



**The Between Sets Newsletter**

**The KSI Newsletter**

No. 126, December 2013

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Newsletter Editor: Robert Bennett, UK

We trust you enjoy the December 2013 issue of the KSI newsletter for 2013! If you would like a friend to receive future newsletters, share this link with them!

<http://www.1shoppingcart.com/app/join.asp?merchantid=197081>

Ian King, on behalf of Team KSI

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**1. Ask the Master**

Student Newspaper Article

Dear Mr King, I am an aspiring journalist studying a degree in the United Kingdom and I write for the Student Newspaper which is pretty popular for a University magazine especially the Health and Fitness section which I write for. I was wondering if it would be possible for me to send you a few questions for you to answer that I could feature in the Magazine? I have read some of your work and watched some of your YouTube interviews and find you very interesting and unique in the Sport Preparation world. I must say that you are probably the world's most experienced preparation coach looking at your history and how many athletes you have prepared so this is rather a big leap for me and the magazine.

The former writer of this column focused on interviewing people who started fad diets and sometimes rather silly training programs who have since went out of business or

forgotten. If you would be willing to answer 10 questions or so for us to publish in the magazine I would be most grateful. Thank you. --xxxx

*xxxx – I would be very happy to do that for you. Send them over, and give me a word limit so I don't make the editing job too hard! --Ian King*

Dear Mr King, It is very good of you to take the time out of your busy schedule to answer questions from our readers. The students at this university take sport very seriously and use most of their free time studying or doing sporting activities so we have a lot of sports specific training questions and some who just want to get more muscle or increase fitness levels. We are doing a full center page this time around because you are considered the best preparation coach in the world to a lot of people so this is a special interview for us, I am honored to be doing this with you. --xxxx

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

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## **2. Your Say**

Thanks for making the KSI Coach Education program so rounded!

I have been gaining much valuable information from viewing the videos you have made available to the KSI members and would like to thank you for making the program very well rounded! --C

I have been a fan of your work for many years!

Dear Ian, I have been a bodybuilder for 27 years and now a coach for many bodybuilders, athletes and every day people. I just wanted to send you an email to say that I have been a fan of your work for many years and I purchased your books and the information has been a reference point for me whenever I design athletes programs. I have been writing a few articles for xxxxx (not officially a contributor yet) that have made me realize I need to thank you personally for your contribution to sport. I go by the name of agent x because I don't want to be identified for lots of reasons however if I am ever in Australia I would love to meet you some day. Thanks again --Agent x

Shipping Rates for KSI Products

Hi, I am looking at purchasing the Get Buffed!<sup>TM</sup> series. Is it possible to have this shipped by a more affordable method? Thank you --xxxx

*Xxxx – thanks for your email. It would be great to ship at lower rates, we just haven't found them when shipping from Australia overseas to another country – assuming that is where you are from? It's more challenging to comment on shipping costs when we don't know where we are shipping to i.e. what country.*

*What we do know is*

- 1. Shipping costs are very high*

2. *We lose money most of the time in the shipping component of the transaction*
3. *that we will be shipping the GB material from Australia, and that the lowest cost option available to us is our national postal services, called Australia Post. We basically charge what they charge, and you get learn more about what they charge if you use their calculator at:*

<http://auspost.com.au/apps/postage-calculator.html>

*To help you calculate, the average GB book is 1 kg in weight. We are always open to learning new ways, so if you have better shipping rates let us know. Thanks! --Teresa and Ian King*

Thanks for the monthly newsletters!

Thanks for the monthly news letter Ian. It contains a lot of very powerful content.  
Thanks Again –D

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### **3. Athlete preparation – Warm up for Rugby**

Ian - I am interested in your views about warm ups for rugby. There was a discussion not so long ago - about stretching and specifically dynamic stretching. Should the warm up be position specific? If so - any view on how this could be managed and length of time? –xxxx

*Xxxx - are your referring to warm ups for training or games, and what stage of the year, and what stage of the athletes career (incl age). There is definitely provision for position specific, but more importantly, and less focused on, is that they are also be individual specific. Keep in mind that a model is a model, and that no model can be individual. One can be influenced by a model, however the ability to individualize is a greater key to success --Ian King*

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### **4. Coach education – The KSI Way**

Do you do internships?

I'm interested in the seminar schedule for 2014. Also, does Ian have any private internships that he runs regarding sport performance and athlete training? Thanks so much for your time and assistance --xxxx

We assume you mean 'internship' in the standard deal, where you fly in for a week, pay x amount of money to be a fly the wall in our facility, and maybe paint the weights or assemble some equipment between appointments. Then you go home and tick that off your bucket list. No, we don't do that. We offer a long term program aimed at giving you progressive opportunity to decide if you want to master the KSI way or not, to people who are genuinely committed to serving the world through KSI. --Teresa King

Updates:

- See who graduated from the Level 1 during December:

Chee Chong Tan (Singapore)

Wayne Oldfield (Australia)

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

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## 5. Get Buffed!™ Training Q & A

### Get Buffed!™ for Powerlifters

Hi Carl, I was given your name by Ian himself, in the hopes of getting some more info on your approach to power lifting using the program featured in GBIII. I intend to start power lifting in the 40-49 (just turned 40) category, in the 105-kilo category. I'm not new with the power lifts, having strength trained for over 20 years for basketball and track, but it will be my first foray into training specifically for power lifting. What will be (or what has been) your approach to cycling and using the program layed out in GBIII? Are you sticking to the main template and simply varying some of the elements (recovery weeks, exercises even, etc.), or do you find using that same template would lose its efficacy after a while? Thanks for any input you wish to offer.

--XXXX

*Xxxx - Thanks for your question. I have been power lifting for the last 6 years and have had some great results from Ian's programs.*

“What will be (or what has been) your approach to cycling and using the program laid out in GBIII? Are you sticking to the main template and simply varying some of the elements (recovery weeks, exercises even, etc.), or do you find using that same template would lose its efficacy after a while?”

*Great question, I have used the template as it is and also have adjusted variables accordingly. I have also used the other programs to lead in to comps, I am currently using the program from GBII, with a few minor modifications to prep for nationals. As for how often to cycle, I am unsure. I tend to use some of my own plans between and come back to the get buffed series. –Coach Carl Sherry, KSI Level 6 Student*

[Follow Get Buffed!™ on Face book](#)

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

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## 6. Book of Muscle Q&A

### Guidance on Warm up sets

Q. I have read BOM and also Get Buffed on the subject of warm up sets and I am not

quite clear on one part. The thing that isn't clear to me is whether you are supposed to do your warm-up sets for all of your exercises and then start your work sets, or are you supposed to do just the warm-up sets for the specific exercise you are about to do, then do the work sets and then move on to the next warm-up/work combination?

One of the reasons that it isn't clear is that I have read that you need to be careful to rest enough between the warm-up and work sets. I am doing the beginner routine from BOM and am finishing up week 6. I know that warm-up sets are not required at this stage, but I have started to experience some tendonitis in my forearm as well as just general discomfort, or possibly concern as I am increasing weights and doing my first set with no warm-up. To help this I returned to the book and tried out the stretches, which I have to admit I was not doing - I was just doing some general yoga stretches.

I find the stretches are very helpful and am doing about 15 minutes now. I also tried doing one warm-up set of all of the dumbbell exercises. I have tried it three different ways since I wasn't sure which what was being recommended: 1) do warm-up set of all db exercises, then do all work sets 2) do warm-up set immediately followed by work set exercise by exercise and 3) do warm-up sets for all the exercises in a circuit followed by the work sets for that circuit and then move to the next circuit. I find that the third option is currently working the best for me because it gives a little more rest time before going to the work sets. How are warm-up sets meant to be done as planned for the BOM routines? Thanks --xxxx

*A. xxxx - great to see you including the stretching before training and noticing the difference it's made! For you, stick with the 3rd option as it's working well for you. As for warm up sets in the BOM, they are as stated. If that's not adequate for the individual (and this will definitely occurs as they are generic programs as Ian has stated many times), simply make the modifications necessary (add WU set/s) and keep getting results! Thanks! --Mitchell Kochonda*

[Book of Muscle Facebook Page](#)

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## **7. 2014 KSI Seminars**

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

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

Email [question@kingsports.net](mailto:question@kingsports.net) for more info on these seminars.

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## **8. Nutrition & Nutritional Supplementation**

I've recently been testing an energy drink for use during training. I've used a lot of different products during the last few decades, and was really surprised by the results.

I didn't expect this – this is the best one that I have used. I can really tell the difference in the training intensity, and I don't 'pay the price' afterwards with a 'crash'. I have not made this product available for you to order also.

[Order your nutritional supplements](#)

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## **9. The KSI Nutritional Supplement Distribution Network**

We've just completed a performance review for our international network of supplement distributors for the 2013 Calendar year. In an industry that loves percentages, here are some very satisfying indicators:

Compared to the 2012 Calendar Year, in 2013 our team achieved:

- 31% increase in the number of people who sourced new customers
- 33% increase in the number of team who title made substantial increases in income
- 55% increase in the number of team that received commission checks during the year (this was double the increase on the year before, which was a 26% increase!)
- 67% increase in the number of new distributors to join our team
- 83% increase in the number of new customers

Now that's our economy – one of growth. 2014 will be even better. Isn't it great to know that you are working with a group of people not only committed to economic growth but actually achieving it, in a broader economy that is significantly challenged. No doubt that's why you have chosen to be part of this growth!

Congratulations to all those who made the Top 25 income earners in our team! As you can see below many different countries are represented.

<b>Order</b>	<b>First Name</b>	<b>Last Name</b>	<b>State/Prov</b>	<b>Country</b>
1	Teresa	King	QLD	AU
2	Mitchell	Kochonda	QLD	AU
3	George	Verikios	QLD	AU
4	Ben	Brownsberger	NH	US
5	Michael	Pimentel	MA	US
6	Joanne	Verikios	QLD	AU
7	Matt	Willis	QLD	AU
8	Carl	Sherry	SA	AU
9	Matthew	Cragg	ON	CA
10	Ryan	Lesperance	ON	CA
11	Uriel	Gamez	NV	US
12	Bryan	Mirabella	NY	US
13	Sharan	Kafoa	VIC	AU

14	Hsien Hwee Carl	Chia		SG
15	Sharma	Bartlett	QLD	AU
16	Cathy	Millen		NZ
17	Anthony	Ivanov	SA	AU
18	Rosie	Farfan	AZ	US
19	Mary	Pennington	SD	US
20	Jai	Whelan	SA	AU
21	Kristen	Gorrasi	MA	US
22	Victor	Cordova	SON	MX
23	Mark	Samborski	MO	US
24	Carlos Francisco	Laborin Albelais	SON	MX
25	David	Cerpentier		BE

Not yet part of this growth? Contact us at [question@kingsports.net](mailto:question@kingsports.net) to register your interest.

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## 10. 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)

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## 11. 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)

