

Paleo Solution Episode 115

Robb Wolf: Let's just roll it, then we've got all of this and it's even better filler, so...

Greg Everett: It is. Do you think your internet's going to hold up this time?

Robb Wolf: We'll see. If not, then you guys can carry this thing to the Promised Land.

Michael Rutherford: I'm going to really date myself here, but this whole Skype thing is really intriguing.

Greg Everett: Intriguing in what sense? You can speak to people that aren't next to you?

Michael Rutherford: Well, that it even exists and it's so clear.

Greg Everett: Well, yeah. It's clear at the moment, but just give it a minute.

Michael Rutherford: Do I have to continue to sit on my router?

[Laughter]

Robb Wolf: I wouldn't put your junk on your router.

Michael Rutherford: I didn't know how important that was to my connection.

Greg Everett: It sounds like it's working pretty well. We've definitely had worse connections in the history of this show. This is pretty clear.

Michael Rutherford: We could just do a Skype testing and just keep walking away across the street.

Robb Wolf: Can you hear me now?

Michael Rutherford: Yeah, exactly.

Robb Wolf: Well, let's start this differently than how we usually do.

Greg Everett: I think we just did. This is episode -

Michael Rutherford: I've only listened twice.

Greg Everett: I think they call that a soft opening.

Robb Wolf: So, this is episode 115 of the Paleo Solution podcast. We not only have Greg Everett over here, we have one of my personal heroes, Coach Michael Rutherford. Ruth, what's going on?

Michael Rutherford: Wow. Personal heroes...

Robb Wolf: Yeah!

Greg Everett: What is going on with you besides from being totally uninteresting to being on this podcast right now?

Michael Rutherford: I'm mostly uninteresting. Yesterday, it was Erick's birthday.

Greg Everett: Erick the dog.

Michael Rutherford: Erick dog. He was 10 and someone gifted him this raw hide chew...

Greg Everett: I think I saw your little twatter post about this.

Michael Rutherford: We had a small moment of concern. I ran for coffee and I got a text message that said: "You're on dog alert. Your dog just swallowed a raw hide chew."

I left Dan in charge, he's really good with Erick; he watches Erick on occasion. Erick went coojo on him when he went over there to try to pull the chew out of his mouth and then he just went ahead and swallowed it.

[Laughter]

So, I called doctor dog and she said "Let's just put him on wait and see status." So he's doing his normal routine which is nothing; just laying on his side so... So far so good.

We're busy in starting the New Year and we have our own version of transformation; the Paleo Resolution, Solution - I forgot what we called that this year.

Robb Wolf: Shama dama ring wong?

Michael Rutherford: Something to that effect.

Greg Everett: Something witty, I'm sure...

Michael Rutherford: We've got the peeps in a heavy emphasis on dedicated strength. We got about 8 people that are going to head one hour north this weekend and compete in weightlifting.

Greg Everett: Sweet! Does that include you?

Michael Rutherford: The Ruthman's going to climb on the platform again.

Greg Everett: Yeah!

Robb Wolf: Nice!

Greg Everett: You say that like it's some embarrassing thing that you do, but every single time you go out there with hardly any training and just annihilate everybody.

Michael Rutherford: You know those ammonia things that they snap on your face?

Greg Everett: Heck yeah, I know those

Robb Wolf: Yeah!

Michael Rutherford: I think that that's the only thing keeping me going.

[Laughter]

Greg Everett: Whatever works!

Michael Rutherford: That and the jura. When Nikki and I went and visited Ruth, I think we put about 60 thousand miles on the jura coffee maker.

Greg Everett: Ruth when you were staying at Bergner's house that weekend and you and I were down there, did you notice that he scoops his coffee with an ice cream scooper?

[Laughter]

Michael Rutherford: The most unbelievable coffee experience of my life! It was like suddenly, at like two in the afternoon I felt like I had ice picks -

[Laughter]

Inside of my head and I looked over at Eva and said: "I have a headache!" and she goes: "I didn't want to complain, but I have a headache too!"

[Laughter]

I had the police come over and smell the coffee with the dogs and to make sure that it was legal. It's just a lot of coffee. I still remember the recipe; I don't know how he brews that stuff.

Robb Wolf: I think that Berg is actually 260 years old and he's never going to die and he's been making this coffee that way since before the civil war.

Greg Everett: He makes like protein shakes with protein powder, ice cream, and then coffee and just blends that stuff together in one of those bowlett things and just goes to town. It's incredible.

Robb Wolf: He's Mr. Robato.

[Laughter]

Michael Rutherford: He just kind of gave me that grin when I was asking him - "Wouldn't you like to know what's in there."

[Laughter]

Greg Everett: I mean, it's working. He gets out there and does these ridiculous work outs in his garage and up and down that driveway.

Robb Wolf: Just walking up that driveway is a work out!

Greg Everett: Yeah!

Michael Rutherford: And he does that multiple times. I don't know...

That's how we're starting off with the gym, that's how we're starting off our year. I feel like we have a great mix of people...

Greg Everett: You have a pretty new location too, right?

Michael Rutherford: We've been there 48 months.

Greg Everett: What?!

Michael Rutherford: Yeah, we've been there a while.

Robb Wolf: Remind the folks of what facility you own; the big picture here.

Michael Rutherford: Well, we are the Boot Camp Fitness Cross at Kansas City.

Robb Wolf: You guys are like number 8 affiliate? Or number 6 affiliate? Or number 3?

Michael Rutherford: I think 3 or 4...

Robb Wolf: We were 4, and I think you actually came online officially weeks or something like right before we opened in North Cal.

Michael Rutherford: Yeah, I had started my whole group concept with the Boot Camp Fitness idea in 2001 and it was about 2002 – 2003; all the good things that are happening to me was just dumb luck, I ran into the cross fit concept; that's how I met you characters and saw a perfect fit into what we're doing and an evolution, another offering into what it was and it just kind of gone from there.

Robb Wolf: And you had some university strength and conditioning background prior to that and a pretty good athletic crew. Give the folks a little rundown of your background.

Michael Rutherford: Well, [Laughter] and that concludes our show for today.

I did play college football. My dad was a dentist. He really wanted me to become a dentist. So I was going that route and found myself preoccupied with being very inadequate as an athlete, so I would spend all my time trying to figure out conditioning and training and things of that sort rather than paying attention to what I was supposed to be paying attention to and sort of saw this area of athletic conditioning as strength and conditioning coach, and sort of set my sights on that.

I went to graduate school at University of Kansas and wheeled my way into the strength and conditioning room and ended up getting what I thought was a job, at that time it didn't really matter, with a guy named Mike Clerk who was a strength and conditioning coach there.

He's now with the Kansas City Chiefs, he's travelled around a little bit. I went that route and became an assistant for him and was in charge of all the women's sports. This was pretty title 9 obviously so their one is many and he was really good at letting me have that offering.

I left that area after starting a program at a division 2 school and joined a hospital here in Kansas City as - I'm in a wellness program for them. So, I was a strength and conditioning world at a collegiate level to going into a corporate wellness setting I worked for a hospital that had a lot of rules and that was a little harder for me to deal with.

So I kind of looked at branching out into something on my own, sort of entrepreneurial way; did the private training route, knew that that was going to be harder road; I was tired all the time and so I started this whole group training idea in 2001.

It kind of reshaped and evolved that whole thing and we can never talk about how I ran into you guys and became a CrossFit affiliate and did that thing.

Greg Everett: So my recollection when first meeting - there were a couple parts.

Michael Rutherford: Awestruck right?

Greg Everett: That was part of it for sure and I think we just lost Robb here. He's trying to reconnect so we'll just babble on for a minute. One I was like "Who is this shave headed super jacked guy who's walking around?"

[Laughter]

Then two was "What a dickhead for making me do this work out."

Michael Rutherford: Oh yeah.

Greg Everett: It was like the original CrossFit was these two small unit stuck together and so they had the whole front face was garage doors are always open and then on either side left and right there was a set of stairs that went up to a mezzanine thing.

You made us do some ridiculous workout with a bunch of dumbbell stuff and then bear crawl up the stairs on one side across the top and then back bear crawl down the stairs on the other side.

Michael Rutherford: Yep. I remember -

[Cross-talk]

Greg Everett: That was my introduction to Michael Rutherford.

Michael Rutherford: I remember that work out. Those were the good old days.

Greg Everett: And then -

Michael Rutherford: You'd be pleased to know and you can contact any of our athletes but we still bear crawl.

Greg Everett: We do it a lot in here but fortunately for them we don't have stairs.

Michael Rutherford: Yeah. We're inside right now. We don't have any stairs but we have a really nice incline that we can bear crawl on whenever we warm up.

Greg Everett: You met Steve. You went to internet when he came out here. He introduced the Kong crawl to our classes and quickly got himself very unpopular. It's a bear crawl but you move your two hands at the same time, you two feet at the same time.

Horrible like for anyone over 180 lbs.

Michael Rutherford: Somebody was showing me a hamstring stretch and that reminds me - yeah - I think I got that. I got that picture. We're gonna have to flip that one in.

Greg Everett: Dude not that fun. So the other thing you are very well known for is using the dumbbell. You've got a couple of DVDs out: Dumbbell moves 1 through 3 so what's the back story with that. Where's the genesis of your dumbbell affinity?

Michael Rutherford: Well when I got my first full time gig in the strength and conditioning world we really didn't have enough equipment to go around. I was by myself and there were plenty of dumbbells so those just became a necessary tool and in the whole mix.

I also noticed that I wasn't getting the same strength that I was actually getting like a really unique conditioning effect when I use dumbbells and things changed so much Greg since that. You were just an idea when I started doing the stuff.

[Laughter]

Greg Everett: A bad idea.

Michael Rutherford: So yeah we just didn't have enough equipment when I first was coaching and I had my own job and then I got into situations where I noticed it just took really a lot of the intimidation out of grabbing onto to the bar.

I noticed young athletes who hadn't been exposed to a lot of strength and conditioning area you put a bar in their hand and then the next thing

you're doing is you're walking with them to make sure they don't take out a wall or another person in the process.

So it just became a really easy thing to integrate into what I was doing and then you could do almost anything you want to do whether you don't get the same kind of strength that you get a really really nice conditioning result from using them.

So in a nutshell that's how it went and then we use them all the time. We use them as part of the main parts of the work out. I don't know they're pretty inexpensive and compared to buying bars and bumps and collars and building platforms and things like that.

It was the easy way to get a practice up and going.

Greg Everett: And then I've got to hear the story again. I think you were trying to teach one of your female athletes how to clean.

Michael Rutherford: Yeah I had a high school kid, she was a dead eye shot. I don't know she drinks 7 or 8 threes in one game and the record held for a long time and her dad was this really big dude and he wanted me to help her get more explosive so we were doing fork and snatches.

She popped herself in the nose with the bar on the way up and it got bloody so we got her all cleaned up and she came back in. We got started again and she popped herself in the nose again and starts bleeding again and right then and there I knew if I gave her another bloody nose her dad was gonna break my windpipe.

[Laughter]

So let's just put that bar away now and we went over to dumbbells. Actually I still like for those longer tall folks I really like to put dumbbells in their hands and they had trouble with putting the bar in the rack position or on their backs.

Greg Everett: There's something very cool about the whole one armed dumbbell snatch. I'm a big fan.

Michael Rutherford: Yep we like that one. I think we have that on the menu for tomorrow.

Greg Everett: My second favourite recollection from the CrossFit days is being in - it was in Golden, Colorado doing a cert and somehow I got roped into being

your assistant during your whole dumbbell presentation and we're in this giant basketball court.

[Laughter]

Michael Rutherford: You did about 150 lifts.

Greg Everett: You have a plio box in there and the guys who were running the place are like crapping their pants because we're gonna destroy the floor.

[Laughter]

And then you're basically presenting all these exercises and then leaning over and whispering in my ear like "Do you know how to do this?"

[Laughter]

I'm like "Well no but I'm gonna give it a shot."

Robb Wolf: That's why he grabbed you and not me.

Greg Everett: But the polo ways you had this - I forget what you called it - a one leg, one arm contralateral split dumbbells snatch or something insane like that.

I was like "Goddamn it Ruth. This once going to be rough." Yeah I still remember that exercise and I still love pulling it out every once in a while.

Michael Rutherford: Just to see if people can do it.

Greg Everett: Yeah. Not only does it require a lot of concentration just to figure out what the heck you're trying to do but it's a pretty good rest of coordination for sure.

Michael Rutherford: Yeah. That's a good one. That one actually I learned from an old friend down the road. Tom Cross is his name. He's a retired from the strength and conditioning world and I think he gave himself the title Strength and Conditioning Coach.

I think he was the original. He's like Strength and Conditioning Coach X. He's the first guy. He's good friends with Bergner but yeah that's one of his moves.

Greg Everett: So now that you have your own booming practice, your own facility I know for a fact you have barbells and bumpers. How much has that changed the roll of dumbbells in your practice or have they pretty much kept a pretty steady place in there?

Michael Rutherford: They stayed a main part of what we're doing. We know that go to, if you really want to get somebody strong and you want a trajectory that's a little steeper you've got to do the stuff that's the most productive and those are the bilateral moves.

Greg Everett: A lap dance.

[Laughter]

Michael Rutherford: Yeah. Only the green ones not the blue or the black.

So we press, we pull, we squat. We really want to get people strong and moving that way.

Greg Everett: So do you still have the boot camp format with certain classes and then more of a CrossFit format with other classes?

Michael Rutherford: Exactly. So it's sort of a blurry line between the two. Sometimes you'll look down and see a workout going on and the boot camp people are doing a work out that looks a little bit harder. We're calling them advanced but folks are doing.

But that's the way we can judge and get an orientation for you. That's a way for us to school you. Not everybody wants to move across and do something harder. They're getting plenty of work where they're at. They're comfortable with it.

Michael Rutherford: I have three people that had been training with me for nine years, and they haven't changed classes or direction, or even the days that they come in and work out. That's a regimentation.

Greg Everett: Yeah. Well, I mean that's a lot to be said about someone who could stick with the program for nine years. That's a pretty good indicator that's a quality program.

[Cross talk]

Michael Rutherford: Yeah, I think that was it. That's was what it was. **[Laughter]**. High five personality.

Greg Everett: Yeah. So I think, these days, a lot of people have lost sight of the fact that you're the guy who came up with the whole Max Effort Black Box Protocol, like that term gets thrown around a lot, and even just kind of the ingredient your Max Effort or Black Box or whatever, without it being attributed to you.

So talk a little about kind of the genesis of that—how that came about, and kind of how it evolved, or sense what was it like 2004-ish when I think we first published that in the Performance Menu.

Michael Ruthford: Yeah. I mean the genesis of it was I had been exposed, went to Santa Cruz, watched athletes doing these CrossFit workouts, and liked it—I kind of liked what it offered and saw it fit with what my practice is all about. So I came back and I was trying apply it and had difficulty with some of these the old classics—is it Dian, that's like 225 Deadlift.

Greg Everett: And handstand pushups yeah..

Michael Rutherford: So, something like that. I came back and so, I looked at some of the people that I was working with, and I was like, "No way in hell this person can **[Laughter]** touch this weight." So then I would go to the next one and then I would go to the next one so I was like, 'Hmmm, there's some strength that's lacking' and then I laid another track out there and I watched some people destroy workouts but at the same time I watched them do some effort kind of lifting during the lunch break or whatever it was and I was like "Hey duh, dummy." These guys are just strong. I mean you got to have strength before you can have strength endurance. And--

Greg Everett: That does not make any sense.

[Laughter]

Michael Ruthford: So I came back and I said "You know, I did a little reading, a little study, and I saw a several 'Wait a minute. The conjugate system has this effort element to it.' So, let's see how I can maybe layer in some consistency who has strength work, and with that, these CrossFit wads had the power element or speed and higher reps which was volume, so now, I kind of have this concurrent thing going on when I mix in the Max Effort.

And so I was practicing that a little bit and I actually had a basketball coach at a high school who wanted to do something way different. His idea of conditioning was basically bring out trash cans and just run the

hell out of kids until they like threw up-that was his all-season conditioning. And so he decided--

Greg Everett: I like it.

Michael Ruthford: --to do something...Yeah, I know. Some things just never change. And so, he invited me and those kids had really great results. They all like reposting-we did the Pre-strength Assessment and the Post-strength Assessment and that they're just having phenomenal changes and felt good about themselves.

I hear a basketball coach say one time-this is kind of a sidetrack-but, they ask him why do you talk about Strength Conditioning Program, and I was pretty elaborate-he knew a lot about the whole thing that the coach was doing with his kids.

And I ask him, "What's the number one benefit?", and everybody was saying they're waiting for him to talk about injury prevention and performance changes and he said "Confidence. It gives our kids confidence."

So anyway, these kids got stronger. Robb was starting this whole performance menu and then he sent me-I don't remember Robb. I think either you called me 'cause you're bored **[Laughter]** or you sent me an email and you're just like "Are you working on anything? Maybe you got an article here." And I said "Maybe."

I said "What does this look like to you?" And so--

Robb Wolf: You're being way more generous than what I deserve. You shot me that template nine months before I came back to you. When you first shot me that template, I was like "Ah. You don't need these dedicated strength. If we just go harder. We'll get people first, someday, somehow."

This was that bias that I had coming into things that I had a power lifting background, and so, when I came in and started doing CrossFit. Initially, I was mackered by stuff, but then in a pretty quick order, I'd like a sub-three-minute friend over a three-fifteen clean and jerk at about a 170, 175 lbs body weight.

The longer stuff definitely put me in my place but anything under ten minutes, I was at the top of the food chain but I could not for the life of me, get any type of adaptation like that out of our clients. And they just

spun and spun and spun--they got more wind, they got a few more pull-ups and stuff like that, but they didn't go anywhere.

Then it was really kind of looking at my failure as coach to move people forward that I started thinking about "What do we need to do?" Then I remember you had shot me that template-that, that was really the story. You had the goods on that long before I did."

Michael Ruthford: Well I don't know exactly the whole thing. I've slept a few times since **[Laughter]**. I don't even had some tequila since then. I don't remember. But, so, yes, so I pen the article, and then, I just kept messing with it. I just kept just being kind of weird and obsessive, I just kept trying to do different things with people and so then I would have a different group of athletes come in and we would do it a little bit different. And so then I would have another article and I'd mailed it in to Greg and Greg will go "Yeah. We'll try that. Put it in there."

So, I don't know we had several different variations of it since then—

[Cross talk]

Greg Everett: Yeah there's been like five or six articles I think.

Michael Ruthford: Well. So we had some several different things that we do. I think that it probably had some influence on how people are training, at least that's kind of the email and the feedback that I get. There are people doing it.

One guy walked in the other day and he goes "I'm from so and so Crossvid and Orange County and I like what you do, and I coach my people out." and I'm like "Oh, well thanks. I gotta go. I'm hungry and my dog's hungry."

[Laughter]

[Cross talk]

Yeah. He hadn't had any raw hide that day.

That was the start up. We actually have some guys right now that are running just the Classic Fitness Conduit — Monday, Wednesday, Friday. We have a class that's just dedicated to that exact three-day week. And they are killing it.

These are guys that have been practicing with us for a long time too, so they are getting really short, that comes stuff at the end, some P chain work at the end, and then they got that total lower body upper body rotation going. One guy back in November, I think he's been practicing with us for a couple of years; he's put like 11 kilos on a snatch since November.

Greg Everett: Excellent.

Michael Rutherford: And just and cut back, he's cut back on everything that he's doing. He's doing less. So I think people who run, gems, it's a challenge for them sometimes to figure out how to put the dedicated strength into their practice. It's sometimes, it's a harder sell. We have that issue as well. It's kind of like people look at you and they go...**[0:29:18] [Inaudible]** it's a strength base, it's a little bit of a hard sell, but then it's funny, because the people that are coachable, and if you look at my blog, I have this article "Are You Coachable?" It's really good.

[Laughter]

The people that are coachable and they buy into it you see them come out of a phase where we're a little bit more heavy on dedicated strength where we're getting more exposures, then those people, they start blowing up and they start climbing the leap leader board on mid-con times are falling, and then, they don't really want to talk anybody else about it.

Mike Rutherford: It's kinda like they want to keep it as their own little secret. Like, "I kinda know how to do this now. I know how to keep my gains coming if I focus a little bit more on staying strong, or I get stronger than all these other stuff just, it just happens for me."

[Cross-talk]

So, you know, I'm not saying this for any other reason just that it's a commentary on what it will do for you but I consistently, in our practice and even when I go do like a little area challenge, I consistently finish near the top in any of those metcons.

And I know it's because I just stay, I press, I clean, I snatch, I squat, and I just stay on it. I keep that and keep my recovery smart and my nutrition.

Wow, that was too long. Are we out of time yet?

[Laughter]

Greg Everett: You wish.

Robb Wolf: We've barely warmed up.

Michael Rutherford: Where's the music? Where are the commercials?

Greg Everett: I'm working on it.

Robb Wolf: You guys are two good dudes to have for this next idea that I've got and stuff that I've rattled around a lot but, I wouldn't say that it's like two warring cans but you kinda have two...

Greg Everett: ...total war

Robb Wolf: ...absolute annihilation but some folks that are out of kind of a power lifting camp, some folks are out of an Olympic lifting camp when it comes to strength and conditioning athletic development and all that sort of stuff.

And Ruth you seem to straddle those worlds pretty effortlessly and it seems like because you're well steeped in this kind of max effort concept, like the whole conjugate method with 9 side barbell, like you're not getting into the triple play super suit and all that sort of stuff.

But you know people floor pressing and board pressing and different things like that. Like you're mixing things up with that but it seems like you tend to gravitate back to the o lifts a lot too.

What do you guys think about that? What are the pluses and minuses? Like one approach versus another one. Ruth you actually mentioned that folks get some dedicated P chain work at the end of their training like for general athletic stuff, if there's maybe one whole in a very o lifting center of approach it's that you've got that into your chain dominance quad glute dominance at the expense of the hamstrings and low back and all that jive. What do you guys think of that?

Greg Everett: I'll defer to Ruth on on this one first since he 's the featured guest.

Robb Wolf: Indeed.

Mike Rutherford: That's not fair.

[Laughter]

Actually you're right Robb, I just don't really believe there's anything that's just absolute. I think there are things to be gained from incorporating multiple disciplines in what you're doing. And all you do is, you just limit yourself if you make some statement about what is and what isn't.

Yeah, I mean, personally, my own thing that I'm doing this winter is squatting a little bit. I've got a few imbalances going on. Some dune about a unilateral stuff with split squats and pistols and things that loaded pistols and things like that but the rest of it is working on my snatch, working on my clean. And if I could get a little bit more out of it, maybe I'll try to go to master's nationals and if not, no big deal.

But we don't want to just limit ourselves. We were thinking more on like, how do we want to train people to be more athletic, to move better. So we're not really training them thinking, "I'm going to make someday the best Olympic lifter."

"I'm going to make someday the best power lifter." "I'm going to make someday the best cross fitter." This depends on what kind of tools they bring to the table but what we're working on overall. We're going to make you pretty confident at a number of things.

We want you to be strong. We know that taking muscle mass, your body mark system was out here. He were talking with some other people and I made the statement, I said your best ally as you age is to take as much muscle mass into the latter years as possible.

And he says that's absolutely the truth, so we want people to have more body mass, more sleep, squat with your feet wide, squat with you feet close together, squat with the bar down low, squat with the bar up high, squat in the rack position.

You got to have a certain number of exposures to those things so that you can have a training in effect but we're not limiting ourselves to just one particular perspective. How's that?

Robb Wolf:

I like it. I dig it.

Greg Everett:

I definitely very much agree with the fact that when you're training an athlete you really have to acknowledge the fact and accept the fact that

that athlete is not a power lifter and he's not a weight lifter. And I think it's really easy to get carried away as a coach.

Each of us tends to have an affinity for certain disciplines. Obviously, I like weight lifting a lot more than anything else but that doesn't mean I can train a football player like a weight lifter.

Michael Rutherford: Right. Right.

Greg Everett: Any athlete, at least ground based athlete, they've got to squat. I mean, that's just across the board. I don't care, I mean. Honestly, if I trained a chess player **[laughing]**.

That's easy, I think like Ruth said, he makes a good point where there really shouldn't be any limit to how you squat rotating in different stances, different bar positions, even different types of bars, I mean, using the safety squat bar every once in a while just for the hell of it, totally different feel. Using a cambered bar, a buffalo bar, whatever the case is.

When it comes to the actual differences between training an athlete with a more power lifting style versus more weight lifting style, I'd definitely be leaning towards weight lifting style. One, because I enjoy it more but largely because I just think it's more effective if you have the resources and the time and the knowledge to properly coach the movements.

In a situation where you've got 80 kids in 50minutes, you may not be able to do power cleans and power snatches. In that case, doing jump squats or speed dead lifts or something like that might be a better choice.

But in the instance that you do have that ability and the time, I think, what Olympic variations would offer in terms of explosiveness and in terms of learning and strengthening your ability to absorb force just can't be matched with speed lifts or power lifts.

For example speed deadlift, you're using a lighter weight, relatively speaking, and you're trying to accelerate it but the deal is when you get to the top, you have to slow down. So you're kind of forcing yourself to not accelerate maximally and so of course you can throw in chains and bands and do all that kind of stuff but I think it really just messes with the whole natural movement pattern whereas when you look at power cleans or power snatches specially either one of those from the hangs or from blocks and you'll be able to get a much more natural coordinated hip and knee explosion.

But then also, the coordination of moving the feet, of getting into a strong receiving position and absorbing that force again. So, just for that simple reason I would lean more towards the Olympic lifts.

Michael Rutherford: And then just supplement with more posterior chain work to balance that stuff out?

Greg Everett: Yeah, I mean, to appoint but honestly, posterior chain, it's all well and good. I don't have the same boner for it that a lot of people do.

Michael Rutherford: How do you know I have a boner?

[Laughter]

Greg Everett: Ruth it just seems like a reasonable assumption. You're talking to Robb and me.

Michael Rutherford: That's true.

[Laughter]

Greg Everett: But you know, like yes, I like doing glute ham raises I like doing good mornings and stiff legged deadlifts. No question about that and these are all obviously posterior chain emphasis exercises.

But I don't feel like it's necessary in most cases to get super crazy. I mean, there's people who've just gone so far in that direction and where it's like squats are all sitting way back, super posterior chain emphasis, they do tons of deadlifts with super high hip position, they do good morning stiff legged deadlifts, glute ham raises.

You know, all these things and they just take it too far in the other direction. Obviously, they want a balance between those two, not just for strength and performance but for injury prevention. I shouldn't say that I'm not a fan of posterior chainer. I should just say that I think it's important to make sure you're finding an appropriate balance for each athlete.

Michael Rutherford: Keep it in perspective. We actually find that a whole bunch of our people that walk through the door can't find their ass.

Greg Everett: That is true.

Michael Rutherford: So going even to more of an entry level or orientation in our practice we're trying like crazy all during - our warm up is 15 to 18 minutes long and it's kind of equal parts dynamic range of motion, movement assessment, movement correction.

So we find that we have three big problem areas 80% of the time and that's their ass expiring, hips and ankles and we really want to activate the glutes. We really want people to wake those up and so we do a lot just for a start to get people to do that.

And the people that can fire their ass, they can engage their posterior chains they always are more athletic immediately. They can just do things so much faster.

Greg Everett: Well I think though I guess I distinguish between those activation or corrective drills for the glutes from -

Michael Rutherford: Right. I know what you mean.

Greg Everett: We're totally on board like our warm up - I just read an article about this a while ago that turned out to be about 50 times longer than I intended but the one leg RDLs, things like that for that really learning to engage the glute to be able to maintain stability at the hip I like using those little -

I think Robb and I talked about this in the last one. Using those little air pillows for some kind of bent knee, slightly bent hip unilateral stability work, glute bridges, stuff like that absolutely and I think learning how to activate that stuff it makes a huge difference.

Not just in people being able to move but then how well they can support their structure and stay safe when their leaning over and picking up a pen off the ground instead of blowing off their backs doing something silly like that.

Robb Wolf: Ruth you kind of commented that some of the benefit of MABB approaches that folks are getting some consistent exposure to some strength work. They get maybe 3 weeks in a row in say a particular flavour of a back squat or something like that.

But then you end up rotating at around enough that we're not getting some orthopaedic issues from overuse and stuff like that. What do you guys see as being the trade off with that like a lot of variety for stimulus and orthopaedic issues versus there's also some camp out there that's

like get real good at the press, a particular squat, a deadlift, a power clean.

Just do the same stuff, get real real good at it almost bulgarity at the weight lifting kind of gig. What do you guys see as the interplay with that stuff like some specificity versus some variety? What are the pluses and minuses with that?

Michael Rutherford: Well first going back to one of the comments earlier we're thinking in terms of people being athletes. So more exposure to different things, to different movement I would be more akin to what you want to do.

We're not training somebody to be a 750 lbs bed lift for instance. We want their life to be better. So that's one element of it. Second one is if they don't get hurt they keep paying you to come work out so your practice is healthier.

So yeah there's just a certain amount - I just have this belief over the years and observation it's just better to give them a variety of exposures, change the angle a little bit like Greg says change the bar, change the stance, change the surface.

Maybe they squat over their O shoes and maybe one time they squat bare footed. I don't know. It just makes more sense to me. People keep coming back and they keep getting health. I always caution people we got these people that come in that are gashing their teeth and their type A.

They're gonna get in shape this week or they're gonna set a record today it's like - leave a little on the table.

Greg Everett: I think one of the favourite phrases you've said was stimulate don't annihilate.

Michael Rutherford: Yes. Don't annihilate. That's true. Live a little on the table. You're gonna be healthier. You're gonna be fitter if you can consistently work out over the next 12 months rather than train wreck your self on Monday and be so jacked up or pull your wing up so you can't do work out.

For some people it's a hard lesson. I'm just telling you from experience you're gonna be healthier, you're gonna be fitter if you can just hit the time clock, keep working out and a year later look at where you're at.

I'm at that point in my career where it's like I can't afford a big injury right now. It's like "Hey coach we're gonna go bungee jump." Well that may be my last bungee jump and it may be the last time I get to raise my hand over my head the right way.

So limit your risk. Be smart about picking your workouts and trust somebody that's putting your workouts together writing your program for you and so going back to the original comment but the plus is Robb is that people come back to your practice.

You have them longer term. You get a chance to train them and condition them and get them healthier because you have them for a longer period of time.

Robb Wolf:

I did a series of post for my wife's blog kind of talking about how we run the gym like the beyond ramp, some front end stuff like how do you interface with people? People come in via either phone call, email, walk in, maybe now like social network deal then how you check back in with them.

What's the triage process and how do you complement your program and your programming was in a role to us really changing the way that we ran our business. It was just a huge modification of the way that we had run our business because we weren't breaking people on a continual basis.

They were always making some progress and it's so hard to impress upon new coaches, new gym owners this idea that if you give people quality instruction over the long haul that your practice will benefit. There's some anxiety out there that if they're not offering three beat downs a day all of them CrossFit games derivative and stuff like that that they're not gonna be able to build a practice.

Certainly you're gonna have some people walk out of your practice but the number of competitive athletes that we have as a fraction of our clientele is less than 1% and some people are some starry eyed dreams of running athlete only programs good luck with that.

Let me know how that's gonna work.

I guess I just want to give Ruth some acknowledgement that it was his insight on this effort based smarter programming that really transformed the way that we train in our locale.

We just did a national call for coaches to have new coaches come out and we hired a couple of folks and then we're looking for more folks. Our gym is growing at a pretty nice clip and it's because we keep people when they first come in the door because it's fun, it's challenging.

They get a sense that they can actually progress and do something but then on the back end of that we now have a couple of clients that we've had for 6 years and a number of people performed five years and that really starts adding up.

When you're retaining people on the front end you're preventing attrition off the top end it's kind of nice too. Those top end people, the people who have been with you for a long time they know the ropes. Those are the last people in your practice that you want to lose really unless they're super annoying.

But that aside they know the way things go, their weight less effort, they should be a little bit less nerve wracking because they know the ins and outs of stuff.

So I guess again encouraging people to think about the way that you structure your programs do it in an intelligent way that it not only benefits your clients but it's gonna benefit your practice too.

Greg Everett: Yeah.

Michael Rutherford: What he said.

Robb Wolf: So you commented when Mark Sisson came out there and you made the comment that folks need to ideally maintain some muscle mass when they're going into their elder years and I think that that's just across the board kind of a popular thing but maybe more so among the dudes and the gals.

How would you look at this interplay between strength and conditioning and some Met Con type stuff? What's a template in your mind that looks like a good way for somebody to maintain a lot of muscle mass or gain some muscle mass?

What are some basic things that folks are gonna want to hit with all human intensity and movement plains and stuff like that?

Michael Rutherford: Hmmmm. That was an easy question.

[Laughter]

Thanks and a commercial break is right around the corner.

[Laughter]

Gosh. It's like I said. We like to rotate in about 4 different looks throughout a year. So looking at it from a seasonal standpoint now we're having a ridiculous winner here. Like today I think it's 55 right now. Usually it's in the 20s.

The last 2 winters in Kansas City had been Greenbow, Wisconsin. They've been ridiculous. So typically this kind of year we don't go outside. We're just cave dwellers and we're shooting a lot of vitamin D down our throat.

So we spend a lot of time at this time of year with more strength exposures. So basically what we're doing is we have an alternating day set up where we'll have a dedicated strength day and then it'll be followed by a MetCon day and that's basically our template is going.

That's on 5 days and so one week we're gonna get three dedicated strength days and one week we're gonna get two and we'll run that right until we fall out of the end of March.

Now that's one group like I said we have the other group that's just doing our straight 3 day fitness conduit stuff. Those are the guys that are really honestly are having the biggest games. Also they have a really good coach. It's not me.

[Laughter]

And then we break out. We have less exposure when we get into the spring and the summer and then we'll slowly in the fall we'll have more strength exposures.

So in terms of what it is that's difficult to have one particular answer. I guess if you look at the classic studies you're gonna have to have at least three strength training sessions to really build and you can probably get away with two if you're comfortable or you have carrying a nice lean body mass.

And you have to factor in other things that could be going wrong with you like you got a really a bad sleep. You have nutrition you're trying to

dial in - those kinds of things have to factor in to the whole answer as well.

Robb Wolf: That's legit. You would play around also with some stuff that looked like maybe stripping away a little bit of the conditioning. A little bit classic body building and maybe classical side stuff but more looking at some effort work mixed with some volume work.

Michael Rutherford: Correct. That would be an article I wrote called Advanced Templates and what we found with that and I know Greg just talked about vans or change or speed work like that.

But what we found that this other goes feeds the other side of the animal but people were not just strong enough to really take advantage of speed work but if you stop a rep or two short of complete failure - you could almost do volume work everyday.

That's a really good thing and once there was a high school coach that would pay me and want to have a class and they read article and they themselves workout at a CrossFit gym and they were like "What can I do for my high school kids?"

So I tell them just to do an effort lift, an effort focus for the day and then follow that up - so say you're going total body, lower body, upper body. You'd go total body effort and then you'd go upper body volume and then the next workout's going to be lower body and total body.

So basically you're just rotating those same total lower and upper tiers into a volume thing. So it's just suspended push ups or timed tabatta push up even or something like where you're just getting more volume work that's included in it.

But that's been a real effective approach.

Robb Wolf: And so you could do something like that like maybe a 3 day a week gig in the gym template then the other days if you're doing some playing, doing some jujitsu, going for a weight vest work or something then you're getting some lower level cardio for lack of a better term just a little bit of volume work but way on that low end of the intensity scale. Does that seem to be a pretty good way to slice and dice that stuff?

Michael Rutherford: Yeah. When I first started throwing out like a 3 day approach to NABB was people were like "Well hey what about sport specific stuff and what about my - ?"

Maybe your MetCons are too short. I want to get ready for a CrossFit regional or something like that. What should I do? So it seemed like Tuesday was a really nice day just to shove in the sport specific metabolic conditioning or one of those super long chippers or any thing like that.

That seems to work pretty well.

Robb Wolf: Cool.

Greg Everett: Sweet.

Michael Rutherford: I thought you guys read questions on this show if they have questions or something.

Robb Wolf: We usually do. I had a few questions for you but I knew that you have the gift of gab so I figured we'd wind you up and let you go.

Greg Everett: Well I got something for you. Being the age that you are -

Michael Rutherford: Easy.

[Laughter]

Greg Everett: And being as healthy as you are and being able to form as well as you do what would you say have been a couple of the most important and most effective lifestyle training factors that you've figured out over the years? What has contributed most to you being where you are right now?

Michael Rutherford: Well you have to be dumb.

Greg Everett: Say back.

Michael Rutherford: Was it something I said.

Greg Everett: Apparently.

Michael Rutherford: What was the question?

Greg Everett: I don't remember you started off saying you'd have to be dumb.

Michael Rutherford: Oh yeah. No that was the lifestyle there. What was my last thought?

One time I was talking to Greggy Mac about going through bugs and he told me I would never make it. I said "Look. What if I was just a total freak and dedicated myself to getting incredible shape? Did I make it?" and he goes "No way."

And I was like "Really. This thing I'm like super freaky." He goes "No way." And he said the sleep deprivation is ridiculous and I thought about. If there's one thing that I'm really good at and that's the late nights and so if there's anything - and I've even T hooked me up with this really sleek thing called Jab On that I've been beta testing.

But I've noticed and I've shown it to some people I have pretty decent REM sleep. So for whatever reason I've been a decent sleeper like if you call me past say 9 at night for me there's a chance my phone's already turned off and I'm already starting to shut down.

So I tell people that the bottom of their health pyramid is gotta be sleep. So that was one thing. My mother was a pioneer in the nutrition world. When we were growing up we ate a ton of protein. We had tons of animals.

I remember at being amazed that we would go to this butcher and carve out as much frozen cow as we did. So when we were growing up my mother was obsessed with nutrition for us and I remember taking -

Hello?

Robb Wolf: You're back

Greg Everett: Dude.

Michael Rutherford: I'm sorry. What's going on? Where was I again?

Greg Everett: You were talking about eating a lot of protein as a kid and how your mom was obsessed about eating healthy.

Michael Rutherford: My mother fed us a lot of protein. I remember taking cod liver oil. I remember taking a Dixie cup full of supplements. I don't know what they were. I think it was legal. I'm pretty sure.

Greg Everett: Well back then everything was legal.

Michael Rutherford: Yeah. When we were kids my father had a lot of illness and we got thrown into a lot of group things. So the whole idea like judo. They'd

throw us in judo so we would beat each other in the judo room instead of in the house.

So I got exposure to staying active. I think I'm a good sleeper. I think it's because my mom exposed us to protein and eating that I had during my key developmental phases that -

I love people and the people that I'm around energize me so I like that part of it. I don't really know if these are lifestyle things. I think they might be. I wear my seatbelt. So I'm still alive. I don't smoke.

Gosh. I don't know. I think I'm just lucky so far but who knows? You get to a certain point.

Greg Everett: That's pretty jiggy stuff though. Good sleep and eating well. It seems like that's advice we've given out a few times on this show.

Michael Rutherford: I lay the same as I wake when I was playing college football so we're talking like a few years. My body fat is been sticky around the same spot for a decade. I don't know. If I'm sleepy I sleep and if I'm hungry I eat and I'm very consistent about working out but I don't do anything that I know is going to destroy me or put me in the orthopaedic doctor's office.

I had a client who only had meniscus in cleaned up in one mean. That was \$26,000. That's enough right there just to keep me from wanting to do something crazy like jump out of an airplane.

Robb Wolf: You're paying both ways on that one so yeah totally. So like that last article that you mentioned, that one is the Advanced Template which is available on the performance menu that we've had. Greg do you have a Max Effort Black Box Collection.

Greg Everett: We do. I want to say it's 10 or 12 bucks or something like that. It has all the articles.

Michael Rutherford: I didn't get my royalty check last month.

Greg Everett: Yeah. We didn't either.

Robb Wolf: It seemed like a good idea when we started it way back when.

Greg Everett: Yeah we'll put a link to it. I'm not sure where it is right now.

Robb Wolf: Cool. Awesome.

Greg Everett: Do what?

Michael Rutherford: Where's the commercial break?

Greg Everett: I think it's coming up in just a minute. It's the longest commercial you've every heard.

Michael Rutherford: This helps me with one of my three goals for 2012.

Greg Everett: You're welcome.

Michael Rutherford: Just to be on the show with you fellows.

Robb Wolf: Can you enumerate all of them publicly or some of these just low -

Michael Rutherford: Hey. I'm a big believer in making your goals public. If you don't make your goals public and you don't share what they are they're just kind of sitting there. So yeah it was to make the podcast. So I checked that one off.

To grow 2 inches and to make -?

Greg Everett: Height?

Michael Rutherford: Well width. And to be in the finals of Dancing With the Stars.

Greg Everett: Who would your partner be?

Michael Rutherford: I don't know. They all ridiculous. I just watch that show to see if they stay in their dance costumes.

Robb Wolf: Nip slip.

Michael Rutherford: I'm hoping for a moment like a wardrobe failure.

Greg Everett: Yeah do you not have the internet? It's like a big investment in time for a little payoff.

Robb Wolf: For little return yeah.

Greg Everett: But I see it's a little more classy than what we're suggesting plus it was an accident.

Michael Rutherford: Yes.

Greg Everett: All right. Well on that super classy note.

Michael Rutherford: We probably shouldn't end that way.

Greg Everett: We probably shouldn't.

Michael Rutherford: At least have a little better uptake.

Greg Everett: But I think most of these podcasts go out on some sort of whimpering note.

Robb Wolf: Yeah it doesn't usually start or end particularly well so yeah. I think that's consistent.

Greg Everett: The middle part is the content. That matters.

Michael Rutherford: Well all I know is so we had disconnects that went on and how will that -?

Greg Everett: Chop them out.

Michael Rutherford: Oh really you have that ability?

Greg Everett: I do. Everyone's in a while I end up deleting the entire episode as well.

Michael Rutherford: Don't tell me when you do it. If you decide to flush the whole thing just don't let me know. Let me live with the idea that it was very successful and it's the most listened to broadcast ever.

Greg Everett: Man this is going up next Tuesday.

Michael Rutherford: Oh I have to wait a week?

Robb Wolf: Yeah. Sorry man.

Greg Everett: There's already one up today. They come out on Tuesdays.

Michael Rutherford: I have all these family members that are googling right now looking for it.

Greg Everett: Ah well they're gonna enjoy it that much more with all these suspense, the anticipation.

Michael Rutherford: Hmm. Okay. I'll try to be patient.

Greg Everett: But it'll be better for you too because then you can wait a week and then you can go back and hear all the brilliant things you said and just be amazed at your self.

Robb Wolf: That's why I have never ever listened to a podcast. I've never gone back and listened to any of our podcasts.

Greg Everett: There's not really anything that interesting on them.

Michael Rutherford: I kind of go Tim Farris on your podcast. I just had all my peeps get me the high lights.

Robb Wolf: Oh that's smart.

Greg Everett: So you say you contract out to some -

Robb Wolf: Third world entity to transcribe.

Michael Rutherford: They'll roll in and they'll say. Hey they talked about you on the podcast. I'm like "What podcast?" They talked about your coffee problem. I'm like "They did? Again?"

Greg Everett: I never called in a problem. I'm all for it. I got a coffee pot in my office.

Michael Rutherford: I probably do.

Greg Everett: Nah. It's only a problem if you don't want to be doing it.

Michael Rutherford: I do love coffee. I don't know.

Greg Everett: I think Robb has made the point several times that life is essentially not worth living without caffeine.

Robb Wolf: Yeah I keep trying to warm my self up to not drinking it. I've dialled it back a ton but I'm one cup in the morning if it's gonna take 10 years off my life and so be it like Nikki will be able to run away with Raul the pool boy at some time and have her way of life with him then be so. I'm in.

Michael Rutherford: One cup is just starting to wet my palette. It's just moistening my palette.

Robb Wolf: See you're made of tougher stuff than I am.

Michael Rutherford: I don't believe that's the case. I think it's just a problem. I tell people I say "Look I know I can cut back. It's just how long are you guys willing to put

up with me and that detox.” And then I go “Go ahead and get another cup.”

Greg Everett: Excellent.

Michael Rutherford: I go to Starbucks and I go not necessarily for the coffee but for the experience.

Greg Everett: Really? I hate that experience. I avoid that at all cost. I buy my coffee at the liquor store. I can't stand that place. It's not just Starbucks it's any of those coffee shops.

Robb Wolf: Hoity toity coffee shops.

Michael Rutherford: We have a local kind and their Americano is killer. It's too much commute. It's really and they're super nice to me when I go too.

Greg Everett: Well sure they're nice. That's not the issue.

Michael Rutherford: They gave me a Christmas card Greg.

Greg Everett: You may have a problem.

Michael Rutherford: If people at Starbucks are giving you a Christmas you may want to back off a little bit.

Robb Wolf: Straight from Juan Valdez.

Michael Rutherford: They gave free cups of coffee rewards too. I get coffee rewards.

Greg Everett: Nice. Well that's cool. I get rewards from coffee too. It's just getting pumped on the caffeine.

Michael Rutherford: So there's a doctor I've got to go see here in about 15 minutes. He's working on he's clean and jerk and his snatch.

Greg Everett: That's the orthopaedic guy?

Michael Rutherford: Yeah. He came to see you.

Greg Everett: Yes. I recall.

Michael Rutherford: That Doctor Dan. Good dude.

Greg Everett: Doctor Dan. Cool. Doctor Dan and the Ruthman we'll let you have at it.

Robb Wolf: Ruth if this doesn't completely destroy your career which you've worked so hard to establish then we'll get you back on here in a couple of months.

Michael Rutherford: I don't really know if people need that many exposures that close together.

Robb Wolf: This is kind of a two birds with one stone kind of gig cuz I've always gotta get my Ruthman fix and I'm shackled kind of cancer style to this podcast so you really doing me a favour if you come on.

Greg Everett: Seriously speaking of that. I think he just got cut off.

Michael Rutherford: I was on hold for a second but now I'm not.

Robb Wolf: Well this has been a good enough train wreck for Ruth for now.

Michael Rutherford: Sorry to ruin a whole show for you.

Robb Wolf: Oh we did that two days ago so don't you worry.

Greg Everett: Two days ago was a hundred times worse. Don't even worry.

Michael Rutherford: Well is it just you two or did you have a special guest?

Robb Wolf: No it was just us which is better in that regards. All right Ruth love you. Thanks for coming on the show man.

Michael Rutherford: All right gents. I had fun.

Greg Everett: All right. It's been a pleasure. We'll talk to you soon.

Robb Wolf: Thanks G. Bye.

Michael Rutherford: Bye.

[1:10:51] End of Audio