

Index

- 5-3-2 Workout, The
 - shifting The Big Five Workout 254
- 10,000-hour rule
 - deciphering of 147
 - examples of when it works 147
- 10,000 swing challenge
 - the original version 287
 - updated example of 275
- 40-day workout, introduction to 127
- 40 Years with a Whistle*
 - Snapacity, excerpt from 263

A

- allergenic foods
 - the least allergenic list 84
 - the most allergenic list 83
- anaconda strength
 - building internal pressure 116
- Anderson, Tim
 - author of *Original Strength* 148
 - Original Strength and planks 269
 - Original Strength, as part
 - of post-deployment 205
 - Original Strength exercises 209
- arousal during competition 39
- arrow strength
 - block and transfer speed 116
- assessment, 1–2–3–4 81
- asymmetrical risks 21

B

- Baccari, Steve
 - and Easy Strength 120
- ballistic movements
 - cueing during 116
 - overhead, cues for 117
- Barnholth, Larry
 - author of *Secrets of the Squat Snatch* 108
- bat wing exercise, cues for 115
- bear hugs, cue for 117

- Beowulf, patterns in 90
- beverages, social value of 17
- Big Five Workout, The
 - description of 253
- bodybuilding
 - vs strength training 109
- Brown, Mike Warren
 - testing the swing challenges 275
- Bryant, Bear
 - defenders working as spokes 91
- Buffet, Warren
 - innovators quote 89
- bus bench
 - vs park bench, concept of 123

C

- Callum, Myles
 - author of *Body-building and Self-defense* 264
- Campbell, Joseph
 - Bill Moyers interview 97
- Can You Go?*
 - assessments book 81
 - categories from 163
- Catell, Raymond
 - fluid vs crystallized intelligence 89
- Cerutti, Percy
 - and the need for warmups 188
 - and timing of new techniques 169
 - distance running and deadlifting 155
- Chandler, Otis
 - weight lifting and shot put 155
- Christmas Adam
 - a new John family tradition 70
- cleans, cues for 117
- coaching insights, football 27
- Cole, Robert
 - Beowulf professor 90
- Colosimo, John
 - coaching conversation with 103
 - community, relying upon 71

Attempts

competition, concentrating during 57
Complexes, The
 Complexes A and C, described 190
constant weight lifting
 John McKean concept of 180
Contreras, Bret
 Glute Loop suggestion 229
Cosgrove, Alwyn
 use of complexes for fat loss 250
Courmier, Joe
 life is like a tapestry 55
Crichton, Michael
 fractal concept quote 259
cross crawl
 from Post-Deployment Program 211
crystallized intelligence
 king/queen thinking 97
 vs fluid 89
 vs warrior thinking 93
cues
 examples of 115
 suggestions for 117
Cyclical Ketogenic Diet and throwers 75

D

DeLorme, Thomas
 author of *Progressive Resistance Exercise* 137
 overview of DeLorme concepts 138
 training needs to be progressive 267
de Montaigne, Michel 13
De Vany, Art
 fat loss quote 47
 the hardest truth 68
disaster preparation 22
discus, strength training for 111
Dublin joke 47
Dunning-Kruger effect
 as used in weight training 176

E

Easier Strength
 description of 128
 programming of 131

Easy Strength
 and Olympic lifting 181
 and percentages 172
 and park bench, bus bench concept 124
 approach to percentages 182
 as it applies to sports 142
 essentials of 121
 fasting with 187
 for experienced athletes 163
 how much to load 177
 introduction to 119
 showing up for 169
 lifts to use 129
 Olympic lifting program for 182
 the Fast-15 O lifting program 189
 understanding heavy 171
 using horizontal presses with 177
 using horizontal pulls with 177
 using squats with 177
 variations in 175
 vs expectations 126
Education of a Bodybuilder, The
 book by Arnold Schwarzenegger 109
 its effect on weight training 263
embrace the obvious 25
Emrich, Clyde
 Chicago Bears strength coach 109
Epstein, David
 author of *Range* 147
 dismantling the 10,000 hours theory 257
eulogy vs resume 63
exercise selection
 explosive and work capacity 273
 simplicity of decisions 273
exercise volume, how much is needed 17
experience, the need for 97

F

failure, learning from 59
farmer walks, cues for 115
fasting
 and Easy Strength 187–189
 the human body and 75
 traditions of 17
 vs relationship with food 187

Fast Mimicking Diet
 details of 241
 rebuilding with 76

Find Your Shoes
 from Post-Deployment Program 209

fitness
 a well knitted tapestry 55
 definition of 18

fluid intelligence
 vs crystallized 89
 vs king/queen thinking 95
 vs warrior thinking 90

Flynn, Pat
 Easy Strength and fasting 189
 fasting and workouts 187
 thoughts on early specialization 257

forthtelling, to speak forth 37

Fosbury, Dick
 fluid thinking in the high jump 95

fractals
 the value of recognizing patterns 257

Frankl, Victor
 attitude quote 37

Freeman, Dave
 The Southwood Program 246

free will, our ability to choose 71

Functional Movement Screen
 suggestion of 136

fundamental human movements
 initial description of 111

G

Gallagher, Marty
 Easy Strength and 120
 food plan ideas 75

genetics vs geography 100

Gifford, Bill
 author of *Spring Chicken* 17

glute bridge, cues for 115

Gnolls Credo, The
 book by Josh Stanton 51

goals
 achieving, pain of 42
 achieving, pleasure of 44
 not achieving, pain of 43

not achieving, pleasure of 40
 the right time to set 47
 setting of 35

goblet squat
 as a corrective 141
 cues for 115

grizzly bear crawl
 from Post-Deployment Program 211

H

Haas, Elson
 allergenic foods list 83

habits
 relying upon 71
 what we do mindlessly 72

hangover rule, performances and 125

hangs, recommendations for 213

Hartzell, Dick
 designer of Flex Bands 180

health, definition of 16

Hebert, George
 tools for survival 145

Heisman, John
 summary of football 26

Hettinger, Theodor
 author of *The Physiology of Strength* 137
 overview of Hettinger concepts 137

Hillis, Josh
 simple programming insight 212

hip hinge, swings and 293

hormonal cascade
 importance of repairing 217

humane burpee, example of 79

I

intelligence, fluid vs crystallized 89

invest wisely in asymmetrical risks 22

isometrics and teaching tension 265

J

Jesse, John
 author of *Wrestling Physical
 Conditioning Encyclopedia* 107

Attempts

- Jim Wendler's 5/3/1
 - strength program example 293
- John, Gary 21
 - National Weight Pentathlon 57
- John, Kelly
 - quack ringtone 73
 - and the The Southwood Program 246
- John, Lindsay
 - and the 10,000 swings challenge 276
 - wedding guest suggestions 233
- John, Phil vii
 - funeral, lessons of 63
 - obituary 49
- Johnson, Lizzie
 - Phil John obituary 49
- John, Tiffini
 - family motto 33
 - packing suggestion quote 230
 - parenting quote 73
 - toads quote 65
- Jones, Norm
 - Beowulf* professor 90

K

- Kapuscinski, Ryszard
 - watching a discus thrower 94
- king/queen thinking
 - vs crystallized intelligence 97
 - vs fluid intelligence 95
 - vs warrior thinking 90
- Kono, Tommy
 - program variations 178

L

- levels, the training of 77
- lift-n-sleds, sprints 78
- Litvi-Family, cues for 117
- Litvinovs
 - and Easy Strength 134
 - now called "lift-n-XX" 78
- loaded carries
 - cues for 116
 - gaps in training 77
- Long, Chris
 - and showing up 50

- longevity, definition of 17
- Longo, Valter
 - details of fast mimicking 241
 - Fast Mimicking Diet* 76

M

- Maffetone, Phil
 - definition of health 16
- Make a Difference*
 - John family mission statement 33
- Mandelbrot, Benoit B.
 - author of *The Fractalist* 257
 - theory of variation 178
- March, Bill
 - and isometrics 161
- Martin, Dan
 - humane burpee and 79
 - "Mister 43" quote 75
- Mass Made Simple*
 - weight gain book 82
- mastery
 - cueing for 117
 - gained in The Big Five Workout 255
 - in football 26
- Maughan, Ralph
 - discus coaching 26
 - fluid intelligence and kingly vision 95
 - "for eight years" quote 157
 - habits quote 72
 - track and field coaching 28
- max, concept of
 - sorta max, max and max max 171
- McDonald, Lyle
 - Cyclical Ketogenic Diet 75
- McGill, Stu
 - and the concept of snapacity 274
 - description of hammer and stone 116
- McKean, John
 - and the use of HeavyHands 180
- mental matrix
 - as learned from Tony Robbins 39
- minestrone soup, recipe for 242
- Movement Matrix, The
 - introduction to 113
 - use with Easy Strength 181
 - learning the movements 267

Moyers, Bill
Joseph Campbell interview 97

N

National Weight Pentathlon
competing in 57
Niederauer, George
bus bench, park bench concept 123
Nightingale, Earl
success quote 28
Notmeyer, Dick
heaviest weights quote 153
learning to front squat 141
training with 266
Now What?
competition lessons in 58
health and longevity descriptions 263
the five whys from 26

O

Olympic lifting
as foundational for football 182
programming for 182
Original Strength
as part of The Movement Matrix 269
as part of post-deployment 205
as rests in Post-Deployment 208

P

parenting, preparation for 73
park bench vs bus bench, concept of 123
Park, Reg
and The Big Five Workout 253
peaking
programs and the ability of 165
rules for 166
perceived strengths, time devoted to 141
performance, definition of 19
Perform Better
mini-band suggestion 229
Piatowski, Edmund
discuss practic session 94
Pilon, Brad
author of *Good Belly Bad Belly* 84

Pirate Map
for lifting and fasting 188
planks
and teaching tension 265
as a program 269
polyphenol foods
micronutrient profile list 84
Post-Deployment Program, The
exercises included in 206
reason for and goals of 205
second month program example 218
Powell, John
expectations in athletics 163
focus on 80% effort 120
Power of Myth, The
Joseph Campbell PBS show 97
Practice Thanksgiving
it's just practice 69
press, sample programming chart 213
priorities in training, in sports 101
prone neck nods
from Post-Deployment Program 209
pushup position plank, cues for 115

Q

Quadrants, The
overview of 144
Quadrant One, introduction to 145
Quadrant One, training in 147
Quadrant Two, introduction to 151
Quadrant Two, training in 153
Quadrant Three, introduction to 155
Quadrant Three, training in 157
Quadrant Four, introduction to 159
Quadrant Four, training in 161

R

rack deadlift
description and suggestions for 217
realistic reps, concept of 137
respect the process 27
resume vs eulogy 63
Robbins, Tony
Get the Edge show 39

Attempts

Robinson, Thomas
Shark Habits wedding suggestions 233

Ross, Barry
no slow running for sprinters 161
sprinting and deadlifting 159

rotation work
anti-rotation, examples of 272
importance of 271

Rule of 10
5 sets of 2 reps 135

S

Schwarzenegger, Arnold
and The Big Five Workout 253
author of *The Education of a Bodybuilder* 109

Sedych, Juri
athletic improvement quote 163

Shugart, Chris
and the 10,000 swings challenge 275

six-point nods
from Post-Deployment Program 210

six-point rocking
from Post-Deployment Program 210

skills
discovering which can be improved 101
discovering which can't be improved 103
discovery quadrant 104

snapacity
explosive effort and work capacity 263

snatch, cues for 117

Southwood Program, The
additional suggestions for 249
details of 245
exercises used 247
what comes after? 253

squatting
gaps in training 77
Post-Deployment Program, charts 214

Stanton, Josh
author of *The Gnolls Credo* 51

steno symbols
use of in strength and conditioning 108

Stevens, Rick
and *The Longevity Diet* book 241

success formula, three points 49

super foods, list of 85

swings
cues for 117
example of 10,000 swings challenge 275
technique tips 293

T

tension
as taught by isometrics and planks 265

third and 15 drill example 27

three Ps, the
should be part of everyone's training 266

Todd, Terry and Jan
DeLorme's influence of 138

tonic day, description of 133

travel preparation 24
complete packing suggestions 225

Tsatsouline, Pavel
and the 40-day workout 127
and the role of the strength coach 143

Turkish getup
and training levels 78

Turner, Dave
front squat isometrics 120
toll of the clean and jerk 186

two-day lag rule
and event planning 167

V

Vaslov, Yuri
victory quote 45

Velocity Diet
difficulty of 261

victory, three things that impact
examples of 99

W

warrior
vs king/queen thinking 90

Warrior Diet
Marty Gallagher plan for 75

- warrior thinking
 - vs crystallized intelligence 93
- Wendler, Jim
 - 5/3/1 strength program 293
- White, T. H.
 - instructing the young Arthur 97
- Winslow, Gregor
 - watching movies with 93
- wise council
 - the need for 97
- Wolf, Robb
 - hormonal cascade quote 120
 - secret to performance dieting 82
 - training and hormones 266

Y

- Young, Paul
 - conversation with Clyde Emrich 109