



The Between Sets Newsletter
The KSI Newsletter
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We trust you enjoy the Mar 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>

If you missed our seminars during our recent 2013 World Tour, you can catch up at this link: <http://www.kingsports.net/productsksi.htm#E-Videos>

Ian King, on behalf of Team KSI

1. Athlete Preparation-Sharing marathon experiences

Hi Ian, Was very keen to share. Ran fastest 5km in 3 years on Saturday have broken 22 for a while then backed it up on Sunday with what was planned to be a 10 mile race (planned to be a Marathon paced and felt quite comfortable. Ran a few minutes faster than the equivalent time /run in 2010 when I ran my PB marathon/ half marathon/10km and 5km events. Feeling very strong. Just thought you'd like to hear that- Big bruise on ITB after massage but feeling good now
Thanks, xxxx

xxxx - Great news! appreciate update!

--Ian King

2. Get Buffed guidance

Dear Ian, Hi there, me again! Great to have a few problems I have addressed last night even in the broad talk you gave last night. Following on from last night; I always had a passion for the gym, a few years ago I finally gave in and launched into competitive drug free bodybuilding. I love it, but you will know, more than any sport, body bulding is littered with fuc%ing idiots calling themselves coaches. I have a pretty bloody extensive list of injuries and im pretty sure im to blame for 90% of them!

I still have a burning competitive streak, I'd like to a lot better at National level, there are plenty of weak points, but I do have a real advantage of around 23 years of work behind me, so I would like to compete in the over 90kg heavy weight class (not many guys at my height do this without juice). I have spent today reading a lot of your stuff and watching a lot of your clips, what stands out like dog nuts is; I train too much high intensity without sufficient rest and wonder why I always feel like shit. Like I said last night, I do what im told. Trouble is, maybe I was getting the wrong advices (yes, an Arnie joke). I was genuinely shocked (and enthused) when I heard you worked with bodybuilders. Sorry, if I waffled too much. Regards,

--XXXX

Xxxx – b/building is the easiest of all strength training pursuits to achieve, eg. compared to the competitive strength sports and other sports etc. Getting big and strong is easy, as you know. The dieting etc is probably the more demanding part, but I like b/b I work with to do a lot of that sorting out themselves

--Ian King

[Follow Get Buffed!™ on Facebook](#)

[Order your own Get Buffed!™ material](#)

3. KSI book progression

I was curious as to what might be the next progression in regards to what to order next. Currently I am following the BOM workout, and that will keep me busy for at least another year. After that I will start on the Get Buffed workouts, as by then I hope to be able to better recover from the 4/week workouts vs. the 3/week on BOM.

That being said, I have learned a TON from GB I & II that I believe have made my BOM workouts more effective. Additionally, it's helped my overall understanding of concepts (i.e. recovery and progression) that I know are helping me make better decisions overall in my progress. As a "lifelong" learner who would rather read a great book than watch the cr%p on TV, I'm wondering what suggestions someone might have for me next. Currently my goals are losing weight while continuing to become stronger (and leaner). Not really bodybuilding, just general health. I'm only (at 40) a recreational athlete with the summer hockey league, golf and martial arts. Any advice would be appreciated. I know I'm working towards eventually getting the library, but need to do it piecemeal. Am considering GB III next, but didn't know if there were some other works you have that might be more directly applicable to my current situation. Thanks,

--XXXX

xxxx - *'The way of the physical preparation coach' is the greatest overview of KSI in my opinion, in terms of books. like KSI teaches, it is truely a holisitc approach.*

--Mitchell

[Want a holistic overview of KSI's teachings? Order 'The Way of the Physical Preparation Coach' by Ian King](#)

4. 2013 KSI World Tour Seminar Videos

We just returned from the KSI 2013 World Tour and are in the processing of making a lot of the seminars from this tour available online. Check them out as we build this at <http://www.kingsports.net/productsksi.htm#E-Videos>

Absolutely sensational! Just finished watching - incredible content and value in that. No doubt I'll be watching it over and over in an attempt to be great at it. Looking forward to the how to write book arriving as well to help me. I noted Ian in this video series said the how to teach book should be read in conjunction with it, so I'll be ordering that soon. Thanks again

--Pete

Just watched part one of the Dublin lecture, even better second time around! Many thanks!

--Aaron

Gutted. What a time to have a cyst removed from my neck....the time that KSI tours the UK!!!!!! Will you be uploading the seminar footage...at cost of course Ian? Enjoy your teaching and products, breath of fresh air that works time and time and.....again!!

--xxxx

<http://www.kingsports.net/productsksi.htm#E-Videos>

To hear Ian King's review of his recent world tour please click the link below:

<http://www.kingsports.net/Download/Seminars/KSI2013WorldTourReview.wma>

5. KSI Student Coach Profile – Ryan Lesperance



KSI Level 5 Coach Ryan Lesperance shares his thoughts on the impact of KSI:

https://www.youtube.com/watch?v=GOWvnA_TMqQ

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

6. Ask the Master Q & A

Should I purchase Get Buffed material before enrolling in the Get Buffed course?

Hi! My name is xxxx - I'm from Sydney, Australia. I am interested in knowing a little bit more about the Get Buffed Course. Firstly, I am interested in purchasing the Get Buffed book and DVD - should I do this before I enrol for the course, or are those materials included in the course? Secondly, is this course available for me to do via distance while living in Australia?

Sincerely,

--XXXX

xxxx - thanks for your email. The course is electronically delivered, so it does not the book and DVD. We put the course together for those who wanted electronic delivery. Why not post this question on the GB facebook page and see what others advise re the book/dvd vs course?

The url is:

<https://www.facebook.com/GetBuffed?ref=ts&fref=ts>

--Ian King

Which KSI products provide the most practically applied information?

Hi, I am emailing with a specific question around developing anaerobic and aerobic endurance and the concept of 'reverse periodisation'. I was wanting to know which of the products available on the website would provide the most in depth explanation and discussion of practical application of methods? I work as a professional strength & conditioning coach with professional rugby union players so I am dealing with a

group of fairly elite level athletes. Many thanks and I look forward to hearing back from you with your recommendation(s).Regards

--XXXX

*xxxx - I prefer to ensure concepts are understood in context, which requires a coach to seek to understand and apply my concepts from the beginning or foundational stage, rather than pick and choose concepts. You will find reference to what you are looking for in the foundations books and dvd, which is now the basis of our Level 2 course. Obv I would recommend you do the LI first
There is more in-depth info in the Endurance Specialization DVD series but I have recently chosen to make the specialization dvds available only to those who have done the basics, as I have indicated my preference above*

I have educated a lot of coaches during the last 30 years and continually seek to improve and refine our delivery. My recent conclusion is to work more intensely with those who seek to master rather than those who seek to kick the tyres or apply the mainstream paradigm that a little bit of information from a lot of people is the optimal approach to coach education. If you have further questions certainly ask, otherwise I trust I have answered this question, even perhaps not in the way you had expected. All the best with your coaching

--Ian King

Would additional stretching reduce muscle soreness?

Hello, Mr. King - I've just started working out yesterday. I'm essentially a beginner. I'm using your Lazy Man's Guide to Stretching as part of my warm up. I enjoy the stretches thank you. But I was wondering if in between workout days, I plan to exercise 4 times a week, if stretching would help alleviate my soreness from the previous day. Thank you,

--XXXX.

Xxxx – great to hear you are using the stretching program! Yes, I believe more stretching would help. In fact, most athletes I train do a lot more stretching than just their pre-training stretching.

--Ian King

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

7. Book of Muscle Facebook Page

Is the Book of Muscle suitable for women?

Hi I'm an owner and huge fan of the book of muscle! Question I have is my girlfriend wants to start working out, to tone and shape and I was wondering if you have or recommend any books as good as that for women?? Or can women use the book of muscle routines??? Cheers

--Xxxx

xxxx- great to hear you're a huge fan of the BOM! I would strongly recommend your girlfriend join you on your workouts. Individual goals and other individual based factor outweigh the gender factor. So go ahead, and let us know of your progress!

--Ian King

The Book of Muscle Facebook page

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

8. Physical preparation coach's gain leveraged income

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 increasingly popular topic. 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 trendspotters 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 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

Let's make this really clear - most people who are 'business advisors' get paid for giving you information on how to do it. You go to a seminar, they get paid, you go home. Whether you succeed or not, they got paid, and you are on your own. We do it

differently. We offer ongoing training and mentoring, at no charge. That's right. You get trained by people who are qualified to teach because they have developed leveraged income – and you don't pay for the training.

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

[Follow our team on Facebook](#)

9. 2013 KSI Seminars

April/May 2013 – Adelaide, SA, AUS – dates to be confirmed

Sat-Sun 10-11 August 2013 – Level 3, Park City Utah, USA*

Mon-Wed 12-14 August 2013 – Level 4, Park City, Utah. USA*

Mon-Wed 12-14 August 2013 – KSI Athlete Training Camp, Park City, Utah, USA*

*10th year celebrations in this location

Register <http://www.kingsports.net/serviceseminars.htm>

Email question@kingsports for more info on these seminars.

“Most will follow the trumpet with the loudest noise, only to come away disillusioned and poorer for the experience, realizing they were following an empty vessel. You will find we do things differently at KSI....if you find your way there amongst the static of bullshit internet marketers...”

10. Our nutritional supplement recommendations

For the last decade plus KSI athletes and families have relied on one vitamin manufacturer. You can too. Get yours here: <http://bit.ly/vb6eRO>

11. 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)
-

12. Thank you...

To those who supported our seminars during the recent 2013 World Tour. If you would like to share you experience with us in email (including which seminar you attended) we will send you a little gift....Thank you!

Email feedback@kingsports.net

A handwritten signature in black ink that reads "Ian King". The signature is written in a cursive, flowing style.

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