



The Between Sets Newsletter

The KSI Newsletter

No. 123, September 2013

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We trust you enjoy the September 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>

Ian King, on behalf of Team KSI

1. Athlete responses-Nagging shoulder

A KSI Coaching success story

Right shoulder nagging, uncomfortable, irritable little pain. PT, no change. Cortisone, situation returned. Ortho visit. More PT, no change. Another cortisone injection. Situation returned. MRI. Ortho recommended surgery. Surgery with a 6 month recovery time (no work). Call to a KSI Coach. Within an hour, we had increased my ROM with reduced discomfort. Within two weeks, I was 97% pain free. He is a great testament to you, Ian. You should be very proud to have a man like Mike. I am very thankful I took your advice ten years ago to give him a call. It seems like my thank you's are never ending...but, then that is how you teach business. Create infinite thank you's! --xxxx

2. Get Buffed purchase guidance for women

Q: I would to know if you can suggest something in KSI for a woman, my girlfriend would like to train but doesn't want the bodybuilder shape of course. I was wondering if you had something for women that is more fitness. Regards --xxxx

A: xxxx - you are welcome! Great question re the female body shaping information. We have plans for this however it is not likely to be in the immediate future. In the interim we believe our generic programs, especially the early stage ones in the *Book of Muscle*, would work quite well. Ironically the concept we developed and used in our BOM and GB programs, with four stages, the first stage aimed at correcting muscle balances including de-emphasizing of the quads etc, and other unique traits of these programs, were copied in 'female' book published in the US during the last few years. It also included not only many of our unique original exercises (which is not uncommon these days), but some of the exercise descriptions were lightly paraphrased off those in the GB book! Now we know our methods work well for women, and now certain 'authors' receive royalties without any reference to the source! So yes, tell your girlfriend to feel confident to give those programs a go.
--Ian King

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3. Training Tips: Coach Mitchell Kochonda

- How come there are hundreds of websites with trainers marketing how great they are, yet I've never come across an athlete that can deadlift appropriately for sport upon first training them? Could there be a difference in what people say and what people do?
- For every rep you do outside of technique in strength, speed or skills training, you reinforce what you don't want.
- Everything in training is cumulative. The outcomes you're getting as a result of your what you're doing are cumulating, both the good and the bad. The appropriate and the inappropriate. Which is winning the battle in your training?
- The stomach is meant to be acidic and full of enzymes to digest your foods. When you dilute that environment with any fluids, your waterlogged digestive system is rendered less effective. Thus your colorful, organic, fresh, low GI vegetables are largely intact when they're passing through you. So how can you get any nutrients from them? Stop flushing your nutrients through your system and down the toilet – drink the majority of your beverages in between meals (D Wentz & M Wentz, *The Healthy Home*, 2011)

[Coach Mitchell Kochonda Facebook Page](#)

4. Training Guidance

Increasing the bench press

Q: I've been lifting for about a year. I'm 6'3" 210 lbs with about 6% body fat. I'm trying to get my bench press up. I max out at about 285 lbs and I'm trying to get 315 lbs by this summer for football season. What do you suggest? Any special exercises? My friends told me push ups will help and also using dumbbells because they force you to use all the muscle fibers. Is this true? What can I do? Please reply. Thank you.
--XXXX

A: xxxx - *Forget pushups. They suffer the fate of constant resistance. DB's are nice, but stop looking for a magic exercise. Concern yourself more with your plan - how you intend sequencing the exercise selection, load, reps and speed. Some call it periodization but don't feel the need to comply with the word police. No exercise is going to work if it is over-used. -Ian King*

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5. Professional Development-Preparing the body

Q: How do you get a body ready, in your opinion? Which fundamentals would you prescribe and/or recommend? Thanks --XXXX

A: xxxx - *I don't prescribe, I work with the athlete and encourage their active and conscientious participation. As you can imagine, the answer your question is quiet extensive and would require explaining my experience from 30+ years in 1-2 sentences. I go into more detail in some of my material (legacy course, get buffed book or injury prevention & rehab DVD to name a few) and even more so in my seminars. Where are you located? Maybe we'll do a seminar in your area in the future --Ian King*

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6. Book of Muscle Q & A

Should I repeat a stage?

Q. In theory I just finished beginners stage 3 15-17. I say in theory because my squats weren't good - no depth. I have finally got that sorted with an extra warm up set of prisoner squats and by backing off the weight. Form and tempo are now okay. Now I

just need to slowly increase the weight. My question is, is it alright to do this by repeating this stage? I know variety is one of Ian's key ideas. I am 60 and getting used to ROM problems. Thanks --xxxx

A. xxxx – as you have mentioned, you probably can benefit from more ROM which can be achieved with more flexibility training. With the increase of flexibility, you will be able to push yourself further - loading. Hence, you can definitely repeat the stage, especially if you feel that you still can improve from it. Hope this helps. Any further question, just ask --Ian King

[Book of Muscle Facebook Page](#)

7. Ask the Master

Elite athletes and banned substances

Q. Hi, Thought I'd spice up your question section. Do you believe Tyson Gay and co were using banned stimulants to bridge the gap with Usain Bolt or everyone is and they just were caught? I would have thought they'd just provide 'an edge', hardly extract an enhanced performance. And how skeptical should we be when Gatlin and Blake run faster after their bans for steroid use are over?

I made really good progress with help your video on lower back injuries. I've come to realize from experience proper posture in vigorous physical activities (avoiding excessive anterior pelvic tilt in my case) is vital and stretching beforehand sets you up for it. Who would have thought mums crapping on about good posture actually knew something. Regards --xxxx

A. xxxx- thanks for your email. Your questions remind me a lot of when people used to ask over the years past 'do you think lance Armstrong was on drugs to do what he did?' In public I am reluctant to make life more difficult for any athlete who is in a sport where the 'rules' of the game were created by others decades before – they have enough challenges on their hands. Great to hear you received value from the videos and the lessons in life you took from them! Keep up that healthy scientism! --Ian King

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

8. 2013 KSI Seminars

Fri 27 September 2013 – Sydney, Boutagy Fitness Institute

Sat 28 September 2013 – Sydney, Boutagy Fitness Institute

Mon 18 November 2013 – Sydney

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

Email 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...”

9. Nutritional supplements

For 15 years now our athletes have consistently used one brand of micro-nutrients. They come with a 100% 30 day money back guarantee, are label and formula compliant and approved for sale in 19 different countries. If you would like to use the same products of excellence our athletes and coaches use, email us at feedback@kingsports.net and we will arrange your order.

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. The KSI E-video Store

If you have not yet done so, check out the KSI E-video store for E-video options, Course related videos, as well as offers specific to your level in the KSI Coaching Program.

<http://subscriptions.viddler.com/kingsports>

If you are a KSI Coaching Member and do not have access to your relevant Level in the KSI Coaching Program at this E-video site, you need to email us and ask us to set up your access.

Ian King

PS. We have just loaded up 6 more hours of new footage from 2 different programs, shot during the weekend gone in fitness industry seminars in Sydney Australia.
