



The Between Sets Newsletter

The KSI Newsletter

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Newsletter Editor: Robert Bennett, UK

We trust you enjoy the November 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

Blue Collar Muscle Interview

Hi Ian. My name is John Meadows. I co-host a radio show (podcast) called Blue Collar Muscle. I think it's awesome when people give credit to others that they learned from along the way. We recently had Dr Eric Serrano on our show and he gave you a lot of credit (time under tension discussion). I just wanted you to know that! Best regards, John. Here is a link to the show if you want to listen:

<http://rxmuscle.com/2013-01-11-01-57-36/blue-collar-muscle/9557-bcr-10-25-13.html>

xxxx - Thanks john, great to know. Eric is one of those rare people in this industry with integrity. --Ian King

Listen to Ian King's recent Blue Collar Muscle Radio interview:

<http://www.rxmuscle.com/2013-01-11-01-57-36/blue-collar-muscle/9688-bcr-11-18-13.html>

Stretching Resources

Q. I am using the stretches in the BOM. I do plan on ordering GB 1 very soon and also the individual stretching DVD. Do you believe that these will stir me in the right direction or should I think of another route? Also will wait on the yoga idea as suggested. --xxxx

A. xxxx - *real simple employ as much of my approach to stretching as possible as soon as possible. That means get the IK Guide to Individual stretching, or even better, get the Flex Training Series. If you get really serious about stretching get the Flex Specialization DVD following that. With all due respect to yogo, stop procrastinating! A proven method relating to your specific training is there waiting for you to act on it.*
--Ian King

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

2. Your Say

KSI Order Feedback

Hi Teresa I have nothing but admiration for KSI and your customer service. The DVDs arrived the day after I ordered them! It was also an inspiration to meet Ian in Sydney in September after years and years of reading his material. Just thought I'd pass that on. With kind regards, xxxx

Chatting with Tom Platz

Hi Ian. Thank you for the book - it's awesome! Was training with Tom Platz last week and he definitely knew you and respected you..Very cool!!!! Talk soon. Thanks!--J

My best training and achievements ever at 51 years of age!

I would just like to say that I have been following Ian know for about 5 years which has been the best training and achievements ever now coming up to 51 years old and still training hard thanks to Ian's books and teachings. --xxxx

I never get lost....

IK - You are receiving this email from King Sports International, Inc because you purchased a product/service or subscribed on our website. To ensure that you continue to receive emails from us, add newsletter@kingsports.net to your address book today.

If you haven't done so already, click to [confirm](#) your interest in receiving email campaigns from us.

JD - You spelled receive wrong

3. Athlete preparation - Guidance for a former KSI client

Hi Ian, My name is xxx, and in 1989, I competed in the xxx Reebok Aerobic Championships. If this is the correct Ian King, you took me on as one of your clients to develop my strength. I am now competing in my gyms "12 week challenge", 20 years later I'm still into fitness. I would love to make contact with you for advice and support. Hopefully you remember the short woman with the massive determination. Yours sincerely xxxx

xxxx – great to hear from you! Yes, the same Ian King. What did you have in mind? Great to hear you are still training! --Ian King

OMG...It's the real Ian King, himself...Oh My God, how fantastic!!! Wow how are you going? Yes I am still training, I'm now 50 (gulp), not as fit or as strong as when I was in my 30's when you trained me, but hey I look pretty damn good for my age.

What I would like to do is give the 12 week challenge a damn good go. We are given a once a week group training workout,, although now called "boot camps", and they expect you to pay for a P.T. (personal trainer) as well, of which I refuse.. As you know I trained myself, with your help and guidance, and regular tweaking of my program, I don't need a P.T to push me at the gym, I know how to workout and I know how to motivate myself. I have been give a program set out by the gym and I don't believe I'm getting what I need from it, I'm increasing my weights (i.e. load) at a much slower pace than I expected, although as stated I am 50 :) I would like to get stronger again, change my body shape as I did when I was under your guidance and of course increase my fitness levels. We can certainly meet up again, although it would be good to know what a man of your caliber now charges us mere mortals :) and how long your session goes for? I can send you the program he has designed..,Whatever works for you. Kind Regards and thank you for contacting me, certainly has made my day --Xxxx

Hi Ian, I have sent you my program, as from this day.. (Wednesday 14/08/13). All exercise (except Wed night "boot camp") is completed in the morning at 05:00 for 1 hour. I also take a "pre workout" powder about 15 mins prior to getting to the gym Many thanks for your help. I am still nursing (slightly) a deltoid bursitis - It plays up every now and then, however I can manage to do push ups and small shoulder work without too much bother..It's getting stronger and minimal pain.. I have had physio and other therapy. The bursitis occurred about 9 months ago.. Hope to see you when you return to Australia. Kind regards.-- xxxx

xxxx – I have done a review of your program. I want to be gentle with the program design, however there is only so many ways to say it nicely. In essence, I have dedicated massive time and energy educating the world how and why to avoid doing

what is done in this program. it would appear my education has not reached the person who wrote this program

The programs you got with me some 25+ years ago were so far ahead of what you are receiving now. I see this often, leading me to conclude the world has not only failed to advance, it has gone backwards.

I don't want to expend too much energy on this program as it is really unsalvageable. However my suggestions to you moving forward are:

- 1. Stretch prior to training*
- 2. Stretch as long as you do all other forms of training (in total). So if you are doing say 5 hrs of strength and other training in total, you need 5 hrs of stretching. Essentially, 50% of your total training time should be dedicated to improving the length and tension of your connective tissue. If you don't have this amount of time, train less, so you maintain the ratio.*
- 3. Do abs first, not last.*
- 4. Do more abs than this program has.*
- 5. NEVER do what I call horizontal pushing first on the first day of the week. I addressed this extensively in my 1998 DVD 'Strength Specialization' and my 1998 book 'How to Write strength training program', and my 1999 book 'Get Buffed!', and my many other writings, including free articles available on t-nation.com (if you go there just be selective about what other 'authors' works you read....)*
- 6. Instead prioritize what I call horizontal pulling e.g. rowing movements. Your shoulder injury is no 'co-incidence'.*
- 7. In the leg department, avoid doing such a (what I call) quad dominant program. You are going to come to grief with this approach.*

You yourself could write a better program than this. In your situation, the most cost-effective approach would be one or a combination of the following:

- 1. Buy my 'How to Write' (or 'Get Buffed') book and write the program yourself. It would not be hard to do a better job than the program you have been provided. Both available at my web site.*
- 2. Buy my 'Book of Muscle' and follow the programs in this book. Available from online book stores.*
- 3. Read my articles – see some here:*
<http://www.kingsports.net/GetBuffed/articles/menu.htm>

Here are some of my reading recommendations for you:

- Stretching: Lazy Mans Guide to Stretching*
- Program Design – Abdominals: Thinking man's guide to Ab training*
- Imbalance Assessment: Out of Kilter: How to Identify and correct imbalances*
- Stop Shoulder Pain Cold!*

No-one should be damaging them self in training as you are with the program you are on. I encourage you to look after yourself better than this. Trust this helps. Thanks! -- Ian King

4. Coach education – The KSI Way

Ian - 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!

Thanks,--Rob

Updates:

- A new 4 part video series just added to the Unit 2 collection of Level 2 videos.
- The 2014 Level 5 intake to commence in one month time. Congrats to those who made the cut!
- Level 6 video library expanded during the last 24 hrs with some never before seen footage!
- See who graduated from the Level 1 during the last few months!

Kristen Gorrasi

Paul Kilgannon

Mike Kelly

Andre Volstead

Petter Sellberg

Anwar Montgomery

Daniel Gadbury

Grace Brown

Mark Campbell

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

5. Get Buffed!TM Training Q & A

I am interested in getting the 'source' for the training paradigms

Q. With regard to your Get Buffed books, I am going to buy 1+2 next pay check, as I am interested in getting the 'source' for the training paradigms I currently possess and analyse some of yours' that I currently do not subscribe to. I am also very interested in your control drills and athlete building progressions of book 2. At 28 I am starting to feel the effects of unbalanced training despite my best efforts. Cheers, --xxxx

A. xxxx – great to hear you keen to go to the source. I believe that if those who reproduce my works had any idea about training they would have developed their own original conclusions.

Clarity on LPD & Chins

Q. Should I do the 6 Reps on the pulldown bar right after the set of chins, or should they be performed as an extra set, with some seconds (maybe 30) Rest between. I guess the first approach would be more suitable for this concern..?--xxxx

A. xxxx - simple. if the reps on the LPD are to complement or substitute for a lack of

reps in any given set, they would be done with no rest. if you were doing the LPD set/s to increase set volume (number of sets) then you would take a rest. the length of the rest would be influenced for the most part by the rest period duration you were applying to reps in that bracket in that workout --Ian King

Stage 3 of Get Buffed - I'm not very sore

Q. I find in stage three I'm not very sore, I'm assuming that it's probably because I'm not going heavy enough?--xxxx

A. *Xxxx - Maybe? Could be any number of things (not sure which get buffed you a doing?) such as in appropriate tissue length and tension, poor form, lacking intensity/focus during each set, the exercises may now be more familiar to you so less soreness, you're doing the right thing (again I don't know what week you're in) having a sub maximal week in week one, etc. Don't panic about soreness unless that is the goal of your training. What are your training goals? Are you meeting them? Is really all that matters. Thanks! --Mitchell Kochonda*

[Follow Get Buffed!™ on Face book](#)

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

6. Book of Muscle Q&A

Q. Dear Ian, About to start The Beginner Program, Stage 2 and I had 2 quick questions.

1. There are 2 exercises using a barbell - a shoulder press and a bench press. I am using the gym where I live at the moment but it doesn't have barbells. I know there are lots of bench presses to come but for this part can I do these 2 exercises with dumbbells?
2. I have been doing "thin tummy, both legs up, cycle out one leg and hold for 5 secs" in stage 1 instead of the basic thin tummy as I was already practised at controlling these muscles. So my question is what do I do with this exercise in stage 2 which requires :thin tummy, lift one leg, 10 reps. If I do these as I have been doing them with a 5 sec hold it will still seem too slack. If I aim for 20 reps it will start to hurt. Do I just aim for higher reps? Thanks for your help.--xxxx

A *xxxx- 1. Yes. 2. This is a real tough exercise to teach via the written word to the standard of technique that I aim for. Have you got the video "Ian King's guide to Abdominal Exercises". That would be the next best thing. This exercise in the pure or ideal sense is about the quality of the contraction, which will 'hurt', not about the number of reps per se. I would be confident your execution now and what I would*

have you do in person coaching you are different. However doing the best we can do under the circumstances I do recommend the visual aid of the DVD.

--Ian King

[Book of Muscle Facebook Page](#)

7. 2014 KSI Seminars

Look out for the 2014 World Tour dates to be announced shortly!

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

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

8. Nutrition & Nutritional Supplementation

I've recently produced a 12 webinar series titled 'Reset', covering a wide range of holistic topics relating to exercise and nutrition and health. If you are currently using our nutritional supplements I would like to gift you this series. Just email us at question@kingsports.net and let us know you would like to get access to this webinar series.

[Order your nutritional supplements](#)

9. Strength coaches and personal trainers don't need to be broke

Here's some income statistics for physical preparation coach income:

The average income in for a gym instructor is \$14-\$55 per hour or \$23,000-\$50,000 per annum...

The average income for a personal trainer is \$40-\$80 per hour or \$10,000-\$136,000 per annum...

"The average annual salary for strength and conditioning coaches was \$37,000 as of 2013..."

These kinds of incomes may suit a young single person early in their working life. However what about older married professionals with children? If this is something that concerns you, you may be interested in hearing more about this.

Opt in below if you would like to learn more about why I believe you don't need to be broke through a short video presentation.....

[Learn more - http://www.kingsports.net/Coach/money/interest.htm](http://www.kingsports.net/Coach/money/interest.htm)

10. KSI Global Network

Join the KSI Global Network of Coaches – the original global network of physical preparation coaches!

[Learn more: http://www.kingsports.net/Coach/courses/menu.htm](http://www.kingsports.net/Coach/courses/menu.htm)
