



The Between Sets Newsletter

The KSI Newsletter

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Newsletter Editor: Robert Bennett, UK (KSI Level 4 Coach)

We trust you enjoy the October 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. Ask the Master

Injury Rehabilitation and product guidance

Q. Hello. I found your website today. I have been doing Crossfit for over 2 1/2 years and am taking some time off due to injuries. I am working around a right knee injury and left elbow tendinitis. I was looking under advanced strength training when I discovered your site. I was curious about learning more. --xxxx

A. Xxxx - Thanks for your email. What specifically are you looking for? Thanks --Ian King

Q. My original goal was to go to the Crossfit Games for masters athletes 50-54. I keep having injuries and need to do something without reinjuring myself. I liked the group atmosphere and find it hard to train alone all the time. I stopped my Crossfit membership recently and am trying to train around left elbow tendonitis and a right knee with issues. --xxxx

A. Xxxx - I answer your question humbly and honestly, with no intent to offend anyone

or any organization, or gain attention on the basis of my view - if you keep doing 'crossfit' as it is currently interpreted, you will keep getting injuries. Cross fit is the physical therapists dream for a constant stream of clients.

My recommendations are 1. Stop doing cross-fit 2. Learn how to completely rehabilitate your current injuries. If you study my approach to training, where injury prevention is the cornerstone of all I do, you will gain great insights. Unfortunately I have had to master injury rehab also and teach that. I address these topics in many different products/mediums, so should you wish to learn from what I have shared in publications during the last 30+ years, there is many opportunities. Alternatively you could gain knowledge in these areas from other directions/influences. Then again, you could keep doing crossfit or ignore the injuries and keep training. This is the choice life offers.

--Ian King

Q. I appreciate your response Ian. I cancelled my Crossfit membership last week. I agree about letting injuries fully heal. I want to be fully functional my whole life without pain. I went to a physical therapist. I believe my right hip is rotated forward due to over 4 years of Muay Thai kickboxing in mostly left lead and doing handstands kicking up with the right leg. I am going back to the pt for my left elbow tendinitis which is getting better but I want to make sure that I am taking care of it right. I found some of your training programs online. I am able to hike, bike, swim and do the ski machine and yoga now. The pt gave me the green light to get back with light weights. I am not doing Olympic lifting yet but want to get back to it. Staying injury free is definitely important to me. I learned some very good things at Crossfit. I feel part of the problem is their recommendation of doing 5 days a week. Two days a week was not enough recovery for me.

Ian, I read an interview with you. I studied exercise science and really like your approach. I realize that you have numerous books. I need a program to follow to ease back into training. Which of your books would you most recommend? I am 53 and more of an ectomorph build. In your interview you recommended 3 times a week training. I have been doing weight training since 1974. Thanks again for your professionalism in taking the time to get back with me. Any advice regarding your books and if you write private programs would be much appreciated. Much thanks
--XXXX

Xxxx - I am impressed with your sensible changes, and your long term commitment to training. I believe you need to be very smart about your training to give you quality of life in the next few decades. I am seeing too many who should have adopted this awareness much earlier in their life. In fact, I talk about this a lot in the latest seminar I gave (over the weekend gone) which I have just loaded up at our online video site:

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

The video is: "What you wish you knew before you got started!"

The issues with crossfit go beyond frequency, if you buy into my theories of muscle balance as influenced by exercise prioritization (sequence, volume and load of each

lines of movement). However I enjoy being a student and I am listening to your interpretation of this.

Which book? *The Book of Muscle* has a 3 day a week workout which would be good for you getting back in. The upside is that it has nice pics, the downside it was sanitized by editors in mainstream publishing. The *Get Buffed!* book range, starting with the yellow cover GB 1 book, has no pic, but is not sanitized. This would be very educational for you also, however it is a 4 day a week lifting program. Over time get hold of at least:

Ian Kings guide to individual stretching
Ian King's guide to abdominal training
Ian King's guide to control drills

Which are offered as a 'injury prevention' pack here:
<http://www.kingsports.net/GetBuffed/packs/menu.htm>

At a higher level of program design education (the GB book is pretty good at this also), there is 'how to write strength training programs'. Ultimately I suspect you are going to need or benefit from this video at minimum:

Ian Kings Guide to Knee Injuries (scroll down page):
<http://kingsports.net/GetBuffed/dvds/menu.htm>

--Ian King

Clarifying upper body exercises

Q. If a person's horizontal pushing strength isn't strong enough to progress fast enough from standard push ups is it ok for them to dumbbell or bench press far below their body weight to build their strength/auxillary muscles until they can effectively progress with their body weight?..Or is it better to stay with the body weight exercise even if progression is slow? --xxxx

A. xxxx - *The bodyweight-first is a guideline that is more important in lower body than in upper body. Also if you read my post you see that I said "with higher loads", so the load selection is a very important variable, in combination with the exercise selection, sequence and other training. Hope that clarifies.*

--Ian King

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

2. Your Say

Legacy Book

Ian-I have just received my legacy book. Very excited; love the content in hardcopy. Thanks for the message on the inside-means a lot! And thank you for the lolly and card! --Rob

[Order the new KSI Legacy Book here](#)

Sydney PT seminar with BFI

Dear Ian, Just a short note to say thanks for coming down on the weekend and speaking for us. The feedback has been excellent. It was lovely to meet you at last. I really appreciate you coming down and the PT community is all the better for having you speak to them. With best wishes,---Tony Boutagy, Boutagy Fitness Institute, Australia

Blue collar muscle interview

Ian that was GREAT!!!! Thank you so much. We will probably get this up early next week, so we will be sure to send you the links. I am so very grateful for having you on. Talk soon--John Meadows, Blue Collar Muscle

The KSI Annual Camp was an amazing experience!

2013 was a very exciting and big step in my education. The camp in Utah has changed me as a person and was a goal to attend...was an amazing experience! With re to the Level 5, this is another goal. --Rob

Thanks for your friendship

Hi Ian, I am just dropping you a quick note to say I am moving to xxx to take up a position as Head of Sports Science and Sports Medicine at the xxxx AFL team. It has been great to get to know you over the last 17 years (or so). I wish you all the best for both yourself and the families future and I must pass on that I have really valued both your friendship and being able to 'tap into' a small part of your fantastic knowledge.--xxxx

Want to have your say? [Ask Ian King a question on Facebook](#)

3. Athlete preparation

Season with no injuries

Ian- Just a note to let you know xxx did the whole northern season without injury. Since consulting with you he follows the stretching religiously. He's ranked 5th

Australian and 120th in world. The Olympic shadow team has 4 riders. He's fifth. Anyway, just wanted to thank you for the stuff you did. Cheers.

--Xxxx

[Follow KSI Athlete on Facebook](#)

4. Coach education

Q. Hi there, I was interested in finding out more information on the courses run by KSI?

--xxxx

Xxxx - sure. Tell me a bit about yourself and where you are looking to take yourself/your career and or your business, so I can comment with your needs in mind. And where are you based?

--Ian King

Thankyou for the reply. I'm a personal trainer and have been for 5 years, I've been working at the same gym now for that time and have built up a constant client basis, I'm also about to complete my degree in sports science next year and am looking at establishing my own training studio. I guess my biggest issues is seeing where I should go with this idea and general running of my own company. I'm currently based in xxx.

--xxxx

Thanks for that insight. Very helpful. I believe the stage you are at re deciding re deciding about facility / entities etc is an important one, and your education now will benefit from expanding from sets and reps. I faced these same questions, albeit a few decades ago, as do all the coaches in our program. From what you have told me, provided you are a person who has dedication to a long term vision backed by determination, I believe you can create the life you seek. The greatest challenge will be, as stephen covey would say, is placing your ladder up against the 'right' building.

Having said that, you will learn a lot by taking action including actions that in hindsight don't pan out.

I recommend you start with the Level 1 course, understanding that for the first two levels we play closer to the mainstream approach in that we provide information. From level 3 onwards, the paths diverge as we go begin to teach the art of coaching and communication, then business, finance , personal development etc as/if the coach progresses in our program. We play long term, with coaches in the program at the highest level with over 10 years of involvement with us.

Does that help?

Also check out the short videos here re the KSI coaching program:

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

--Ian King

Thank you very much for the reply and insight into a path taken. I've viewed over Level 1 and the other levels you offer through your courses and have decided to do Level 1 over my holiday period. It's very kind of you as I know you're a busy man to send an email like this to someone like me just starting out in the industry and i really do appreciate your insight and time.

--XXXX

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

[Follow KSI U on Facebook](#)

5. Get Buffed

Choosing Training Methods

Q. Before I start making my plan, I must know which training method I should pick. After choosing the training method, I will be able to know how many sets I should have in my workout. --XXXX

A. xxxx - you're making a plan, excellent! As for 'training method' you've got to decide if doing variations of a single suq-quality is optimal or using a planned variety of sub-qualities working towards your goals? Then you'll have a clearer picture of sets and reps, rest periods, exercise selection, etc. --*Mitchell Kochonda*

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

[Follow Get Buffed!™ on Face book](#)

6. Book of Muscle Q & A

Clarifying straight sets and active rest

Q. Had a couple of quick questions.1. If the gym is a bit busy, doing alternated sets - e.g. bench press and seated cable row - can be problematic. Are there any issues with doing these as straight sets? 2. Do you have any thoughts on "active rest". I went for a lazy swim on a rest day a while ago and felt great afterwards. If I am too sedentary I find I tend to stiffen up. --XXXX

A. xxxx – *The thing about straight sets is that the exercise you perform first will always benefit the most and vice versa. So imagine if a gym goer always bench press or squat first in the session, first in the week, etc, you can imagine the effects long term wise. High intensity intervals has its pros and cons. An athlete (especially a strength athlete) will want to be careful about implementing it into their training as it will have an impact on their recovery. As for your original question, I am not sure what is your definition of active rest, but if you find that you tend to stiffen up on your on rest days, we highly recommend and advice people to do flexibility work. Hope it answers your questions xxxx. --Ian King*

[Follow Book of Muscle on Facebook Page](#)

7. 2013 KSI Seminars

Mon 18 November 2013 – Sydney

As a KSI client you are invited to join us at this event as a guest, and invite one other person. You need to pre-register.

Overcoming shoulder injuries - Ian King with an Olympic Gold Medallist (Seminar); Sydney Mon 18 Nov 2013

An evening seminar focusing on overcoming injury challenges (specifically shoulder) presented by Ian King and featuring the exercise model that demonstrated many of the exercises in the KSI 'how to' DVDs.

Reg. from 7.00pm for 7.30pm seminar start

Register here: <http://bit.ly/1dQrMrp>

Use the following Coupon code for your complimentary ticket:

KSI18NOV2013

All KSI seminars: <http://www.kingsports.net/serviceseminars.htm>

Email question@kingsports.net for more info on these seminars.

8. Nutritional supplements

Use the same products KSI athletes use and recommend.

[Order your nutritional supplements here](#)

9. Physical preparation coaches don't have to be poor

If you are someone who has realized that what you are doing financially is not providing you with the choices in life you seek, this may be for you. For over 10 years we have guided and mentored individuals in over 15 different countries, helping them develop an income stream that can provide them with the choices in life. Choices including being able to decide when you work, who you work with, where you work, how much you work, and how you provide for yourself and your family.

Want to learn more? Join us for a webinar giving you the information you need to make an informed decision. For webinar details email us at question@kingsports.net.

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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