

BREAKING THE CONTINUUM

THOUSANDS OF GYM DEVOTEES, YOUNG AND OLD, CLING TIGHTLY TO OUTDATED TRAINING METHODS AND BELIEFS. TO PUT IT BLUNTLY, THIS IS NOT EFFICIENT.

A MONTHLY PUBLICATION BY ANDY CHASSE'

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ABOUT THE AUTHOR



While earning his Bachelor of Science in Kinesiology, Andy Chasse' finds joy in competing at state and national levels in powerlifting as President of the SHSU Powerlifting Team. He has been certified through the National Academy of Sports Medicine (NASM) and has pursued careers at various well-standing gyms. Andy is also a published writer. He has written freelance fitness for Bodybuilding.com, EduBook.com, John Izzo's *Trainer Nation*, and various other publications. Check him out at active-performance.org!

FIGHT THE SYSTEM

With some restraint, of course...I'm learning, ever so slowly, that while it is important to maintain a steadfast belief in the principles you hold close to your heart, there often come times when you must temporarily abandon these beliefs for the greater good. One of the characteristics of a leader, right? Here's a little story to give some depth to this thought.

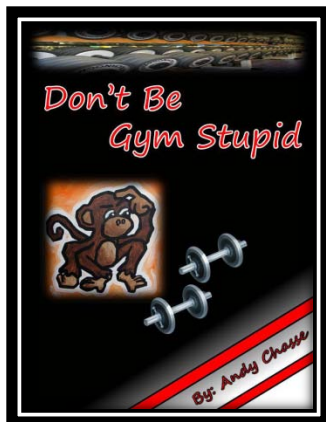
I'm a little angsty, I suppose. It's all due to the damn management. The damn management of my university's recreational sports department, to be specific. You get one on your ass and suddenly they're all trying to squeeze in.

As is seen by the management, I'm a rude little powerlifter who lets slip such damaging words as "whatever" in the presence of the oh so great Informal Department Head. It probably didn't help that I failed to immediately about-face and bow to extreme lengths, nose touching floor and all. Of course, my mind was on the 465

pound deadlift I had just managed to lockout for a big raw PR. But that's no excuse, obviously. So Mr. Scott and his army of red-shirt supervisors now find it extremely pleasurable to ensure that myself and the powerlifting team that so dutifully represent them are consistently unable to utilize the empty "old weight room." And by old weight room, I mean this room is about 30 by 20 and has just enough equipment for 7 or 8 of us to use simultaneously.

But what really floors me? None of us have done anything wrong – except stand up to the system. The management shows us no respect, yet expects our respect. It's not right, but it's how our world runs these days. So what's the moral of the story? A good leader understands that personal sacrifices must occasionally be made to ensure the success and stability of the community. We might be screwed out of the weight room, but I did manage to learn this important lesson.

A GLIMPSE INTO MY NEW E-BOOK



Don't Be Gym Stupid, my newly released e-book, was originally based on a series of articles I had published on Bodybuilding.com. Sitting down at my desk one day, I thought it would be a great idea to expand on the points that I had made. I originally began with 20 important “don’t factors” relating to training and nutrition. For the e-book version, I chose 10 of these “don’t factors” and beefed them up with a few quality hints and tips.

What I’ve provided below is a clip straight out of *Don't Be Gym Stupid*. Give it a read, and if you like what you see, don’t hesitate to visit my website (andychasse.com) and sign up to receive your 100% FREE copy. Enjoy!

*5. Do NOT Assume
You Are Smarter
Than Your Body.*

I hate to break it to you buddy - you’re not. Your body is beyond smart - it’s like a freakin’ 23rd century robot.

Okay, I admit, that was a little corny. Your body isn’t quite that smart, but it’s definitely up there. Unfortunately, very few gym enthusiasts realize this. Much too often is the intelligence of the body in all of its glory underestimated. And so begins the downfall.

Let’s run through an example real quick - say you have a pair of abnormally weak glutes. One fine summer afternoon, you decide to head out to the track to run some short sprints. After a thorough warm-up chock full of mobility work and foam rolling, you’re ready to go. You step up to the line, slip in a little crotch itch for good luck, and then proceed to assume the

position. You blast through the start and everything is looking good – from your outside perspective, that is. On the inside, your body is shooting signals all over the place to accommodate this complex movement. Your system realizes the glutes are weak and unable to perform properly in the triple extension necessary to carry out a sprint. It quickly sends a signal to the hamstrings letting them know that they need to pick up the slack because the glutes can't keep up.



Are you still with me? Okay, so because the glutes are only working at 80%, the hamstrings are now working at 120%. What exactly does this mean? Well, when a muscle lengthens it becomes tight - think about performing a set of static stretches. Static stretching requires you to hold a specific tightened position for a number of seconds. But about ten yards later, a sharp pain flies through the lower rear portion of your thigh and you collapse to the ground. You have just been taken through the process leading up to the lovely injury known as a strained hamstring.

The point of this example is not to discourage you from running sprints. In fact, I would like you to do quite the opposite. But you must understand that your body is smart. It knows exactly when and how to compensate for individual muscle weakness, tightness, and failure. In short – your body considers everything you don't. You must address each and every weakness you possess in order to avoid muscle imbalance that will eventually lead to injury.

There you go, folks. That above excerpt was taken directly from my e-book. As is seen above, this was point #5 out of the 10 you will find in the e-book. A few of the others include:

- **Do NOT Think You're Above Skepticism**
- **Do NOT Work Through Pain**
- **Do NOT Open Your Mouth When You Can Open Your Ears**

Remember, if the above made you laugh, taught you something, or otherwise sparked your curiosity, head on over [here](#) to sign up and receive a **FREE copy today!**

Sports Translation

HANDLING YOURSELF SOLO AT A POWERLIFTING MEET



It's not easy, that's for sure. Of course I knew this prior to making the big decision of handling myself at a meet. However, the truth of it didn't fully register until I was soaking with sweat and trying

desperately to make sure I was ready to hit my squat opener.

Truth be told, I've always had a full team backing me and handling me at the meets I have competed in. The one exception to this was my very first meet, but that particular meet was bench-only and I competed raw. Managing yourself through one lift without having to deal with equipment is a whole different monster compared to a full power meet. Here's a little disclaimer before we get started – I wasn't completely solo. My roommate, who is not involved in powerlifting in any way, shape, or form, was there to help with minor tasks. However, everything was still under my direction.

I first realized what I had gotten myself into when I began prepping for the squat. After manually rolling four pairs of wraps, my forearms were throbbing and my lungs were on

fire. At this point, I'm thinking I need to include more cardio in my program. This thought was quickly followed by a sarcastic, "yeah, right" of course. I moved quickly into my warm-ups and by the time I was finished with my last single at 405 in my suit, I was damn near exhausted. I had a mere 15 minute break before it was time to pull my wraps out and start prepping for my attempts. Let's just say that my first wrap was less than spectacular. Mid-squat, the wrap on my right knee actually split open right at the center of the knee – it was a miracle that I even managed to lock out my opener. My next wrap, however, wasn't near as bad – I made sure of that.

I will say that preparation for the bench and deadlift was loads easier, although I was using a very loose shirt at this particular meet because of a previous elbow injury. You can easily tell from my squat recollections that I had a hell of a time getting myself where I needed to be and ready to go. Take a look at a few tips below if you're planning on going solo anytime soon. With any hope, my mistakes will give you a little aid.

- **Roll your wraps way earlier than you think you need to.**
- **If you aren't confident in your wrapping ability, begin a little earlier than normal. Don't take the chance of becoming rushed and ruining your technique.**
- **The night before the meet, take a sheet of paper and list out 3 possible attempts for each attempt of each individual lift. You want to get your attempt cards in as quickly as possible.**
- **Don't be afraid to ask for help. Johnny Graham was nice enough to call my depth because I didn't trust my buddy enough, and all I had to do was ask.**