



GOLD MEDAL BODIES

RESOURCE GUIDE

GMB Resource Guide

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INTRODUCTION

People ask us all the time:

- ★ What parallettes should I use?
- ★ Can you tear a phonebook with your bare hands?
- ★ Should I use a protein supplement?

OK, so actually they only ask us two of those, but we get a ton of other questions too, and a lot of them come down to wanting help with making important decisions about which equipment to invest in or what kinds of information is useful vs. useless.

We can't answer *every* question, because, believe it or not, there are still things we don't know. But we have been known to put in some research regarding health and fitness, so we have a few well-considered opinions on those topics.

Keep in mind as you read what follows that these are just that: opinions.

Your preferences might differ from ours, and other experts might disagree with some of our recommendations. This is OK, because that's what happens when people bring different backgrounds and experiences together. We're not pushing any absolutes.

But if you are looking for advice about where to find trustworthy information or what manufacturers make quality gear, we feel the following pages are a good starting point. Follow up these recommendations with your own research to find the solutions that will work best for you.

CHAPTER ONE: EQUIPMENT

Two of our four flagship courses require specific equipment to be able to use right. We take our ring and parallette training very seriously, so we don't fool around with anything that isn't going to stand up to consistent hard use.

Here's our recommendations for rings, parallettes, and some other equipment we use and recommend.

GYMNASTIC RINGS

OK, so this one should be obvious enough. After all, our first product was called Rings One. That GMB digs ring training should be no surprise to anyone.

To be totally honest, there are a lot of good options out there, and most rings are pretty similar. However, there is some junk on the market, and we've heard a few reports from people who bought "discount" rings and ended up with straps that kept slipping whenever they put their weight on them.

If you want rings you can actually use, we recommend the following. They are made solid.

EFX RINGS / ELITE RINGS

We've used both varieties, and they're both quality. The Elite rings are little cheaper, but are unavailable in the US. If you're US-based, go for the EFX Rings. They're sold by the same company, so just click the link below and check them out.

★ [EFX / Elite Rings](#)



PARALLETES

Parallettes are another favorite. Though they are easy to make yourself, after a while, working out with PVC pipe loses its appeal and you decide you want something sturdier that doesn't feel like leftovers from a remodeling project.

The following are our recommendations for training with our Parallettes One course.

P-BARZ



Dusty is a member of the GMB Posse who approached us after we released Parallettes One with a clever design for wooden P-bars that pack flat for shipping. We were intrigued, so we asked him to send us a set.

We played with them and suggested some tweaks to the design. Dusty worked with us to incorporate all of our ideas into a really classy and sturdy parallette design that's friendly on the wallet.

These P-BARZ get the GMB seal of approval, and we recommend them for everyone on our programs.

★ [GMB Approved P-Barz](#)

ROGUE

If, for some reason, you don't like wood, here's our second recommendation:

Rogue Parallettes are "bomb proof" (we've never tested this). Seriously, these are probably the toughest parallettes on the planet. Free shipping in the US and they come in at under a hundred bucks. You can't go wrong.

★ [Rogue Parallettes](#)

VIDEO CAMERAS

Video cameras aren't necessarily basic equipment, but they really come in handy. We require all of our coaching clients and participants in our online courses to take weekly video of their training so we can critique their form and offer advice.

It's also helpful to watch yourself performing the movements on video so you can compare with the examples we show in our programs.

Video equipment used to be expensive and a pain to use, but those days are long gone. Here are our two favorite video units.

KODAK

Ryan and Andy love their small Kodak video cameras.

Andy got a refurbished Zi8, which came in at under a hundred dollars (including the SD card). Ryan got the waterproof Zx5, which costs a little more.

Both models record in full-HD (1080p) and are a snap to carry and use. A lot of the video you see on our homepage and YouTube channel are recorded with these cameras.

Check them out at Amazon.com

★ [Kodak Zi8](#)

★ [Kodak Zx5](#)

IPOD

Yeah, you read that right. Apple's iPod is awesome in about fifty ways, but being able to listen to tunes and surf the internet on the go *and* take HD video? That's just too damn much.

Seriously, this thing just about blew Andy's mind when he got it (and he's owned about a dozen previous iPod models before).

If you aren't sold on buying a standalone video recorder, grab this and let it be your swiss army knife for tech tools. It does almost anything you can imagine, and it fits in your pocket.

★ [Apple iPod Touch w/ Video](#)

CHAPTER TWO: INFORMATION

As much as we'd love to know everything, the simple fact is nobody has all the answers. anyone claiming they do is trying to start a cult.

We're always learning and getting information from a variety of sources. Here are few resources we recommend.

DVDs

RESET

RESET is about how to use your breath for performance and recovery. Lots of people talk about how breathing is important, but very few resources we know of go into such depth with actual practices you can use to improve your breathing for a variety of practical purposes.

★ [RESET](#)

INTU-FLOW

Intu-Flow is not a new program, but it's still effective and important. Though GMB programs include targeted joint mobility exercise specific to the demands of each training session, Intu-Flow teaches you a general, full-body routine that you can use any time.

★ [Intu-Flow](#)

BOOKS

Forget that image of strong guys who can barely read a fast food menu, let alone a real book. We read. Lots.

Andy, Jarlo, and Ryan, all three, devour books in ridiculous quantities.

There are about a thousand books we'd love to recommend, but we've limited ourselves to just a short list this time around. Check these out.

ART OF LEARNING

Josh Waitzkin went from childhood chess prodigy to martial arts world champion. This is his story of how he did it and what he learned along the way. There are tons of great lessons in here, and one of the best (non-academic) discussions of how we learn new skills you're likely to find anywhere.

★ [The Art Of Learning](#)

THE PALEO SOLUTION

by Robb Wolf

To be honest, we're kind of torn on the whole "Paleo" thing. We definitely support the idea of eating real, natural foods,

but many people in the Paleo world approach their rules of eating with what can best be described as religiosity. Still, this book is a great intro to why a lot of our modern diet is making us fat, weak, and sick - as well as what to do about it.

★ [The Paleo Solution](#)

LIGHT ON YOGA: YOGA DIPIKA

by B. K. S. Iyengar

There is no more classic text on yoga, and there no more classic exercise system *than* yoga. If you ever suspect that you've created a new exercise or that perhaps there are limits to what the human body can achieve, pick up Light On Yoga get educated.

★ [Light On Yoga](#)

ANATOMY OF HATHA YOGA

by David H. Coulter

Mimicking a particular pose or movement can only take you so far. Anatomy of Hatha Yoga provides the clearest insight we've see of what the body's internal structure should be up to while performing almost any kind of movement you can think of. Whether or not you actually practice yoga (you should, though), this is a valuable resource for learning how your body works and how to make it work better by moving properly.

★ [Anatomy Of Hatha Yoga](#)

CHAPTER THREE: LIFESTYLE

Gold Medal Bodies sometimes gets confused for being a gymnastics company. We DO love gymnastic training, but we're really about much, much more than that.

In fact, this company grew out of one simple idea: that we can put more into life (and get more out of it too) if our bodies are strong and adaptable. Choosing gymnastic skill to achieve that goal was secondary. The point being that all the training in the world doesn't mean a thing if it doesn't enhance your life.

DIETARY SUPPLEMENTS

Actually, we each take various supplements to ensure adequate nutrition, so it would be pretty hypocritical for us to say to avoid supplements.

Of course, supplements are just that - supplements. They won't help you at all if your diet is crap and your training is inadequate. Start with good food. Train smart (e.g., follow GMB programs).

Then, check out the following.

OPTIMUM NUTRITION

Ryan really digs Optimum Nutrition's protein, creatine, and BCAA supplements. None of them are essential, but they help him recovery quickly between sessions (he trains A LOT) and stay in top shape.

★ [Optimum Nutrition Products](#)

LIFE EXTENSION

Andy discovered the Life Extension Foundation several years ago when studying links between longevity and nutrition. Is it a coincidence that most people think he's about ten years younger than he really is?

Life Extension sells a huge variety of pharmaceutical-grade nutritional supplements. Their direct mail marketing can get a little annoying, but they sell the very best multivitamins and fish oil supplements on the market as far as we know.

★ [Life Extension Foundation](#)



CHAPTER FOUR: FRIENDS

Good relationships are an important part of life, and we consider ourselves lucky to have developed some excellent relationships with excellent people who happen to also be excellent teachers and trainers. If you're looking for something that isn't covered in the GMB Curriculum, give our friends a look.

SHAPESHIFTER

Ryan Murdock and Adam Steer have supported GMB from the very beginning (and you can't count the number of times people have confused "Ryan and Adam" with "ryan and Andy"...). They're dedicated to creating the most effective bodyweight training programs for general fitness on the planet, and we're tempted to believe that their Shapeshifter course is a very real contender for that title.

- ★ [Shapeshifter Body Redesign](#)

GYMNOS EVOLUTION

Shane Heins is one of our GMB Trainers and Beta Monkeys - and also a good friend and partner.

Shane's Gymnos Evolution brand offers the very best resources for clubbell training available. They are suitable for beginners, challenging enough for athletes, and all of them come with a heavy dose of Shane Heins, which is an excellent bonus that makes things a lot more entertaining.

- ★ [Clubbell Mass Evolution](#)
- ★ [Clubbell Hero Evolution](#)

MOVNAT

If you haven't heard of MovNat, you need to get out more.

This is a system of learning "natural movement" which forms the basis of humans' essential, animal capabilities. Attending a MovNat seminar is like a complete buffet of running, climbing, lifting, swimming, and jumping. They offer frequent seminars around the world, and if at all possible, we recommend you attend one.

- ★ [MovNat Website](#)

INTRODUCTION

And that's it!

Actually, there are dozens of things we considered adding into this resource guide - things we personally use and enjoy - but for one reason or another didn't make the cut. In this case, we decided to err on the side of only listing things we have personal and positive experience with - no hearsay or conjecture.

We take your trust seriously, so you can bet that anything listed here is definite quality.

Though we can't literally guarantee anything we don't personally make, we do stand behind the recommendations and our reasoning behind them, as listed above.

If you're looking for recommendations on anything not included here, send us an email and we'll try to help.

The GMB Team

Ryan, Jarlo, and Andy