

From: Francesca Romano
Sent: Tuesday, 26 November 2013 6:47 AM
To: King Sports International
Subject: RE: Interview

Dear Mr King,

It is very good of you to take the time out of your busy schedule to answer questions from our readers. The students at this university take sport very seriously and use most of their free time studying or doing sporting activities so we have a lot of sports specific training questions and some who just want to get more muscle or increase fitness levels. Here are the questions below, if you can keep to 200-250 words per answer that would be fantastic! We are doing a full center page this time around because you are considered the best preparation coach in the world to a lot of people so this is a special interview for us, I am honored to be doing this with you.

Question 1: I am a football player (English football) and I only really play football I don't do anything else gym based but really want to get stronger, faster and more flexible so that when I get older I have less injuries. What would you suggest I start doing to help me stay injury free?

A: The greatest challenge you have when you get older is because you play football. In the absence of appropriate training to counter the damage to the lower limbs (mainly the upper and lower legs) you run the risk of negatively impacting your quality of later life. I don't mean to sound negative, but every sport has potential downsides, and the more you train and play, the more intensely you train and play, and the more years you do it for, the greater the downsides. Soccer as a sport and sub-culture has traditionally resisted the one training method it needs the most to address the things we have talked about – stretching. The greatest damage to the bones of the lower limb in football players is the acceleration of the aging process of 'bowing' of the upper and lower legs, technically referred to as 'varus'. This accelerates the wear of the knee and hip joint. You can see an old soccer player coming from a mile away based on this varus and the inevitable limp. So great to hear you don't want to experience the full impact of this. So my strong suggestion to you – become knowledgeable, then competent, then apply discipline – to the application of stretching, especially to the lower limbs. As a generalization, I recommend adult athletes doing as much recovery work (mainly stretching) as they are doing other forms of training. So be prepared to either train a lot more due to added stretching time, or reduce your football training and game time. Provided you access excellent stretching guidance, it will change your life (and your sporting ability) for the better. Ignore this advice, and you will join the rest of the old football players struggling to walk.

Question 2: I am a man in my early twenties and I am looking to add muscle and burn fat but don't know if I should be doing cardiovascular or weight training? or both? I have not been very active for a year while at University due to studying and I am ashamed to say partying some what but I want to be fitter and live healthier now. Any advice would be great?

A: The answer is simple if you literally interpret that cardio vascular training can achieve your goal of burning fat effectively, however achieve you weight to add muscle in a more limited way. So you are going to do at least weight training. Now you can also lower your body fat (which I am taking the liberty to assume is your goal when you say 'burn fat') on weight training alone provided you optimize your nutritional approach to support this goal.

I can understand your less active lifestyle due to studying, and I can also relate to your partying, as I spent my time at uni as well. However you may need to readdress the balance in your life if you want to be fitter and healthier now. You don't need to train like an elite athlete nor do you have to completely ignore studying or the social life (although in relation to alcohol I find very few who can engage with moderation) – however you are going to need to develop a bit more focus and apply a bit more discipline than you have for the last year. I recommend you obtaining an excellent reference guide, such as my 'Book of Muscle' to guide you in both your training and nutrition. The perhaps study the works of the late Jim Rohn or similar, in particular his quote about the pain of discipline.

There is no better time than now to develop optimal living habits. The earlier in life we do so, potentially the more we slow the aging process.

Question 3: My name is Barry and I read lots of health and fitness magazines such as Flex and Muscle and Fitness. The thing I am getting from these magazines is that supplements such as Whey Protein post workout is essential and without it I wont be building as much muscle as i could be? I don't have enough cash to buy whey and eat well, what could I eat or drink post workout for building muscle?

A: I am not sure whether to commend you or commiserate with you with your avid devouring of mainstream muscle mags. Whilst they provide a great source of inspiration, not all the content will be advancing you training knowledge as optimally as time spent absorbing other written works on the subject of training.

Remember this about these magazines – their primary purpose is to sell you something. The articles are little more than a motive for you to focus on the publication, as a result of which you will fulfil the intent of the magazine and buy something. I would suggest the influences in the articles are consistent with the products on offer for sale. So there is no surprise you are concluding that Whey Protein post workout is essential and without it you are denying potential growth.

Let me give you a real world example to the contrary. When I went through university I too didn't have enough money to buy supplements. In fact I struggled to find the money to feed myself at all. However I made a massive sacrifice to purchase and consume between 4 and 6

litters of milk per day. Nothing fancy, nothing politically correct. Just old-fashioned advice from old-timers in lifting who shared their knowledge for more pure reasons that we see in our generation. So just do what many generations have done before you – drink some milk after training.

If you need any further case studies and inspiration, study the nutritional habits of arguably the greatest physique in history, that of your fellow country man Reg Park, especially during the late 1940s, in an era of food rationing post-war.

Question 4: A personal trainer I hired at my local gym had me doing lots and lots of lunges for my legs, he only seemed to want me to do lunge after lunge holding medicine balls and jumping lunges. I had paid for 3 sessions and went to all of them but seemed to have not gained anything from it. Are lunges really the only thing women can do for getting toned legs? I am a vegetarian and he said that this could be one of the reasons I am not progressing as much as everyone else. Could you give me some advice on what I should do?

A: Lots and lots of lunges – I am crying for now as I write. I am over-whelmed at the damage being caused globally by this incredible trend towards lunges 101 ways, and lots of them. They are now, in my opinion, the number one most damaging exercise to future health in the world today. In part because they are being over-prescribed in absolute and relative volume and frequency.

No, lunges are not the only thing women can do to get ‘toned legs’. This has not been helped by the plethora of ‘women’s weight training books’, where the authors (many of who either didn’t write the book themselves or don’t train) roll out the A-Z of lunge variations.

Let me reiterate – they are currently the most abused exercise in the world, and if you cannot control the volume within your workout and training year to less than 1% of the total training time, I suggest stop doing them all together.

I can suggest a lot of reasons for lack of progress, and your nutritional preferences is not on that list. My suggestion is simple. Firstly, get more educated than most trainers, which won’t take much effort. Then you will have the tools to select which ones are worthy of you placing your future health and current effort in their hands. If they have not read my ‘How to Write Strength Training Programs’ or similar of my books, then don’t hire them. I don’t intend to be biased in my recommendations; however my perspective on the lunges is not understood or accepted by the majority of trainers, who continue to provide unbalanced training programs that cause more damage than good.

Question 5: I see all these products on the market for raising testosterone but I was wondering what foods and herbs might raise testosterone naturally? I asked a personal trainer once and he had no idea. I think that nature must have something that boosts

testosterone naturally? The reason I ask is that I am a 39 year old male and read that testosterone drops rather a lot in later life and I just want to make sure my levels stay nice and stable. I am currently back in full time education studying law so I am also keeping stress levels as low as I can too by relaxation techniques. Please help if you can?

A: Firstly let me make this clear. The relationship between raising testosterone through various means and the impact on increasing strength and or muscle mass is not clear. So don't assume if you do one, the other will follow. Secondly, even if they do have a positive impact, I suggest the time spend alternatively researching improved nutrition and training methods will have far longer-reaching benefits. Quite simply natural testosterone release reduces with age, yet with smart training you can improve your physique as you age despite this. Therefore the relationship between testosterone and muscle mass is far less important than the relationship between smart training knowledge applied with discipline and muscle mass.

There is no doubt that there are natural substances that can boost your measurable testosterone levels, however the correlation as I have stated with strength or size gain is not as clear.

You can use any sort of natural or synthetic testosterone or testosterone enhancer however this is little more than a band-aid. Getting smarter with your training and nutrition as you age will give you a far more effective outcome than relying on or pursuing this angle.

I understand that is not what you may want to hear, however my role in life is to tell you what I believe is what you need to hear, what is best for you. I know people who live and train on both sides of this divide, and have a strong personal preference for you to eat, sleep and train optimally to retain your use, rather than looking for short-cuts or relying on what I call false economy approaches.

I can assure you that if you continually refine and improve your approach to training, nutrition and recovery, you will enjoy a body that is yours for life.

Question 6: I am a fighter in MMA i am currently an amateur but hope to one day become professional, I train 5 days per week but don't use any weight training at all. Do you think people in MMA could benefit from using barbells and dumbbells?

A: I love hearing from athletes who don't use weight training. Firstly, there is a greater chance they have developed their technical ability first, which is something that doesn't always occur when athletes look to use increased strength as the leading way to improve their performance, which is a trend I suggest originating from the North American culture that is progressively enveloping the world. Secondly, there is still time and a change that should you commence strength training you might commence strength training in an optimal way, including using my influence on program design and integration into the total training program.

Yes, people in all sports can benefit from using external resistance. However, people in all sports can also have their performance, injury incidence and long term health damaged by the way they apply external loading.

I have grave concerns for the way strength training is being conducted. I say this not from a self-cantered or self-serving perspective. I would prefer to say it is all good. But it is not. As a student of this discipline personally for nearly 50 years and profession for over 30, I have seen enough to conclude that unlike say technology in computers, training is not advancing. The direction that the over-whelming majority of strength training is taking is doing more to retard than advance human endeavours and quality of life. Now I know that's a very big statement, but I firmly believe that everything I teach will one day be recognized for it's accuracy and validity, irrespective of the current reactions to my thought challenging perspectives and concerns, albeit perhaps post my life-span.

I have published copiously during the last 30 plus years and continue to do so. My works are for the most part a significant departure from mainstream thinking that I appreciate they may be unwelcome in the short term. However I know those that train value the way it has saved them from injury, improved their long term health, and given them optimal performance during their competitive careers. You too can benefit from this should you choose to be a student of my works.

Here are the questions we have selected from our students Ian If you can get back to me within 2 weeks I would be most grateful and it was very nice to have spoke to you I have been a fan since I fell in love with the health and fitness world.

Regards

Fran