



Q

I'm 19 and 6" and weigh around 184 lbs. I am fairly lean, except nearly all of my fat seems to be located in my lower back and belly. I'm keeping my daily intake to less than 2000 calories and take in about 190 grams protein daily with under 20 g of fat broken into about 5 meals a day. I workout pretty intensely 6 days a week and do about three sets of cardio at about 18 minutes of intervals on an elliptical machine. Just wanted input on whether or not this seems like a good routine or if there are some changes I need to make. Any input appreciated.

A

Believe it or not, you may need more fat in your diet. Especially essential fatty acids (e.g., fish oils).

However, abdominal fat is associated with higher levels of cortisol, therefore, look at eliminating stressors, and dealing with necessary stress better. Increased vitamin C and antioxidants, along with fish oil supplementation can make a significant difference.

Q

I've been doing Peterson Step-ups (off 8" box) for my Jumper's Knee over the past few days. The first few reps are the most painful then the pain diminishes almost to the point of none by the end of the set (sets of 20). Afterwards my knee feels pretty good. I am just curious if I should continue working through the initial pain. I don't want to make things worse by continually stressing the patellar tendon, but resting it definitely hasn't worked.

A

Get a more thorough warm up and use a smaller step - a magazine if necessary. The reason it hurts at first is the patella is out of position. Once you begin the movement and the VMO starts firing.....it bring the patella back into the proper location.

Q

I am just starting with power cleans and snatches recently and my power clean is at about 230 lbst and my snatch is at about a 145 lbs. I was wondering if anybody had any suggestions for programs for improving these weights.(reps, sets, other lifts, etc.)

A

I assume you mean the power snatch as opposed to an actual full snatch.

Assuming that's the case, I would suggest dropping the power clean for a few weeks and prioritize the power snatch. The reason being it that it's disproportionately low compared to what you power clean. The reason for this is that the power clean is located more towards the force portion of the force velocity curve and the power snatch is located closer to the velocity portion of the force velocity curve. In other words, to perform the power snatch, you have to be fast. Your power snatch numbers compared to your power clean numbers are low (the power snatch should be about 75% of the power clean), hence you need to get faster. The power snatch is the perfect tool for that, along with some auxiliary strength work for the posterior chain and perhaps some squats.

When you come back to power cleans, your numbers will go up because you will be faster.

Q

Why is ZMA so special? Could you not just get the same effects by taking Zinc, Magnesium, and Vitamin B6?

A

It's just convenient. Also, most ZMA products have high quality magnesium forms. Most magnesium supplements found in drug and nutrition stores are magnesium oxide, which is basically worthless. You want a magnesium product that ends in "ate" in order to maximize absorption.

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