



The Between Sets Newsletter
The KSI Newsletter
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We trust you enjoy the Feb 2013 issue of the KSI newsletter for 2013! If you would like a friend to receive future newsletter, share this link with them!

<http://www.1shoppingcart.com/app/join.asp?merchantid=197081>

And look forward to meeting you at an upcoming seminar during our [March 2013 World Tour!](#)

Ian King, on behalf of Team KSI

1. Hard court athlete ankle rehabilitation

Hi Ian, I just thought I'd give you a quick update on my progress.

My ankle is feeling good and I am experiencing no pain. I feel as if my ankle is stronger and more flexible - I can tell this just by walking up and down stairs. A couple of weeks ago I told you that I was experiencing some pain and discomfort after a couple of the speed components of the program and after our discussion we decided to cut back and progress into them. After 2 weeks I was able to complete those exercises without any pain or discomfort. In the past couple of days, since arriving back in xxx, I have gone for two 15 minute light jogging/ walking and I experienced no pain and felt strong.

Throughout the rehabilitation progress I felt that the ice proved more beneficial than the heat. Despite feeling strong and having a better range of movement, my ankle appears to have a fluid build-up of some sort as it appears to be quite swollen without being painful (by swollen I mean looks larger than the other ankle in comparison). I have self massaged regularly and

have found that there is still quite a bit of tension there, however, it has been decreased over the past few weeks.

I would like to schedule another meeting to discuss where we go from here. I'm looking forward to getting back into training!

Thanks, xxxx

xxxx - Thanks for your email and update. Great new re ankle. The next step is to progressively expose it to hard court movements, especially rotation and landing. Note the key word is progressively!

Great to hear you discern the relative impact of ice and heat. This is the sign of an athlete in touch with their body and the training effect. You need to maintain this connection, never letting other emotions or pressures or influences over-ride this.

Very perceptive to realize the existence of swelling. This is a sign that should not be overlooked. Whilst it may be a lagging indicator, it is still indicative of what I was concerned about - the joint was loaded too early coming back and this has slowed the healing. Our goal is to overcome this and this can only happen with better decision making that the decision making that created this delayed healing. It was a lesson, one that I trust you don't need to have again

I am very impressed also to hear you are self massaging. Again, a great sign of an athlete taking responsibility for their healing. I am very impressed to hear the eagerness to get back into training!

--Ian King

2. Grunting and grimacing in pain with not a weight or machine in sight!

Did the quad dominant yesterday – some soreness today – but I expected it to be worse as I could hardly walk away at the end of some, make that most, exercises. I think others at the gym wondered what the sook was up to grunting and grimacing in pain with not a weight or machine in sight. The squat NS was great. More depth/control/more upright trunk/ absolute fatigue for 10 reps with only 10kg on the bar.

I have trouble with the 3 x 3 for some of the abs exercises – do I persist or look to another tempo until I build up the abs and get some control.

Generally I can feel muscle tightness almost a pump feeling.

As an aside xxx competed last year and had a couple of wins in the masters. He speaks very highly of you and you may recall re was with you at the Australian Institute of Sport from 90 – 93.

--XXXX

xxxx - You can now relate that experience of no external load but real pain in the words of the t-natino editor when he published my 'Limping' program in 1999. This program changed the way the world changed, and from that the 'functional' training movement grew.

In abs, when 3 x 3 is not going to happen, if you can do a few good quality reps, stay with it and improve. If you cannot do any good quality reps, go to another similar but more realistic speed of movement.

Yes, I recall xxxx. Great to hear he valued his time with me and is still training!

--Ian King

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3. Your say

Just wanted to tell you how much I value the KSI L1 Legacy Course

Ian, Hope you're well mate. I've just finished the legacy course and I wanted to tell you how much I valued it.

To be honest, I don't know where to begin. I've looked on the forum and read some great testimonials, so I know I'm not alone in my appreciation.

I attended your London seminar earlier and you asked a question along the lines of "write down 2 things you want to get out of today" - I put down 1 - how much do you do by 'science' and how much by instinct/through experience? I found the answer pretty quickly..!

The KSI Level 1 Legacy Course really hit a note with me. Some because I feel the same, some because I've been guilty of it, some because it just makes sense.

I've read other stuff, none of which goes even near the Legacy Course, and I couldn't even tell you where that bullshit is. I have every unit of the Legacy Course printed off and in a folder - and I've never put anything in a folder in my life!

Thanks for an incredible course. Looking forward to the next level. Best Regards & Much Respect,

-- Peter

Pete - great to hear from you! Congrats on completing the Legacy course also. Thanks for supporting my London seminar and you were a good student - you did what I asked (formed your 2 goals) and as such found the answers fast.

I put 30 years of professional experience and 20 years prior of personal experience into that course so it means a lot to hear the appreciation such as yours.

Look forward to guiding your progress should you continue in KSI coach education, and there is a possibility I will be back in London in just a few weeks time!

--Ian King

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4. All our athletes use these

All our athletes around the world trust our recommendations in training and related areas. 14 years ago we trialled a certain brand of anti-oxidants and from the first 2 year trial, have consistently recommended these products in the ensuing 12 years. You don't need to be a KSI athlete to benefit from this advice - you just need to trust us and take action. We are able to provide these products to about 20 different countries around the world and chances are you live in one of them.

[Use the same supplements KSi athletes use globally](#)

5. KSI Student Coach Profile - Pete Lee

My name is Pete Lee - I'm an Aussie living in the UK, and have been for over 8 years.

My passion from a young age was always sport & fitness – my main background was in Australian Rules Football. I love training & love training others – this led to me becoming a personal trainer in 2003. The majority of my clients were general population, but I always had a real interest in athlete preparation.

In February this year I received an email about a seminar in London by Ian King – it was touch and go whether I could attend but I managed to get there & it turned out to be the best decision I could make – not only for my career but my life. Previously I always had doubts that the 'education' I was receiving in my pursuit for training knowledge and know-how was any good. That seminar blew me away. It's hard to describe but I just knew that what I was experiencing came from a much higher level than anything I had 'learned' before. Having got a small taste, I was hungry for more so I enrolled in the Level 1 legacy course. What Ian says, what the course contains, it just hit a real note with me. The value I got – and am still getting – from the L1 course is incredible. The feedback I get from clients and people I'm able to pass the value and benefits onto is unbelievable and a real testament to Ian and the course in itself. It was a no-brainer to then enrol in the L2 foundations course, which so far I've found challenging (enjoyably so) and even more impressive. I look forward to continuing my KSI education knowing that there's no doubt that it's the best in physical preparation.

I'm very grateful I found Ian and KSI otherwise I'd still be making the same mistakes as everyone else, I'd still be buying stuff that promises this that and the other – then being let down as it has no substance, and I'd still have a feeling of non/fulfillment in not being able to achieve the best I can. My only wish is that I found KSI earlier!

[Start your KSi coach education journey here](#)

6. Ask the Master Q & A

Where to I start learning how to train sprinters?

Hi Ian, I was just wondering if you would advise me to purchase your Flexibility book/DVD before anything else, apart from your Foundations of Physical Preparation book of course (which i have already read once after borrowing it). It seems flexibility is the most important beginning point and im about to embark on designing a strength program from the ground up for a young 19 year old 400m sprinter who has never performed resistance work before, but is being trained in an elite young squad here in xxx by a well credentialed coach.

I have loved strength and conditioning for many years and enjoy your philosophies. Thanks!

--XXXX

xxxx – great to hear of your values re importance of flexibility. If you are a physical prep coach I recommend the Foundations book be the base of your professional development, however to meet the needs of the young athlete quickly, I would support you getting the Flex Training DVD first.

Also, keep in mind our LI course, the Legacy program. A lot of value for money that will start you off on the right basis and is the pre-requisite for the fully blown Foundations Course, Level 2.

Learn more about the KSI coaching courses at <http://www.kingsports.net/ksicoachingprogram.htm>. Trust this helps

--Ian King

[Want more? Order 'Ask the Master - An Anthology of Q & A's by Ian King](#)

7. Book of Muscle Facebook Page

For the last 10 years I have received and responded to so many emails from Book of Muscle advocates I have lost count. And they keep coming. One solution is to answer these questions on a dedicated FB page, which we have set up. The BOM page url is:

http://www.facebook.com/browse/adminded_pages/?id=100000863592442#!/pages/Book-of-Muscle/399817883440932

In preparation for the release. we approached our inner circle and asked for those who were true advocates of the BOM who would be willing to contribute to answering questions about the book on this FB page, and we have selected a number of these - so there is lots of support standing by, and we want to thank those people for putting their hand up.

The Ian King page url is

http://www.facebook.com/browse/adminded_pages/?id=100000863592442#!/pages/Ian-King/352442794035

Note we also have a Get Buffed page

http://www.facebook.com/browse/adminded_pages/?id=100000863592442#!/GetBuffed

In advance thanks for supporting this concept aimed at creating a community for BOM readers to exchange, and we look forward to your contribution and involvement. Thanks!

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8. Create choice in life

For 27 years KSI has been training athletes and educating coaches. We have led the world in many areas, especially in our practical training concepts, which are now used universally in many ways. We have also been industry leaders in teaching physical preparation coaches and end users how to live with choice. Interesting the concept of being able to choose where you live, and who, when and where you work/work with, is becoming an increasing popular topics. The success of books such as the Tim Ferris '4 hr work week' are evidence of the rising interest in living life now, rather than waiting for retirement. No doubt this topic will become more popular with the trend-spotters teaching it in years to come. Until then, most buy into the conventional plan - work for 40 years on 40k a year and retire old and relatively broke. It doesn't have to be that way, as our growing group of entrepreneur partners throughout the world evidence. It can't take the average person years to develop the mindset that achieves the lifestyle presented in books such as the Ferris book. There has never been a better time to get started, as the old economy continues to contract.

Here's an example of someone who stepped up to create more life for themselves and their family:

Hi Ian - Hope you're well. Just wanted to learn more about this opportunity. Having read some of your thoughts on mindset financially/entrepreneur it really hit home that I would be someone that would have to work on it - "take years to achieve it". Thanks for saying it as it is, as I can recognise what you say about others saying stuff, but not being honest about what it truly takes. Looking forward to learning more. - xxxx

[Are you driven to achieve choice in life?](#)

[Follow our team on Facebook](#)

9. 2013 KSI Seminars

Tues 12 Feb 2013 - [Sydney](#)

Wed 6 Mar 2013 - Ireland
Thur 7 Mar 2013 - Ireland
Fri 8 Mar 2013 - Innsbruck
Sat 9 Mar 2013 - Innsbruck
Sun 10 Mar 2013 - [London](#)
Mon 11 Mar 2013 - Boston
Tue 12 Mar 2013 - Boston

Email us at question@kingsports for more info on these seminars or use the links [here](#).

10. KSI Global Network

Athlete Training Facilities

- Brisbane, Qld, Australia
- Cape Cod, MA, USA
- Gold Coast, Qld, Australia
- [Innsbruck, Austria](#)

Network of Elite Coaches

- Mike Pimentel, Boston, MA, USA (KSI L7)
 - [Mitchell Kochonda](#), Gold Coast, Qld, Australia (KSI L7)
 - Andreas Scheicher, Innsbruck, Austria (KSI L6)
 - Igor Ostojic, Ireland (KSI L6)
 - Carl Sherry, Adelaide, SA, Australia (KSI L6)
-

11. Thank you...

Because...you are on our list to receive this newsletter....and you opened it....and you read it...all the way to the bottom...we want to say thanks and reward you. Last week I did a seminar in Sydney - I would like to give you Part 1 of this 2 part video of the seminar. You will need to do 3 things to receive this gift: 1. Email us at feedback@kingsports.net and say 'Yes Ian, I would love to receive the gift of the Sydney seminar on video' (or words to that effect) 2. Include your YouTube user name in that email; 3. Do this in the next 24 hrs!. Again - thanks for choosing KSI, and congrats on reading this newsletter to the end! *PS. This offer is only valid for 24 hrs from sending of this newsletter!*

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