to do and you make the sacrifices to some degree. I'd be lying if I said I didn't make any sacrifices. I feel like there are some times when I've sacrificed doing fun things, being in certain minor relationships, simply because there's only so much you can do at once when it comes to being very regimented about this. Some people can get away with it. I find though that if I really want to do the best that I can, power lifting included, I need to be making all my meals. I need to be carrying them all with me, cooking a couple of times a week and making sure I'm getting enough sleep. Because otherwise it really burns me out.

So, I'm forced to be essentially a little more selective with how I'm spending my free time these days. I think that's true with anyone who's trying to do a lot of great things. I learned that when I was up in Boston training with Eric Cressey. I saw him... I mean, the guy worked his butt off. I never saw the guy drink an ounce of alcohol, can't say I can claim the same thing. But, I never saw the guy drink an ounce of alcohol, was always either studying or training or training other people. He's doing great things. He's doing a lot of great things for himself.

So, I think essentially you really find what you want to do, try to get good enough at it that you're not...at least in terms of like the personal training. Try to get good enough at it that you don't have to do like 10, 12 clients a day. I just can't ever see myself wanting to do that. I think it would burn me out. I much prefer being spread over a couple of different areas. That includes my own power lifting training, my comedy

stuff, my acting stuff. I feel like I need to be spread in a couple of different areas and that makes me...that keeps me a lot more fresh in each of those different areas.

Other than that, just being hungry. Reading all you can, trying to learn all you can. Seek out the best people. That's really how you learn, save a ton of time, by hanging out with a lot of these smart guys, you find out what books are worth reading. So, you're not wasting time reading the bad stuff. What things work kind of in the field and what are just essentially written about, but no one's ever practiced them before. You kind of pick up on all these things and just having that good network of people to bounce stuff off of becomes incredibly useful.

I'm going on a little bit of a rant here. Sorry about that.

LA: No, that's good. I think a lot of people get sort of confused about how they can break up their time and do time management things and prioritize. They don't have a lot of examples to go to, so I thought your case was sort of worthy of giving time to.

We're beginning to run out of time here, but if people are interested in getting in touch with you, if you have a website, tell them how they can do that.

MM: Sure. My personal website is [www.MattMcGTraining.com](http://www.MattMcGTraining.com). The best email to reach me at these days would be [MattMcGorry@gmail.com](mailto:MattMcGorry@gmail.com). You can also check out my training log on Elite FTS under The Unlikely Power Lifter.

LA: That about does it. But, Matt, I want to thank you for the time. I definitely appreciate it and your willingness to be so open.

MM: Great, thanks very much. It's been a pleasure.

LA: All right, take care.

MM: Thanks.

## About Matt McGorry – ISSA/C.F.T

Born and raised in Manhattan, Matt began his journey in the fitness and performance field at Peak Performance NYC. Having been a client at the one of the Top 10 Gyms in the US (by Men's Health in 2009), Matt was provided with a physically and educationally competitive environment from the age of fourteen years old. By the age of sixteen, Matt knew that he wanted to pursue a career in helping others reach their highest levels of physical achievement.



Matt's unique combination of education-based knowledge and practical application through his own training provides an unbeatable perspective that is hard to find. Always willing to put himself and his methods on the line, he has developed a great understanding of the mental and physical demands needed to create excellence.

This understanding has led to his methods and writing being featured in various media outlets such as Men's Health, Muscle & Fitness, Life & Style, Men's Fitness as well as the television station NY1. His online works includes articles on T-Muscle.com, the web's most reputable resource for physique and performance enhancement as well as an athlete sponsorship and position as Q&A staff member on EliteFTS.com, the number one resource for powerlifting and strength training information on the net.

Matt has five years of study in various martial arts throughout New York City. By the time he was seventeen years old, he was given the rank of Assistant Instructor of Self Defense from the Real Fighting system. He is also a NY state, record-setting athlete in the USAPL, the number one drug-tested powerlifting federation in the U.S. He has competitive bests of a 400lb squat, 280lb bench and a 545lb deadlift in the 181lb class as well a 308lb bench press and 573lb deadlift in the 198lb class. In 2009, his deadlifts nationally ranked him at #38 in the 181lb and #40 in the 198lb unequipped classes. He is currently preparing for his first natural bodybuilding competition.

Matt is constantly researching and attending seminars to stay up-to-date on the newest and best methods of body transformation. He is always seeking new ways to provide his clients with the best chance for success. Combining hard work, proven methods, and a little bit of humor...well, a lot of humor, is the best recipe to achieve your new body.

Matt has earned the title of Certified Fitness Trainer from the International Sports Sciences Association. He received his Bachelor of Arts degree from Emerson College in Boston, Massachusetts.