



The Between Sets Newsletter

The KSI Newsletter

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Newsletter Editor: Robert Bennett, UK

We trust you enjoy the January 2014 issue of the KSI newsletter! 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

1. Ask the Master

What do you think?

Hello Mr King, I'm lucky enough, through my new job with xxxx rugby to attend a lot of the xxxx gym work to learn. They are using a program from the xxx called xxxx. I was curious if you had a view on what they do or if you've heard of it. As always, any of your thoughts are always appreciated. Regards --xxxx

xxxx – as your questions rise in frequency, which is a great sign for you - can I ask – what level are you up to in the KSI coach education program? --Ian King

Hi Ian, I have bought and read the “How to write strength programs” book, I've read it many times - I love it.

--XXXX

What course will I do?

I'm now faced with a dilemma; to do your L1 course or to do the Australian Strength and Conditioning L1 course. I know your course would be awesome, but I'm also worried that it seems the ASCA has its reach in a lot of sports in Australia that now require their certification.

--XXXX

xxxx – if it's one or the other definitely do the ASCA course. We don't offer certification, just education.

--Ian King

Chin up vs. Lat Pulldown

Hi all, I was curious as to what others may know in regards to the Pull up "Machines" vs. Lat Pull Downs for exercises. Let me explain why. I am finishing up GBI currently. I am starting the 4th phase this week and I'm at a crossroads as to what to do next. I cannot yet do a full pull up because I am still overweight (but losing). I have been doing LPD's during Stage 1, but in Stage 2 and 3 I used the "pull up machine" (I don't know what it's really called) that has counterweights on it to allow you to actually do a pull up. I have tried both, and I can see some subtle differences between the two, but it's hard to tell. The LPD allows me to be a little more fine in adjusting the weight, while the pull up machine makes large jumps in weight. Especially in wave setting this becomes difficult because the jumps are 15 lbs each time, meaning I might be able to get 5 reps on the 1st wave, but wave 3 being 30 lbs difference I'd struggle to even get one. But I also feel the machine allows me really PULL my weight up over the handles, which feels a lot different than the LPD both during and after the workout.

Now, in keeping with the concepts of me thinking through the problem first for the answer, let me say that I have tried both ways. I see pluses and minuses in both. Even without input, I will have to make a decision, and the decision will be my own. But I also know my experience is limited to just the last few weeks, and I know that many on this board have experienced much more than I, and may have relevant info that will help me better make my decision. I am at the end of my phase and REALLY want to extract every bit of progress I can through this last phase. My ride on GBI so far has been AMAZING. Every week I'm setting personal bests on the lifts and I want to keep that momentum to the finish. Thanks in advance for you input. --xxxx

Xxxx - If you decide going with the pull-ups machine you could stay with the lower load and add resistance (weight-plates on a belt like with weighted dips or chin ups). e.g. if the next 15lbs jump is too much simply stay with the easier level and add 5lbs as added resistance around your waste. --Coach Andreas Scheicher, KSI Level 6 Student

Xxxx - If you prefer the assist - you may try using wrist straps to help with the thickness of the bar. If bar is thick your grip may be challenged and reduce your ability to pull. The wrist straps may allow greater ability to pull. If you are on a

platform- why not pinch needed wt between your knees? Have you explored doing any negatives with a full body pull-up (i.e. cheat up with a slow lower?) --Coach Mike Pimentel, KSI Level 7 Student

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

2. Your Say

Hi Teresa and Ian, Hard to believe 12 weeks is almost up, but I can see the results. My shorts are slipping the scales are telling me I am 9kg lighter. What I have enjoyed most about the program is the ability to link initial shakes with sensible meal plans and weekly contact through webinars and discussion. The support and information network is sensational. The delivery of the program has been an education process, as the program gives the individuals the information to make informed life choices.

I took on the program after surgery with the goal of losing 10kg before my 52nd birthday on 09 February 2014 and using this to set myself up to once again become a competitive one design yacht and ocean racing sailor. I am ahead of my goal and look forward to increasing my exercise levels (with the aid of Ian's reference material "Book of Muscles" and "Get Buffed" series of DVD's) which in turn will increase my fat burn rate and continue to deliver the results I am after.

Once again, thank you Teresa and Ian, I look forward to catching up in 2014. Have a great Christmas and New Year and a safe celebration with your family and friends. Kind regards
--David

3. Athlete preparation

Masters Strength Athlete

Ian, I am now in Week 10 of Stage 1. The training is better than I could have expected – the eccentric reps are great and I expect to pick up some gains down the track from this exposure. I now train with a lot more confidence in regard to squats especially. The injury fears (and continual DOMS from leg day) I had in the past from being overloaded and expected to complete an unreasonable number of reps combined with giant sets and fatigued to breathlessness has now been replaced with a mindset that I am now stronger, better prepared, injury free, more flexible and can conquer the weight and grow without going to maximum. For your direction to achieve this I say thanks. Regards,
--XXXX

4. Coach education – The KSI Way

Do you do internships?

Hi, The KSI coaching program appears to be comprehensive based on what I've read on the website. However, I do have some questions regarding the levels of the program and the investment.

First a little background regarding what it is I will achieve in the coming years. My personal interest is in Brazilian Jiu Jitsu(BJJ) specifically teaching, coaching, and mentoring people from all backgrounds. The particular area of emphasis in which I feel the need to pursue the KSI or other training program is for the students who choose to compete in BJJ competitions. Their need for increased/advanced physical preparation requires greater knowledge and skill in that area than I currently possess.

So based on the above background my questions are:

1. Will the KSI program provide the knowledge and skill to improve the physical preparation of competitive grapplers including teenage, young adult, and masters age groups?
2. Based on the intro videos here <http://www.kingsports.net/KSIU/L1/Interest/getstarted.htm>. I believe I will need to graduate from at least level 5 to be of true value to competitive students. What is the financial investment to progress to that level? (ball park figures are fine I'm just asking for planning purposes)
3. If the KSI coaching program isn't ideal for what I'm trying to accomplish are there other programs you could recommend? --xxxx

Xxxx– thanks for your email.

1. “Will the KSI program provide the knowledge and skill to improve”
Our program intention and our company history is to physically prepare all sports, all levels, and all cultures. Whether or not you will transmit that intent to the athletes in your charge is a question we are not able to answer.
2. “Based on the intro videos here...”
We would hope that any of our levels will raise the value of the coach to athlete, however as a generalization we find that once a coach reaches our higher levels the average competency is higher. The course registration increases incrementally as the levels progress.
3. “If the KSI coaching program isn't ideal for what...?”
Our focus is on our program so we cannot really help you with what others are doing. Essentially, we have created a structure designed for you to feel what we offer in coach education by starting with Level 1. You will be in a much better position to answer some of these questions after you experience even Level 1. I trust this has been of some assistance. --Ian King

KSI Product Prerequisites

Xxxx - we have received your order below thank you. As you may be aware from our web page: <http://www.kingsports.net/Coach/dvds/menu.htm>

The DVD you have ordered has a pre-requisite as below (in green font):

Endurance Specialization Series

Description: This program is a live shoot from a one day seminar series that focuses exclusively on endurance training. During this seminar Ian will share with you and teach you his unique and highly effective methods for developing endurance.

Product ID: KSIV10 Category: DVDs

Price: \$197.00 USD Pre-requisite: KSI Coach Education Course Level 2

Enrollment

Add to Cart | Learn more | Check out/view

We have not found your L2 enrolment, however we appreciate our records may not be complete, so if could help us out with this, thanks! --Teresa King

Hi Teresa,

I hadn't noticed that there was a pre-requisite. So your records are right, I have not done this. I am a trainer for Cyclists and Triathletes and was interested in Ian King's theories after reading some of it on the Internet. What is the pre-requisite I would need to do? Regards--xxxx

Xxxx – Thanks for your email. We have a progressive coach education system, and as the coach goes higher up this system the more of our material is made available to them. Basically we take a short-term cash flow loss to ensure the material ends up in the right hands long term, based on our last 15 years of distributing coach education on the internet. This particular product for example is made available to people who have graduated from Level 1 AND registered for Level 2. So not finished level 2 – just registered. Note these requirements may change in the future. I trust this answers your question. If not please email us back. You will find great value, we believe in our introductory course (level 1) and beyond. --Teresa King

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

5. Get Buffed!™ Q&A

Get Buffed!™ 4 Book Refund

Xxxx - we have received your order below thank you. Can you please help us out - we are looking to confirm you have ordered the prior 3 books as outlined on the web site however have not been able to locate the order. If you could let us know if or when you ordered them that would be appreciated, thanks! --Teresa King

Hey Teresa - I have the previous books, however I purchased them through the years from other book retailers..I think mainly from Amazon. The newest addition though was only for sale through your website. –xxxx

Xxxx - thanks for your email. We don't on sell our books through any other book retailers. We would be keen to learn who is selling our books and where they are

getting them from because it is not from us. Do you have any of the receipts or purchase docs from these transactions to help us understand how this may be happening? Additionally if you could take a pic of your books e.g. on your cell phone and email it to us, thanks. --Teresa King

Hey Teresa, They are readily available through several online book services, although they are all second hand..E.g. Amazon. I am from the UK and moved to Australia, I've decided to get back into PT. which is why I decided to refresh my memory with the updated copy of the book. As I gained a lot out of the other issues. My books are all in storage in the UK. If it's a problem I'm happy to except a refund and will invest it in other reading material. Thanks for your help --xxxx

Xxxx - thanks for that. To be consistent with all our customers ordering GB 4 we do like to see some evidence to having ordered prior GB books, which is usually pretty easy because we are the only sellers (or new books at least). Did you want us to refund the money back to your account or did you want a different book from us? --Teresa King

Thanks Teresa. A refund would be great. Sorry I can't provide evidence...I'm on the wrong side of the world :-)-xxxx

Xxxx - No probs, will do! --Teresa King

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

6. Book of Muscle Q&A

Clarifying the workouts

Q. So I'm on Intermediate Stage 3 ... I've finished the first 3 weeks and starting the 2nd 3 weeks and its front squat galore. The book says there's two ways to hold it... with your palms up or crossing the arms. I've tried and tried and tried, there's just no way I can hold it with palms up... my hands end up being behind my neck. If I try to force my arms into place, I'll get sharp pain in my elbows. So anyway,...I've been doing the arms crossed. It feels like my bottle neck is how much weight I can put on the front of my chest/shoulders. I was squatting around 230's back in stage 2 with the bar behind the neck ...but in front... I can barely do 175 and where I'm struggling is holding the bar up ..I think I'm doing it wrong...and lastly ... my right shoulder hurts after I'm done and when I cross my arm and pull ...like reaching across my body to grab the seatbelt and pull it across... I feel pain in the shoulder. Started right after I tried a heavy load front squat (well, heavy for me ...around 165). Where does the bar sit on a front squat? .. right under the clavicle? If so...where do my hands go cause if I'm holding the bar..then my fingers get squished between the bar and my clavicle. I'm not sure if it's just sore pain or I'm damaging something pain. I can do barbell presses and shoulder presses just fine and feel no pain.. it's just when I reach across my body and pull back ...just like pulling a seat belt. Also, ... in Stage 3, Part 2 ... it

says Workout A is Alternated Sets .. ok .. no problem. Workout B is Wave Sets .. so...does that mean straight sets? and then Workout C says Wave Sets, Alternatedwhat's the difference between that and just Alternated sets when both of them are using the wave loading?--xxxx

A. xxxx - On Days A/C there it is an alternated wave loading between two opposing muscle groups. Training two opposing muscle groups can increase potential of the other. On Day B they are straight sets as there is more "overlap" between the muscle groups (note a dominance of one over the other not necessarily in opposition). Trust this helps --Coach Mike Pimentel, KSI Level 7 Student

[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/serviceseminars.htm>

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

8. Nutrition & Nutritional Supplementation

Join us for a webinar with Dr Oz!

The RESET 2014 Challenge is about to begin – are you ready to join us?

We're getting ready to reset our health and join the RESET Challenge 2014! If you'd like to manage your weight, switch to low GI eating and/or cut out the junk for a short time or for a long-term health move, if you want to start at the beginning of the Challenge and stay until 30th March, or you just want a week-long detox, join us! Everyone's favourite, Dr Oz, will be joining us on a special webinar to share his unique tips and tricks to boost your health and sky rocket your motivation. Plus you'll hear the rules of the Challenge and the great prizes you can win!

There are lots of prizes to be won along the way but the ultimate prize is a stay and the world-renowned Sanoviv Medical Institute. Here, you can learn more about holistic health, nutrition and the latest in health innovation. And take time to unwind, relax and rejuvenate.

- If you're in Los Angeles (PST), make a date for 6pm on Wed 8 January 2014
- If you're in Boston (EST), make a date for 9pm on Wed 8 January 2014
- If you're in Australia, make a date for 1pm AEST on Thursday 9 January 2014

Email us at info@kingsports.net for log in details for the webinar with Dr Oz!

9. The KSI Nutritional Supplement Distribution Network

The prognosis for the global economy for the next few years, based on those who I choose to listen to and be influenced by, is not what the average person would be hoping. To put it simply, I believe we can expect some significant contraction in business and incomes. If you have a job at all...

Which is why we take great pride in the fact that our international supplement distribution team is growing as is the income of the individuals.

My goal for each of them if they share it, is for them to match their income in their part-time business with us to the level of their full-time regular income. And this happens.

If you want to read some of the information that I have referred to that will scare the socks of most, about the immediate future of the global economy, I have a succinct six or so page document that I can send you. It is riveting reading, and may just be what you need to shock you into action. If you would a copy of this document, written by one of my favourite futurists, and a person whose predications have saved me in the recent years from joining the many who suffered during the 2007-2009 global downturn, send me an email at question@kingsports.net asking for a copy.

Not yet part of this growth? Contact us at question@kingsports.net to register your interest.

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)

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)
