



**The Between Sets Newsletter**

**The KSI Newsletter**

No. 118, Apr 2013

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We trust you enjoy the Apr 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>

IF YOU HAVE PHOTO FROM THE RECENT KSI 2013 WORLD TOUR, WITH OR WITHOUT IAN KING IN IT, CAN YOU SHARE THAT PHOTO WITH US? Send it to [feedback@kingsports.net](mailto:feedback@kingsports.net) – thank you!

Ian King, on behalf of Team KSI

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**1. Young athlete's Olympic Dream**

Hi Mr. King, it's xxxx from xxxx. I thoroughly enjoyed meeting you and it's very exciting to hear from someone other than myself that I can go to the Olympics. I have had this dream ever since I started xxxx when I was eight. There isn't a day that goes by that I don't think about one day swimming in the Olympics and wining gold.

You had asked for my times now and the Olympic trials qualifying times. The Olympic Trial times have not been released yet, but I assure you as soon as they are I will email them to you. --xxxx

xxxx – great to hear from you! And it was great to meet with you. I love to meet driven athletes with high expectations and strong dreams. You have a great dream and we will work together to achieve it! --Ian King

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## 2. Get Buffed product guidance

Greetings, I am still trying to decide on what route I want to take in terms of the get buffed products so I have a few questions. Is the content for the get buffed course comparable to the first book i.e. if I get the course will I be missing concepts and key ideas that are in the book? Also, in terms of the media, are the video files similar to the different exercise DVDs. If not, what content is similar? Basically I am trying to determine how much overlap there is between the course and the books and DVDs. Lastly, is the information from the course available to download and keep or is it hosted remotely and once the course is over there is no longer access to the information. Thanks in advance for your time and patience in answering these questions. Cheers

--xxxx

*Xxxx – in answer to your questions: Yes, the course content and first book are comparable in content. There is probably more content in the book in some ways, but they obviously come from the same source content – our original works. The video files for the course are not the same – they are not how to videos like the exercise DVDS, rather they are background information, Ian talking to camera. If you want to be safe stay with the books and DVDs. Yes, you download and keep the course content in an off-line file. Any questions any time Matthew!  
--Ian King*

[Follow Get Buffed!™ on Face book](#)

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

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## 3. KSI book progression

Good morning, I've purchased The Book of Muscle two years ago and have loved it. I've completed the Intermediate course once and I'm close to finishing the Advance course for the second time. A friend recommended that I purchase the Get Buffed series. Given what I have accomplished with The Book of Muscle, should I still start with I or II? Regards,

--xxxx

xxxx – great to hear of the results you got from the BOM!! This is a fantastic question and I am very happy to answer it, as it will serve for others. The GB 1 book is not for beginners. It is the first in the range, but it isn't a beginner program. I plan to fix this and go back to do a more basic GB book. I see the GB 1 book being suitable for someone who has strength trained seriously for a minimum of 4 years. Put it this way – I still use the GB 1 program in full or in parts and I have been seriously training non-step for nearly 20 years! And first started with strength training 40 years ago. I have a dream that all who would benefit from the GB 1 can see this, rather than assuming they are too advanced for this book. In my opinion is a travesty to miss the GB 1 program, and I know anyone who is well versed in my approach would agree. I make this clearer when I tell people that I will not sell them the GB IV book if they have not got all the prior books. In the meantime, I see too many jump to GB 2 because I suspect, they are like you, and they wonder if it is too basic for them. GB 1 is not too basic for anyone!!!!!! Trust this helps!  
--Ian King

[Start Building your Get Buffed library](#)

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#### **4. 2013 KSI World Tour**

Following a highly successful KSI 2013 World Tour, we recently released a number of the video programs from this tour, including a Total Video Package Program. Learn more here:

[http://www.kingsports.net/products-ksi- ... dtours.htm](http://www.kingsports.net/products-ksi-...dtours.htm)

This is what others have said about the KSI 2013 World Tour:

*Ian-I have viewed the majority of the KSI Total package and the content is sensational. It is a great learning experience to be able to review again and again what took place at the seminar I was at in person as well as what was taught at other locations around the world. Inline with KSI's holistic teachings, it is fantastic to be able to see many aspects of training and life touched upon-which is in complete contrast to what is taught in the majority of seminars! Thanks for the opportunity to learn from what took place at the seminars!*

--Rob

*Thank you very much for sending the videos. I have watched the first part and again the content is FANTASTIC!!! I'm looking forward to watching the other parts.*

--Dave

*I'd also like to mention that I saw Ian in London last weekend and he was inspirational. I'm just beginning to understand how long the journey is to that level of accomplishment. I'm very pleased that he shares so much.*

--Jason

*Your lines of movement series were excellent, I loved the inception of your*

*methodology but more importantly for me how you apply it in the real world - top draw.*

--Jonathon

*I would just like to say that I had a fantastic time at the London seminar! Really appreciate the opportunity to learn from the source of so many innovations in the industry-especially with the recent lack of integrity that is present. I attended your 2012 seminar in London which was sensational-and so I was very excited for this! Being taught the practical application of training in your presence was a lot of fun and very educational. I picked up many details and wisdoms with regards to carrying out the exercises that you simply won't learn about in a book/article-best to learn in person. Thanks for teaching us so much valuable information and sharing your experiences! As always you over-delivered and I received a lot of value. I look forward to furthering my KSI education. Thanks*

--Rob

*It was a real pleasure to meet you in person as well as to listen & watch you deliver your practical session in London recently. I took away a lot of real quality information and coaching practice which will without a doubt enhance my coaching ability. Kind Regards*

--Jonathan

*Lines of movement intro was really good!! Looking forward to watching the full video!*

--Niall Kelly

*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

*Thanks Teresa & Ian! Saw the first part yesterday. Only 28 minutes and I already learned a lot!*

--David

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## **5. KSI University Question**

Hello Mr. Ian King, I am messaging you with regards to you level 1 & 2 KSI Strength coaching online program. I am looking to further my knowledge in Strength & Conditioning. I am highly interested in your Level 1 course and was wondering if there was any chance of getting a breakdown of what the course consists of before I sign up. I am also highly interested in many of the DVD series you have to offer. Would some of these be included in the online KSI level 1 and 2 courses?

Thank you in advance for you time, Kind regards

--XXXX

xxxx - thanks for your inquiry. Our upper end coach education is more focused on teaching the art of coaching, whilst the lower end delivers information in the conventional sense, however unique because it is our original material based on personal professional experience and developed over decades of application. Regarding the DVDS, there is unit specific DVDS in both units, as well as the Foundations DVD included in Level 2. As you may note from our products page at our web site (<http://www.kingsports.net/products.htm>) we have many DVDS, and the release of some of these is limited to those who move up the coaching program.

I have attached the unit list. You receive this in PDF electronically, with the lesson in audio download available also, and there is a video for every unit. So more value than the price currently reflects. The first 2 units are dry but it hots up quickly after that. If after commencing the program you find it is not for you, a full refund is available within the first 30 days so there is no risk for you. Any further questions or concerns just ask.

--Ian King

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

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## **6. Ask the Master Q & A**

### How do I overcome declining energy at the end of the workout?

Hello - First I would like to thank you for The Book of Muscle. It has helped me immensely. My story/situation: I am 32 yrs old, 5'8" man and currently weigh 250 lbs with 30% body fat at the moment. I am somewhere between a Mesomorph and Endomorph, and suspect I have a very low percentage of Type I fibers - I was never meant to be an endurance runner! This is great for me, because I love building muscle. My body responds very well to it weight training. My dad was an amateur bodybuilder so I was always around weights and very familiar with weight training.

But since college (it has been 10 years) I have been VERY sedentary (hence the 30% body fat). Now I have resolved to change that. I have tried numerous diets without really getting the exercise going. Yo-yo'ing was the result. Now I have got thru the first 6 workouts of your beginners program. I am already feeling my muscles coming alive.

The Problem: However I am having a problem in that I feel completely wiped out by the end of the workout. Starting in week 3, I am supposed to do at least 2 times thru the circuit, and I can't even imagine having the energy to do this. After my last workout I actually felt nauseous and had to pull off the side of the road on my way to work because I thought I was going to throw up. So basically I'm exhausted (and apparently sometimes nauseous). So now I have improvised the training schedule to try to get myself ready to do a true "week 3" where I go 2 times thru. This week I'm doing a week 2.1, in which I will give myself an extra week of 1 set workouts and see if I can get myself more acclimated to this new routine of activity and build up my

endurance a bit more. Any advice for me? I was wondering what the cause is for this predicament. My ideas: 1. I have been more inactive for so long than most people. Low metabolism to begin with. Low energy levels on average. 2. In the past I did a hospital diet (VLC) which perhaps really depressed my metabolism? 3. Because I was so inactive for so long, I spread out the first 6 workouts of into 3 weeks instead of 2... (Essentially doing 2 workouts per week instead of 3 as your book prescribes)... is this part of the problem. I felt I needed the full 2 days of rest between workouts.

I THINK I'm getting the eating right. I'm doing exactly what the book recommends. Eating 1 hr and 1 hr after in 2:1 to 4:1 carb to protein ratio. Usually 90g carbs to 30g protein pre and post workout. I'm drinking water before and after and sipping a little Gatorade during. I even started drinking a little chocolate milk for added energy which I think has helped. Once again, any advice for me? I've attached my current workout schedule. Thanks! --Xxxx

*xxxx – Have you seen the new BOM Face book page? With your interest in this book I believe this may be of great value to you.*

[https://www.facebook.com/browse/adminded ... 7883440932](https://www.facebook.com/browse/adminded...7883440932)

*You say you are 'supposed to do x number of circuits' – can I make a strong recommendation – make decisions that are best for you. Start with a very manageable amount of sets/circuits, then look to increase something each workout – be it reps, weight or another set. You are simply doing too much for you at this point in time. I want you to become more willing to adjust training to suit your current level - then look to improve that level. You may have other contributing factors which once identified can be addressed. But no matter, the approach is training is the same – listen to your body and work to manageable loads. Training is not about what you can do today. It is about the impact of what you do today has on your ability to do more next workout. Don't get this confused. Your ability to perform today is only relevant in competition – not training! I assume you have had appropriate medical assessments also. I would also recommend you start on a high quality multi-vitamin at minimum. I recommend these ones:*

<http://www.kingsports.usana.com/>

*Look for the 'Essentials'. There will be many other products that can really help with you energy levels but start with these. Contact me after a month of using them with your feedback and I can comment further then.--Ian King*

The Book of Muscle Face book page

[http://www.facebook.com/browse/adminded\\_pages/?id=100000863592442#!/pages/Book-of-Muscle/399817883440932](http://www.facebook.com/browse/adminded_pages/?id=100000863592442#!/pages/Book-of-Muscle/399817883440932)

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

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## 7. Book of Muscle

How long should I hold the thin tummy for?

Regarding the thin tummy, do you just hold it for five seconds then release then immediately hold for another five, ten times and is that the same for the pushup hold.

--Xxxx

xxxx- Yes.

--Ian King

The Book of Muscle Face book page

[http://www.facebook.com/browse/adminded\\_pages/?id=100000863592442#!/pages/Book-of-Muscle/399817883440932](http://www.facebook.com/browse/adminded_pages/?id=100000863592442#!/pages/Book-of-Muscle/399817883440932)

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## 8. 2013 KSI Seminars

IF YOU HAVE PHOTO FROM THE RECENT KSI 2013 WORLD TOUR, WITH OR WITHOUT IAN KING IN IT, CAN YOU SHARE THAT PHOTO WITH US? Send it to [feedback@kingsports.net](mailto:feedback@kingsports.net) – thank you!

June 29-30 2013 – Adelaide, SA, AUS

- Injury prevention & Strength training (Sat 29 June 2013)
- An evening seminar on nutrition for long term health & optimal performance.(Sat 29 Jun 2013)
- Speed and performance in sport (Sun 30 Jun 2013)

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\*

\*10<sup>th</sup> year celebrations in this location

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

Email [question@kingsports.net](mailto:question@kingsports.net) 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...”*

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## 9. 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>

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## 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)
  - Ryan Lesperance, Toronto, ONT, Canada (KSI L6)
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## 11. Stop the Bullshit

*To put the charlatans and frauds in their place - the waste bin (Any one who burns or bins their copyrighted breached versions of my books, or demands a refund from the frauds who sold it to them - I will send you the original - at my expense!) —Ian King*

Hi Ian, Unfortunately, I have the bullshit bible and other products by xxxx. I wanted to know if the offer is still available to ship you the products in exchange for the original content? I am ashamed and disappointed to say that I have a fair amount of their products. I want to get rid of them all. Thanks,--xxx

*Xxxx - contact the seller and demand a refund, which of course will have no bearing on us doing what we said we would do.--Ian*

To be quite honest, I would rather just burn or throw them away instead of contacting them. I really don't want much more contact with them and want to just move on with my learning and use content that will improve me as a professional and improve the results of my clients.--xxxx

*I understand your sentiment of not wanting to contact them. Make a video clip off them going into the bin or the fire, and send that clip to us – we will send you over the 2 books they used to copy – How to Write OR Get Buffed!, and How to teach. Confirm your mailing address at that time, thanks!--Ian*

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## **12. Thank you...**

To those who supported KSI through their purchase of the '2013 World Tour Video Total Package'. 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](mailto:feedback@kingsports.net)  
King Sports International

Suite 209, 1135 Terminal Way  
Reno, NV  
89502  
US

If you no longer wish to receive communication from us:

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