



The Between Sets Newsletter
The KSI Newsletter
No. 133, July 2014

In this issue

1. Before you apply the stimulus
2. Interview with Ian King – Move Smart Podcast
3. The KSI Huddle
4. Ask the Master Q & A
5. Your say
6. Athlete preparation
7. Coach Education
8. Get Buffed!™ Q & A
9. Book of Muscle Q & A
10. 2014 KSI Seminar Series
11. Nutrition & Nutritional Supplementation
12. 90 Day Leveraged Income Challenge
13. Strength coaches and personal trainers don't need to be broke
14. KSI Global Network

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

Ian King, on behalf of Team KSI

1. Before you apply the stimulus – in each and every decision in training

Posted on the KSI Blog Mon 4 August 2014 <http://kingsportsint.blogspot.com.au/>

I recently visited the dentist for work on my teeth. At a point in the surgery, under a local anaesthetic, I began coughing and was aware of a sensation affecting first my head, then my whole body. I realized that the dentist had just inserted a compound in my teeth, and I intuitively felt I was reacting negatively to this compound. I was quicker to reach this conclusion due to the work I done over the years refining my reading of intuitive feelings. I immediately raised this possibility with the dentist, to which he assured me was not possible because the compound was a naturally occurring substance. At the end the treatment my symptoms had not abated, and I raised this possibility that my body was reacting negatively once again. I raised this again for a third time in the waiting room post the treatment, whilst paying for the

service. On all three occasions I was told it can't be, and given the same reasons – it was a natural substance and no-one has ever reacted poorly to it.

Within hours I was totally incapacitated in bed, unable to work, struggling to function. By the end of the day I was back at the dental surgery, asking them to remove the substance, which they did. Almost immediately the acute symptoms lifted, with the residual effects affecting me for the next day or so.

In the western world approach to medicine, dentistry and related fields there is no provision for assessing the potential impacts of a treatment before applying it. And feedback such as what I provided is typically disregarded. These professions, at least as measured by the history of professional education, are far older than physical preparation, therefore I should have no surprise that in physical preparation professional development there is also no provision for seeking guidance in any format about the potential impact of any given training stimulus before it is applied. The ability to do so is virtually unheard of, and those who professional and commercial values would be at risk of being devalued if the masses were to rapidly accept the possibility that it could be done are not about to allow this approach to be promoted and endorsed.

At every level of program design and training application in the training process there is the need and opportunity to do exactly this – gain rapid information to guide each and every decision about what may be the potential impact of applying any given stimulus. This is something we teach to the coaches in the KSI Coaching Program. It can be done, we believe should be done, and we do it.

Keeping in mind my belief that strength training has the most powerful ability to change the structure and function of the body per unit time than any other of the physical quality trainings, you may appreciate my concern of how strength training exercises, methods and other loading parameters are applied in the complete absence of any of these predeterminations.

Essentially, within weeks, a human's life can be changed forever for the better or worse – and I suggest for the overwhelming majority of time for the worse. I believe that few who make and influence these training decisions have any real world insights into the long-term adaptations that result from the stimulus they are blindly applying.

This is not good enough. It is not optimal. The fact that this non-discerning approach (re potential impacts of training on the body short, medium and long term) is ignored by the masses is not cause to continue down this path. It is, for me, cause for massive concern and motive to change, to learn how to do it better.

Ian King

2. Interview with Ian King – Move Smart Podcast

Just wanted to thank you again for taking the time to come on the podcast. It was really an insightful learning experience for me as I'm sure it will be for the listeners.

Here's a link to the final product:

<http://wellroundedathlete.net/010-ian-king-podcast/>

Or if you prefer, a direct link to the podcast in iTunes:

<https://itunes.apple.com/us/podcast/move-smart-podcast-movement/id887702437>

--Justin and Sean, Move Smart

Thanks for recording the podcast on Move Smart it was amazing. Thanks!

--Scott Daly, CAN

Thank you for that great interview with Shelby Starnes and Mr. Meadows. I wanted to let you know that I am an American and appreciate your hard work in the industry. I see that this fellow xxxx copied all of your work to make a profit. Karma will work it out in the wash Keep up the great work, Hope to catch you in Gelds Gym or LA one day. Thanks!

--Jake

See all KSI Interviews <http://www.kingsports.net/ksi/interviews.htm>

3. The KSI Huddle

The KSI Huddle is a live discussion between KSI Coaches and clients on topics relevant to our purpose of training athletes and educating coaches.

For a full list of all KSI Huddles, click here:

<https://www.facebook.com/ksihuddle>

<http://www.kingsports.net/ksi/huddle.htm>

Response to Huddle #1 – How to make your waist thinner

Dear Mr and Mrs King, I have just listened to your audio book with your experts and I really cannot thank you enough, it really opened my mind to the different ways of thinking and I value every comment you and your experts made.

Just some comments regarding the round table...

John, you said that you thought I would be looking for a secret exercise to slim the waist, I just wanted to say that this was not what I was looking for. I know from my own experiences that no matter what anyone says no such exercise exists. I did explore the whole body fat lowering avenue and you are correct this does in fact slim the waist via fat loss in this area however I noticed in some of the old interviews with people like serge nubret, arnold, sergio olivia that they did ab training rather heavy in the off season, for instance serge nubret did up to 1000 ab exercises (Also vacuums as you mentioned) in the morning on an empty stomach before breakfast as his

cardiovascular workout. I explode this further and figured perhaps with his bodyweight online high rep workouts that maybe he causes the ab muscles to shrink down over time and become very tight which when he started to lower body fat even more made his waist even slimmer.

With the birth of chemical warfare on the bodybuilding scene these days nobody has a small waist line like the bodybuilders of the past perhaps one or two that I failed to mention. Do you think that the popularization of weighted ab work might have contributed to this?

I also think that with regards to sets/rep ranges many of the bodybuilders of the past included reps which are 10+ rather than low reps and heavy weight? Maybe the focus went from how the muscles feel to how much can we lift. I am sure that with heavy weight it expanded the waist a lot and as Ian said pushing your belly against the belt will be working against you. This is just a few points I wanted to bring up with John, I am grateful for his opinion.

Mitchell (Sorry if I got this wrong), your points are something I have been thinking about for a while now, the position of the squat we are in with regards to the pelvis. This got me thinking about Tom Platz when he squatted, the guy used to do lots of stretching both pre and post workout and probably all day and night. I was looking at various pictures of him and noticed he had perfect positioning, he also sucked his stomach in and created a vacuum, maybe he was onto something? :)

I think the lack of stretching in bodybuilding has contributed to poor development for most people both weekend warriors and bodybuilders I personally never see anyone stretching in my gym or any gym I have been to who have a bodybuilding pedigree. I guess it's more treatment than prevention these days

When you used to write for T-nation I was always intrigued by how different your approaches was and for years you have been my "go to" person for accurate information even if it does go against the trends. I did all your programs including get buffed, I did awesome abs, limping which was brutal but effective. I think discovering you in my first 2 years of training really helped me develop in the weight room, in life and in my ability to think for myself.

I have always been able to do shoulder press behind the neck and lat pull downs behind the neck without pain or any shoulder issues, I could always squat to depth and I have never had any back problems. I put this all down to prevention exercises, stretching and avoiding too many possible imbalances. I understand that when we train with create an imbalance so when we write our own programs we must always think about this.

This audio round table has been really enjoyable and I will continue to research this topic taking on board all the "Real" industry experts' advice.

It has been most enjoyable corresponding with you and I am honoured to have been part of this process and hope you enjoyed the discussion as much as I did.

I hope you, your wife and children are well and wish them all the best

--David, UK

Join next week's Huddle to participate, ask questions!

The Huddle (Sun 10pm EST US / Mon 12 md EST AUS) occurs several times. Please register for the date and time that works best for you:

<https://attendee.gotowebinar.com/rt/4604285565022970114>

After registering, you will receive a confirmation email containing information about joining the webinar.

And in August 2014 we will be holding the 11th Annual International KSI Convention - with a difference. FOR THE FIRST TIME EVER WITHOUT PRE-REQUISITES any coaches, trainers or athletes can register to be part of the KSI 2014 Annual International Convention!

Learn more here! <http://bit.ly/KSIconvention2014>

4. Ask the Master?

A publisher wishing to give credit and accurately and ethically reference!!! How to Write Strength Training Programs - the most plagiarized book in modern history of physical preparation!

Hello, I am emailing from Cambridge University Press Australia, a not-for-profit educational publisher. We are currently preparing for publication a secondary textbook:

Title: Cambridge HSC Personal Development Health & Physical Education

Author/s: Gareth Hawgood, et al

Formats: Textbook & PDF, Interactive, Apps

Territory: Australia

Language: English

Print run: Textbook 4000 & PDF 4000, Interactive 1400, Apps 500 TBC

Pub. date: 29/08/13

Market : Year 12 PDHPE students NSW

RRP: \$73.95

In this publication our authors would like to include the following material in which we believe you control copyright:

(Graph), How to write strength training programs 'A Practical Guide' by Ian King 2000

--Rosemary, Cambridge University Press Australia

Rosemary – thank you for your email. It's great to experience courtesy and respect in publishing, not to least moral and legal respect of copyright! I mean that very sincerely. You are only the second publisher in the last ten years to seek permission – and the other was just a few years ago when Human Kinetics sought permission for content in Istvan Balyi's book. Yet the contents of this book (and others of my works) are the most plagiarized content in the

modern history of physical preparation.

So I really appreciate you, and your effort to maintain what was once standard, accepted practice in publishing!

Again Rosemary I am really happy to receive a request indicating a desire to credit a person for their works. I am got used to American publishers treating my copyright with total disdain however it would be even further heartbreak to have the same treatment by Australians, considering I have spent the bulk of my adult life in Australia.

--Ian King

Read blog article on this - <http://bit.ly/publisherno2seekspmission>

Want more? Order 'Ask the Master - An Anthology of Q & A's by Ian King

5. Your Say

I was always intrigued by how different your approaches was

When you used to write for T-nation I was always intrigued by how different your approaches was and for years you have been my "go to" person for accurate information even if it does go against the trends. I did all your programs including get buffed, I did awesome abs, limping which was brutal but effective. I think discovering you in my first 2 years of training really helped me develop in the weight room, in life and in my ability to think for myself.

--David, UK

Ian's blog post on integrity in the industry.

Hi Ian & Teresa, Just finished reading through Ian's blog post on integrity in the industry. <https://bitly.com/UKW6Nb>

As always, a good read! Good to see that times are changing and hopefully everything that went around is coming back around to Messrs xxx, xxxx & Co.

I would love a copy of Barbells & Bullshit!

Keep up the good work. Cheers,
-Kyle.

Putting pressure on people

Hi Teresa, I was hopping It was a coaching or coaching support job. Don't get me wrong I have worked in the supplement industry for three years, but I am not into xxxx supplements. Having said that, I have never tried them, I am not just into putting pressure on people. Have a nice one!

--Kevin

Kevin – thanks for your reply. Really appreciate you taking time to share your thoughts.

We do have a coaching education program, potentially one of the longest running ones in existence, and if you are not able to find the information you need about that we apologize and please let us know. Our annual international program is actually held in America, where we have coaches come in from all around the world They make a massive effort to fly in from Asia and Australia and Europe etc. This is actually our 11th year in a row in this same location. And for the first time there is the opportunity to join in for 2 days without any pre-requisites. Again if you have not seen the information for this or don't understand the opportunity that has existed (e.g. we have offered online coach education since 1999) let us know.

With all due respect, and recognizing this is unsolicited guidance and therefore probably redundant, Re putting pressure on people, we are not sure why you would do that? Or why you would think you would do that?

It takes us back to the mid-1900s in America where if you were black skinned, the majority assumed you were bad, second rate, couldn't sit in the same restaurant, swim in the same pool, ride in the same bus, and did nasty things to white people etc. Fortunately from a racial perspective the world has for the most part moved on from this unfounded racial bigotry.

If you ever have any questions, or if you ever realise you might find value in being mentored by Ian and myself, and our global team of health supplement distributors, the door is open for communication that would result in learning and changing lives for the better.

We help people in ways you have no idea about. We are passionate about helping physical preparation coaches improve their position in life, at least those who believe there is more. However learning begins with being a student and asking questions, rather than statements and assumption. Thanks!

--Teresa King

6. Athlete preparation

Interview with Clint Robinson

I first met Clint in my work with the Australian Kayak team in preparation for the 1992 Barcelona Olympic Games. He went on to become possibly Australia's most decorated flat water paddler at Olympic level, attending 5 Olympic Games, winning three Olympic medals (one of each color) and becoming the first Australian to win a K1 Gold Medal. Here's an interview I did with Clint recently.

<http://subscriptions.viddler.com/kingsports/4pgdvn>

7. Coach education – The KSI Way

KSI L1 Graduate Profile – Sean Casey

Since I was a young, I've been fascinated on how to maximize athletic performance. Upon going to university, I decided to take this passion of mine, pursue a couple different human performance degrees in order to become a physical preparation coach and assist others in maximizing their talents. During this time period, while completing the curriculum for each degree, I became very left brain orientated. This left brain approach was reinforced by various physical preparation facilities that I either interned or worked at following university. However, since starting up with the KSI Journey, I have emptied the cup of left brain thinking and learned many valuable lessons that have better assisted me while working with athletes. Some of the key global lessons are as follows:

- 1) Holistic approach to training athletes
- 2) The high degree of dedication and ability it takes to individualize an athletes training program to maximize their success
- 3) Truly trusting your intuition even if it goes against "current research"
- 4) The influence of commercial trends on current training strategies

I have completed Level 1 and currently working on Level 2 coursework and will be attending the Level 3 in Park City in August 2014!. I look forward to continuing my KSI education process by attending training workshops where the first steps to true mastery occurs!

--Sean Casey

<https://www.facebook.com/sean.casey.3705>

Which book for me as a sport science degree student?

Ian I'm really interested in your methods which one of your books would you recommend to me to learn more from? I'm currently doing a sports science degree.

--Zac

Zac - great to hear from you. as a young professional I believe in the value of our KSI coaching program. Level 1 is I believe the most value for money education in the market. if you wanted to dip your toes with a book, I suggest 'The way of the physical prep coach'. If you prefer straight structural guideline, you can't go past 'Foundations of Physical Preparation'. The structural concepts shared in this book are used throughout the world in coach education. if you want guidance in career development, look at 'So you want to become'. www.kingsports.net .

If you want to learn in person, there's a massive opportunity coming up soon in the US <http://www.kingsports.net/convention2014.htm>

If you are serious about mastering my methods we will hear / see you soon. Trust this helps.

--Ian King

Start your KSI coach education journey here

8. Get Buffed!TM Q&A

Get Buffed is so far the best book about strength training I have read!

Hello Ian, I would like to have the eBook of Barbells & Bullshit.

Since you have an eBook-version of Barbells & Bullshit I wanted to ask you if you could make an eBook version of your get buffed series. I know from your newsletter that I am not the first to ask you this.

As you know, it is very expensive for people outside Australia to buy this books (I am from Austria) and I would gladly buy this e-books if they would be available on your website.

I have ordered Get Buffed 1 and I have to say it is so far the best book about strength training I have read so far (an I read a lot in this field).

Thank you for your outstanding work

The best wishes.
--Markus

Markus - thanks for your email. Here is the info you need to receive this EBook:

King, I., 2010, Barbells & Bullshit (eBook), King Sports International

<http://www.kingsports.net/Download/Books/barbells&bullshit.pdf>

access code = b&bs

We will only do eBook versions of content such as the GB books when we have a delivery platform that is fully secure. I mean fully secure. Once you have read the B & BS eBook you will have a greater appreciation of why.

We are very keen to achieve the eBook; we just need to be patient until we get the right platform to deliver it in a way that it cannot be copied etc.

Great to hear you enjoyed the GB I & II!
--Ian King

Follow Get Buffed!TM on Face book
Order your own Get Buffed!TM material

9. Book of Muscle Q&A

Book of Muscle was the first book I ever used to increase my athletic performance. And, looking at what I have learned over the past decade of movement, I wanted to write you and say thanks for the world-class information and ideas you teach and spread through your work. I'm still surprised at how something as simple as incorporating temp in movements could have had such a dramatic impact on my and my client's performance. Book of Muscle really influenced my own practice immensely and it's inspiring to see someone with deep theory AND practice.
--Sean, USA

[Book of Muscle Face book Page](#)

10. 2014 KSI Seminars

Learn more about super-charging our coaching and or training results in 3 day than you would in 3 decades!

Here's an opportunity that's never been available before! In August 2014 we will be holding the 11th Annual International KSI Convention - with a difference. For those not planning to participate in the Level 3 or 4 Coaching Courses offered at this time, there is the opportunity to participate - FOR THE FIRST TIME EVER WITHOUT PRE-REQUISITES AT THIS EVENT - at the KSI 2014 Annual International Convention!

An incredible opportunity for you to spend time learning from KSI's top coaches together in the one location!

Learn more here! <http://bit.ly/KSIConvention2014>

Register / More info - <http://www.kingsports.net/ksi/seminars.htm>

PARK CITY, USA

Aug 21-23 2014 Thu - Sat Park City USA KSI Level 3 Coaching Course Thu 7-10pm / Fri-Sat all day

Aug 22-24 2014 Fri - Sun Park City USA KSI 11th Annual International Convention Fri 7-10pm / Sat-Sun all day

Aug 23-26 2014 Sat - Tue Park City USA KSI Level 4 Coaching Course Sat 7-10pm / Sun-Tue all day

Aug 21-26 2014 Thu - Tue Park City USA KSI Level 5 Coaching Course Thu 7-10pm/Fri-Tue all day

Aug 21-26 2014 Thu - Tue Park City USA KSI Athlete Train Camp Thu 7-10pm / Fri-Tue all day

Aug 27-30 2014 Wed-Sat Salt Lake City USA International Convention All day

Register / More info - <http://www.kingsports.net/ksi/seminars.htm>

I'm going to make a point of attending the next time or even in the UK.....like Ian's philosophies and ability to critically think....not too common these days!! Also I'm a big fan of the more holistic approach to performance and coaching the person rather than the player. Chat soon.

--PC

11. Nutrition & Nutritional Supplementation

There are many things I like about the work of Drs. Monica and Gerald Lewis of New Zealand. One is the collective wisdom of a combined 80+ years of service. Another is their willingness to serve, and to put service before profit or self-promotion.

Another is they speak from experience, truthfully and openly. Another is that they are products of their teaching. Take Monica for example. I describe her as the most successful bone & joint regeneration case I have seen – and I have seen many. I learn from her personal journey.

Their wisdom speaks to all generations, with the same point of experience and intent to serve as the great American dentist Weston-Price, whose work on nutrition in the early 1900s still serves today.

I encourage you to watch this video, a live seminar shot in July 2014:

<http://subscriptions.viddler.com/kingsports/hd4mzf>

--Ian King

Our Reset Your Metabolism Program

Hi guys, 3 months since the biggest change in my 40 year's. I have to admit this battle I faced was something I had to face alone, but I couldn't have achieved what I did without your and many others help, especially my family.

Since I finished I have put a little weight on but its muscle. Over the last month I have been doing MFT28 something I would not have dreamed of doing 6 months ago. Just if you guys were in Melbourne, imagine the results then!

Thanks for your support and help! Onward and upwards!

--John

Here's a video about the nutritional supplements that more Olympians are using than any other brand.

<http://subscriptions.viddler.com/kingsports/jlcy2z>

12. The KSI 90 Day Leveraged Income Challenge

We have selected the winner of the title of No. 1 Top Leveraged Income Creator in our 90 day challenge Series 1 who will take home the \$1,000* prize along with their profit, and will announce the winner later in August 2014!

First, I want to thank you for all of your support, guidance and "mentorship" in helping me build my business. This is so completely out of my box and comfort zone but I am absolutely giving it my all, stepping out of my box and determined to make it succeed.

--Nancy, USA

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

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

Recently we offered to share some interesting economic predictions with our database, and this is one of the responses we received:

Ian, I guess in forecasted times like this the old saying "Cash is King" will be something to fall back on?

I don't have real estate investments other than the house I live in, so I'll be sitting tight with that one. Other than that, moving other investments into cash would probably be the safest thing to do.

From a business point of view I don't really know what strategy would be the correct one as I don't have experience in this area. The thing to consider is that if other people are affected by this, they won't have the cash to spend.... and this will impact on business.

As much as I am passionate about fitness I don't think the fitness industry will weather this too well. There is already an oversupply of personal trainers out there with a fickle customer base. Once these customers lose their money I don't see the fitness industry surviving this.

I was considering getting into PT but I don't think it would be a sensible move, so I'm not sure what move to make in regards to that.

--XXXX

xxxx - great to receive you response, and to see you engaging in dialogue on this very important topic.

I share some of my thoughts below in response to your well thought out response.

Cash flow is definitely more important moving forward as the more traditional investment classes either lack capital gain or lack consistent capital gain. As to whether cash itself is king, that may depend on the conditions in which we find ourselves, an unknown to be exact at this stage.

"I don't have real estate investments other than the house I live in, so I'll be sitting tight with that one."

I personally teach my inner circle that there is still opportunity in real estate, and am not as bearish as Harry Dent in this area. What I do stress is the need to be very, very careful and wise in your real estate moves.

"Other than that, moving other investments into cash would probably be the safest thing to do."

Harry Dent would agree I suspect, but personally I believe it is not that simple. So it really comes down to whose guidance you are going to rely on.

"From a business point of view I don't really know what strategy would be the correct one as I don't have experience in this area."

I have a little bit of this experience you acknowledge you lack - 34 years in the industry actually. And I have reached certain conclusions about how to invest my time and money, and teach these to my inner circle. I have experienced a level of success in this that allows me to live life on my terms and have watched my inner circle successfully model this.

"The thing to consider is that if other people are affected by this, they won't have the cash to spend.... and this will impact on business."

This is a critical point. Another aspect to this is that money never really disappears, it just changes the way it moves and to some extent who holds it. So if these predictions pan out there are many whose cash flow will dry up and place them at risk of financial collapse. This is why a plan to not only survive but to thrive in the years ahead is critical. Following the old world popular strategies will not provide this, in my opinion.

"As much as I am passionate about fitness I don't think the fitness industry will weather this too well."

Now you are really showing your astuteness. I am impressed. There is too much old world thinking in this industry, which will leave many in the predicament you envisage. There is upside in the industry however - the key is knowing what that is.

"There is already an oversupply of personal trainers out there with a fickle customer base. Once these customers lose their money I don't see the fitness industry surviving this."

Again you continue to impress me. I predict the PT industry is going to go through massive upheaval and change. Ultimately for the better, but there will be pain for many in the interim. I see little future in this scarcity mentality group struggling day by day with no certainly or adequate income.

The interesting thing is watching all the service providers in the PT educational space continuing to take money from prospective personal trainers and in return give them skills that will not support them moving into the new economy.

"I was considering getting into PT but I don't think it would be a sensible move, so I'm not sure what move to make in regards to that."

I am again impressed with your candidness. I have been building up a group of physical preparation coaches (as I call them) globally who work together to support and mentor, yet are independent in their distributor roles. I have been developing this for nearly 15 years, which means we have refined it and got it flying, and I believe it gives people in the fitness industry the best chance of coming through the impending economic challenges with prosperity.

As you know the physical training industry is growing rapidly, however few really achieve financial comfort from this industry, let alone become financially independent. I know what I have developed and refined will be a welcome lifeline to so many in this industry. For the most part, those who are willing to acknowledge that times are changing, that they need to open their eyes to new possibilities, and be willing to take on and develop new habits of mind and habits of the body.

I will be running a webinar about this next Tuesday night (US date) if you would like to join in. Let me know. And again, I am happy for you that you took the time to review the material I offered, and that you have the courage to dialogue with me openly and honestly. I trust our exchange will serve you well into the future.

-- Ian King

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)

14. KSI Global Network

I have completed this course and I am very impressed with the contents especially the topics that involved planning a training and injury prevention. As a soft tissue therapist/personal trainer, I have witnessed many of my clients who went through poorly planned training and ended up with muscular imbalances. The methods prescribed in the course were easy to implement and my clients were surprised with the results too. The course was also presented in a way that a lot of common sense was involved which clicks with my personal philosophies as well. I will definitely be signing up for the level 2 cert to improve myself as a therapist and a personal trainer.
--Chee (Singapore)

Hello All, I have just finished the Legacy Course. I was very impressed with the materials and how they relate to my personal training and also to my coaching of athletes. Particularly useful for me was the injury prevention and the technique before loading information. I realize now that my own training and some of my coaching techniques were not optimal in achieving the desired results. I am looking forward to continuing on to the next level in the KSI training.
--Phil, USA

Hi Ian, Hope all is good with you and that are you are enjoying continued success. My name is Paul and I recently completed the KSI Legacy 1. I found it a most rewarding and enjoyable course. It helped me join some of the many dots that existed after 10 years of reading and studying a variety of things health and fitness, I intend to undertake Level 2 in the near future.
--Paul

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)
