



Q1

Can you give us a bio and background on your education, sports background, experiences, where are you located?

Jim Wendler - Bachelor's from University of Arizona (English), played collegiate football at U of A, earned 3 letters as a fullback and had the opportunity to play in two bowl games (the Insight.com Bowl and the Holiday Bowl). We finished 12-1 in '98 and had an incredible season. I'm very lucky to have been part of that. I wasn't a great player (more of a role player) but feel very proud of my accomplishments. After football (about 2 years after) I began competitively powerlifting. In 2001, at my first meet I totaled 1905 @ 275 in my first meet. In 2005, I squatted 1000 and totaled 2375.

Q2

How did you get into the Strength & Conditioning?

Like many people I began training to better myself in sports, namely discus and football. I was greatly influenced by Darren Llewellyn, my high school track coach who taught me how to train, what to do and more importantly, how to train myself. This is something that is overlooked by most coaches. From there, the obsession began and I haven't turned back.

Q3

What do you see as the biggest misconception or fallacy you see being promoted today?

No matter what the concept/gadget/idea, the biggest misconception is that there is such an overreaction to everything. For example, when the Swiss Ball became popular it became the staple of many programs. It's a great tool but shouldn't make up the bulk of your program. Everything has its place; you just have to be smart enough to figure out where and when. This is where experience and general knowledge come into play. And this is where people have to know when they are being educated and when they are being sold.

Q4

What is the state of commercial gyms / fitness trainers right now?

I am of the opinion that whatever we can do to get people healthier and less fat, it's a step in right direction. I don't care if it's a spinning class, powerlifting, strongman training, or yoga. So what if a trainer isn't the best in the world? So what if he/she doesn't know *Supertraining*. If they are helping people get healthier and moving, I don't see anything wrong with it. Are there better ways to train than a machine circuit? I think we can all agree on that. But the fact that people are making an effort...we should all be happy about that.

Q5

What was the funniest thing you've ever seen in a commercial gym?

Me. I've spent almost all of my life in high school, collegiate or private gyms. I have only trained in a commercial gym for about 6 months of my entire life. And this gym had a Monolift, reverse hyperextension, chains, etc. It was about as hardcore as you can get in a commercial gym. Put me in a Gold's Gym or any other place, and I'm like a fish out of water. I don't know how the hell to use anything and the equipment is usually not very accommodating to big lifters.

Q6

What is the state of University Strength programs right now?

I don't think it's as bad as people make it out to be. When people criticize collegiate strength coaches, I can only ask that they use perspective. For the most part, most colleges have 1-2 coaches and are responsible for 300-500 athletes. Not only do they have to answer to the Athletic Director, but the physical trainer, the academic people and every single sport coach. Would you ever ask a football team to have just one coach? No. Because doing so would label you insane. But this is the reality for strength coaches. Also, how many people have trained 50 athletes at one time? So until people can say that they've done these things, I think they should at least hold their tongue.

Q7

Who do you see making the most impact in the Strength industry right now? Who are the leaders right now / or who has been and continues to be a leader?

The leaders are not coaches or guru's. They are the people like you (the Diesel Crew) and other individuals that are constantly seeking ways to push the envelope. Coaches are just there to report the results. How do I know this? I talk to "regular Joe's" every single day and the stuff some of the guys are doing is insane. Nothing that any coach or guru has done. The real world information comes from the trenches.

Q8

The latest meet, certification seminar, clinic, conference that you went to – what was the latest “innovation” you took away from that experience?

Dave and I went to the SWIS symposium and I learned a great deal about nutrition. But most of the principles have stayed the same; don't eat like crap and eat some fruits and vegetables. I don't want to sound like I'm oversimplifying everything, but for most of us, this stuff isn't always applicable.

Q9

Where is the future of the Strength industry going?

Like all life, things go in cycles. This is the same as the strength industry. The basics remain – use good form, do full range, full body movements and make progress. Everything is a derivative of this, in one way or the other. Understand that all of the advanced training that we read about is applicable to about 1% of the population, including athletes. A strength coach needs to become better at knowing how to make a beginner better, not an advanced athlete. This comes down to communication. Get better at coaching the basics for a beginner and you will become a great coach.

Q10

Give me a quick list of your top 5 exercises for developing power/speed/foundation.

Squat, Deadlift, Some kind of press (bench, incline, military), back raise (or Good Morning or something like it) and Glute Ham Raises. Remember that it's not only the exercise but how they are used.

Q11

What 5 websites do you go to everyday?

Stonerrock.com: this is the best website if you are lover of all music heavy and slow. Open up your mind!

Q12

What was the latest book you read related to the industry?

Re-reading *Supertraining*

Q13

What was the latest DVD you watched related to the industry?

I'm going to be watching the new *Training for Warriors* DVD from Martin Rooney. It's available at EliteFTS.com. Everything that Martin does is good, so expect this to be nothing less than perfect.

Q14

Anything you are promoting right now?

EliteFTS! I believe in everything we are doing; we are here to help you reach all of your goals.

Q15

How did you first hear about the Diesel Crew?

The Powerlifting Bears website. (Editor's Note: Jim Wendler is a moderator and regular contributor on the Bear's site.)

Q16

How can people get a hold of you? What is your site, email, etc.?

You can visit us @ www.EliteFTS.com; you can ask for me if you have any questions.

JIM WENDLER

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