



WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



Sean Barker Interviews Elliott Hulse

SB: Hi everyone, Sean Barker back here from DadFitness.com and I'm back with another exciting call. I'm sure you guys are going to enjoy this guy. He's strong in many different ways, and we'll definitely get into that. Elliott Hulse is on the line with us tonight and he's going to cover some great stuff in how he balances family and fitness. He's a man of muscle as well as motivation. So, I'm sure you guys are going to get a lot out of this call. So, welcome to the call, Elliott.

EH: Thanks, Sean, I appreciate you having me on.

SB: All right, I'll give Elliott a brief intro here and I'm sure he could delve into some deeper stuff in terms of his career and his family as well. But, Elliott's a Certified Strength and Conditioning Specialist. He's nationally ranked Strongman. He's also a Holistic Lifestyle Coach and owner of Strength Camp, a sports training and fitness boot

camp service in St. Petersburg, Florida. So, definitely, he's one of the top guys in the fitness industry, and definitely knows what he's going.

So, Elliott, if you could maybe go into it a little bit deeper in terms of what you do down there and as well, maybe get into your family background?

EH: Well, just to make a slight white-out correction on your intro, I'm actually a professional Strongman right now and I have to dedicate a lot of freakin' time and energy to get that. So, I like to bring that to the forefront.

But, what I do down here, what you're looking for is how I go about my typical day. And basically, I train athletes and I train men in order to help them achieve their fitness and sports performance goals. I have a gym where I do that and then I spend a significant portion of my day with online education programs where I write articles and I make videos to teach people outside of the realm of my city about the benefits of fitness, similar to what you do, Sean.

SB: Yeah, that's great stuff, Elliott. So, to get into the family side of things, you've certainly got your hands full in that arena as well, if you want to brief us on that?

EH: Yeah, well, that is probably the biggest portion of my time, is spent with my family and I'm proud to say that. I have three daughters, one who is in kindergarten. She's going to be six in August. I have a two year old who will be three in December, and I have a one year old who's going to be two in December, and my wife is expecting our fourth, which is a boy. He's due in August as well. So, currently I'm living in a house full of women and we'll get our boy in a couple of months. I think we'll be set at that point.

SB: Nice, nice. You finally have a little guy in your sight, for sure. So, Elliott, you briefed us on basically a typical day in terms of what you do for other guys. So, of course a lot of the busy dads I hear from, they want to know of course what the experts do to themselves, for sure. So, can you just get into some of the nuts and bolts, and maybe your current circumstances of your recent injury which I guess you can tell everyone about. But, your regular workouts and how often during the week you workout.

EH: Well, I got to tell you, I know that your market, and the guys that are listening to this are busy dads, so obviously you guys don't have very much time to spend on exercise. So, you're probably listening to this call and you're thinking, well, this guy's a trainer. He freakin' lives at a gym, he owns a gym, so what's the big deal if he spends the time training? It's what he does.

Well, like I said to Sean earlier when we were talking before this call. I tend to just try to make things difficult for myself and I shoot for challenges that are basically outside of the realm of what most people would even consider doing. So, my training didn't consist of like what you would think of as normal exercise like 30, 45 minutes a few times a week. I was training like two or three hours sometimes, several times a week in order to fulfill my goal of becoming a professional Strongman. So, I was pretty much a maniac with regard to that and I designed my life so that I can tackle certain goals. And I'll talk a little bit about that later. But, that was one.

So, I didn't have a sensible training program. I spent a lot of time lifting heavy weights and essentially...just very recently, I injured myself. It wasn't during training, but it was due to the fact that my training was imbalanced because I spent so much time lifting heavy weights. And as injuries typically do occur, it was during a very freak accident. Basically, I was helping my dad pull out some tree roots in his yard and I tore my bicep. And like I said, because of the imbalance in my training program, the nervous system was just driving so much energy into my biceps as opposed to the muscles in my upper back that would have been just a little bit better form and I tore the tendon.

So, I'm probably not a good example as to what you should do with regard to training, up until that point. But, since then I've had several breakthroughs consciously and going back to a better balanced plan. And this may be of value to you. What I am currently doing is what I call a hybrid training program because essentially what most people want is a stronger, leaner body. And as opposed to the imbalance when I was training for strength, I am now including way more conditioning, short rest intervals into my training program, and they're just more sensible and don't take up as much time. So, I can dedicate a little bit more to my business and to my family.

SB: Yeah, that's some awesome stuff, Elliott. Basically what you mentioned there brings me to a great thing I've heard. Basically, the harder you make things on yourself, the easier life it. And you mentioned that you like to make things difficult. But, in the long run, that makes things easier, I guess, in terms of achieving your goals. Of course, that's a huge component of getting to where you want to be, is your goals. And like you said, we'll probably touch on some more of that after. But, yeah, that's great.

So, Elliott, you're a busy dad, of course, and every since you became a father how has fatherhood changed your approach to fitness?

EH: Well, fitness... Let me put it this way, let me step back just a little bit further beyond what you're asking me. How's fatherhood changed my life or my paradigm on life? That's probably a better question, because fitness just fits in with one of the values that I've chosen to be important in my life and fatherhood, well, the answer to the

question that I basically made up, not the one you asked me. The way fatherhood has changed me has essentially taken the attention off of me and as strange as that may sound. The first thing, if they're new fathers or they haven't grasped the concept yet or they're not fathers yet, it's like, well, how's that good? You can't focus on yourself anymore. You can't take care of yourself. You can't do things you like. Your life is dedicated to someone else.

But, it's empowering because you no longer have to worry about yourself. Everything that you do is of service to your family. So, when I design my life, and I think that's an important concept to consider and we could talk about it later, but we all design our lives. Life doesn't just happen to us. I think for the most part people believe that life happens to us, but it's a series of choices that brings us to what our life ultimately looks like. So, we are designing it whether we consciously do it or not.

I just lost myself here...

SB: Yeah, that's awesome. A lot of guys, and I see that so often, people just think that life happens to them and they have no control over their daily circumstances. But, what you talked about it getting control and designing your lifestyle around what matters, whether it's your family and fitness, of course. So, maybe that would roll into sort of my next question in terms of what is your definition of a strong dad? Of course, that encompasses many different things from the physical to the emotional to the spiritual, if you can touch on that?

EH: A strong dad is a dad that has his center. A strong dad is a dad that can detach from the world around him and look at it with a discerning eye, and that's within every realm of his life. A strong dad is a dad that can make decisions for his family, that can be a leader for his family. And the number one way for him to do that is to live as that example.

Now, I mentioned earlier about choosing your life and making decisions about your life. The absolute most important thing with regard to that is choosing the things that you value. And once you've got a clear understanding of the things that you value and if it's like three or four things, you've got your hands full, then it's very easy to proceed.

With regard to fitness, I've chosen health and fitness as a top value of mine, and essentially I live that way in order to bring an example to my children. And all the choices that I make for my children proceed from that also. So, when you are clear about your values, nothing gets in its way.

So, I hear a lot of people tell me they don't have time to exercise or they don't have enough money to buy healthy foods. There are lots of little challenges that get in

their way. But, what they're basically saying to me when I hear this is, "I don't value health that much. I don't value fitness that much." They may think they do and they say they do and it sounds nice, but they're never stated it to themselves. They're never written it down or considered it.

When you've chosen your values...and I'm not saying everyone should value health. I personally believe if you don't value health that everything else is going to suck, but we're all different. You've got to choose. Every single person has to sit down and take a few moments and decide from what platform will I make decisions? That platform is based on the values you choose.

Being fit and making decisions about exercise and eating well is no longer an issue. You don't have to consider it because it's just who you are. You say, "No," to everything that comes against that because it's one of your few values.

SB: Yeahh, that's some great stuff because of course the role modeling thing comes into play there and we all know, who have kids, they do what you do, not what you say, most of the time. Do you think role modeling is important with that as well?

EH: Your children are a mirror reflection of you. And I'm pretty bold when I say this, and I don't know what my kids are going to be like in ten years... You know what? I think I do know what my kids going to be like in ten years, because I'm creating them on a daily basis. I say show me your family and I will tell you who you are. Your children are going to reflect your values, they're going to reflect your behaviors. They're going to reflect the character that you show them on a daily basis by the way you talk to them, by the things you show them, by the attention that you provide to certain things.

We live in a society and just in a time where values are basically chosen for us. Our government chooses our values, our friends choose our values, the TV chooses our values, popular culture chooses our values and we never give it a second thought. So, I can instantly tell who's running your family by looking at your children, by the way they dress, by the way they talk, by the things that they're interested in.

So, as far as being a role model, it goes back... And I sound like a broken record, but it goes back to that original statement of choosing your values, living your values and your children will be a mirror reflection of that without you having to force it down their throat or be some sort of a dictator. It's just a part of the culture in your home.

SB: Yeah, that's great. I hope that really rings true with a lot of guys listening, because it's important stuff that maybe a lot more people should stop and think about. You mentioned of course the healthy foods. I've seen you do a good bit of writing on

what you think is wrong with healthy foods, if you can elaborate on that, the general health foods per se?

EH: It's funny because you and I, and if you're listening to this call, I'm shedding some light on Sean for you right now. We're marketers. Basically, we have information and products that are beneficial to other people, that we believe in our hearts are beneficial to other people. And it's a part of our job to show you it's a benefit and that way you can partake of it. And then in return, we receive benefits as well. So, you'll either pay us for information or training or anything of that nature.

Where this goes bad in... I love capitalism. I think capitalism's awesome. But, when it gets into the hands of greedy people, people who don't have your best interest and values in mind, where basically nameless, faceless corporations are demanding or their shareholders are demanding a profit regardless of how people are being treated, especially the customers are being treated, then shit goes wrong, then it just gets ugly. That's the foundation from which we're receiving our information. Because, "healthy" food is being... Let me put it this way, the only reason why you know what is healthy is because the television has told you so or your school teachers have told you so, or the FDA has told you so, commercials tell you so, corporations tell you so.

These are all people who have interest in really covering their own asses. For the most part, they don't really care about your health. They want you to buy their stuff. So, whatever they can do to manipulate your mind to have you believe that what they have is good for you, they're going to do and they're going to say, they're going to brainwash you. They're going to have all kinds of doctors and studies and all types of clowns and puppets manipulating you to spend your money on their garbage.

To know what healthy food is, it's pretty simple. You just erase everything that everyone tells you. If the television tells you something is healthy, I can guarantee you it's not healthy.

I was reading someone's Facebook update today and she was talking about taking Activa yogurt because it was supposed to be healthy for her. I'm like, are you fucking kidding me? I see so many commercials for that, liquid candy that they probably throw a little probiotics in just to have you believe that it's good. This poor girl is spending her money and sucking this stuff down thinking that it's helpful to her. But, you never see a commercial for an apple, do you?

SB: Exactly. That's exactly right. That's an analogy I use lots of times. You'll never see...well, maybe you will down the road, it's getting so bad. But, you know, you'll never see an apple with low fat on it. But, basically, if it says healthy food of some claim on the package, that's the hint right there it's probably obviously got to be in a package

to have a label on it and to be promoting this marketing crap. So, this makes it clear right there.

EH: Here's an interesting thing. Most of the processed foods that we're eating came about around World War II, and that's when they started trying to figure out how to make foods last longer so that the soldiers could carry it over seas and use it. And you know, they did a lot of laboratory stuff, a lot of this shit was just made like in laboratories. It totally went against it agrarian culture. Most of what we ate came from the earth or was meat. It was just basically, it was human. We were humans at that time.

But then, we started getting really technologically advanced mostly due to military needs. Once they realized that there's such a market value in having these foods last like forever on shelves... Like, the milk really shouldn't last more than a few days. But, when we pasteurize it, IE, process it, it lasts for a month or two months. So, let's tell everybody that it needs to be pasteurized otherwise it's not healthy and going to make them sick. That way, they won't drink anything besides the shit that will stay on the shelf for four months. This is all the packaged and processed foods.

When they started bringing this stuff to the general marketplace people were skeptical in the 1940's and '50's, whatever the case may be. The American public was skeptical. They were like, "What is this? This is not food. How could it last this long?" That's when our intuition was still good. That's when we were still slightly connected to our roots.

So, what they had to do, it was very interesting. What they started doing...because at first what they would do is they would put this processed food in a like a regular bag and it would not look right, but it was like, hey, it lasts forever. And people were like, "No way. I'm not buying that shit."

So, what they started doing, and if you go to your supermarket you'll notice that it's still here today and it won't go away, they started putting these foods in like flashy, shiny packages and boxes. If you look at the frozen food isle and look inside the freezers, you don't see food. You see pictures of food because inside those boxes, there's no food. They've got to trick you into buying it. So, the marketers realized that. they realized, "Well, if we want people to buy this stuff, we've got to at least put pictures of real food on it." Do you think what you see on the box for frozen food or processed food is what you're really eating? No! They take a picture of real food, or enhanced looking real food and then they put their processed crap in the box hoping that you'll buy it. And most people buy it, even if it's in a green box that says heart healthy. I love that one.

SB: Yeah, and like you mentioned, like Michael Pollan, Food Rules book, basically, eat stuff that rots. It's very simple. I like that. But, some great stuff. So, guys, you'll definitely hear that Elliott, he knows his stuff nutrition wise. He's a big strong guy, but he definitely knows what's right in terms of putting good stuff in your body.

So, we'll switch gears in terms of...he also said a statement that some guys might think is a bit controversial, but why do you think fitness gyms suck?

EH: Well, fitness gyms...and again, it goes back to the...any of you guys listening to this, again, I will repeat, I love capitalism. I am an entrepreneur and I think capitalism is great. But, the reason why fitness gyms suck is because no one gives a shit about fitness in fitness gyms, especially the people who create them. They're just designed to get people who have false hopes and fantasies to spend their money to walk in the door and feel good about themselves, about the monthly due for what they will never use.

They're not designed for your wellbeing. They're not designed for education and physical education and physical culture. They're designed to make you feel like you're doing something. Like, when you buy that box of food that's green and it says, heart healthy on it, you probably feel good about yourself. "Well, damn it, the guy over there that bought the one that didn't say heart healthy, he's a sucker. I bought the one that says heart healthy."

People for the most part, I'm not saying everyone, for the most part and I worked at these gyms and I spoke with the membership managers and they're like 90% of the people who buy memberships never come in. And they'll let their membership dues re-up. They're charging them for like a year before most people will even come in. There's some power in intention, but it's never acted on. So, they feel good about themselves because they made the initial effort, and they have a little bit of intention and every time they see that credit card statement that says, \$54, they say, "Oh, yeah. I've got to get to the gym."

Gyms know this. Fitness gyms know this. They don't want you to come in. They want to keep charging you. So, there's no wonder why most of them are going under now during this economy, because everyone's fed up with the bullshit. But, their original intent was never to help you get fit.

SB: Oh, absolutely. There's a lot of powerful thing that play there and that's why it seems like the trend is going towards even guys like us showing other guys that there's other options. And just because you can't get to the gym and feel like you're paying your dues with your gym membership or your time, you could get short workouts done whether it's home or...

So, basically, you're into Strongman training. So, we'll get into that and how that can benefit... Like, why do you think that's a good way... Is that a good way for just like a regular Joe to start training and the benefits of it?

EH: Well, here's what attracted me to it more than anything. Most fitness programs...not any longer. I think people are evolving. I think the industry's evolving to a great degree. But, when I first started out most fitness programs were based on fake movement. And as human beings... I've got this primal mentality. I basically... I'm really old school or old fashioned. I tend to think that we should do things the way we were designed to do them. We should think and behave the way we were designed to think and behave.

Well, this is no different with exercise. As we evolved as human beings, like arms and legs came out of our torso and our digestive system was developed, our original intent for movement was to go hunt for food, go climb and build shelter. It was to protect ourselves. We didn't exercise because we ate too much; we exercised so we could eat. That's our original intention. We had to get up and do stuff or we didn't eat. Now, we just freakin' eat, eat, eat, eat, eat and we get up and do stuff because we feel guilty.

SB: That's awesome Elliott. Can you just repeat that for a lot of guys because hopefully if they hear it the second time, that might really sink in.

EH: I don't know if I can do it verbatim, but... Essentially, the way our physical bodies were designed was so that we can get up and move so we can find food to eat. If we didn't move, we didn't eat. But, the way things are today, we eat, eat, eat, eat and eat and then we get up and move because we feel guilty, which is just ass-backwards.

SB: That's awesome.

EH: So, when I consider that I say, well then exercise program should mimic what we were designed to do, which is hunting, gathering and building. This would include like...just for example, if you were hunting for a deer. I'd imagine you'd get up really early in the morning and you'd have to like trek several miles before you got to where the deer and the antelope roam. And you'd probably have to climb a tree and watch it for a couple of minutes and then like throw a rock or something or like throw a spear. And that's not going to kill it instantly, you're probably going to have to chase the sucker down while it's bleeding. You're going to chase it, you're going to chase it probably for like 200 or 300 yards. You're going to have to tackle it down, it's probably still squirming, it's alive. You'll probably have to pick up a big stone and smash its skull. And guess what? Now, you've got to carry that bitch home. You've got to pick it up, hoist it, throw it over your shoulder and just lunge and crawl and drag that thing back to

wherever you lived. I don't even know, like a cave or something. And now, you've got to cut this sucker open, and it was work to even eat that thing.

My wife and I went out for seafood a couple of weeks ago, we went on a date night. I never do this, but I bought like lobster and crab. I was just like pissed off because I was like, I got to work for each piece of freakin' meat that I'm eating here. I was like, I got to like dig into the skeleton and the bones and pull out all this food. And then I'm pissed off. But, then I went into just a different mindset and I started being appreciative on my...you know what? Like, if I was primal man and I was starving and I found this thing, I'd be just glorified to dig into the crustacean here and eat the little bit of meat that I'm getting. I know I had to work hard to get it and it was hard to come by.

Now, we don't even appreciate...here's the thing. I already mentioned that the exercise, the physical exertion that it would take for you to get that piece of food. But, you know the type of gratitude you would have? This is why people are upset. This is why people's lives suck. This is why people are depressed. The type of gratitude that would be expresses that would just be welling up in your heart because the Great Spirit allowed you to eat that day, because of the hard work that you put in just to put a little bit of food in your mouth would have been overwhelming.

The Native Americans, my brother is very into Native American spirituality, would pray and give thanks. They give ceremonies of thanks to like the deer gods or whatever was nourishing them for the season because of the gratitude of that food being place in our mouth. Now, we just freakin' go through a drive-through. Most people don't even know what they're eating. They don't know where it came from. They don't know what that animal was like, how it was abused and filled with antibiotics and steroids. They have no clue and they have no gratitude for it.

So, regardless of the physical pain and deterioration that's associated with poor foods and lack of exercise, we are sick, sad and depressed because we have no gratitude for the fact that these were once living creatures and it's a blessing. It's like the paradise of plenty. We live in a society and we live in a time where things are so plentiful that we have absolutely zero thanks, zero gratitude for the things that are given to us. This shit could be stripped from our mouths any day.

SB: Yeah, absolutely. Unfortunately, most people don't realize what's behind the curtain in terms of where everything comes from and getting back to basics in terms of what you're eating. And what you mentioned gives the thought that someone told me about talking about years ago, their grandmother would be of course baking bread or making a homemade pie. And they didn't worry about how many calories were in the pie because they probably burned twice as many calories making that pie for scratch

than was actually in the food itself. Of course, the appreciation of it all comes into play as well.

EH: Yeah, absolutely! You're right, the appreciation because they knew where this food came from. They knew that it didn't come by easy because there may have been poor seasons earlier and the grain just wasn't there for it to be produced. And then, so the grandmother that put their heart and soul... How many homes have people cooking in them these days?

SB: Yeah, I know.

EH: Very few.

SB: Unfortunate.

EH: And it's not only sad because it's the nourishment deterioration, but it's sad because there's that lack of expression that that person that creates food that nourishes the family with is able to provide. The mother of the home is like...she is literally the queen. She runs the home, especially because she nourished the family. She puts her heart and soul into creating nourishing food to see her family grow from. But, this doesn't happen any longer and this is a part of our problem.

SB: Yeah, great stuff Elliott. You know, in terms of the Strongman, is that a good way for young kids to get started in fitness?

EH: Okay, I know, you're bringing me back on track.

SB: No, keep going man.

EH: I tend to go off. Now, the term Strongman, I don't want to get confused with what you see on TV. Obviously if you're competing in Strongman, that's what you're going to be doing. But, I tend to think of Strongman more as functional training. That's basically where I was going with that earlier and hunting and stuff like that.

So, picking up things, dragging things all made sense to me. They seemed primal. They seem like what I should be doing as opposed to sitting in a pec-deck machine or laying down in a leg press. So, when I first started doing it, it just felt right. Some of the exercises that I began with were sled dragging and sled pushing. These are all, mind you, homemade sleds and things that I had made or found. Some of the other ones that just made perfect sense were like farmer's carries or farmer's walks. I mean, I don't think there's any other exercise that trains the nervous system and every single muscle in your body as hard as heavy farmer's walks.

It's funny that it's termed that way because I'm sure it came from the fact that farmers, back when we were an agrarian culture, had to carry buckets of milk after

milking the cows, and these suckers are probably heavy. That built a lot of strength in their arms and in their back and in their core. And if you've ever done them, you know how taxing it is on your cardiovascular system.

So, I just see these as superior exercises because they mimic what a human being is designed to do. And because they mimic what a human being is designed to do, because they're so close to our primal state, they give us the best benefit. They give the best bang-for-their-buck.

So, for example, if you're just doing shoulder shrugs with a barbell, you're really totally missing the boat. You're not getting nearly the benefit you would if you were to do farmer's walks where you're actually picking up two things in a similar fashion in which you're walking with them and you're combining several patterns into one. So, you've got your grip going, you've got your shrug going so you're working your shoulders, you've got your legs going, you've got your cardiovascular system going. You've got like all systems going at once. This is what makes it such a powerful exercise modality.

SB: Yeah, it certainly brings about for me when I was just a teenager, probably...I think it was the very first job I ever worked. I might have been 12 years old and of course, helping with construction, just a laborious work, wheel barrows full of cement and lugging 100 gallon buckets of cement or stuff like that. I remember we had to build a train in our local park and we lugged in lumber on our shoulders. At 12 years old, that was definitely a wakeup call in terms of the next day I knew I had...I felt muscles that I didn't think I had. It makes it obvious that way.

EH: Yeah, it's pretty cool stuff and yeah, guys that are laborers have a better chance of getting that type of stuff in their daily lives.

SB: Yeah, cool, Elliott. All right, I also heard you talk about, of course a lot of guys ask about supplements before they even start working out sometimes, unfortunately. But, give us the truth about protein. I know you talk about, of course, bringing up that too, what's natural in terms of... Because these days, you know, people pick up their egg whites and skim milk and think they're doing the healthy thing. But, it's maybe not the right thing to do?

EH: Just to clarify what you're asking me?

SB: Yeah, I've heard you talk about the truth about protein in terms of how people now are separating everything, the protein and the fats and naturally, protein and fats are bound together in nature of course. It's probably... I try to tell guys it's better off...eat the whole egg and stuff like that.

EH: Well, here's... A lot of times we don't have to think too hard to get the truth. If you think that nature screwed up... You know, it's like, that's a pretty arrogant idea that we need to separate the yolk from the egg. It's like, did God fuck up somewhere and like, oops, by accident, I threw this yolk I here. I didn't realize it was going to give you high cholesterol. And the same thing with milk and skim milk. Do you really think mother nature had it all backwards and when she made milk it was like an accident? There was a glitch in her system and she didn't realize that fat was going to make you sick, sad and screwed up?

So, we're pretty arrogant to think that we have to fix nature. The closer things are to their original state, the better they are. The further they are away from the way that God and nature intended it, the more we are asking for trouble. And if you just consider that principle, I think if we got a handful of principles down pat and we don't have to ask any questions. We just measure them up against principles.

You realize that nature...we're not smarter than nature. Nature didn't screw up, and if we do things the way that nature intended us to, and it's not too hard to figure that out. You just look at the way it is and the more we've intervened, the less it is close to nature, the better you are. The better you are by sticking close to things in their original form.

So, I can go into all the scientific reasons why fats are supposed to be combined with protein, but it doesn't matter. We don't need all that confusion. I think human beings and just us in general in this day and age, we get so fascinated with facts and science when really it's like we're just learning more and more and more about less and less. You just need to know the principles. If you just consider that nature didn't screw it up, then who cares about the scientific BS behind why it's good to do it this way. Because, the scientists tell us new stuff every day on TV and they contradict it the next day.

SB: Yeah, there we go. That's a great way to tie things in because we're getting towards the end of the call. But, yeah, what you said there, we won't have to ask any more questions because it's the principles, it's the core principles is what matters. And we just get confused with too much information, which is definitely not necessary to take action, of course, which is the big thing.

So, Elliott, where can guys find out more about you, your website, you have a blog as well?

EH: Yeah, if you go to HulseStrength.com, that's where you can find more of my rants. I throw up video and blog posts every once in a while. I've got a couple of projects that I throw up on that website that you may be interested in. But, essentially, if you're interested in what I'm talking about, if what I'm saying makes sense to you, a lot

of people hate me, but some people like me. And if what I'm saying makes sense to you and if one thing is true I have a deep conviction for the things I'm talking about and if that's appealing to you, then just go and read some of the stuff there and I'm sure you'll be happy.

SB: All right guys, that's some awesome stuff. If you really think about some of the stuff Elliott said and it will really make you think about where you've got to go next with your fitness as well as your family.

So, thanks, Elliott, so much for being on the call tonight.

EH: Sure, Sean, I appreciate it. You gave me some chance to vent here.

SB: All right, good my man, good. Hopefully that helps with your recovery. All right guys, Sean Barker signing off with DadFitness.com. See you later.

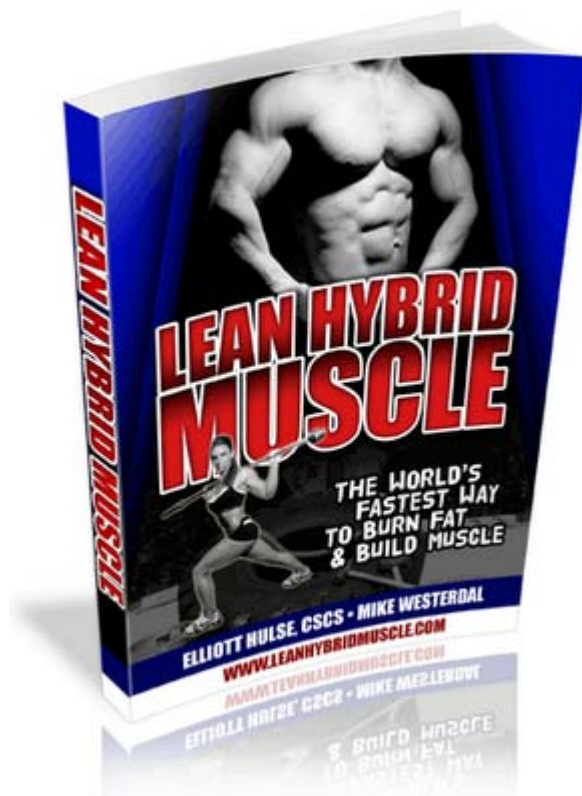


About Elliott Hulse

Elliott is a Pro Strongman and Owner of Strenth Camp Gym in Florida.

Elliott is also the Co-Creator of Lean Hybrid Muscle and he's a Columnist for Men's Fitness Magazine and a Strength Coach for Athletes.

He is also a holistic fitness coach and motivational speaker well known for his no BS rants.



Elliott's Program on Building Muscle & Burning Fat at the Same Time

<http://www.leanhybridmuscle.com/build-muscle.php>