



## Q

*What do you think about having my power movement be regular bench/squat with bands, and the following strength movement be regular bench/squat without the bands (maybe even the same weight minus the bands?)*

## A

It's great. One of the more effective uses for bands and chains.

For example, perform a single, then use a weight including the chain that makes for a challenging, but not overly difficult single.

Then perform another regular single with slightly more weight. Use the chains again with the same weight as originally used.

Then another heavier single. 6-8 total sets (i.e., 3-4 sets for each) is about enough for about 3-4 workouts.

Another method is to use Charles Poliquin's 1-6 method, but use the chains or bands, on the single.

Also, you wouldn't want to have a lot of other movements on that same day, maybe one for a few sets, but nothing too taxing as the complex with the bands or chains is very taxing.

## Q

*I have a client who was telling me that he has a rotator cuff problem and he cant lift anything over his head. I observed him do a few exercises, and his rotator cuff is fine. This guy cant even bring his hands behind his head!!!*

*He cant do squats because he cant hold the bar behind his neck - his arms are so tight they wont go back that way. He cant do military press because of the same problem...*

*And another thing I found amazing - on incline dumbbell press, he can only bring the dumbbells half way down. He's so tight that he says it hurts to go any further - yet its super easy to press them back up.*

*I have no idea HOW I'm going stretch this guy out?*

## A

Then his rotator cuff most definitely IS NOT FINE! His internal rotators are tight, perform some PNF stretching and if you improve the flexibility of the proper musculature, while strengthening the antagonists the problem can be resolved in 4-6 weeks.

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## Q

*Once upon a time you posted a bunch of rep schemes. One scheme was a pyramid down and then back up, such as 8,6,4,4,6,8. You also said that one would use more weight on the way back up, such as if you used 100 for the first 8, you'd use 110 for the second 8. What are the reasonings behind such a set up?*

## A

Neural facilitation. Your body essentially will get primed while using heavier weight in progressive sets, once you drop the weight in order to perform higher reps, you can actually use a slightly higher weight, and your muscles basically don't recognize the load is 1%-2% higher than the previous set at that rep range.

See my article on Functional Hypertrophy at [www.Dieselcrew.com](http://www.Dieselcrew.com)

## Q

*What do you think of changing a workout every session instead of every 3-6th.*

*For example I would do BB flat bench one workout, rest 4 days, then do incline DB bench, rest, decline DB ... flat DB, incline BB, wide grip flat smith machine bench. Then repeat the whole cycle again and again.*

## A

Generally it doesn't work. Only a small percent of people can adapt that fast. Not very effective. Although at times you can program a workout in such a way that you change exercises every workout, but you essentially alternate them every other workout. For example, for the low back, one might perform snatch grip deadlifts from the podium and leg curls one day, 5 days later you might perform good mornings and glute ham raises, 5 days later return to snatch grip deadlifts, and so forth. Or perhaps squats one workout then the next workout squats with chains, regular squats, squats with chains, etc. During certain situations something like that can be effective, but the exercises have to complement each other and basically be for the same purpose. Change for the sake of change is no better than just sticking with something endlessly.

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## Q

*Anyone have a good resource I can use to get up to speed on what fats I need? Assuming I could maintain a diet devoid of fat, what essential fats and at what level should I add them in? Goal is to reduce body fat, and increase lean mass. I'm 6 foot tall, 190 pounds, about 10% fat. Assuming fish should be a staple, but I've never been able to consistently get it in my diet. What other foods etc?*

## A

See the link, but fat is not bad, don't worry about it. As long as you aren't eating fried foods, tons of grease, butter and bacon, you won't have a fat content too high. Fat doesn't make you fat; too much fat and or carbs makes you fat. Sometimes people get caught up in thinking no fat is the way to go, and they end up getting too little fat in order to meet health and fitness goals. Fat and protein are essential macronutrients, carbs are non-essential. If you have to cut something start with them.

Link: <http://www.oilofpisces.com/>

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