

TRAIN 365



by Jujimufu

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HELLO, WELCOME TO TRAIN 365

In this book, you will get to read the headspace of a fitness professional (me) who decided to set out on the goal to train every day for a year straight, discovered soon after starting that it was a terrible idea, and stuck with it out of stubbornness. Train365 is not a book celebrating my achievement, in fact, I would not consider it an achievement because I'm not proud of completing the challenge. Rather, this is a moody, weird, annoying and often repetitive text that has a ridiculously important truth in. Altogether, the book still caters to a smattering of interests with several training logs, journal entries, and a Q&A section.

My goal for compiling my experiences here is to make you think about choosing "amounts" concerning training, how those choices affect your life, and finally what training does and means for you. You will get the most out of this book if you think about how your life affects your training too, specifically how your life affects your decisions regarding training and what both will do together based on the "amounts" of things you choose from each side.



BEST WAY TO READ THIS BOOK

This book is a collection of experiences that would altogether seem to be cobbled together haphazardly had they not happened in succession. Really, it makes no sense to read the training logs in order. And the Q&A in the Appendix might be the first thing you want to read because it's the best summation of lessons learned during this year of training. If one section of this book could be read in order, it would be the reflection log, because you will read a change of tone and thought as you progress through them. With all this said, feel free to jump to any section of this book that looks interesting to you, you really can't lose, even if you don't read everything. Just read what you want, that's the best way to read this book!



PART 1 – THE FIRST WEEK OF TRAINING LOGS

My original purpose with Train365 was to create a 365-day streak of detailed training logs. I expected that training every day would result in significant athletic improvements, so I wanted the logs to serve as a comprehensive, and complete treasure trove of information for how I made the improvements I would make.

When logging the workouts, I knew they would need to be understood by others, so I had to be vigilant to maintain a standard of details. This made the logs super challenging to maintain. Compound that with the fact that the final product of Train365 would need to be rendered digitally, it became painfully inconvenient to reconcile the need to create digital footprints of my training while actually training (typing them on a laptop or hammering them into a smartphone wasn't always feasible compared to jotting them on paper).

Finally, compiling this book together became a chore. I had almost a complete collection of detailed logs halfway through my year but realized that without athletic improvements they served little purpose, especially when so many of the workouts were “unimportant” or nonsensical anyway.

I've provided the first week of logs for you to see my start. They are not self-explanatory or obvious, but they are what they are.

FRIDAY, DECEMBER 8TH, 2017 (DAY 0)

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Do a compound lift modified for safety because I have sharp soreness.

Other activities to accomplish today: VLOG & Podcast filming with Tom

Headspace and feeling going into the workout:

It's very cold outside, and I'm sore from my previous workouts. However, I know that a little training will make me feel better, and there is something I can do and learn.

Training data:

Double overhand grip Axle bar deadlift (very fat bar with no knurling)

4:04 pm - 83 lbs (38 kgs) x 16 reps
4:08 pm - 193 lbs (88 kgs) x 8 reps
4:15 pm - 283 lbs (128 kgs) x 3 reps
4:20 pm - 305 lbs (138 kgs) x 3 reps
4:23 pm - 305 lbs (138 kgs) x 3 reps
4:26 pm - 305 lbs (138 kgs) x 3 reps
4:30 pm - 305 lbs (138 kgs) x 3 reps
4:33 pm - 305 lbs (138 kgs) x 3 reps
4:37 pm - 305 lbs (138 kgs) x 3 reps
4:40 pm - 305 lbs (138 kgs) x 5 reps
4:44 pm - 305 lbs (138 kgs) x 3 reps
4:46 pm - 305 lbs (138 kgs) x 3 reps

(10 working sets)

Back squats

4:56 pm - 155 lbs (70 kgs) x 10 reps
5:00 pm - 155 lbs (70 kgs) x 10 reps
5:08 pm - 245 lbs (111 kgs) x 10 reps
5:13 pm - 315 lbs (143 kgs) x 10 reps
5:21 pm - 335 lbs (152 kgs) x 5 reps

Excerpt of workout in YouTube video titled: Warm-up for Better Gains

<https://youtu.be/VizLzHWSwKI?t=3m33s>

Stuff to say:

Really cold outside. I used Tiger balm liniment on my knees and lower back and closed the garage doors. My new indoor heater warmed the place up pretty good, which helped A LOT for the workout.

The Axel grip, double overhand deadlift is a grip exercise. My max is around 360 lbs (163 kgs), so I was doing sets of 3+ with 305 lbs (138 kgs). Since the grip is the limiting factor, it restricts the weight that can be done on the deadlift movement. I didn't want to overdo my posterior chain training or get butthurt by doing deadlifts that are capped from my fatigue from the previous training sessions, so I decided to protect myself and get the movement trained by targeting my grip. This adds volume to my training and rounds things out. Mission accomplished.

One-liner of the day:

If the room you're in is so cold you keep thinking about how uncomfortable it is, then you aren't thinking about the exercises: HEAT THE ROOM YOU DOOFUS!

SATURDAY, DECEMBER 9TH, 2017 (DAY 1)

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Do the side splits on my snowy roof

Other activities to accomplish today: It's my Birthday! So I want to do things that make me happy! I want to build stuff and clean stuff, cause that makes me happy!

Headspace and feeling going into the workout:

I don't want to train today, I just want to piddle around in the garages and rearrange things and listen to music and play with my cats. But I haven't posted on Instagram in a few days and need to post a fun video. I had the idea to do the splits on the roof though, and it's too good to pass up on my Birthday (and it's snowing too, which would make it a better video).

Workout:

11:00 am - Cossack stretches and Thoracic extension stretches on a PVC pipe. Just doing both back and forth and adding some weight.

11:17 am - Adding cobra stretch using racked barbell to grip for an abdominal stretch, and wide pause back squats with heavy groin stretch.

(cycling between the 4 exercises mentioned with rest as needed)

11:25 am - Take shoes off, do single leg side split stretch supersetted with cable adduction with lightweight, high reps to get blood in the groin and get it stretched directly.

11:30 am - Continue doing all these movements while setting up and getting dressed for the filming of side split on my roof.

11:40 am - First actual side split using a chair for support. Held for 30 seconds at the bottom. Did two more side splits without support held for 30 seconds at the bottom after that. Resting several minutes between each split.

11:50 am - Start filming Instagram clip.

12:15 am - Finished. Did two splits on the roof. Used second clip filmed.

Instagram excerpt:

<https://www.instagram.com/p/BcfUulCBdC4/?taken-by=jujimufu>



Stuff to say: I used a 75 lb dumbbell on the thoracic extension stretch. I laid it, so the dumbbell heads were on each of my pecs. I thought it was a great way to accentuate the stretch with weight without the discomfort of heavy plates. The dumbbell was perfect for this stretch!

When I climbed up to get on the roof I was met with a problem: the snow on the roof was actually ice with snow, and it was way too slick to stand on. So I got some track spikes my friend gave me last year and wore those. I'd never used them for anything, but the spikes were precisely what I needed, I could safely walk on the roof with the track spikes, and split as well!

I did a good job. I felt perfect for this today. Last time I did the side splits was just around a month ago, so my groin was well rested for this stretch.

One-liner of the day:

If something has gotten too easy, try doing it on your roof.

SUNDAY, DECEMBER 10TH, 2017 (DAY 2)

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Compound lifts with energy leftover.

Other activities to accomplish today: Add ants to my ant farm, film a VLOG for YouTube.

Headspace and feeling going into the workout:

I feel like training today but don't want to wear myself out before the workout stream tomorrow, which will be a 3-hour live stream workout. It took me longer to do some stuff around the house than I thought, so I'm starting my workout about 2 hours late, which extended the time between my last meal and this workout. So, I'm going into this workout expecting to be hungry by the end.

Training data:

1:30 pm - Began filming workout for VLOG with some warmup sets. Filming by myself today so I have to angle tripods and interrupt the workout with talking. The usual multi-tasking distractions associated with filming workouts by yourself.

Banded deadlifts 225 lbs (102 kgs) + bands. (estimated band tension: 350 lbs (159 kgs) at top, 225 lbs (102 kgs) at bottom)
7 sets of 5 reps with 2 minutes of rest between sets. Using straps. (I always use straps when I do banded deadlifts)

2:20 pm - Log clean with 3 push presses at the top. (1 clean and 3 push presses is one set).
217 lbs (98 kgs) for 5 sets of this.

3:00 pm - Weighted chin ups
3 sets of 8 reps with 55 lbs (25 kgs) attached. 3 minutes of rest between sets.

Excerpt of workout in YouTube video titled: TRAINING 365 DAYS IN A ROW

https://youtu.be/mtlXY_UraBc?t=1m25s

Stuff to say and reflections:

Found out that when doing the log clean in Olympic lifting shoes, I have to work extra hard to sit back on the heels at the start. I kept falling forward, it's the only thing that helped.

Also getting the elbows underneath the log at the top before the push press (bringing them toward the center toward each other) helps a ton on the jerk. I have to remember to keep doing this.

Bands kept snapping on the banded deadlifts. I broke 3 mini bands today. The knurling was just too sharp on the bar! Heard the trick to prevent this is to put a rubber "fat grips" product on the part of the bar that the mini band comes in contact with.

The workout took a long time because vlogging makes workouts take longer. This workout could have been done in 45 minutes comfortably. It took me about 1 hour and 40 minutes though. Vlogging makes everything take at least twice as long.

One-liner of the day:

Squat, Bench and Deadlift can be modified by using different bars, stances, and rep ranges; Chains, blocks, and boxes can be used, there is always a Squat, Bench, or Deadlift for you!

MONDAY, DECEMBER 11TH, 2017 (DAY 3)

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Compound lifts during Livestream

Other activities to accomplish today: Meet with Tom at 7:00 am and strategize film projects, do a voiceover for "[Every YouTube Fitness commentary ever](#)" video for YouTube, stream Twitch workout, answer e-mails (I have 60+ in my inbox again).

Headspace and feeling going into the workout:

I prefer to start training between 11 am and 12 pm, but I expected to train at 2 pm because that's when we schedule our live stream Twitch workout. It took us a while to set up for the stream, so we started training at 4 pm instead. I felt like taking a nap right before the workout, my biological prime time had passed, and I felt tired and disappointed we couldn't start sooner.

Training data:

Deadlifts and then Deadlifts with bands

4:10 pm - 135 lbs (61 kgs) x10 (warmup)

135 lbs (61 kgs) x10 (warmup)

225 lbs (102 kgs) x10 (warmup)

225 lbs (102 kgs) x10 (warmup)

295 lbs (134 kgs) x10 (warmup)

4:52 pm - working set 1 - 225 (102 kgs) w/bands x8

5:00 pm - working set 2 - 225 (102 kgs) w/bands x8

5:05 pm - working set 3 - 225 (102 kgs) w/bands x8

5:12 pm - working set 4 - 225 (102 kgs) w/bands x6 then dropset by removing bands and doing x6 reps without bands

Safety squat bar adjusted to front camber position

115 lbs (52 kgs) x10 (warmup)

115 lbs (52 kgs) x10 (warmup)

5:42 pm - 235 lbs (107 kgs) x10

5:50 pm - 255 lbs (116 kgs) x10

5:56 pm - 255 lbs (116 kgs) x10

Inverted bodyweight rows

3 sets of 20 reps with 3 minutes of rest between

Stuff to say and reflections:

I'm using banded deadlifts for training speed. Great choice.

The Safety Squat bar I'm using is the Transformer Bar V2.0 from KabukiStrengthLabs, it can be adjusted many ways by increasing camber or angle. The way we had it adjusted was very much the same feel as a narrow stance Front Squat without having to worry about the upper body fatiguing before the lower body. When done wearing Olympic lifting shoes, it creates one of the best quad isolation experiences out of any squat. I would have added chains too, but they are very loud during Live stream workouts.

Streaming workouts in front of a live internet audience is paradoxically good for training while simultaneously being distracting. The benefits of it are that the focus of our Twitch stream is fitness, and we schedule our Twitch streams, so we're scheduling our workouts. We are held accountable. People are watching, so you will do something, and give it a try because you don't want to be a wuss in front of hundreds of people. We also stream for 3 hours on average, so it forces you to extend workout time which helps add volume. The problems of it are that you must interact with chat regularly, which distracts you from preparing for your next sets or getting your mind right. Also, some comments in chat can be negative which doesn't help you get in a proper mindset for your next set.

One-liner of the day:

If nothing else, Technology makes training more... interesting. And that's ok!

TUESDAY, DECEMBER 12TH, 2017 (DAY 4)

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Ring dips with Safety Squat bar on my back

Other activities to accomplish today: Get up early and hit e-mails for 4 hours. Film a VLOG for YouTube with Tom. Film an Instagram workout clip. Run errands.

Headspace and feeling going into the workout:

Tom and I were sitting at the table this afternoon before training, we both needed an idea for Instagram videos. I told him "how about something with the rings, I haven't done rings in a while" and he said "Do the rings with the safety squat bar on your back" YES! I was excited about trying this!!!

Training data:

2:30 pm warmup for rings with thoracic extension stretches, dynamic arm swings, very light bicep cable curls, and very light cable tricep extensions.

2:40 pm dips on rings x5 reps

2:45 pm dips on rings x5 reps with safety squat bar on my back (45 lbs (20 kgs))

2:55 pm dips on rings x3 reps with safety squat bar on my back loaded to 100 lbs (45 kgs) total.

3:10 pm 19 ring dips

3:15 pm 16 ring dips

3:20 pm 10 ring dips

3:25 pm 5 crosscore flys set to be unstable

3:30 pm 7 crosscore flys set to be unstable

3:35 pm Incline Hex press 75 lb (34 kg) dumbbells x8 reps

3:40 pm Incline Hex press 75 lb (34 kg) dumbbells x10 reps

3:47 pm Standing cable flys with 180 lbs (82 kgs) of stack weights total x10 reps

3:52 pm Standing cable flys with 180 lbs (82 kgs) of stack weights total x10 reps

3:57 pm Standing cable flys with 180 lbs (82 kgs) of stack weights total x10 reps

The safety squat bar ring dips were filmed for Instagram here:

<https://www.instagram.com/p/BcpiP-RBE1J/>

Stuff to say and reflections:

I felt solid and full this workout. There are a lot of things I think that contributed to this. I ate a lot last night and a lot this morning. Breakfast, for example, was 7 eggs with 3 slices of cheese, with half a homemade pizza a can of sardines and a bunch of fruit juice. I felt it did well. Also, I haven't worked out my upper body in a while, so I was well rested. I also used 25 mg of Ephedrine before the workout. I don't often use that dose anymore, and I felt I had a large amount of body energy from the stimulant.

Here is some of the logic about what I did. I am cautious to get a "mini pump" in my arms before I do any ring work these days. The reason is, even though I'm reasonably well experienced on the rings (been using them since 2010, and had a hefty amount of use during the entire year of 2012) I am heavier than ever. Now that I'm weighing 240 lbs (109 kgs) my biceps are very susceptible to bicep tendonitis when using the rings, and I have a lot of friends that have elbow pain from exercising on them. So I do some light bodybuilder exercises to stuff blood into those muscles of my arms. It helps protect me from pain a good deal.

I also use Mark Bell's product "Strong Cuffs" whenever I do rings now, they also help tremendously with bicep pain when using the rings.

I'll always use rings as long as I can. I feel they're one of the ultimate measures of athleticism, and I think they set me apart in the fitness industry as a "big guy" who can do stuff on them.

One-liner of the day:

If it hurts or is gonna hurt: give it blood.

WEDNESDAY, DECEMBER 13TH, 2017 (DAY 5)

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Arms! YEAHHH!!!

Other activities to accomplish today: Get up early and do administrative work for my website. Fix garage door. Live stream workout. Do massive amounts of laundry.

Headspace and feeling going into the workout:

Well, Tom introduced me to the Epic Sax Guy on YouTube, and that put me in a great headspace for this workout. [Search him on YouTube!](#)

Training data:

Started at 2:10 pm

Warm up with light bicep curls and tricep pushdowns for 20 minutes.

Bicep blaster EZ bar curls on the cable stack machine.

140 lbs (64 kgs) x20

140 lbs (64 kgs) x16

140 lbs (64 kgs) x16

(5 minutes rest between sets)

Porkchop attachment fat grip tricep pushdown on the cable stack machine.

170 lbs (77 kgs) x20

170 lbs (77 kgs) x20

170 lbs (77 kgs) x14 then rest pause to 20 reps (basically means I'd rest a few seconds, do a rep or two, and repeat until I managed the last 6 reps to get to 20 reps total)

Bicep death on preacher curl bench with EZ curl bar

86 lbs (39 kgs) x15, x5, x4, x3, x3, x3, x2, x4 (8 sets total with 30 seconds rest between)

Elevated pushups on mini parallettes 5 sets of 25 reps

Pull-ups 3 sets of 8

Neck harness'ed neck raises x20, x20, x10 (couldn't finish the last set cause I was laughing too hard about something that happened on our Live Stream. Basically, combine Jeff King's neck (Google image his neck!) with the Epic Sax Guy song and let them combine for several minutes, I lost my shit).

Stuff to say and reflections:

I think we rested too long after bicep death to finish the workout. I don't like putting a long break in any workout and continuing afterward. I just get "cold" not only physically but mentally. I don't know if I should be equally annoyed with this happening with all workouts though. For example, I might not have been "into" this workout after the twenty-ish minute break between bicep death and the pushups, but I started to get back into enjoying it again when we got to the neck harness exercises. It was fun (and funny), and I got a good feel from it.

Usually, in the past, when I had a workout interrupted like this, I'd never have a good finish if I tried restarting. However, today, we took the workout in a pretty different direction after the interruption. We moved from arms to pushups, pullups, and neck harness. The neck harness was the highlight of restarting the workout.

I think moving forward, if I have a long break in a workout that disrupts the workout, I'll try restarting with entirely different exercises, muscle group, or type of work.

One-liner of the day:

If your training session gets interrupted for a long break, restart the workout with the neck harness exercise paired with the Epic Sax Guy song!

THURSDAY, DECEMBER 14TH, 2018 (DAY 6)

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Shoulders

Other activities to accomplish today: Put together large workbench.

Headspace and feeling going into the workout:

Feel like CRAP! I blew it. I started working on building this workbench at 8 am. It had 265 screws!!! And most of them were not accessible by a power screwdriver. It took me about 5 hours to put the damned thing together. By the time I finished and cleaned up I had been walking around in circles, bending over, putting together this thing all morning.

Training data:

Started at 3:00 pm

Warm up with a circuit of lateral cable shoulder raises rear delt stuff, thoracic extensions, and dynamic arm swings.

(5 minutes of rest after this warmup)

Barbell military strict press

115 lbs (52 kgs) x 10

135 lbs (61 kgs) x 6

185 lbs (84 kgs) x 3

205 lbs (93 kgs) x 3

225 lbs (102 kgs) x 2

250 lbs (113 kgs) x 1 (my pr is 255 lbs, so very close today)

250 lbs (113 kgs) x 0 (failed)

235 lbs (107 kgs) x 2

235 lbs (107 kgs) x 2

235 lbs (107 kgs) x 2

235 lbs (107 kgs) x 2 (really good set)

235 lbs (107 kgs) x 2

235 lbs (107 kgs) x 2

(3:30 rest between these sets of 235 lbs (107 kgs))

Prone incline bench ez curl bar front raises

56 lbs (25 kgs) for 20 reps, 20 reps, 15 reps with 5 partials, and 11 reps with 9 partials.

4:26 time incline bench lateral cross raises on cable stack 40 lb (18 kgs) stacks x8 reps with 2 partials and x6 reps with 4 partials.

4:32 rear delt cable fly laying down on cable crossover stack 40 lb (18 kgs) stacks x14, x15

4:35 finish time

(5 minutes rest between sets)

Stuff to say and reflections:

I was stretching on the straps instead of the rings for my upper body in the warmup. I liked them A LOT. I don't know why I didn't think of this before. I think anyone could just get some very long straps or rope with some handles and mount them 8 feet (2.5 meters) up and ... yeah! I think it might be better than doing upper body stretches on rings. Might have been the mounting height though? Hmmmm...

For the overhead press, I felt really good. 250 lbs (113 kgs) is near my old PR, and all those sets of 2 afterward I was super psyched. Was listening to music super loud and screaming and slapping my face and just having a freakin' good time. One thing I remembered to do was widen my grip a bit. My default is to grab the bar between the outer ring and the end of the knurling towards the inside. This time I grabbed much closer to the outer ring. It's more awkward to unrack and support, but easier to press this way.

Before this workout, I really felt gassed and disappointed I wasted all my energy building that bench, but I did a couple things I think that helped right before the workout. One thing I did was slam a bunch of servings of Glycopump (the equivalent of 40 grams of carbs with tons of aminos). I drank it with 48 ounces of water all before my first set. I also took a bunch of electrolytes and amino acids too. Usually, I don't like using intra-workout nutrition before I start my workout because I want to "earn" my carbs. If I have a crappy workout and drink a ton of intra-workout drinks, I feel disgusting. But it seems I should just get in the habit of downing the stuff before my first sets because they really do contribute to better work output and feel. It's just risky because if the workout goes to crap, I just drank a bunch of sugar for no reason. Hmmmm..

Also, I used 500mg of Rhodiola Rosea root for the first time in a while. I've always loved this stuff. I wish I could make a supplement for Rhodiola Rosea and sell it on my website, it's so good. I felt it really fired me up. I usually wouldn't describe Rhodiola Rosea as something that "fires you up" but damn, I think it did. I got super into it. This workout was excellent. Thankful it turned out well given how crappy I felt right before I stood up to get going out of my ugly chair in the garage.

One-liner of the day:

Don't underestimate or forget about sugar: it's our ancestral performance enhancer!

FRIDAY, DECEMBER 15TH, 2017 (DAY 7)

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Not injure my shoulders.

Other activities to accomplish today: Podcast this evening with a guest? Workout with that guest? The schedule is still up in the air, I can't plan anything if nothing is concrete.

Headspace and feeling going into the workout:

I woke up this morning and my shoulders, traps, neck, and upper back haven't been this sore or tight ever. I feel like this is a warning sign not to ask my shoulders of too much today, but I'm sure if I must use them I can with a good warm up and not approaching maximal tension. I feel very pumped (muscles feel pumped) from all the food I've been eating. Dinners and breakfasts have been huge and healthy and helping.

Workout plan:

Our plan for the podcast fell through, so Tom wants to do Livestream workout. I want to do an Instagram video. Tom has the idea to ask the Live stream audience watching our workout stream to contribute to an idea for an Instagram post and make up something together. Well, let's try it.

Training data:

Started at 2:30 pm

The idea is to do trap bar deadlifts in a banana costume with Tom on my back in a gorilla costume. I warmed up with some practice sets before we did it. Tom weighed 185 lbs (84 kgs), the bar was loaded to 185 lbs (84 kgs). We did it.

After this, I did 4 sets of deficient trap bar deadlifts with 445 lbs (202 kgs), with about 5 minutes of rest between sets. Then I did some deadlifts with 355 (161 kgs) for sets of 10.

The Instagram clip from this training session was posted here:

<https://www.instagram.com/p/BcxbbNmFWhd/>



Stuff to say and reflections:

4 sets of trap bar deadlifts on deficit were good. The reason I do deficit trap bar deadlifts because I'm trying to hit the quads more, and it works really well without aggravating my knees (like some squat variations that hit the quads).

I could have done more sets and more weight and more reps. I don't know why I didn't push it further. I felt good with what I did, and I guess I figured I got what I needed out the sets I did. Live to fight another day, or wuss out. Dunno.

One-liner of the day:

Soreness is only sometimes important. Sometimes you should listen to it and sometimes you shouldn't. No soreness is created equal.

PART 2 – THE REFLECTION LOG

My reflection logs were meant to be additional commentaries on my training log data, but they became the heart of this whole project when the logs failed to tell the real story.

While many of the reflection logs wrestle with the definition of training and the struggle of maintaining a 365-day training streak, many share stories of how I found ways to cope with the challenge physically and mentally.

You can skip around and read whatever grabs your attention, but I recommend you read two reflection logs in particular because of their importance. The first is the [March 9th, 2018 update](#). It explains why I felt so awful when I started this project. It might be a personal call to action for you. The second is the [December 8th, 2018 update](#), which was the 365th day. Other than those two reflection logs, you'll find all sorts of other things like breakfast updates, dice workouts, outsourced deload plans, and what actually cured the knee pain that plagued me forever. The mood and tone vary from depressed and frustrated to excited and hopeful. You should expect mood fluctuations throughout any year, especially a year where a daily training streak was upheld.



THE END OF THE FIRST WEEK (DAY 8) – DECEMBER 16TH, 2017

This is my first week completed. I feel good about my decision to do this for a year straight. The best thing about this is that there is no deliberating over when to take a full day of rest off. "I have to train today because I train every day!" If I have other things to do, I also have to train. I can't let other things take up too much time because I'll always have to make time to train. There is a peace of mind associated with not having to make a decision on the best use of my time today. ROI (Return on Investment) calculations have been my primary filter of viewing the world this year. Everything I do, I have to make sure I get the highest return on investment of that time spent doing that thing. Very often, I would look at training this year and decide "doing X instead of training would give me a better result toward my end goal, and if I trained I wouldn't have as much time or energy to do this, so I'll skip training today." Very often I'd do this and end up not training for 4 days in a row, rationalizing reasons why doing all these other things were a better use of my time in moving me towards my end goal. Before I'd know it, I'd have trained a handful of days in a month. At my level of sports performance, that doesn't work well in the long run. So now I don't have to decide when to train or when to rest, because I train every day! No decision fatigue!

THE FIRST 30 DAYS (DAY 31) – JANUARY 8TH, 2018

I haven't felt right in a while, and I've been sore pretty much every day this month. I know why I'm sore, but I don't understand why I haven't felt right. I've been eating lots of nutritious foods (blueberries, onions, garlic, green juice mixes, beet juices) and supplementing with super healthy stuff. I've gotten a full night's rest almost every night this month and haven't been too stressed, although busy. The only reasons I can think of for feeling ill or tired this month would be because of the weather, because I've spent a lot of time outside in the cold, and a lot of time around sick friends and family, or perhaps because I've been working out everyday!!! *

It is because of this that I know I'm already stronger! Because I've had some good performances this month despite feeling bad. And my weight is up too. My weight in the mornings before December was around 232 lbs. My weight in the mornings now is about 238 lbs. Working out every day has caused my body to uptake what I feed it, as well as stimulate my appetite more. I've been eating plenty every day. On days I feel like I reach the end of the day eating on the low side I just food load before bed with a dense protein shake and raid the fridge. It's been working!

As my mini goal to train every day for the the first 30 days of 365 reaches completion, I need another mini goal. The reason I chose Train365, to begin with, was because it was exciting. Increasing any single lift, building up any other muscle group, learning any new particular skill, etc., isn't exciting because I don't identify myself by any of those things unless they are a collective, and any time you increase a major one it jeopardizes another.

*** UPDATE: Please compare this journal entry to the [March 9th, 2018 journal entry](#). This journal entry will be much more interesting in light of the March journal entry.**

THE FIRST TRAINING GOAL UPDATE (DAY 33) – JANUARY 10TH, 2018

I now have a training streak of 30+ days. The problem has been, even before traveling, that I have “fit training in” along with my existing schedule. I’ve just done a lot of hotel room workouts while traveling because... training wasn’t prioritized. It’s been difficult because some of these days the schedule is ambiguous, and we don’t know how long some things will take, so training gets shoved back, or I wait for hours thinking I’m going to start any minute but end up wasting hours of time waiting when... it would have been a good time to train!

In September of 2017, Clarence Kennedy visited my house. I remember one particular thing he did that I’ve never seen anyone else do who’s visited my gym: he made us wait for him to finish his squat workouts before doing anything else. 5x5 squats for Clarence took almost 2 hours because he rested about 13 minutes between sets and took a long warm up. Clarence didn’t care what we were doing or filming, he just did his squats during the time of day he wanted. He got his training in despite distraction, and other people’s schedule.

On Day 33 I ended the day doing pushups and squats in my hotel room, while I spent the morning at Barbell Brigade feeling rushed to focus on filming a fun YouTube video rather than training. I could have had a great training session in that gym but instead, put the film schedule in front of me and didn’t want to inconvenience anyone. In truth, I might’ve gotten more respect from my peers for prioritizing the training over our plans. It would have only cost half an hour anyway. We actually spent an hour farting around, I could have easily trained. But NOPE!

So my next training goal is to look ahead at the schedule and do less of the “fitting training in” and more of the “making room for training” ... The former means using what time is left over, the latter means actually moving stuff around in the schedule, so training has a planned spot. I can do this. In the next 30 days I want more “good” training sessions and to do that, I want to start making other things wait. I want the schedule to adapt to my training, and not the other way around!

I FEEL WEAKER ON EVERYTHING (DAY 43) – JANUARY 20TH, 2018

I'm still having trouble recovering. Many parts of my body feel like they have tendonitis. I'm surprised by my bodyweight fluctuations too. While traveling last week I lost weight. I'm weighing in every day this week 5 lbs lighter than when I left. I left averaging 238-242 lbs (108-110 kgs) and this week I'm weighing in 233-238 lbs (105-108 kgs) or so. I just feel weaker in everything. Getting knocked out of my routine during travel while maintaining a high level of activity during the day and daily workouts must've been more calorically demanding than I thought (or I was underfeeding).

I'm actually pretty frustrated by all of this. I'm never hungry because I eat constantly. When I don't, I catch up by eating 2-3 meals at once. I gorge on food ahead of time when I know I won't have a chance to eat. I don't think I can sleep more than 10 hours a day as I have been, I'm not drowsy during the daytime ever, so I'm ok there. Stress wise I'm pretty ok as well. I just feel there must be some fundamental thing I'm doing wrong recovery wise. * I don't know what it is. I'm doing more, but I'm not getting stronger yet. I'm guessing it's just that I'm not deloading, but then there is nothing I can do about it since I'm training every day!!! I might also need some good massage work. I avoid it most of the time, but my grip, arms, elbows, and knees just ache...

*** UPDATE:** For your interest, please compare this journal entry to the entry I wrote on [March 9th, 2018](#).

I'M QUITTING SQUATS (DAY 74) – FEBRUARY 20TH, 2018

I'm considering quitting squats. The reasons I've been squatting is because 1) The internet leads me to believe it's the foundation of athleticism. 2) I've been doing it forever. 3) I'm afraid of what people will think of me if I quit, so I continue to squat.

Looking back, I have a special place in my heart for 2012. It was a very special year for me. The fun thing is I spent almost the entirety of the year squat-free. I did virtually nothing but gymnastics ring work, acrobatic tricking, and deadlifts in my dad's garage. The reasons I didn't squat were 1) I was going through a frugal phase in my life, and so I didn't pay for a gym membership. I didn't have a power rack or squat stands in my dad's garage, but I had a barbell with 600 lb of plate weights so... naturally... I didn't squat... But I deadlifted! 2) I was reserving my EXPLOSIVE energy and capacities for acrobatic tricking training. (I believed that squatting and tricking competed for the exact same resources, so I prioritized tricking.) Deadlifting and tricking didn't seem to compete as much for those resources, so I could train both in the same week. 3) I was experimenting to see how I did without squats (I knew I wasn't doing squats, I was "not doing them" on purpose).

The result was a particular shape and performance achieved I've not been able to match since then. I was healthy, lean, explosive, and highly skilled. And still "muscular enough."



If I continue to squat from here, I might figure out a way to do it without taxing my knees. Perhaps a safety squat bar box squat or front squats, since front squats have always treated me well? I should really think of something and give it time to see if it works. I have my whole life ahead of me, I want my knees to feel good more often than not.

Enough said, I just don't enjoy squats, and there seems to be a direct correlation: NO SQUATS = BODY FEELS BETTER AND I'M MORE ATHLETIC. SQUATS = KNEE PAIN AND DEPRESSION. Okay then, let's be brave and not worry about how people think of me if I never squat!

*** UPDATE:** For your interest, please compare this journal entry to the entry I wrote on [August 4th 2018](#).

I'VE ALREADY LOST INTEREST (DAY 86) – MARCH 4TH, 2018

Training 86 days in a row already, I believe I will not notice anything changing on its own or realize progress until I change something about my life and training. There is nothing magical about this streak anymore. Merely continuing to train every day isn't guaranteeing any betterment. Training gets pretty dull when you do it every day. It's about as enjoyable as moving furniture from a room in your house to the driveway and back. It feels as pointless as that because it is: my body NEEDS rest, and I'm intentionally pushing through the point of diminishing returns. I'm actually hindering gains and wasting time simultaneously, and consciously.

The worst part may be that even when I'm seeing progress, it doesn't give me much satisfaction. I might get hype, but I'm finding it hard to care. One of the worst things for gains is not even caring about them.

When I'm "working" on stuff like writing a book or advancing my businesses, I see progress and changes pretty much every time I engage in that activity. Fitness is harder when you're advanced because actual progress and changes slow down tremendously. It's not like I do an arm workout today and my arms are instantly bigger. It takes a while. And after a while it requires much more effort beyond what it took to get to that level. So much more effort that it often isn't worth it for everything else you have to sacrifice concerning personal growth.

And actually, that's all fine and dandy when you train 4-ish times a week because the activity itself still usually feels good. It's playtime, it's a release, it makes sense! You've gotten good at it, and now you're exercising at expert level skill! Getting into the "flow state" and everything! Wonderful! When you're well rested and haven't trained in 3 days, your body can be ready to blast off and get into that "flow"! And that's one of the best feelings in the world!

But when training every day for a long time, not only is progress hindered, and interest waning, but the feeling is worsened and performance, overall, is usually worse. The flow state is rarer, and training devolves into "keeping a streak" ... It feels futile. And again, at my level of fitness, progress is hard enough to come by anyway.

Train365 isn't very forgiving. It's made me even question the point of training further. I wrote on my website Jujimufu.com about a "No Season." During the No Season, I took two months off from training: I just rollerbladed and lifted weights here and there for fun but not even to the point of discomfort. I came back during the first couple weeks weaker, but then regained everything after those two weeks. Knowing I'm now doing the opposite of that essentially and seeing the same lack of changes, it's depressing! Training every day has eaten up time I'd rather have spent doing other things like building rooms, writing books, making products, learning new recipes and software programs and things like that! It's made me sick, hurt, and has spoiled my interest and love for training. It's probably cost me a lot of money in opportunity costs. It's made me more neurotic than usual ("when am I going to get my workout in?!") However, something making it uniquely annoying to me personally, is my unique approach to training.

In 2010-2011 I trained 6-7 days a week, sometimes twice a day, but I was still making progress. I almost did nothing but front squats, deadlifts, chin-ups, dips, and dumbbell press during this time. Now I have to make my training for YouTube, Instagram and live streams. My standards for performance were lower back then too. So, doing pretty much the same frequency of training I'm doing now wasn't hard back then. My workouts were dull back then, but it was more like a hygiene. The willpower to go train for me was perceived similar to the type of willpower it takes to brush your teeth when they feel dirty: I felt that itch, so I went and trained. There wasn't much going on in my life in 2010-2011, and my standards for performance were lower, and people's expectations of me were non-existent because I took a sabbatical from the internet! Training every day was easier when it was simple training, and it wasn't my job to make it entertaining for other people!

In 2013-2014 I trained 5 days a week at a commercial gym focusing primarily on bodybuilding. I just put my headphones on, and did high variety bodybuilding workouts and LOVED it. In comparison, my garage gym, Gym Fort, lacks the variety of equipment needed for that type of training. So when training every day it gets repetitive when you lack a variety of exercise options. I wasn't posting on social media or constantly training with guests, so I wasn't plagued continuously by that pressure to film something stupid to make a post on my Instagram or adapt to a training partner's needs. Oh! And I rarely get to listen to the music I want to when I train now because I train with other people with different tastes, and you can't have background music playing when filming videos that involve training for YouTube.

With all this said, my goal is nonsensical and striving for it will continue to lower my quality of life unless I figure something out. I have to figure out a way to make this work NOW with what I have and where I'm at now in life. I'm guessing right now, the only way this could ever "work" is if it does something that matters to me. Nothing matters if I don't care. So, I have to learn to care about it enough so that training every day is desirable and loveable. Right now, I only care about my streak, and that lowers the quality of the training and the will to do it.

Consider the prospect that you knew for certain that you'd make progress again if you took 3 full days off per week, but had to spend time during those 3 days doing useless training exercises. How would you feel about continuing to train every day knowing for sure that much of what you did was definitely a waste of time?

Consider the scenario that you were invisible, and that all the training you did, nobody would ever see it. Would you still care what you look like? Now consider the scenario that you aren't invisible, and that all the extra training you did, nothing changes. You have nothing to show for it. Would you still care to train more when more isn't helping?

MY BLOODWORK WAS SO BAD I COULD'VE DIED (DAY 91) – MARCH 9TH, 2018

This blood work was discussed in a YouTube video:

<https://www.youtube.com/watch?v=aijpgaW6QZY>

I updated my blood work Friday, March 9th, 2018. The last time I had blood work done was July 17th, 2017. That's almost 8 months of time between checkups! A lot of lifestyle changes took place between the two test dates, so I should have been more diligent with my health check-ups! In the video link above I discuss some of the things I found of interest, but the thing that could've killed me was my Serum Iron levels. This time my Iron was the highest it's ever been! I have lab result records here indicating my Iron had never been this high.

A healthy range for Serum Iron is 38-169 ug/dl.

January 31st, 2015, my levels were 54 ug/dl

(low because I gave a DOUBLE RBC blood donation less than a month prior)

April 30th, 2015, my levels were 34 ug/dl

(low because I gave blood just 5 days prior)

May 27th, 2015, my levels were 96 ug/dl

June 17th, 2015, my levels were 78 ug/dl

September 18th, 2015, my levels were 132 ug/dl

February 12th, 2016, my levels were 133 ug/dl

Then the two most recent tests.

July 17th, 2017, my levels were 182 ug/dl.

March 9th, 2018, my levels were 263 ug/dl.

For whatever reason, when I got the lab values back in July, I must've thought that, since I was only slightly out of range, I would enjoy an added athletic benefit of higher iron levels due to better oxygen transport. Or because my iron levels were never super high the years prior, it didn't mean anything and was just a fluke. Honestly, I can't remember what went through my head but why else would I have ignored it!?!?

I'm surprised I don't have lab results from February 2016 on to July 2017! I've no clue what my iron levels would've been! However, I was giving blood regularly through 2015 and 2016 (not just the two dates noted above), and giving blood is a first-line treatment for high iron levels. Since I quit my day job and moved early 2017 from my hometown, and started working with Tom on increasing video output, my lifestyle changed, and I forgot about giving blood. Here are the changes I think have contributed to my recent iron level increases.

FIRST, I stopped giving blood regularly in 2017. If my iron levels tend to rise over time (it looks to be that way) I was inadvertently controlling it with regular bloodletting.

SECOND, my red meat consumption has at least doubled this year. Since we moved out of an apartment where grilling was prohibited, to our secluded house in the woods where grilling (and setting the backyard on fire) is ok, I've been grilling a lot! Whenever I fire up the grill, I end up cooking 10-20 pieces of meat every time I grill so I get the most out of the cooking effort! And it is an effort because I use charcoal with no lighter fluid because it results in superior food! So, I've been eating a ton of red meat like steaks and burgers since I can afford them now and like them.

THIRD, my bread consumption has increased. The bread products I've been consuming are all fortified with iron. Oops.

FOURTH, I started bulking in November 2017. Bulking = more food = more meat and bread consumed. More meat and bread consumed = higher iron levels.

FIFTH, Alcohol intake at low levels increases ferritin and, by inference, body iron stores. In May 2017 I started drinking alcohol here and there. Within 4 months it became a nightly beer habit until I started this Train365 journey. I noticed alcohol was impairing my body's ability to recover, so I stopped drinking it almost entirely, but by then I guess the damage was done. My iron levels were already elevated from the prior month's alcohol use.

The thing is, when Iron gets up, it's hard to get down without bloodletting. By the time I started Train365 my iron levels were very likely elevated quite high and still elevating. Damage was accumulating, and I began experiencing symptoms. Up to this point, I often felt tired and crappy. I usually blamed it on the weather, overtraining, or a mid-day slump. Here are the symptoms of high iron levels that I had (and what I was mistaking them for):

chronic fatigue ("The weather is cold, and I'm training too much.")

joint pain ("I'm training too much!")

abdominal pain ("My stomach hurts but I dunno why.")

irregular heart rhythm ("I'm anxious about my work.")

hair loss ("I'm just getting older.")

depression ("I have Seasonal Affective Disorder, SAD.")

elevated liver enzymes

elevated iron

With my recent blood test results and revelation, I did the obvious thing and gave a unit of blood immediately. Besides just wanting to feel better, high iron levels are a risk for cardiac arrest, and I was already feeling cardiac pain frequently. I felt different almost immediately after giving blood. I felt like me again! Within hours my knees and elbow joints even felt somewhat better. I was calmer, my heart felt better (yes, I was experiencing chest pain, I thought it was just anxiety), and I felt "easier" overall. The immediate relief has continued since.

Moving forward, I'm going to eat less meat, especially red meat. I'll get my blood tested again in a few weeks and see if I have to donate another unit of blood at that time. I'm very grateful I got the blood test done because I would've never suspected Iron was the reason I felt so crappy for so many months. If you haven't gotten blood work done in a while, do it.

(Note: if you're living in the USA you can get cheap blood tests done privately without visiting a doctor's office. I use www.privatemd.com and usually get the DELUXE CHECKUP. Once every year or two I'd recommend the MALE ULTIMATE CHECKUP for males. The Deluxe Checkup is less than \$100. Once you place an order, you visit a local lab facility for a quick blood draw. Lab results are usually delivered to your email inbox the next day. Have fun!)

Since February 26th I started a morning routine that included a super breakfast before any sort of business work or exercise. And it has been incredible. It's been like a breakfast renaissance for me.

As I've grown into an adult and have taken on more and more responsibilities (I have a lot more going on in my life now in my 30s than in my 20s) I've found fasting diets increasingly fascinating. Besides benefits such as digestive health and fat loss, I've read about many productive individuals taking to a morning fasting's ability to help them get things done in the morning. Many times, I've heard the phrase "digestion slows you down" ... And in the morning, digesting breakfast has often made me very sluggish! So, I'd take to a few cups of coffee and get some work done before breakfast.

But I'm short-sighted sometimes and actually simplified it to a thought "digestion = bad for productivity" and began to believe it's better to push breakfast back further and further into early afternoon. Here are the pieces of the puzzle I missed:

FIRST, if my sleep sucks the night prior, and I'm sleepy, all sorts of things will slow me down, including any kind of breakfast. In that case, it's not really breakfast's fault for making me tired, I was already tired!

SECOND, if my breakfast lacks superfoods, I'm less likely to get energized from it.

THIRD, if my sleep was great and my breakfast is great, the digestive "slump of productivity" usually lasts only 10-20 minutes, and then shortly after it I have "drug-like" productivity for up to 6 hours (if the meal was big enough to last me that long).

I keep asking myself "How can a super healthy breakfast really make me tired?" What makes me more tired is a bad start to the day. Not eating may make things easier for an hour or so, but I don't last long without breakfast. If I sleep to completion, I usually wake up very hungry, so it's hard to work on anything for any number of hours in that case. And rushing breakfast by eating an incomplete breakfast, to keep the "flow state" going during a fasted period of productivity, usually ends up cursing me later in the day. I've been relating breakfast to this Johann Wolfgang von Goethe quote "Once you have missed the first buttonhole you'll never manage to button up." The first buttonhole, for me, for my body, is great sleep, and then the next one is a great breakfast.

With all this said, my “great breakfast” lately, and one I’ve been getting a lot out of, is:

6 scrambled whole eggs with 2 pieces of Munster cheese stirred in.

A giant bowl of oatmeal with a seed mix, heavy whipping cream, blueberries, and a bit of syrup all mixed in.

A small bit of steak (maybe 4 ounces) eaten with half a fresh onion and some garlic cloves.

About 4 cups (nearly 300 grams) of lightly steamed broccoli.

The calories are somewhere in the 1000s. It’s a gut bomb, and it makes me slow for up to 20 minutes because my body is reacting to it. But if I have something to do, that I know I have to do, then this meal propels me into it after that 20 minute slowdown.

Another thing that’s important about what I’m doing with this is that I’m not always hungry when I eat this meal. Often, I have to force it down. A lot of people say “I’m just not hungry in the morning,” but that doesn’t necessarily mean you shouldn’t eat. People who are grieving of a significant loss in their life are usually not hungry, and what do people tell them to do? They tell them to eat anyway!

For all the morning fasters out there, who’ve been brainwashed into believing digestion is terrible for productivity, ask yourself if you really know what you’re doing. Try it the way I’m doing it at least. I’m back on the breakfast bandwagon, but it’s not a lazy breakfast, it’s a super breakfast that’s part of a lifestyle characterized by full sleep, daily physical exertion, and meaningful work. And what does this have to do with Train365? Because diet and performance go hand in hand, and I thought everyone should know that I feel like my breakfast is giving me a leg up since I changed it.

I don't make training programs for myself because it's impossible to program everything, because I do pretty much everything. However, I need something to help me because I feel like my training has taken a backseat to other people's training and content creation.

When we have guests for video collaboration events on our YouTube channel (www.youtube.com/jujimufu), I'm surprised by the number of guests who are not open to doing new things or training outside of their own program. Several times I've had guests show up who were on a program, who wanted to stick to their training while visiting. When I first started noticing this trend, I found it admirable, "Wow, these people are dedicated!" but after half a year of this, I just find it rude now.

We invite them to make videos with us and have the ideas ready; we pay for their airline ticket, hotel fees, food, transport; and we edit and post everything to maximize their social media growth! How much are 30k followers worth to you on Instagram or YouTube? "So you're saying, you're supposed to do your leg workout today because it's in your program, sure, let us push all of our stuff aside altogether and conform to your program and training. Sure."

That's what's been happening. It's honestly become a big turn off for me now. When I travel to work with people I "COLLABORATE" by coming to a compromise on what we train and film. I'm open to a lot of things, WHY THE HECK CAN'T THEY DO THE SAME? I feel like there is a certain courtesy here lacking in these people. So now I'm tired of these guests that won't budge from their workout programs. So, you know what: I HAVE A PROGRAM NOW TOO. Wanna argue to see whose program we're going to do today?

Aside from guests, I feel like Tom and mine's content creation schedule has almost entirely dictated what gets trained for any particular day. Because we're doing training for entertainment, we often put in more effort on camera to do well, and because I'm training 365, the results aren't entirely awful. They're just sort of all over the place, and I'm finding I often choose a path of least resistance. A path of least resistance with guests is just doing what they want to do or do best.

I need a training program to protect myself and advocate for my own interests against my guest's lack of consideration, and against the whims of a content creation schedule. I need something else influencing my decision for what I train for the day, and a training program is precisely the thing I need. But I need a different kind of training program. I need something that is flexible, realistic, and clever. After quite a while I came up with my new training program.

It's a 5-day rotation that repeats indefinitely (because I train every day).

Day 1: Isolation training for arms and chest. Assistance training for upper body which includes 2 of the following: ring support, unstable push-up position support on a Cross Core (an unbalanced TRX strap setup), rear delt flies using a strap, face pulls on a cable machine.

Day 2: Flexibility training with side OR front splits training. And Dynamic bends, swings, and torso twists. (More info at www.legendaryflexibility.com)

Day 3: Explosive training including a deadlift variation intended for athletic performance benefit (NOT deadlift max increase). Or plyometric training or tricking. Assistance training for the ankle, foot, calf, and tibialis muscles.

Day 4: Raw strength training including the practice of 2 of the following: log, stones, front squat. Assistance training for posterior chain including 2 of the following: reverse hypers, glute ham bench stuff, no-handed seated good mornings with a cambered spider bar.

Day 5: Freeday which will probably include active recovery exercises (IE - lighter, banded squats which are knee friendly), or fill in the gap exercises like bench press and o/h press. Conditioning work with carries and sleds, or a full ring training session.

Finally, I have Grip training which will be done any day I choose as a second training session or an extension of another one of these training days.

The three most important things about my setup include:

This is designed with no days off in mind and without "week" mindset. That means these workouts will keep falling on different days of the week.

The training is mostly modality based, depending heavily on carryover. I'm careful not to put the emphasis on locking in on specific movements or body parts.

The training program was created by deciding what I am NOT training first, before deciding what I am training. (This sentence is so important you should read it twice, slowly.)

The last point is something I've learned from experience, I've never met anyone who's properly learned it. It's important because if you want a bunch of things, you need to prioritize by deciding what you DON'T want. I find prioritization of training is best done by writing down all the things you don't need or don't really care about first. For me, I don't need to do hypertrophy, bodybuilding isolation style training for my shoulders, back, or legs. My shoulders and back have gotten enough stimulation over the years, and my genetics for them aren't awful, so they don't need more time under tension or highly isolated movements. I know I could grow my legs bigger by working them directly, but I'd instead use them for jumping and athletic movements than gain an inch of size. Growth isn't as important as speed and flexibility. I also don't like any squat because I honestly find them boring, don't care, and they are horrible for my knees. (look at this [Q&A question](#) to read into the future for my updated verdict on squats and knee health).

If I choose squats, I am saying no to basically anything related to jumping, and I can't have that. Front squats are okay, however, and I plan to do them. I only know this from experience (my body seems to respond well to front squats). I've been doing a lot of bench press the past few months and have made significant gains, but I'm done with it for now.

There are tons of different exercises out there, but my program isn't based on that, it's based on what I need to be the best athlete I can be while maintaining my size. So yes, there is that: MAINTENANCE. A lot of what's in my programming is for maintenance, not gains. I'm currently not interested in getting bigger or increasing my big 3. The things I want to get better at are: tricking/jumping, grip, and some of the strongman movements (log, stones, yoke). So those workouts will be harder and more important to me. While the arm and chest training and flexibility training is more about maintaining what I've built.

The magic is in the details for HOW I do the stuff in the program because you can't even say what you're doing unless you know how you're doing it. A bench press is not a bench press. A college teen with no coaching isn't bench pressing the same way Jen Thompson benches. All of her reps are so much better that it's almost a completely different exercise for her comparatively. In my own case, my flexibility training is on an entirely higher level than most people's. An hour of work for me is worth ten hours for other people: I merely know what I'm doing and can get a good result without wasting my time. (ok, another plug for my ebook legendary flexibility. I'm just really proud of that book, if you want to know how to stop being a doofus with flexibility training you should read it: www.legendaryflexibility.com).

So that's that. Let's see how well I can stick to this program.

Up to this point, I was becoming hesitant about the whole project of Train365 because the experiment seems to grind on without outward success. I'm not smashing PRs left and right, I haven't become a super heavyweight at 0% body fat, and I haven't learned an avalanche of new skills. From an outside perspective, I'm spending more time than ever training, and nothing is coming out of it even though recovery has been great.

The thing is, what is maintenance now was once what built me before. I used to make progress doing the things I still am doing. For example, my arm workouts haven't changed much, so they stopped working for future growth, but they grew my arms to what they are now! In the past, they would make me very sore and require lots of resources to recover from. Now, they make me only a little sore sometimes, and I can get right back to work the next day. The maintenance work is the epitome of efficiency. I figured out, roughly, how little I can do to maintain the arms I've built, for the time being, while focusing on other things. I want you, the reader, not to make the same mistake I've made this far with my Train365, and judge the efficacy of this whole thing merely by PRs (Personal Records) and impressive improvements in aesthetics. Learning important things about why and how you have so many inches of muscle on your arms right now, is just as important as actually having those inches or getting another inch. I'm learning a lot. I'm learning precisely what exercises, how many sets, and reps, and how often I do them seems to matter. This learning is vital for a good training life because it means I can control and balance it.

If body results were all that mattered, then I might as well get a divorce, stop working with Tom, stop making videos for people online, stop training everyday and be more sensible with my recovery by training at a frequency of 4 times a week like I've noticed most of the champions I'm working with train at. And then take as many unhealthy, mood distorting PEDs (performance enhancing drugs) as possible. Because right now: having a wife, filming for videos with my business teammate, training every day, and being sensible with what I put in my body are hindering the realization of my maximum body potential. Screw learning and life. Right?

Ok really. Consider the balance between your own training and life. If you have achieved anything that took a lot of work, and you want more but have hit plateaus, consider what could be a success in your personal sphere of experience.

If you're able to keep what you've gotten, if it took a lot of work, then you must be doing something right even if you're not going forward "right now." Personally, I'm thankful I'm 32 years old, and can come off a bulk weighing nearly 240 lbs, and still throw flips on my driveway, even after not "training" them for over 130 days! I must be doing something right. Right? That's true, and it just means I learned some important things. Realistically, I can do a single arm workout a week now, and my body will respond better to it than most people who do 3 arm workouts a week. Why? Because I learned some critical things about arm training. Knowing your body and impressing your process to memory saves you time so that you can have a life outside of training. You will learn something if you train every day for a period of time, about your body, energy levels, mood, and priorities. It doesn't have to be a year, because I'm not done yet, and I've already learned things! Even if I've made no outward progress, I've learned stuff!



We recently posted a YouTube video where many commenting were concerned about my well being while Training 365. The link to that video is here:

Juji Trains Tom 155-200lbs Bulking Update

https://www.YouTube.com/watch?v=ao4OirSbY_o

I agree with the overall sentiment. But would you stop if you were almost halfway, and in the process of writing a book about it? Probably not. You would be motivated to find a way to survive it and continue learning.

Someone came up with a creative week-long deload plan. This is the comment:

--

Deload like this maybe: 10-12 sets total per day

Day 1: Calf only day

Day 2: Rear delt only day

Day 3: Traps only day (No power shrugs too intense)

Day 4: Tricep only day (No close grip bench, too intense)

Day 5: Olympic lift practice day (Just use x1 55 lb plate per side and get form down, I actually do this with a 25 lb bumper plate per side sometimes just for fun; you're a lot stronger than me, but actually my clean form and snatch form are decent because of this now... Maxes are still shit, my clean is like 155 and snatch I'm not even sure if I can do 135)

Day 6: Bicep only day

Day 7: Calisthenic training day (do like human flags and muscle ups and things like that just to mess around, one of my 2018 goals is to do a muscle up, still can't do one but can do 12 dips and 8 pull-ups, up from 7 dips and 3 pull-ups last year so it's progress)

—

So far I've just thrown deloads out the window and have snuck in light stretching days here and there to catch a break. I've always known that consolidated rest blocks were the best way to periodize training and eliminate long-term fatigue baggage, but I thought with Train 365 that wasn't an option. One thing I haven't done is actually PLAN a training deload like this because I thought it would be cheating. But why would it be?

The goal is to train every day, the goal is to be a better athlete. To be a better athlete I need to deload and to train every day I need to do something physical. It's actually possible to deload while Training 365 by doing physical training that doesn't matter. Basically, I'm wasting my time doing this type of training, but the streak must be maintained to count it. It's actually insane:

“Do useless training intentionally for a week to keep a daily training streak, the useless training counts as training but does the same job as rest, this will allow the body to recover. So really, the useless training isn’t useless because it both keeps the streak going and gives me the rest I need. It is the only solution to this. Wow.”

Ok let’s do it. I’m going to do something like what that commenter said. Here’s my plan.

Day 1: Rower for cardio.

Day 2: Light lower body stretching.

Day 3: Upper body stretching.

Day 4: Self-massage work.

Day 5: Dynamic stretching and spinal decompression.

Day 6: Slackline.

Day 7: Foot health day.

All workouts will be capped at 45 minutes and be comfortable. Still counts as “training” right?

I'M DONE LOGGING! I HATE IT! (DAY 183) – JUNE 9TH, 2018

When I started Train365, I was shooting for a block of around 45 minutes every day of something that was supposed to feel like “work” to reach a desired “trained state.” I thought it had to look like training on paper. Multiple exercises, sets, and reps. Worse than that was actually logging it!!!

Logging my training for this long, in the way I have done it, with everything else I have going on in my life, was something that gave me low grade anxiety for most of this year. It was something always in the back of my mind, “I have to catch up on my training logs for Train 365!!!” You travel and work your ass off for a few days in a row and skip logging your training because writing your training down during some sessions is completely unfeasible! Then, all of a sudden, you’re behind a bunch of logs and have to catch up!

You know that feeling when you’re procrastinating from doing something, and you think about it every day. I thought about this every day, multiple times during the day, and especially at night before going to bed, and in the middle of the night too! I was worried that the whole Train 365 project would be a failure without proof from daily logs. To some, it might be, but to me, the more important thing is saving someone else from the same insanity I’ve been going through: **YOU SHOULD NOT LOG YOUR TRAINING EVERYDAY, ESPECIALLY IF YOU’RE TRAINING EVERY DAY! AND ESPECIALLY IN A DETAILED WAY THAT OTHERS CAN UNDERSTAND! IT’S JUST TOO MUCH!!!**

Well, I failed. Sort of. Or maybe I finally realized how “un-realizing” my definition of training was for me, personally, for Train 365. My short definition I’ve been sticking with was:

Training for Train365 = Something PHYSICAL, EVERYDAY, for about 45 MINUTES that is directly intended to improve my ATHLETIC ability.

Here’s the thing. I’m Jujimufu. I do stuff. Lots of stuff. Splits, flips, powerlifts, stone lifts, yoke walks, bodybuilding splits, and twists and kicks too. I grip heavy stuff and even balance about on slack lines. I train to do stuff because that’s what I’m training for. Most importantly, I do stuff primarily to make videos. I always have. That’s been the primary motivator for me since 2001: making training videos!

I’m not a bodybuilder, a powerlifter or a strongman. I “do” bodybuilding, I “do” powerlifting, and I “do” strongman stuff. I “do” stuff. Training to do that AND in preparation for, or directly for filming just means doing it and mostly filming it. Pressing human beings overhead and slinging them around in circles at FitExpo events is really some of the stuff I do, so doing it is training to do it. It’s practice. It’s performance.

I don’t think anyone would argue that competing in a powerlifting competition wouldn’t count for “training that day” ... And, you could say that it’s not training, because training is what you do before competing.

Drawing distinctions between workouts, training, practice, exercise, activity and performance can help elucidate a better understanding of what it is you do, but the real issue for me right now is this: it’s stupid for me to go out and “train” the same day I’m doing the thing I train for!!! Who the heck leaves a powerlifting competition or a bodybuilding competition and gets into the gym afterward to train? Didn’t you do something in competition that completely taxed you?

So I'm going to count it. This weekend at the FitExpo, throwing people around and yelling in people's faces, counts. It very well counts, and so I'm not gonna fret about not "training" on this past Sunday. Here was my day June 10th:

1:30 am: Made it to bed finally after training with Regan Grimes the night before.

8:30 am: Woke up, ate breakfast, packed and checked out of the hotel.

10:00 am: Got to my booth at the expo hall and got swarmed by fans until I snuck away for lunch.

12:00 pm: Ate

12:15 pm: Back to the booth.

2:00 pm: Went to the back of expo hall, closed my eyes and breathed while massaging jaw muscles from all the smiling for pictures (CAN SOME OF YOU PEOPLE, PLEASE TAKE PICTURES FASTER OMG?! HOLDING A SMILE FOR 30 SECONDS WILL JUST RESULT IN A BAD SMILE!)

3:30 pm: Broke down booth, got out of expo hall.

5:00 pm: Ate

5:45 pm: At the airport

1:00 am: Got home (flight got delayed resulting in me getting home late)

Am I supposed to train this day? The only opportunity I had was before the expo, but I was up all-night training. Would morning cardio actually do anything if that was my choice since I'm on my feet ALL DAY at the expo jumping around, picking people up for pictures, flexing, etc.? I probably burn a million extra calories from activity at exhibitions!

The whole definition of Train 365 is so squirrely, bendy, idiosyncratic and evasive. I don't like it. It's not clear. The goal has lost the power of its meaning for me because the definition is dumb.

I don't even log the sheer amount of "on my feet time" per day during my routine life. I walk 5 miles a day back and forth all day on my property moving exercise equipment, setting things up, cleaning. In and out, all about, building and doing things all day long. It's like construction work. That's one of the biggest reasons my recovery has been garbage this entire Train 365 process. (Sometimes I wonder if I should get pedometer just to see what's happening!) But I LOVE the work, I love building, gardening, setting up, cleaning, and doing things physically. I don't train to do that even though that's one of the big things I do. So, does "doing" = "training"?!

What's my goal? To build my brand, make great videos, have exciting experiences. What's my "physical" training goal? Often one and the same.

I'm not going to quit. I'm halfway. And I'm not going to count "walking around my yard all day long" as training, even though that's what I do and like to do! I want to be an awesome athlete. Buff, strong, and powerful. I want to jump high and do the splits and learn cool moves. I'm going to still try every day to do "physical" things that will directly impact that positively. And doing 50+ single repetitions of 130-175 lb human presses throughout 6-9 hours at an expo: how can we even know how that affects strength gains? Carryover to shoulder strength?!!

My definition of training is changing, and so my approach to Train 365 is changing too.



DOES GARDEN WORK COUNT AS TRAINING? (DAY 204) – JUNE 30TH, 2018

The most important thing about training every day is the definition of the word “training” and the work necessary in redefining it to remain sane. What I’ve learned by doing this, is that a definition is often not “definite” but rather a “standard.” The definition of training is slightly different to everybody I’ve talked to. It varies by degree, but that “slight degree of difference” is the difference between 0 and 1. One person might consider lawn work GPP (General Physical Preparation training). If you’re doing 100s of body weight squats while doing garden work, can you count that as training? Another person wouldn’t count it.

What if my goal was to look lean, and working out in the yard for 12 hours helps me reach that goal indirectly (because working in the yard for 12 hours burns a lot of calories!) Does it count as training if it accidentally helped me?

What if my goal was to get stronger, and I do deadlifts without a good warmup and strain a muscle in my lower back. Does it count as training if it set me back?



If training is an act of undertaking a course of action in preparation for something, then does training to fail mean failing to train? Because training every day is a surefire recipe for training to fail if what is necessary to make progress is something other than the standard accepted definitions of training (IE - doing heavy exercises, stretching, practicing skills, getting a pump, etc.)

My results are not proportional to the effort it has taken me to keep a streak up. Do all my training sessions count in other's eyes? What if my eyes begin seeing things differently from the day I started this?



If your goal is as simple as deadlifting more (perhaps 3x your bodyweight), then is that “really” the thing you’re training for? Or is that just the easiest thing for you to reach out for? What if all the weight training you’re doing is so that you feel good about yourself, look better, win competitions, make friends, get some respect, get likes, earn money, experience a feeling of resolve, or to build a healthy interest in movement? Is your deadlifting doing that for you, or is deadlifting just the easiest thing for you to focus on because it's so concrete and the other things are seemingly too social, complicated, inconvenient, or abstract in execution?

Come'on, let's just say it! Power lifts like the deadlift are convenient! Anyone can find a barbell and some plates and go bananas on it “working out” their frustrations. But are you actually training for a better deadlift or just deadlifting because-arghhh-whatever-my-life-the-fuck-ahhhh!? What if all your physical training is holding you back from miscellaneous training that actually enables your physical training? There is more to physical training than actual observable physical effort! STUPIDITIES! Physical training is a great way for all of us to alienate ourselves from others and our own “actual” goals! Doing it every day is an even better way of accomplishing that disaster. I'm sitting here thinking that disciplined and thoughtful balance is more difficult and necessary than disciplined yet bragworthy streaks.

Train365 has already wasted 100s of hours of my time. I've trained more this 6 months than any other 6 month period in my life, and this is definitely not my best form or life experience. My overall interest in training has also been spoiled.

Initially, my definition of "training every day" was built around a "training session," and my training logs reflect this. But I've found that doing "some training" first thing in the morning is an excellent start to the day. But I haven't allowed myself to do that because my body is ALWAYS in a better state for maximum effort early afternoon and my work depends on me waiting to film workouts in the afternoon. When I'm training every day, the last thing I want to do is train twice a day every day! So during this whole process, I've abandoned morning training of any kind to save myself for the afternoon workouts.

I've recently reintegrated morning training. I get up, put on training shorts, walk out to the gym barefoot, drink 16 ounces of water (250 mL) and begin doing things. I don't go to failure, I don't count, I don't write things down, I don't follow a routine, and I don't do it long. Previously when I've tried this, I figured if I was going to do this I might as well make it 30 minutes of work. That's because I can't just do a little, I want to do a lot (hence, why my dumb-ass accepted the challenge of Train365). Anyway, for my reintegration of morning training, I've capped myself at 10-12 minutes of this type of work. An example might be:

- 1 set of 10 safety squat bar squats with lightweight
- 1 set of 15 reverse hyperextensions
- 1 set of 8 glute ham raises on a GHD
- Some cossack stretches
- Hitting a tire with a hammer a bunch of times
- 2 sets of 6 wide grip chin ups
- Some lat pulldowns on my lat pulldown machine
- Upper back stretches
- Overhead pressing an empty strongman log for up to 10 reps
- Rowing machine for a moment

Basically, I just do some things for a little bit and then stop. Takes me like 10 minutes. It isn't hard, it isn't lazy, and I feel much better afterward. What happens if I did this every day for a year straight and nothing else? How would that compare to doing ZERO training for a year straight?

My original intention when starting this book was to have a full analytic analysis of exactly how many times during the year I deadlifted, flipped, stretched, etc. But none of that matters outside the context that is my life! My life is this, among other things:

A certain way of eating that you may not be able to replicate because your digestion system and allergic tolerances are not the same.

A certain amount of activity, not even a pedometer can measure (I don't work a desk job. I'm on my feet doing physical labor most of the day around my country lot).

A certain level of experience that gives you no insight into how I built the things I built. For example, I can get away with only training flexibility once a month, because I did so much of it when I was younger. The gains are seemingly permanent. Nothing in a year's worth of logs here will teach you anything about why I am flexible (www.legendarflexibility.com for more information on my flexibility).



I want you to understand this: EVERYBODY IS DIFFERENT! AND YOU HAVE TO READ BETWEEN THE LINES! There is no single, ultimate way of doing anything! There are things you can learn and things you can't learn from any particular set of data. Other people will find value in things you do not and vice versa. Because EVERYBODY IS DIFFERENT. And everybody's experience of training every day would be different. This is mine, and it continues now. I'm not telling you everything because I can't, there is too much to say. I'm telling you what is important to me right now, and what comes to my mind regarding this Train365 process.

Has there ever been a time in your life when you looked at a detail particular to someone's process that intrigued you, and realized after weeks, months or years later: that it was only irrelevant to you outside the context of another detail in their process you overlooked?

Training every day has gotten easier this past month of July. I've made three major changes to how I approach training:

1. I've split my training into morning and afternoon sessions.
2. I lowered my expectation of what counts as training.
3. I stopped letting imaginary people judge my training sessions.

The first change of splitting my training up throughout the day was discussed in the journal entry [JUNE 30TH, 2018 - 100S of WASTED HOURS](#).

The second thing is that I've been lowering my expectation of what counts as training. My training sessions, when written down, are easy and short. But when I put my athleticism to the test, it's there. I feel better this month than any month previous to this year too! For example, I haven't bench pressed heavy in 3 months, and I was still able to do a good 315 lbs (143 kgs) for 10 reps just a few days ago. My strength has held up on many other movements, and my general athleticism is at an all-time high for the year. But I don't even feel like I'm struggling to maintain my daily training streak!

Finally, I got imaginary judges out of my head. I've been able to do less stressful training, that has given me a result I like more. So this begs the question: if the training feels easy or doesn't even feel like training, but works, does it count as training?

The biggest question for this whole book is: "What counts as training?" because that will define it. If training is practicing to get better at something, then isn't practicing in a way that makes you worse at it, on purpose, actually, counter to the definition itself?! In other words: "training every day" is an unfortunate paradox.

Training = Trying to get better at something.
Everyday = An amount.

Trying to get better at something (in this case, physical) cannot be connected to this fixed amount. It's an impossible requirement!

Trying to get better at physical exertion, every day, means you will encounter a situation where "resting and recovery" is the proper and necessary thing to do "today" to get better at that "physical exertion."

The truth is that training = recovery and recovery = training. The two really shouldn't be separated. They should be seen in a non-dualistic way. THEY ARE THE SAME THING!!! You can't have black without white because the contrast between the two is what defines each individually. Recovery modalities are just as much a necessary part of training improvements as physical exertions. Creatine and waffles!



But when we're talking about "physical training" per se, it really cannot exist without recovery. Recovery has its own timeline, and we're disregarding that timeline when we affix an amount to either it or training. So "training every day" is sort of a misnomer.

The most important training session of this year was the day I did a workout that included only 3 sets of 10 of 135 lbs (61 kgs) on barbell back squats: I got very sore in the groin the next day. It was a huge revelation for me. When I started all this, 45 minutes of work was sort of my standard minimum for the day. After that day, I realized that the standard was actually negating my training efforts, because if training is "trying to get better at something" and your standard of training makes you worse at that thing you're trying, then it all just doesn't make sense!!! So, I've lowered my expectation of what counts as training and stopped letting imaginary people judge me.



There is a lot of pressure on me to look a certain way, perform a certain way, post certain things on social media, etc. So naturally, when I went into Train365, I compared my training sessions to those of elite lifters who lift heavy (seemingly) every day. I imagined them judging me for stopping at 70% of my 1 rep max on lifts for a day or doing "light workouts" or anything else. I imagined people comparing my training to them and thinking "Juji doesn't train as hard as other people." It messed with my head a lot. I grew a fear of hard training, a sort of performance anxiety because I was always feeling the heat of that imaginary judgment. I still feel this, because if my job is to film training and workouts and stuff, then what happens when I can't max out or PR for the day? The Internet thinks I'm getting weaker, wussing out, or wasting their time. Or do they? Some would think that, but perhaps some wisdom can be applied from a guy named Schopenhauer here:

'Other people's heads are too wretched a place for true happiness to have its seat.'

The whole quote can be altered for a lot of truths. Other people's expectations are wretched. We can't even know what their expectations are. Happiness? How about just being able to pay attention to something for more than a few minutes at a time!? If I'm always worried about how other people perceive my perceived effort of training, then I won't be able to actually focus and pay attention to all the things that actually make me effective, on time, just, and ok?!

So what makes training ok? Is it actual physical result (more muscle, better movement). Is it something that makes everything else in your life better? Is it enjoyable in-itself? What you're training for plays the master of the definition here, but what are YOU (the reader) actually training for? Are you training to get stronger? Why? For what? Does an increase in your deadlift make sense if you lived on an island by yourself with no human or animal contact? Is it even going to help you survive? Really?

Nobody's training is an island in itself. Yet so many people alienate themselves from others with their training habits and their judgment! Training is not to be distinguished or divorced from one's life. And even if the goal looks pretty obvious, ask yourself what your future really is and what you're actually doing with your time, and what you're going to do with your goal when you get it!

To finish this up, one more thing: different ages and goals = different definitions of training.

When I was 18, I didn't have a whole lot going on in my life. I'd have the entire summer off, my parents took care of me, I spent my time talking to friends online pretty much all day outside of a 1-2 hour training window in the afternoon. I saved up my training videos for long periods of time and would make a video out of some of it every year or three. That's pretty much all I did.

When I was 28, I had more going on in life. I had a full-time job at a biotech company and made regular, short videos for social media on the side of my job, or during slow parts of the day at work. I literally sat on my butt all day aside from a 1-2 hour training window in the afternoon. I was doing more than when I was 18.

Now that I'm 32, I have way more going on in life. I'm self-employed, married, trying to grow rapidly on social media. I work with a team of people who are dedicated and push me. I spend more than half of my waking hours on my feet and still train every day, at unpredictable times. I am doing twice as much as I did when I was 28 and ten times as much as I did when I was 18. And I'm feeling my age.

Wherever you're at, whatever you're doing, and whoever you're with: does your training ever count? How can you make it count for something, instead of count against you? And what do you think: do yours or your perceived expectations of others help push you towards that end? Or do they just make you feel guilty for whatever reason?

I'm skeptical of things measured by day streaks now. 30 days of this. 30 days of that. 1 slip up = starting all over again. What? Why?

I'm not sure if it's cultural, or human, but in the United States, there seems to be a typical behavior towards streaks: one mistake during a streak and the whole thing is a loss. The analogy I've heard to make sense of the insanity of this type of behavior is "you blow out one tire on your car, you're not going to slash the other three" ... That's how people behave when they lose their streak though! They slash their other 3 tires! Shouldn't you fix the proverbial tire and go on?

I haven't missed a day of "training," in fact it's hard for me to not lose one now since I've warped the definition into something reasonably easy for me, but the absurdity of streak mentality is something I've been thinking about.

Anybody who knows anything about physical training knows that training without periodization is, well, fundamentally wrong. Linear progression doesn't exist. You can't just get better every time you go to the gym. You can't be better every day in succession. I like the saying "take a step back to take two steps forward" because it works! We "deload" to realize our efforts. We must stop for a certain amount of time after going for a certain amount of time if we wish to go further than we ever have.

Training every day, without stop, is no exception... Why am I doing this again?



MY KNEES ARE CURED (DAY 239) – AUGUST 4TH, 2018

My knees have felt the best they've felt in years! They're not perfect, but they're a lot better. Here are the changes I've made that might be contributing to this improvement.

FIRST, I'm squatting almost every morning with lightweight. For the past couple of months, I've been doing morning exercises right after waking up. My favorite has been safety bar squats with 135 lbs for multiple sets of 8+ slow reps. Sometimes I just stand with the weight on my back. The difficulty of it is that I'm doing it so shortly after waking up, the effort is equivalent to getting out of bed when you don't want to. That's not hard to do, it just takes a sort of "doing it" to get it done. So, it's like getting up out of bed when you don't want to, twice in a row in the morning. Still, I feel this has really contributed to my knee health. I don't do them every morning, but most mornings I do. I also vary the squats. Sometimes I do landmine squats with the Viking press attachment, sometimes I do traditional back squats, sometimes I do bodyweight squats with my hands on my hips. I vary it up based entirely on a whim.



SECOND, I'm eating 1 lb of broccoli every day. This sounds insane, but I'm eating about 1 lb (450-ish grams) of lightly steamed broccoli per day. It's still crunchy when I eat it, so it's the healthiest way to consume it. Ever since I started doing this every day, my blood pressure has normalized for the first time in years despite massive amounts of coffee and stress, and my knees feel better. Maybe anti-inflammatory effects? Not sure. But perhaps it would've been a better goal to Broccoli 365 because I think the act of eating more of this vegetable is having a strong correlation on my health and feelings of my joints. I buy big bags in bulk from Sam's Club (a US retail warehouse club for bulk groceries).

THIRD, I've been playing with a product called the Jigsaw massage (I have written about it here www.jujimufu.com/jigsaw). This thing is actually not a gimmick. The interesting thing I've found is the learning curve of using it. It takes a few separate days of use to understand how to use it and how much to do. I started hammering all around my knees, even the ligaments around it, and the quads and sartorius muscle looking for hot spots. Unlike foam rolling, the pressure takes very little time to get used to, only about 30 seconds of drilling and you're wondering if it's doing anything. The thing is, after 10 minutes of work on one knee, I feel all the muscles around it are sore (in a good way). I superset the drilling with quads stretches. Later in the evening, I feel less pain in my knees and just more general soreness around the knee (kind of like moving the pain from the tendons/ligaments back to the muscle, feels right). I know a powerlifter friend, Ranson Lee, a powerful guy who swears by this thing. He got me into it, and I gotta say, I'm excited to keep using it. I might work on problem areas once a week with it to start. But it's been pretty cool how quickly the results are from this massage tool.

FOURTH, doing fewer movements in general that aggravate my knees. I have not practiced my acrobatic tricking much at all this year. It's the primary activity, other than squatting, that aggravates my knees. Now, sure, some capacities of mine are now "under-trained" because of this, but my quality of life is higher than years prior, and my knees are feeling the relief. Taking time off entirely from the movements that aggravate my knees have never resolved my knee issues in the past. I've had them since I was 19 years old because I abuse the crap out of them. I'm still learning coping methods to avoid problems today, but one thing is for sure: taking time off entirely never solves the issues. There is a balance between avoiding the things that cause problems with my knees (back squatting for example), and doing them to help strengthen them. I feel like I'm working at a good balance point now with them.



TRAINING PLANS? HOW ABOUT RECOVERY PLANS? (DAY 240) – AUGUST 5TH, 2018

Does recovery count as training? I reflected on this in the journal entry: [JULY 24TH, 2018 - I JUST MADE THINGS A LOT EASIER!](#)

Now having trained every day for exactly 8 months now, it's hard to say that recovery doesn't count as training. Eating well, therapeutic movements, good sleep hygiene, stress management, and other things like this are evident and essential ingredients for giving your body a chance to improve. Do these count as training then, since the point of training of any kind, for anything, is to get better? Why wouldn't we plan these? Why wouldn't we make these part of our training plan and "COUNT" them?



Making a plan for training usually looks like a bunch of things laid out neatly with days, weeks, exercises, weight %, reps, sets, rest periods, etc. Controlling all these variables to get the desired response by detailing them and scheduling them. But what if instead of a training plan like that, we instead pooled together a bunch of stuff that would help recovery and detailed and scheduled those? What if you planned and committed yourself to refeed once every 7, 10, 12, or 14 days? What if you scheduled ice baths twice per week, slept in every 3rd day to catch up on sleep, and scheduled massage work regularly even if it doesn't seem to be working after just a session? Don't we continue training even when we don't see progress for weeks and months at a time? Why does it take that time? Why don't we stick to recovery protocols the same way even if they don't seem immediately beneficial?

Would you count recovery days as training days? If not, how do you feel about the potential fact of recovery modalities being more necessary than exercises themselves for actual physical adaptation and improvement? Hmmm...

I'm finally used to this. The previous 10 days have been very hard for me. My headspace has been really bad. I've also been dreading the amount of travel coming up in the next two months. The feeling of "giving up control" that you have when you're stuck on an airplane has been my default mood. I'M NOT EVEN SITTING ON AN AIRPLANE YET! WHY DOES MY BRAIN DO THIS!

I've been struggling to feel satisfaction. Even when rooting, hollering in excitement and jumping up and down like an excited child in our videos, I've been feeling unaffected. What happened to "fake it until you make it?" Or, "the mood of the mind follows the movement of the body?" It's all been more of an act than ever. Sure, some of the enthusiasm I present in our videos was always just raw acting, and in the process, I do get fired up. "Fake it until you make it." And then it feeds upon itself.

But lately I've felt no relief from my defeated feeling, and everything feels too fake. I've been stuck in this lousy headspace and no amount of "getting lots of things done" or "having many successes" has brought pleasure. Even winning doesn't feel good right now. Is this depression?

I've had depression in my life before. I'm familiar with how it feels. Depression usually resulted in me being stuck on a couch in apathy. A sort of listless, low creativity, low energy state. But now, I feel the same sort apathy, and listlessness, while still having my creative faculties. And my energy levels are excellent. I'm getting plenty done, but rarely feel good now when achieving things.

I think I miss certain things, and working towards, or on, some of those missing things (things other than my business, social media, and training) may be needed to restore harmony in my life. Hopefully, soon I will have discovered that something to make me feel ok again.

With that said, I'm used to this Train365 thing now. What I've experienced this month is that, recovery is the key to training every day, but that for me, the drive to recover needs to come from somewhere other than training goals. While I've been in this state of feeling defeated these past 10 days, I've felt like I've only been one step away from a bigger loss. I've felt like any dip of energy levels, any weakness shown, could result in losing much more. I've felt on edge, and I've been working hard not to fall over. Eating right, refeeding tactically, breathing carefully, napping once or twice per day, sleeping in, supplementing, controlling myself: I did these things to keep from actualizing a bigger defeat and going over the edge. Growing muscle and building strength were not the reasons I took my recovery efforts so seriously. Yet inadvertently, in the process of doing these things to prevent problems in my life from compounding, I found my ability to train at a higher capacity and with a lower starting effort. All that matters is that I just do things and recover from them.

For yourself, do you think that the drive to recovery might be stronger if something bigger was at stake than a neutral state of training adaptation? What if your marriage, a friendship, or livelihood were at stake? Perhaps that would drive you to better recovery, and as a result, your training would be affected positively by that recovery effort.

PUT THE BARBELL ON THE FLOOR (DAY 248) – AUGUST 13TH, 2018

I haven't been concerned with doing anything except to do things every day. I've been focusing more on non-reversible first steps to get to doing those things.

The first step to deadlifting is loading a bar with a pair of plates. Loading a weight requires a barbell to be picked and set down. Getting that far means getting to your gym. Usually, that means you gotta get up.

Getting up is important, but often, if that's what I focus on, I sit right back down. The important thing for me has been shifting the focus to the "non-reversible" first steps and willing myself to get to the end with that. Put the barbell on the floor and load it. Am I really going to unload it right after loading it? That's kind of crazy to do that. That's like putting on my shoes, tying them, and then taking them right back off immediately. Have you ever done that?

Putting on shoes

Putting a barbell on the floor

These are the two first steps we do that are usually non-reversible. Focusing on getting up isn't enough, I gotta concentrate on doing the things I won't go back on.

FIRST PR ON DEADLIFT IN 3 YEARS (DAY 250) – AUGUST 15TH, 2018

The last time I PR'ed on deadlift was April 2015 for 635 lbs (288 lbs). I was coming off a bulk at that time, so I had some weight behind the bar. Since then, my life has been a whirlwind of content creation, business creation, and pursuing all sorts of travel and media opportunities. Routine is not easy for my line of work and hasn't been for a long time. We're always hosting guests, we're always going somewhere, and we're still doing new things. One week it's ninja warrior training, the next it is powerlifting, and the next it is Cirque circus acrobatic training.

Putting in the predictable, regular, stoic work needed to progress basic strength patterns like the squat, bench press, or deadlift has not only been hard, but not even wanted. I fell out of love with the power lifts this year. They just got boring to me. That's why Strongman training appealed to me so much this year. It was new and different, and I liked the way strongmen train: it is more theatrical and entertaining than powerlifting.

However, despite the stress of "growth" and perpetually being out of my comfort zone this year and battling anxiety and fatigue everyday from this, I must be doing something right, because I PR'ed on deadlift today at a bodyweight 10 lbs (4.5 kg) less than last time I PR'ed, and the lift was a 27 lb (12 kg) increase on my previous PR.

The PR increase, I believe, was a combination of many things coming into play all at once. I learned a lot from this, and I think it's something very important, this is useful information for you.

First thing, I got some coaching on the deadlift from Jack Morrow. Jack has been the best I've worked with on the deadlift. He taught me how to use a belt properly and gave me step by step instructions on how to approach the bar and set up for a lift while wearing a belt. The improvement was dramatic.

Second thing, all the strongman stuff and grip work I've been doing have had carryover. I've barely deadlifted at all for months now, but I've been doing some heavy carries and a ton of grip work for videos. If that's what I've been doing and my deadlift went up, then what do you think?

Third thing, from a recovery standpoint, I've learned a lot about breathing, resting, being at ease, dropping my shoulders, slowing down, etc. I catch myself quickly now if I'm tense (I tend to shrug my traps and shoulders up slightly when I'm tense). Now, anywhere while I sit, wait, move, whatever: I catch myself by noticing what my body is doing. This has had a tremendous "stabilizing" effect for my energy levels despite doing enormous amounts of stuff day in and day out.

Fourth, we've been "tactically" eating dessert foods and having "carb ups" more often. I seem to be on extremes here. Either I'm eating very healthy foods like freshly juiced green drinks, steamed broccoli, fish, etc.; or gigantic slices of cheesecake and a bunch of waffles. Adding in the rich dessert foods at certain times before training has done a lot to encourage good lifts. Come to think of it, last time I PR'ed on deadlift in 2015, the two hours before we trained I ate half of an entire cheesecake. This time, the night before, I had a huge brownie and ice cream dessert that was easily 1500+ calories.

Fifth, confidence! I didn't realize how low my deadlift confidence was until after I PR'ed. On the way to the gym, I was lamenting to Tom how my deadlift had died this year, and I'd just have to accept that I'm a low 500 lb deadlifter and just accept it. Deadlifting isn't the most important thing to me, but it has saddened me somewhat that I've been in such a slump with that lift. So while we were starting to train, Stefi, Hayden, and Tom were all encouraging me to be confident and just keep going up in weight. I felt pretty good, especially after my first PR of 5 lbs. But I was not going to try again. They convinced me to, and I could tell they were confident I could do it. Well, they were right! Why was I so discouraged all this time? 662 lb deadlift max now (300 kgs). Outsourcing confidence is a pretty nifty thing!

If you're in a slump, think about the things I did here and consider how you could apply them to overcome your slump.



BUILDING A FAKE MONEY MACHINE (DAY 261) – AUGUST 26TH, 2018

Imagine you're building a machine to mint counterfeit money. The plan is to get the machine to work well enough to reliably make a lot of fake money so you can buy expensive stuff. Or build a house out of fake money for a viral Instagram post. In any case, you wouldn't be satisfied if you spent hours every day working on a fake money machine and never got your fake money.

Training is preparing. Training is improving. Training is BUILDING. When you say you're training for something, you're implying you're going to use the product of your training for something. You wouldn't build a table just so you can leave it in a corner somewhere, you build a table to put stuff on. If you're building strength, you're building it to use it for something! Right?! What is that something for you? Is it a competition? Is it looks? Is it a quality of life? What're you going to do with it?

I'm not making a case that people should compete to use what they're training for. I'm making an argument that we are almost always stupid about why we're training and what training is.

I use the product of my training to make videos, back up my brands and product lines, to perform for my own enjoyment and others, to make money, to help people, to do stuff!!! I'm doing all these things this year, a ton of them. Budgeting numbers is only one way to (possibly) help make those things possible.

I've built a body that works, and is working, and continues to work to make progress for my goal of doing lots of stuff. I'm not just building something I'm never going to use. So "training" is more like "maintaining" for me because I've built a good machine, I'm using my "fake money machine" everyday, and occasionally I might try an upgrade or tweak here or there to get a new or different result, but ultimately, I'm using what I trained for.

Think of something you're training for. What are you going to do with it? Do it already! Get that fake money!

This weekend we entered an amateur Arm Wrestling tournament. The YouTube video is here: (<https://www.youtube.com/watch?v=eb3YHrUugwM>) We arrived early to get some coaching. After half an hour of instruction, I was on my way! I was most worried about tearing my bicep tendon because we did a hard arm workout the night before. The YouTube video for that is here: (<https://www.youtube.com/watch?v=vqalKPb6AkY>). So I entered the tournament with really sore arms. Thankfully plenty of massage work and nervous warm-up exercises throughout the day helped keep me safe.

The experience of entering an official arm wrestling match, on a legit platform with an audience, against people you don't know, is electrifying! I've never felt anything like it. The adrenaline rush hit me only before stepping up to the platform, and it hits REALLY hard. It's a very clean adrenaline rush. When lifting heavy weights you can get a prolonged sense of nervousness beforehand because there is nothing the weight can give you, it takes every lb or kg of itself and lends nothing to opportunity. You end up working with your own doubts and head games when doing something like powerlifting.

When you're locking into an arm wrestling match, there is the opportunity for strategy and perhaps, luck of some kind. It's not like there is a known number you're up against, it's a human being, you don't know the full story of what you're up against.

I never participate in contact sports of this sort. When I was younger, I did Taekwondo and that involved sparring, which was a striking match between you and another person, but I never really liked sparring as much as katas and other stuff. Since then, there has been nothing in my life that involved me vs. another person in this way.



I really liked it. I felt like my presence, appearance, and energy could be used to influence the other person and result of the match. I can't do that with a loaded barbell. I'm not saying that lifting weights is harder because it's you vs. a cold, dead, uncaring object... But perhaps this nice change of pace, me vs. someone else, was necessary for a headspace change. I feel like my experience this past weekend with arm wrestling taught me something about myself.

If you haven't participated in a contact sport, you should put it on your list of things to try. There are ways to participate in contact sports without getting hurt. Look for people who are experienced who can keep you safe. Just do it for fun! You don't have to "get into it" just try it for fun!

IRREGULAR REGULARITY IS A THING (DAY 280) – SEPTEMBER 14TH, 2018

This year, I've gotten swept up in grip training. I've been training it "irregularly regularly" for six months now. I just keep doing it off and on. It's every day for this week, or not at all for three weeks in a row. On and off! This inconsistency has added 1 inch of size to each of my forearm's girth, and several huge benchmarks on grip strength. I've made huge gains this year with grip training while training it "irregularly regularly," off and on for six months.



Maybe think of irregular regularity as the positive version of inconsistent practice. Inconsistent practice has a negative reputation. But if they're nearly the same thing, what is the difference?

Perhaps inconsistent practice is short-term and just too inconsistent whereas irregular regularity is long term and just a smidge more consistent. Ex:

No progress training grip because of inconsistent practice might = 6 total training sessions over 2 months.

Actualized progress training grip with irregular regularity = 24 total training sessions over 6 months.

The 2nd example is just a little more training frequency, maintained over a longer period of time. Perhaps those 24 sessions were all in the first few months and things just stuck!?

The truth is I have a knack for grip training. And there is carryover from other things I train that improve my grip indirectly, but it seems like no matter what I'm doing, a lot or a little, my grip training has continued improving the past six months. I'm beating my personal bests month after month.

Have you been training something but have stopped? What would happen if you started again for a bit, and then just stopped again? And then started again? What if you stop beating yourself up over being consistent and embrace a little irregular regularity with your training? What if you perpetually return to things you think you've stopped over the long haul? Would results be possible perhaps? Would that be meaningful to you?

YOU'RE STUCK, BE STRONG (DAY 291) – SEPTEMBER 25TH, 2018

We've been traveling for almost 2 months straight. Half of that time has been a road trip living out of Tom's van. 3 more days to go.



I've had to stay vigilant in not saying certain things or thinking certain things that bring me down. I miss Sam, the cats, and my garage gym; I want to whine about missing these things, but whining isn't making me or anyone else feel better. In my head, I find myself rationalizing that homesickness is why I feel so distant or listless, but it's not going to get me moving or speaking. I just feel mute and not present. I force myself to pep up and put on the "show face," and often doing this makes me feel good again.

Even though I'm spending so many hours per day with Tom, I feel lonely. I feel like I'm missing "myself" somehow. My home life are extensions and parts of me, and I'm not able to sit with that, build it or experience it when I'm traveling for almost 2 months straight.

When we're grinding out videos and talking about business or problem-solving stuff literally 95% of the conversations during the day, my cortisol levels stay chronically elevated. Tom is my friend, but there are no other people to buffer us from having arguments or feeling shitty about things with one another. We're both worn out. Really though, for doing this for this long now (almost 2 months straight), we've done extraordinarily well together as a team. We are strong!

This travel streak has been a little microcosm of the Train365 project. It starts with enthusiasm, then you encounter the reality that the length of the experience without a break is absurd. After that, you're just doing damage control and trying to survive, and then finally you just become numb and drag through one more day at a time, but with a weird feeling of expiry. When it stops working, and your heart isn't in it anymore, you keep going because it's not over yet and the alternative to "keeping going" is worse than the keeping on itself.

But it's not this way all the time. I don't hate every training session for this Train365 thing, and I don't hate every day of this 2 months travel stint, but when it's every day, it averages out to be worse than better because of the "non-stoppedness" of it. We have no time to plan or anticipate the next day when it's non-stop everyday. I'd be better off training almost every day, with days off every week, and I'd be better off being home and seeing my family for some time every week.

Eating has been aggravating and expensive, but I don't even need to talk about that difficulty! Anyway, we got to spend some time with Antoine Vaillant, our friend. When speaking to Antoine, he told us that travel is a big problem for bodybuilders, and that typically 8 weeks out from competition they ground themselves to their home and routine. Training has been anything but sensible or predictable: 420 lb dumbbell lifts with Furious Pete yesterday, a massive chest and shoulder workout with Antoine the day before, and a very late and strange arm workout with Omar Isuf the night before. It's all just a blur of crazy stuff and road time.

If you're stuck in something, plan your exit and be strong until then: because the alternative to being strong is worse and by the time your exit comes, you'll be glad you were strong instead of something else.

Donovan Thompson and Jen Thompson are world champion powerlifters who compete in the IPF. I'm lucky I can train with them when I want to. I had a conversation with Donovan about training and recovery with my wife, Sam. Listening to Donovan talk to Sam about programming and recovery was interesting because he was talking to her about things that were basic training methodology to him, but with a kind of common sense I've never heard the topic approached with. I don't believe the conversation would have been the same had it just been myself talking to him about this. This is my interpretation and recollection of the conversation.

The Thompson's program their training so that they repeat a workout/muscle group/etc. only when they are recovered from the last time they did it. How do they measure recovery? If they are able to hit their program's targets each week, they are recovering. Hitting their targets doesn't mean they get stronger each time they repeat a workout, they anticipate strength increases only at the end of the program which might run for 12+ weeks. So the goal is to get stronger after 12+ weeks, not after every workout. You won't get stronger unless you're recovering, and recovery is measured by hitting your targets!



Ok. This is where it gets super interesting: the Thompsons only repeat workouts as often as they need to reach their program targets. For the Thompson's and their team, they do their squat day every 8 days. They found this number from doing their squat routines for years. So they might have started out years ago doing squats every 3rd day and got tired of it. Then they would push it back to every 4th day. They'd get the same results, so their new set point was squatting every 4th day. Then they'd push it back to every 5th day after some time, and again, the same result. They kept pushing it back until they landed at the 8 day interval they're at now. Now ask yourself, if you could do your squat workout once every 8th day instead of every 7th day and get the exact same anticipated result, wouldn't you do it?

Hell yeah! I would do that! That means fewer workouts over the course of 12 or whatever weeks if I'm on a program. Squatting every 8 days would mean 11 squat workouts instead of 12 squat workouts over the course of 12 weeks. That might not seem significant, but for a year that's 4 squat workouts, they don't have to do. If you knew how hard their squat workouts were, it would be more impressive of a savings. Let's just say this, their squat workouts are the kind that gives you DOMS (Delayed Onset Muscle Soreness) for a whole week after you do them. So that accumulates to a month total time of debilitating leg soreness erased from an annual calendar, while still getting the same results!

Just imagine I cast a spell on you and you have insane leg DOMS for 30 days straight. You have to walk downstairs backward, have trouble sitting to take a crap on the toilet, and get stuck on the couch like a fly on flypaper. Every step, crouch, and bend hurts and resists. How good would your month be if I didn't cast that spell on you? Quality of life, people! QUALITY OF LIFE! And all of this translates to being better able to do good things that have nothing to do with squatting more weight, like building things and making friends.

If you're trying to make progress doing something? What minimum frequency of doing it could you get away with? Would it have to be every day for a year straight? What do you think?

THE BEST CARDIO WORKOUT EVER? (DAY 322) – OCTOBER 26TH 2018

Yesterday we met Tom to help him move his stuff from his old apartment to his new apartment. I felt pretty good for the day and had a lot of energy. There were a lot of stairs and boxes involved, as well as bumper weight plates. Throughout 7 hours we moved things for a good 3 of those 7. My forearms, biceps and upper back got as pumped carrying stuff as they do when I train my grip or forearms directly or do strongman work! My cardio was taxed as well running up and down stairs with and without stuff probably a total of 100 times. The whole thing felt just like a workout and by the end of it, I felt accomplished. Did I train today? Does it count? Because that's what I did today.

I've dragged myself through a lot of workouts that were just a horrible mess. Workouts that took everything I had to get into, and never could get into. I'd go through the motions or beat myself up over not being able to exercise with some vigor or skill. I've probably had at least 1000 of these type of workouts that were on the further end of bad over my lifetime.

Sometimes I'd come out of these workouts feeling better, even if I felt like crap going through them. Other times I'd just quit halfway and leave knowing at least I tried. And then sometimes, I'd just change the workout and do something else.

But it gets even more complicated! Some workouts I'd go into feeling amazing but then would perform terribly. Some say those are the worst, but I disagree: if you feel amazing and have a terrible workout you can probably come out of it still feeling amazing haha!

It took experience to teach me there isn't a flowchart diagram I can create and share with anyone for when to do what. There is never a clear set of instructions to follow to determine how to pivot when energy levels and performance are sour during training. The decision-making process will be based on hundreds of personal factors you can't really communicate when you become experienced.



What training every day has taught me, more than ever, is that every workout doesn't count. What I mean by count is that it stimulates change in your favor or desire, not every workout does that. The tricky thing is, it's tough to determine which workouts actually count and which ones do not.

Yeah, I've had 1000+ bad workouts, but a lot of those workouts were the ones that ended up counting. I also have good workouts, and many of those end up as dead ends that count for nothing except fun. Oh wait: does a workout count if it's merely fun and brings some joy to your morning or weekend? Do workouts count if they're just fun?

Ok, let's be serious again. We're talking about which workouts actually work. We want to make gains and impress people and be better! For that, it's kind of hard to know what's counting or not towards that end. And to separate the workouts that work from the recovery needed to actualize any sort of progress out of those workouts seems to jeopardize the worth of a workout. You can have a perfect workout and fail recovery, and it's all for naught. Or wait: what if it was still fun? Haha!

And what counts now, this week, for this year's goal, might not count at all for your future self. I used to train bboy flares, which is that move where you're on the ground and spin your legs around your hands in a circle. I got nowhere with them but put in maybe 30 hours of training total on them within a few weeks. Did any of that count for anything? I wasn't having fun; I don't think? Maybe sometimes. I don't remember. Does a workout count if you don't remember it?

I've had more workouts this year than any year of my life, and I'm not sure how to know whether to count them anymore. Or wait, I just literally count them. 330 days = 330 workouts. But wait, I did train more than once on a few days. I'm too lazy to go back and count any of that.

I'm already excited about what I'm going to do when I'm done with Train365. One of the things I'm going to do is put more effort into planning and anticipating workouts.

If you only get to train once per week, on Saturday, with your friends, and you are working on new stuff that excites you (maybe Strongman training or Parkour?), then you are going to go into the workout with some anticipation and preparation. It's exciting when you've saved up all you got for it, it's like a celebration!

Don't scoff at the "once per week" thing. I've had friends who practiced acrobatic tricking who would show up to the gymnastics gym once per week on Saturdays and progress for a year straight doing that one workout per week and nothing else. They just flipped and stuff for 3 hours straight. I've watched both novice and experienced tricksters do this! The key was that they were hungry for it all week! They were thinking about what they were going to do or try, what they wanted to film, who they were going to get to train with. They were planning and anticipating that one workout. I think, more than anything, these workouts definitively counted in every respect.

When training every day, there is no time to plan or anticipate a workout because it's every day. I think training every day has become the perfect way of turning a love for training into hate. It's killed my excitement.

The main reason I started Train365 was that I wanted a goal that excited me. Increasing poundages on my lifts had failed to excite me. So Train365 was as creative as I could get I suppose, and now I've suffered almost a whole damn year for it. Bummer.

Increasing poundages and keeping a training streak are all putting things the wrong way around though. I should've learned this by now seeing as I had them the right way at least once in my life. Almost 10 years ago I had a training goal that was the following:

"HAVE A GOOD TIME TRAINING, EVERY TIME I TRAIN FOR 3 MONTHS STRAIGHT"

I'm not exaggerating when I tell you that this was one of the best periods of training in my entire life. I also made the most "improvements" in my skills and strength for what I did during this period. The goal was based around keeping a good attitude and making it a good experience every time I trained. I approached this goal by working HARD at preparing for the training. This meant I would plan everything ahead of time including who, what, when, where, and why. I'd find new things to try. I'd make new music playlists. I'd save up all my caffeine consumption for my workouts. I heavily anticipated every workout and succeeded in my goal after 3 months. It was one of the most memorable summers of my life because my training was not just effective and enjoyable, but it also carried over to my overall well being throughout my days as well. Training with this goal was making me a better human being.

That goal is one of the best ones to try out if you're looking for something new to try. The last detail about the whole experience was that I was singularly focused on improving my acrobatics skills during that time, so that's all I trained. I trained it 3 days a week and did nothing but rest the days in between. That meant I had the other 4 days to recover from these workouts, and that recovery mattered because the 3 workouts were physically demanding, and I could really make those 3 workouts count with all that rest and recovery I had between them.

The experience of training every day is one of disintegration of sensibility: you lose the emotional connection to what you're doing. The highs and lows will blur together, and training apathy will present itself in a new, disappointing way. The dichotomy of training vs. not-training disappears as you realize that you're unable to assign a value to any particular rep, set, or workout. You don't know what counts, and even if you try qualifying by assigning arbitrary quantify-able minimums to your efforts (at least 30 minutes per day at 50% exertion) then that's not training, that's just exerting. If the word training means preparing, why would at least 30 minutes per day at 50% exertion even make sense if what you're doing during that training time is making you worse or not working?

Your training session might not even be a training session to your peer: you merely did 3 sets of 10 with an empty barbell on squats, how does that count? But what if it does the job you needed it to as active rest, is it training? Or what if you just had a hip replacement, isn't 3 sets of 10 on squats with just the bar a massive milestone for someone who recently had their hip replaced? Is it training?

Is it just the effort exerted that counts? Exercise 365? How do we measure effort? I did a workout where I rowed for 25 minutes without looking at the rowing machine's screen. I didn't break a sweat. I don't even know how far or fast I went. I just stared outside my garage door at the trees and at my cat in the driveway while I rowed. The only reason I know the amount of time I rowed was because I noticed the time when I went out compared to the time I came back, and my brain automatically did the calculation for how long I rowed. Did this count as training? What if I repeated it exactly as is in the evening? Does the combination of the two "add up?"

Is an element of specificity needed to qualify training? I'm training to better my bench press, so I bench pressed the bar once. Hey! I trained! But did it do anything? Actually, I'm training to bench press in a bench shirt for an equipped powerlifting competition, does having someone show me how to put the bench shirt on count as training? I'm being trained to put on equipment! OH! We mean physical training. Right. Right? Putting on a bench press shirt is actually pretty tiring. You know how much arm wiggling is required to put it on? Let's get a tricep pump by putting on our bench shirt and taking it off for 3 sets to failure. That'll help with the lockout on the bench press! And it's specific and of a certain quantity related to my training goal!

Does training only work in the context of a goal? Again, the definition of the word “training” just means “preparing.” How did my 25 minutes on the rower count if my goal is to train every day, but the definition of training is preparing? So I was preparing to train every day (since training every day was my goal) when I already am training every day? Or maybe I was preparing for a better day? Good golly, aren't you tired of this? Imagine how I feel after wrestling with it in my head for a year! I feel awful!

I got on the rowing machine because I felt awful. I just wanted to feel better. I spent hours in the morning trying to will myself to get stuff going on, but I couldn't! I used exercise to give me some momentum in getting my ass up and going. I was laying around because I was tired, perhaps from training everyday. Perhaps not? But it took an effort to get myself up and out to the garage to get on the rower to do this. Does the effort count for anything? Is it the effort that makes training what it is? I thought we talked about this one already?

Days before this morning where I woke up feeling awful, I did brutal deadlift drop sets with the help of Tom and Beau. Does the effort count for anything if I don't feel connected with it or get anything out of it? I did more than I thought I needed, I was wasteful. Is it still training even though it's not preparing me, but rather, hindering me?

Intention! It's intention right? If it's intention that gives training its meaning and soul, then why do we lock away the intent to improve through mindful and present practice, inside a training program of reps and sets that we end up just “going through?” Pretty soon things just become habit, and we end up “working out” through the motions, instead of training. But, what if the workouts are very hard? What if you're invited to work out with a friend, and the effort ends up being a solution for your training goal that not even your default training routines are providing? Your friend's workout wiped the floor with you, and you felt muscle groups work in ways you never thought possible! You learned a lot of cool stuff! Did that “workout” count as training, even if the intent was peripheral to actual preparation or improvement and wasn't specific to your goal?

How about getting carry over from your job? My friend transports kegs of beer from trucks, and his grip strength is excellent as a result. He's not even trying to improve his grip. Is this grip training? Does accidental training count as training?

For a whole year, I had recurring doubts about there being any necessity of meaning in "training." What is it? How do we count it? When does it count and why? Does it ever stop counting if you've lost count? The hard-ass in me would sometimes try to kill all of this soft speak mental gymnastics crap: "FUCK! YOU KNOW WHEN IT'S TRAINING! YOU JUST GET UP AND TRAIN, AND YOU KNOW IT WHEN IT HAPPENS! STOP PLAYING WITH SEMANTICS YOU WHINY BITCH AND GET OUT THERE IN THE GARAGE AND DO SOME DEEEEEAAAAADLIFTTTTTSSSS!!!!!"

Yeah, done it. I've been doing deadlifts since 2003, I've done the whole deadlift workout thing like at least a thousand times. And I'm still not an elite deadlifter. But I can tell you that sometimes deadlifting is even a cop-out for people. If I wanted to actually improve my deadlifting, I've gotten to the point where training to do that wouldn't mean more deadlifts, it would mean bigger legs. There are a lot of deadlifters out there who do nothing but deadlift and suck at it. Why do they do it then? Because it's comfortable. Deadlifting really isn't that uncomfortable when you're used to it. But I don't want bigger legs at this point... So why did I recently do a John Meadows leg workout that is meant for growing legs? It was so hard I couldn't walk correctly for 9 days. I did it because it seemed fun. Was that training if it wasn't for anything in particular I was training for?

Does training count only if you feel like you've trained? That's sort of why deadlifts are popular in the first place: it takes almost no time doing them before you've "felt" like you've trained. Very few things you can do make you feel like you've trained like a good deadlift session. But what if your deadlift needs technique work, and you spend an hour with no weight on the bar adjusting your walk up, stance, setup, and pull progressions? After an hour of messing around with an empty bar, you don't feel like you've trained. Was that training?

Can we all get real for a moment? We're not training like we think, we're usually just doing stuff kinda related to what we like. Sometimes we're specific, and it seems clear, but often we only get lucky with our results, and it wasn't from anything we did, in particular, to get us there. We thought our training worked, but a lot of what you got out of the whole training experience was due to our effort, not our calculations.

But when you got what you wanted out of it, was it what you expected? We're usually thrilled when we PR, but did it really do what we wanted it to do? Every time? Every PR? Year after year? Come on! Haven't you ever trained so hard for something only to be a little disappointed when you got it? Standard advice is to "focus on the process, not the destination." It's really both you should focus on, maybe not always at the same time, but overall: both in the long run. Are you actually training for what you want and are you enjoying the process? Will it last? Does that matter to you? Will you even get to use what you trained for? Or will it just be something you did and then was like "huh, what's next?"

Think about what you did this week? Was it training? Did it matter? Will it matter? Does it matter?

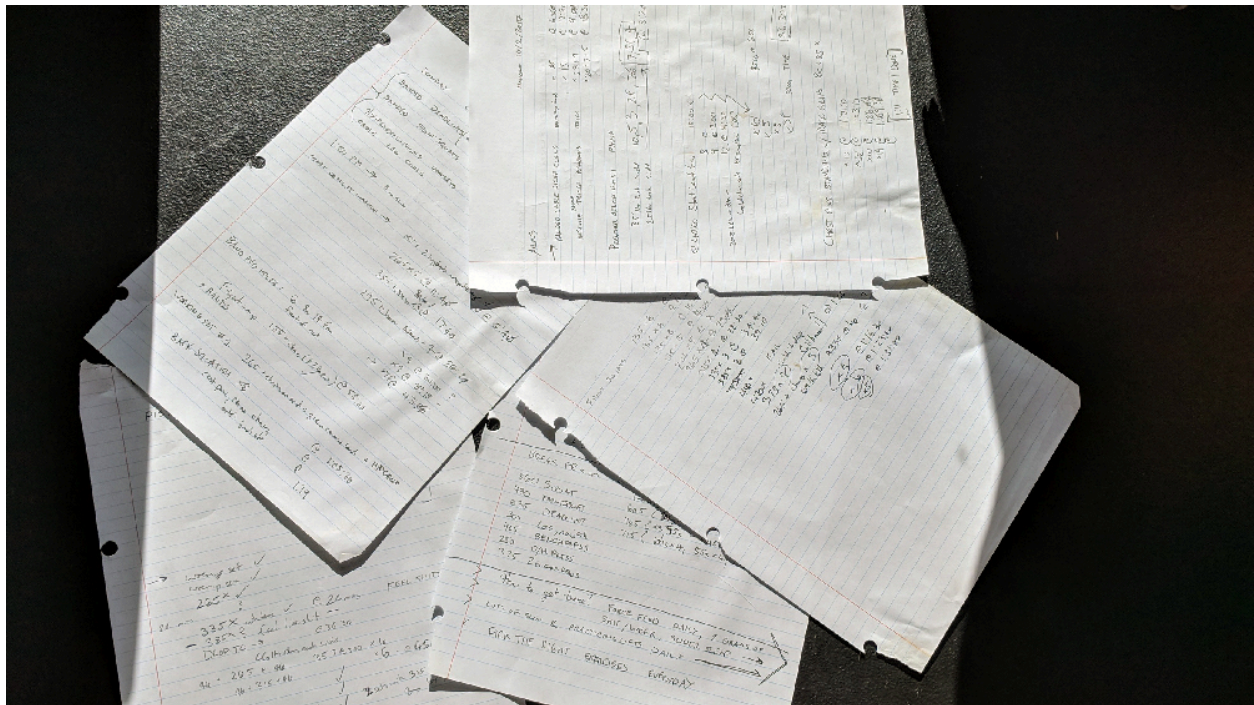
After a year of “training” every day, where I just did stuff and lost track of it all in a lengthy string of days, I can honestly say finishing this is not what I would want for anyone. There is more to life than training, and I’m not sure if what I did was actually train every day. But I’m done trying to figure out what counts and what doesn’t count and what training is and isn’t. Now, more than ever, I don’t care about any of it. Not anymore, I’m so over it. Train365 is over, and I’m done writing this. Sam is outside front squatting and doing Viking press in the garage gym while I’m up here typing bizarre rhetorical questions about the lack of value in the word “training.” I’m going to go join her and do some front squats for fun. I’m not going to count the reps, sets, or weight and I’m not going to allow expectations of strength spoil the fun I can have. I’m not going to keep tabs on the amount of time I’m out there or the accumulation of my perceived exertion. I just feel like front squatting and spending time with her. It’ll most certainly be good for my health and well being. I’ll make it count, in some personal way.

APPENDIX 1: 30 INTERESTING TRAINING LOGS

I quit logging my workouts halfway through Train365 because it was too inconvenient to log them understandably in extenuating training circumstances. Just imagine you're doing a back workout with Larry Wheels and others, while you're swapping two cameras back and forth between you and your friend, while also trying to keep a live stream audience entertained on a third device. Are you going to be able to write things down on paper during the workout? Reps, sets, rest periods and other details? This is my job, I collaborate with other fitness professionals and create content, so it happens every week.

It got to the point where I felt burdened daily by the thought that I had to "catch up" on my training logs when I'd miss a few days (or weeks). So I quit logging my workouts and transitioned to making the reflection journals the highlight of this project. This is why there isn't a complete collection of training logs, which was the original purpose of the book.

Now, aside from the first week of training logs which were already covered, I still have handpicked 30 more interesting training logs during the time I was logging my training. There is a nice enough mix of lessons and stuff in them to entertain or teach you something. Enjoy this selection!



DEADLY DROPSET DEADLIFTS (DAY 10) – MONDAY, DECEMBER 18TH, 2017

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Deadly dropset deadlifts!

Other activities to accomplish today: Guests are arriving. We have to film for all the platforms today: YouTube, Instagram, and Twitch! What is going to work on all 3 platforms? DEADLY DROPSET DEADLIFTS!!!!

Headspace and feeling going into the workout:

I slept in, looked at my phone too much before getting out of bed, and took a hot shower in the morning instead of a cold shower. That's -3 points for being great. BUT! I had an idea in the shower for today's workout, I haven't done it in a year, and it would fit in perfectly and give direction to our filming goals today. DEADLY DROPSET DEADLIFTS! The moment I thought of it I started getting my body ready: EXTRA big breakfast, sitting on my ass, and relaxing in preparation. I'm getting butterflies in my stomach thinking about it! This is going to be brutal but right.

Workout:

Start time 2:00 pm

Deadlifts, conventional with straps:

155 lbs (70 kgs) x 10, x 10

245 lbs (111 kgs) x 10, x 10

355 lbs (161 kgs) x 5

445 lbs (202 kgs) x3

495 lbs (224 kgs) x3

Deadlift deficit dropset! (touch and go, with straps, with the help of 2 friends to strip plates)

535 lbs (243 kgs) x6

445 lbs (202 kgs) x6

355 lbs (161 kgs) x8

245 lbs (111 kgs) x5

155 lbs (70 kgs) x2

Glute Ham bench raises x3, x5, x5, x4, x4, x5

More work @ 7:00 pm (quad myofascial massage for 30 minutes)

A couple pieces of this workout were filmed in a YouTube vlog here:

<https://youtu.be/zaxof6HhfrE?t=107>

An Instagram excerpt was posted here:

<https://www.instagram.com/p/Bc5SD7vFqJz/>

Stuff to say and reflections:

Did touch and go deadlifts because there would be less rest and more time under tension during the sets.

I set up the glute ham bench by setting the foot plate close to the pad you rest your body on so more of your body is hanging off the bench. This makes it harder. This is why I can only do 2-5 reps typically on glute ham bench raises (I do them the right way!)

I did the touch and go deadlifts for fun, but the glute ham bench raises are a mainstay in my training. Glute ham benches make athletes elite. Therefore it was one of the first things I bought for the garage gym.



What I think I should do next:

I'm sore. I'm not recovering very well from my workouts even though I'm doing all the things right that matter. I'm eating really, really well. I'm sleeping 8-10 hours a night and feel refreshed and alert throughout the day. I've even backed off on manual labor around the house. I've kept up these recovery efforts for a good week now, and I'm still sore everywhere on my body but my triceps and abs. I'm NOT doing a triceps and abs workout lol, so I think all I can do is wait for adaptation to happen. I'm really trying my best, and if we're honest, most of the time there is always something more we think we can do to be better, but I don't think that's the case here, I really am trying my best to recover, and I'm still sore AF.

One-liner of the day:

If you have access to a Glute Ham bench, use it. If you have room for a Glute Ham Bench, get one.

THE DEADLIFT GRIP (DAY 12) – WEDNESDAY, DECEMBER 20TH, 2017

Place: Gym Fort (my garage gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Work out!

Other activities to accomplish today: E-mails, administrative work, shipping some personal items, build a stand for the garage for the T.V. for Twitch.

Headspace and feeling going into the workout:

Dead on my feet. After the computer work in the morning and building the stand, and then setting up for our live streaming workout on Twitch (which takes a long time), it got to 2 pm, and I'm pretty tired and uninspired.

Workout:

Start time 3:00 pm

Axle bar deadlifts with double overhand grip (grip exercise)

122 lbs (55 kgs) x 10 @ 3:03 pm

122 lbs (55 kgs) x 10 @ 3:22 pm

172 lbs (78 kgs) x 5 @ 3:09 pm

232 lbs (105 kgs) x 3 @ 3:12 pm

282 lbs (128 kgs) x 3 @ 3:16 pm

302 lbs (137 kgs) x 3 @ 3:19 pm

302 lbs (137 kgs) x 3 @ 3:22 pm

302 lbs (137 kgs) x 3 @ 3:25 pm

302 lbs (137 kgs) x 3 @ 3:30 pm

302 lbs (137 kgs) x 3 @ 3:35 pm

302 lbs (137 kgs) x 3 @ 3:40 pm

302 lbs (137 kgs) x 3 @ 3:44 pm

302 lbs (137 kgs) x 3 @ 3:50 pm

Stuff to say and reflections:

I'm sore. My hamstrings have never been sore in the way they are now. It's multiple days of different workouts that hit the hamstrings all in different ways. My quads and knees are also sore. My lower back and butt are sore. My arms are sore. My chest isn't sore, but I'm saving that for a big workout on Saturday. In short, I'm taxed.

I feel like I could have done way more today, or should have, but I just didn't feel it would've worked out. I am happy with my axle deadlifts.

One-liner of the day:

If you want to still train a movement through fatigue or for safety, find a variation that caps the total load.

STRETCH NO MATTER WHAT (DAY 14) – FRIDAY, DECEMBER 22ND, 2017

Place: Gym Fort

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Stretch

Other activities to accomplish today: Today is the first day off from work for me since Friday, Dec 9th. I just want to do things I want to do since I haven't had the opportunity.

Headspace and feeling going into the workout:

I worked on my feet so far today all day long. I got up at 3:30 am, went into the garage and began building, moving, changing things. I kept at it until about 5:00 pm when I decided to start working out. Already pretty damn tired, but my goal is to just stretch for at least 1 hour.

Workout:

5:05 pm - 6:45 pm (1 hour and 40 minutes) of lower body stretching that included the warrior lunge stretch, pigeon stretch, single leg side split stretch on the floor, quad stretch on the floor, and a front split stretch.

Stuff to say and reflections:

This workout was surprising for me for many reasons. I really didn't want to train. I just wanted to do other things, but I had to keep my streak up. I decided an hour of passive lower body static stretches would count. I just looked at my phone and listened to music while I stretched. An hour passed and it felt so good I just kept going until 1 hour and 40 minutes passed.

The thing was, this stretching was highly effective, I felt a familiar feeling of flexibility building. When I was 15, this is how I got my splits: "watching anime on T.V. every night while doing passive stretches for 2 hours." I got my splits in a few months. This workout was pretty much exactly the same thing I used to do except instead of watching anime on T.V. I was just scrolling my feed on Instagram while listening to music. So what I thought was a crappy effort at fitting in a workout at the end of the day to keep my streak up turned out to be a very effective feeling and nostalgic workout. I've always regarded passive stretching as an essential element of great flexibility, I wrote about it in my book www.legendaryflexibility.com, but I forgot how easy it would be to do this at the end of a day with a friend while chit-chatting or after other workouts. Fitting in this type of flexibility work is easy.

One-liner of the day:

Passive static stretching is effective whether you're on your phone or not. No excuses, you can fit it in and have a social life.

HARDEST BENCH PRESS WORKOUT (DAY 15) – SATURDAY, DECEMBER 23RD, 2018

Place: Thompson's gym (Jen Thompson's home gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Bench press

Other activities to accomplish today: Nothing really, just get ready to VLOG the workout with Jenn.

Headspace and feeling going into the workout:

Feeling good. My body is still sore as crap all over, especially my legs and lower back, but my chest and arms and shoulders are ready for this workout!

Workout:

4:10 pm -7:00 pm

Flat barbell bench press

4 progressive warm-up sets

320 lbs (145 kgs) x 6

320 lbs (145 kgs) 6

320 lbs (145 kgs) 13 (AMRAP)

320 lbs (145 kgs) 0 (Modified grip by widening it substantially)

Incline barbell bench press (45-degree incline)

225 lbs (102 kgs) x 10

225 lbs (102 kgs) x 10

Decline barbell bench press (15-20 degree decline?)

275 lbs (125 kgs) x 10

275 lbs (125 kgs) x 10

Board balance pushups

X25

X43 (AMRAP)

Stuff to say and reflections:

This was a new experience! Thompson's gym seems to be about 450 square feet (half the size of my gym) with a low ceiling. It is packed full of equipment, and there were 8 of us bench pressing. The experience of working out here was similar to training in a "tricking circle" where you have 1 plyo floor with dozens of people around it waiting their turn, except instead of just jumping out and doing a flip trick thing, it was a set of bench. Needless to say to follow the workout you could only get a few warm-up sets in before your working sets and you had a lot of time (8 minutes at least) between sets.

With this type of setup, I really, really had to make each of my warmups sets count because I couldn't get very many with so many other people. It was a significant mental shift.

"What if you could only do 4 warm-up sets tops and other people are waiting for their turn?"

Imagine what that would be like!

Also, Jen's workout is 3 bench variations with 3 sets each of 6 reps. I went up to 10 reps+ later in the workout, but her training program had her decrease the reps each week... So she was doing 6 reps per set of these bench variations whereas the week before it was 8 reps, the week before that it was 10, the week before that it was 12 rep sets, etc. Think for a second what this means. It means she's been doing this bench press workout every week with an average of 80 heavy reps or so per workout, going as close to failure every set. That's a ton of volume on any lift! Interesting!



What I think I should do next:

Not bench press for a smidge! Haha! It was so much benching for me, and the widened grip modification, my left pec is feeling tight. I gotta be careful.

One-liner of the day:

If you could only warm-up for a compound exercise like squat/deadlift/bench with that exercise itself for 4 warm-up sets maximum, how would you do those 4 sets?

NO WILL POWER BUT STILL (DAY 16) – SUNDAY, DECEMBER 24TH, 2018

Place: Gym Fort

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Back with primarily isolation based movements.

Other activities to accomplish today: Lots of unrelated tasks. Get ready for the trip tomorrow to hometown for Christmas.

Headspace and feeling going into the workout:

Willpower is the lowest it's been in a long time. I went to bed at 10 pm to get up at 10:30 am. I slept 12 hours, and laid in bed 30 minutes. All morning I've been trying to get up but I feel like gravity is twice as strong today. Nothing feels good and nothing seems good. Took me hours to will myself out to the garage for a workout.

Workout:

Supine unilateral ring rows with heels on the ground

1:55 pm - 14 reps total (7 each side)

1:58 pm - 13 reps total

2:04 pm - 11 reps total

(my feet are less than shoulder width apart on these, makes them harder for me)

Bilateral ring rows

2:07 pm - 19 reps

2:12 pm - 16 reps

2:16 pm - 13 reps

Rear delt strap flys

2:19 pm - 10 reps

2:23 pm - 10 reps

2:27 pm - 9 reps

Landmine bent over rows with LPG muscle freestyle t-bar handle

2:29 pm - 170 lbs (77 kgs) x 12 reps

2:33 pm - 170 lbs (77 kgs) x 13 reps (form is deteriorating heavily, don't think I'm getting what I need out of the exercise)

Straight arm lat exercise where you keep the arms straight and pull down

2:37 pm - 130 lbs (59 kgs) stack x 17 reps

2:41 pm - 130 lbs (59 kgs) stack x 16 reps

2:45 pm - 130 lbs (59 kgs) stack x 16 reps

Rear delt strap flies (again)

2:47 pm - 8 reps

2:50 pm - 9 reps

Stuff to say and reflections:

I stopped my workout short to support Sam during her deadlift PR attempt. She maxed out at 335 lbs (152 kgs) conventional.

I came into this workout feeling terrible. Even my legs were sore from bench press. My lower back especially was a wreck. I decided to start with something that was easy to get into a good mental state. Ring rows aren't too much of an anguishing exercise, so I just jumped into those and kept going with shorter rest periods.

At the moment I am NOT recovering well between training days. I'm depressed actually. I'm not sure if it's seasonal (this time of year, everywhere, always affects me negatively). I don't think it's a caloric deficiency, I'm eating enough on average to support my energy levels. I'm getting annoyed with the increased amount of sleep I need. Not only am I working out on average 3-4 hours more per week now, but I'm also sleeping 7-12 hours more per week. That means I'm losing an additional 10-16 hours per week than usual. It's depressing because it's hard for me to catch up on my work, and I'm feeling overwhelmed and out of energy. Even the hours I have available still are negatively affected because I'm just simply TIRED. My body has been sore for 16 days straight. I have been sore EVERY.SINGLE.DAY since I started this, and not mild soreness, but debilitating soreness that affects my ability to function for normal stuff during the day. Even getting out of bed has been harder, and so I lay in bed longer because my lower back hurts like crazy in the morning.

One-liner of the day:

What was once hard, now easy. Lately, I'm making my job lately turning hard things into easy. Sometimes that's a hard job. Sometimes it's an easy job.

MY ORGANS ARE ON FIRE (DAY 17) – MONDAY, DECEMBER 25TH, 2018

Place: Track near the house I grew up in.

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): Train on Christmas day out of town.

Other activities to accomplish today: Get up early, catch a flight to Huntsville, Alabama. Have Christmas with my family, and run!

Headspace and feeling going into the workout:

If you have a family Christmas tradition, you'll understand the "cabin fever" that comes with sitting around the house watching children open gifts. I was in good spirits this year but did look forward to getting out of the stuffy house and trying to run some laps with my dad around the nearby track.

Workout:

Pretty simple. We jogged 4 laps with rest in between to warm up. I ran a 440 meter as fast as I could on the 5th lap in 72 seconds. Then finished by jogging another lap shortly after that timed run.



This video was filmed for YouTube during a VLOG:

<https://www.youtube.com/watch?v=iYrOBjEGRAU>

Stuff to say and reflections:

I did this workout with my dad. He's an ultra runner, so he's a superior athlete as a runner, even at 65 years old. He was just there to support me. I just wanted to put in a good effort to count a workout. After enough warm-up runs, I tried the 440 for time. I got 72 seconds which is pretty good for being 240 lbs and never running and doing it in freezing weather and wearing his shoes which didn't fit me. I think I could have gotten 66 seconds if I had taken pre-workout stuff, warmed up better, it was warmer, and I had good shoes. I just borrowed my dad's shoes for this.

After the sprint my lungs were toast, and my quads were cramping. The 440-meter dash for time, in my opinion, has always been one of the most painful exertions physically. It's the only thing that actually makes my organs hurt. 20 rep squats are more painful and will wipe you out long afterward, but a 440-meter dash during the 1 minute you're running will set your organs on fire in a way nothing else will. When I was 24, I used to do them often, and it was easily the leanest I have ever been in my life. Perhaps that burning is deep fat stores getting set aflame?

What I think I should do next:

I think sprinting workouts and anything dynamic and explosive like this is what keep some lifters healthy and injury free. The flips and swift movements with tricking have always, for me, been the most dangerous and common cause of injury and hurt in my training. But because I could and would do it, it made me seemingly impervious to lifting injuries. Sprinting falls in a similar category as tricking. The movement is very linear, but it's still fast and primal. If I can't find the will to practice my tricking movements this winter, I should incorporate more fast movement training (like sprinting).

One-liner of the day:

If you've forgotten about sprinting for time, then you just read a reminder that it is something.

WTF WHY WORKOUT STILL? (DAY 30) – SUNDAY, JANUARY 7TH, 2018

Place: Hotel gym at the Biltmore Hotel, LA (Morgue gym)

Seasonal training goal: Train 30 days in a row.

Today's training goal(s): 30 minutes of something that requires any effort.

What's going on today and how do I feel: Today is one of those days that would break an everyday training streak. I have the 2nd day at a FitExpo today. FitExpos are some of the most exhausting days you could imagine. I'm literally on my feet all day long taking pictures, doing splits, backflips, picking people up and yelling and hugging people over the noise. It's non-stop energy and yelling. Then, after the expo, we binged at a Korean BBQ. We got back to the hotel room at 10 pm, sat around, and then made our way down to the basement hotel gym. We swam, sat in the hot tub, then started training at approximately 11:00 pm (which is 2:00 am for my biological clock since we're across time zones).

Workout

Smith machine incline press pyramid!

135 lbs (61 kgs) x 10
205 lbs (93 kgs) x 10
255 lbs (116 kgs) x 10
275 lbs (125 kgs) x 10
285 lbs (129 kgs) x 8
290 lbs (132 kgs) x 7
293 lbs (133 kgs) x 5

Drop set

293 lbs (133 kgs) x 4
290 lbs (132 kgs) x 3
285 lbs (129 kgs) x 2
275 lbs (125 kgs) x 2
255 lbs (116 kgs) x 2
205 lbs (93 kgs) x 8
135 lbs (61 kgs) x 10

Random pressure machines done until failure (Keiser Air250 machines)

Workout logic:

Really exhausted from the FitExpo and socializing, but thanks to Antoine Vaillant who came up with the idea to do a giant pyramid with the Smith Machine (and with him spotting me and doing force reps) I got something I would count as a workout in! Got a huge shoulder pump during this workout!



Stuff to say and reflections:

I really don't know if this workout progressed me further physically. I just felt like falling asleep the whole time. All of us did. After a crazy, long day at the FitExpo and with traveling and everything it's just absurd even to bother working out when I really should just be taking a shower and getting to bed. I really wanted to just go to bed, but I had to do this. After we finished, I just ate a bunch of almonds, cottage cheese and went to sleep. Again, this workout was pretty useless regarding physically getting stronger, but in terms of resolve towards reaching a goal and getting the work in no matter what, this was crunch time. This was easily the most inconvenient day for fitting in a training session so far. I wouldn't say it was the most difficult to "will" myself to do though, thanks to friends who supported me and went through it with me.

One-liner of the day:

If your goal is to train every day, get friends to help you along the way.

BREATHING = STRONG TRAINING? (DAY 51) – SUNDAY, JANUARY 28TH, 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): Multi-muscle group workout

Workout:

@1:25 pm workout start

Standing o/h military press

(warmup sets) 135 lbs (61 kgs) x7, x7, x7, 185 lbs (84 kgs) x3, 205 lbs (93 kgs) x3
(working sets (begin use of cuffs, wrist wraps, lifting belt, chalk, ammonia, playlist change, liniment in my elbows, volume turn up))

180 lbs (82 kgs) x10 @1:51 pm time

180 lbs (82 kgs) @1:57 pm time

180 lbs (82 kgs) @2:04 pm time (YES!!!!)

Lat pulldown with free handles

200 lbs (91 kgs) x10 (slow and controlled) @2:09 time

200 lbs (91 kgs) x11 (slow and controlled) @2:14 time

200 lbs (91 kgs) x13 (slow and controlled) @2:20 time

Deadlifts (with straps)

245 lbs (111 kgs) x10

315 lbs (143 kgs) x10

445 lbs (202 kgs) x10 (screaming)

Finished workout @2:38 pm

DAY LOG & HOW I FELT:

This might've been the best I've felt in a while. My morning weight has been creeping back up to 240 lbs (109 kgs) as well, which is good. I've been eating more, but I didn't feel it helping me until yesterday. My interest in my training is increasing as well. Today was my day off from work, so I spent it just eating, running some errands and prioritized the workout.

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

The 3 sets military press at 180 lbs (82 kgs) for 10+ reps is probably a PR for me. Even just a few days ago I did this only for sets of 8. Granted I was tired then, I can remember when I was in my 20s I was doing 155 lbs (70 kgs) for 10+ rep sets and found it hard. An extra 25 lbs (11 kgs) on the military press is a huge difference.

I tried something on the last set of every exercise this workout where I forced 15-30 breaths before lifting. I'd get a little light-headed, wait for that to pass, then start the lift. I felt like I wasn't getting tired as quick. This is a Wim Hoff trick. I'm surprised more lifters don't do it? Seems to work really well for AMRAP work. It reduces the pain of exertion tremendously.

Also, I put deadlifts at the end of the workout because I felt like I could do more work and wanted to feel more in the back. Unfortunately, it was a bad idea. The last set of deadlift I felt almost all in my lower back. It hurt the rest of the day. I didn't "hurt" myself, but for me, the deadlift is an exercise that is best felt everywhere except the lower back... Should feel it in glutes, hams, upper back, traps, and grip. Nope, just in my lower back. That set was a waste of my time probably.

ONE-LINER OF THE DAY:

Try breathing in as deep as you can, as fast as you can over and over until you get a little light headed... Wait a moment, then do a set you want to rep high on... See what happens!

BENCH PRESS PR (DAY 57) – SATURDAY, FEBRUARY 3RD, 2018

Place: Gym Fort (my garage gym)

Seasonal training goal: n/a

Today's training goal(s): Try to PR on bench

Workout:

@12:25 pm start time

Bench press

Bar x 20

Bar x 20

135 lbs (61 kgs) x10

135 lbs (61 kgs) x10

155 lbs (70 kgs) x10

205 lbs (93 kgs) x6

245 lbs (111 kgs) x7

295 lbs (134 kgs) x5

330 lbs (150 kgs) x5 @1:03 pm

365 lbs (165 kgs) x1

385 lbs (175 kgs) x1

410 lbs (186 kgs) x1 PR @1:19 pm

420 lbs (190 kgs) x1 PR @1:26 pm

Standing barbell shoulder press

Bar x10

Bar x10

135 lbs (61 kgs) x8

155 lbs (70 kgs) x6

205 lbs (93 kgs) x3 @ 1:47 pm

225 lbs (102 kgs) x2

245 lbs (111 kgs) x1 @ 2:10 pm

265 lbs (120 kgs) x0 (fail)

Finish @ 2:20 pm

This workout was featured in a YouTube video:

<https://www.YouTube.com/watch?v=NcSUcgmdpxE>

DAY LOG & HOW I FELT:

I woke up in the morning feeling full and rested. I realized I hadn't worked out my chest since the bench press workout 5 days ago. That reminded me that it might be a good day to try to max out on bench. Since Tom slept over during the night I didn't have to wait for him to come over in the afternoon, so we were able to start working out at 12:30 pm like I would typically want to work out. Also, since I learned some new bench press stuff from Jen Thompson, it's like the stars were aligned to PR on bench!



WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

I took my time warming up to the PR attempt. Some things that happened: I tried switching to my deadlifting shoes this morning because I thought the grip would be better, but right before my last warmup set, I switched to my OLY lifting shoes. I also got a few old, grippy puzzle mats and threw them underneath the bench so my feet had grip. I had a problem with my feet getting grip, so these two things solved that problem. Without grip, my feet would slide on the floor, and I'd lose my positioning and tightness in the lift. From now on, I'm going to use the OLY shoes and puzzle matting to get some grip on the floor.

Another thing I do is use a "grip" shirt that has little grips on the back of the shirt, so I don't slide on the bench. The bench press is one of those lifts that's best done if you're not slipping around!

Also, I use strong cuffs, wraps, and a belt when I bench. It's my most "equipped" lift.

Finally, I'm slowly widening my grip per Jen Thompson's recommendation. I have about 4 inches to go on each hand before I'm at my optimal width, but I'm slowly doing this because I don't want to risk a pec tear. The medium grip I've been using is VERY friendly from an injury standpoint... But not from a maximum weight or pec stimulation standpoint.

ONE-LINER OF THE DAY:

IF YOUR FEET KEEP SLIDING AROUND WHEN YOU BENCH PRESS, FIX YOUR SHOES OR FIX THE FLOOR. OR BOTH!!!!

CALVES BECAUSE TIRED (DAY 64) – SATURDAY, FEBRUARY 10TH, 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): Try some calf training

Workout:

@1:00 pm start time

Started with taking shoes off and using my hands to force my ankles, feet, and toes into different stretched positions. Then progressed to standing on a small ball to loosen up fascia on bottoms of feet.

@1:10 pm

Calf raises onto tips of toes 2 sets of 10

Calf raises (just standing, and standard) x50, x50, x40

Tibialis raises with short band stuck to the bottom of a squat box. One leg at a time:

X20, x18, x15 (BURNS!!!!)

@1:30 pm

Calves and shins are so pumped need a break. Spend some time manually stretching ankles again with hands, massaging feet, standing on the ball again, stretching toes, etc.

@1:40 pm

x20 calf raises onto toes

x20 calf raises onto toes

Ankle circles free and with a band

Voodoo floss rotations with ankles

More standing on balls

@1:50 finish time

DAY LOG & HOW I FELT:

I woke up late today, feeling like crap. Dehydrated, sluggish, dizzy. Feels like a hangover or something. I don't understand why I feel this way in the morning. It was cold, dark, and wet outside, so the weather wasn't doing me any favors either. The cats were in the living room on the couch all curled up and cute, so I hung out with them for a bit but that further delayed me getting going. I willed myself to get up, drink half a pot of coffee, take a cold shower, get dressed, but then I just fell back onto the couch again exhausted and whatever. Winter is my kryptonite. I would never live anywhere colder or darker than here, I don't get how some people manage.

(NOTE: SEE [MARCH 9TH, 2018 - MY BLOODWORK WAS SO BAD I COULD'VE DIED TO UNDERSTAND WHY I FELT SO BAD](#))

ANYWAY! I tried willing myself to do any type of workout I could, but the only thing that came to mind that made me feel happy was trying to invent a new calf/ankle/shin workout. So that's what I did for almost an hour.

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

Calf raises onto the tips of your toes is different from stopping short. They're a lot harder and more painful but perhaps more useful for sport. I'm considering adding in a workout like this 3 days per week to 1) add an easy inch or two of muscle to the one muscle group I never, ever train. It's low hanging fruit, noob gains I could get here. I don't believe small calf genetics have anything to do with this, my dad has bigger calves than me! (although he's spent a lifetime running ultra-marathons). 2) I want to start spring season ready to jump into tricking and not have to fear rolling an ankle. Ankles have always been a problem for me when tricking, but I've never trained calves or shins seriously and regularly to see if it helps. 3) I do wonder if training my calves will help my knee pain?

ONE-LINER OF THE DAY:

Try calf raises on your tiptoes if you've never tried them this way!

4 GUYS, 1 DEADLIFT BAR (DAY 68) – WEDNESDAY, FEBRUARY 14TH, 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): Long live stream workout with deadlifts

Workout:

@2:30 pm start time

Deadlifts with straps

Warm up with lightweight deadlifts and then...

@3:30 pm (yes, one hour of warming up)

425 lb (193 kg) deadlift with 69 lbs (31 kgs) of chains on a 4 inch (10 cm) deficit x5 reps

450 lb (204 kg) deadlift with 69 lbs (31 kgs) of chains on a 4 inch (10 cm) deficit x5 reps

375 lb (170 kg) deadlift with no chains on a 4 inch (10 cm) deficit x8 reps

375 lb (170 kg) deadlift with no chains on a 4 inch (10 cm) deficit x8 reps

375 lb (170 kg) deadlift with no chains and no deficit x10 reps (switched to double o/h grip)

Playing with Stones (just doing cleans) 205 lb (93 kg) stone used no tacky.

5:00 pm finish time

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

This workout was done with Tom, Beau, and a new friend, Brian. To make it easier to alternate between our sets, I stayed near everyone else's weight (so we didn't have to keep removing so many plates and doing the math) and just added chains and a deficit with a minimal plate change to make it harder. This is a great way to train with someone who isn't as strong as you when you're sharing a bar!

ONE-LINER OF THE DAY:

Adding and removing chains and a deficit box is more convenient than switching plates in and out!

STRENGTH OBSTACLE COURSE (DAY 70) – FRIDAY, FEBRUARY 16TH, 2018

Place: My driveway

Seasonal training goal: n/a

Today's training goal(s): Do an obstacle course

Workout:

Here is the obstacle course:

Loaded trap deadlift bar carry with sled drag and weight vest.

Drop the trap deadlift bar, pick up a 60 lb (27 kg) hammer and smash blocks.

Drop the hammer and the sled and do lateral jumps over a wire with burpees.

Take off the vest and do box jumps with backflips when hitting the ground.

The course took a while to set up and about 1 hour to warm up for. Practicing segments of the course is how I warmed up for the final video. Please see below the videos:

This workout was featured in a YouTube video

<https://www.YouTube.com/watch?v=d82lixTpXEM>

An excerpt from this workout was uploaded on Instagram

<https://www.instagram.com/p/BfTidDJh4AU/?taken-by=jujimufu>



DAY LOG & HOW I FELT:

SUPER!!!! The temperature rose a ton to 80° F (26° C), and I felt SUPER!!! Along with this idea to do the obstacle course and not being too sore except in my chest, I was super motivated to do the workout and make the video. I felt like I was about to compete in a tv show or something. I was so hyped!

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

I've been wanting to do an obstacle course set up like this, it's just been too cold, and I had guests and other things scheduled. Today was perfect for it, and it invigorated my workout motivation. I've been needing something fun and new. Getting outside and inventing a course and running it like a video game character was just what I needed!

ONE-LINER OF THE DAY:

Try designing a workout inspired by obstacle courses!

CARBS FOR AN ARM PUMP! (DAY 71) – SATURDAY, FEBRUARY 17TH, 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): Get an insane arm pump

Workout:

@5:00 pm start time

Cable bicep curl on preacher bench 150 lb (68 kg) stack setting for 5 sets of 10

Cable tricep pushdown 200 lb (91 kgs) stack setting for 5 sets of 10

Bicep death with preacher bench ez-curl bar 86 lbs (39 kgs) x12, x4, x4, x3, x3 drop to 66 lbs (30 kgs) and then x7, x5, x5 [All successive sets include 30 second timed rest. That is the definition of Bicep death.]

Unilateral supinated grip cable tricep extension (done kneeling)

60 lb (27 kg) stack setting x20 reps, x20 reps

Rear delt strap fly 3 sets of x10

Chin ups x8, x8, x6 > supersetted with > inverted ring rows x8, x6, x6

@6:15 pm finish time

DAY LOG & HOW I FELT:

It was super nice yesterday, but today the temperature has dropped 40°F degrees!!! WTF?! (That's a 22°C drop). And it's raining and dark and windy. MAN! At least yesterday was nice. Tom and I spent the morning working on videos upstairs on our computers. We worked so long he decided just to go home. I trained after he left. Sam was out of town, she got back very late at night.

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

Just an arm workout. Today I tried doing fewer reps (yes, 10 rep sets of arm isolation exercises is fewer reps per set than usual) and seeing how much weight I could do for consistent 10 rep sets on my favorite exercises. Figured that out. One thing that I did before this workout that I feel helped was I slammed Glycopump, Hydropump, electrolytes all before I even started warming up (products from jujimufu.com). I felt like the carbs were hitting me hard and the pump got insane. My energy levels also perked up quite well. I keep forgetting how well pre-workout carbs and protein work when you just hit them all at once before you even start warming up!

ONE-LINER OF THE DAY:

Want an insane arm pump? Then you need carbs, and you need them before you start working on that pump!

O/H PRESS PR (DAY 75) – WEDNESDAY, FEBRUARY 21ST, 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): PR on shoulder press

Workout:

@2:45 pm start time

Standing overhead barbell strict press

115 lb (52 kg) x8 @2:45 pm

115 lb (52 kg) x8 @2:53 pm

165 lb (75 kg) x5 @2:57 pm

185 lb (84 kg) x5 @3:01 pm

205 lb (93 kg) x5 @3:05 pm

205 lb (93 kg) x5 @3:09 pm

230 lb (104 kg)x1 @3:13 pm

250 lb (113 kg)x1 @3:17 pm

265 lb (120 kg)x0

265 lb (120 kg)x0 @3:29 pm

259 lb (117 kg)x1 @3:38 pm

225 lb (102 kg)x5

185 lb (84 kg) x8 @3:52 pm

185 lb (84 kg) x8 @3:57 pm

185 lb (84 kg) x10 @4:04 pm

@4:05 pm finish time

This workout was featured in a YouTube video

<https://www.YouTube.com/watch?v=bs8vfDQa76I>

An excerpt from this workout was uploaded on Instagram

<https://www.instagram.com/p/BfjExX7Bwjf/?taken-by=jujimufu>

DAY LOG & HOW I FELT:

Tom and I planned this workout today, so I saw it coming. I wanted to PR on overhead press before ending my bulk. My upper body felt ok today, and I ate a lot going into this workout, so I was ready.



WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

Well, it's just an hour plus of overhead pressing, nothing fancy. High-intensity sets and lots of them. I decided to try dropping down from my fail of 265 lbs to 259 lbs to figure out exactly where my PR was. 6 lbs (2.5 kgs) on this lift is quite a big deal!

One thing to note is when you bulk or gain weight the lifts most affected by the gain is any press. Shoulder strength is highly dependent on the total weight of the body. This is why when you begin losing weight, your bench and shoulder press are the first things to start shrinking. I was around 240 lbs (109 kgs) today, and I'll be getting down to the low 230s (104 kgs) in the next few months as I taper. I'm happy I hit a new PR today!

ONE-LINER OF THE DAY:

If your weight drops, so does your pressing strength. If your weight increases, so does your pressing strength. Remember that, it'll keep you level.

CHIN UPS BEFORE MIDNIGHT (DAY 76) – THURSDAY, FEBRUARY 22ND, 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): Do work son!

Workout:

@9:30 pm start time

Stone lifts on the new stone platform (44 inches (112 cm) tall)

Notable lift: 300 lb (136 kg) stone with tacky placed on the platform for 3 reps

@11:00 pm restart time

Took a break after the stone lifts to give Michael a goodbye and proceeded to do chin ups.

Chin ups

X8, x8, x10, x8, x6, x8, x8, x8, x8, x8, x7, x7, x10
(104 reps total) with 2 1/2 minutes of rest between sets

@11:35 pm finish time

The stone lifts were featured in a YouTube video

<https://www.YouTube.com/watch?v=u-AL1Cmwloo>

DAY LOG & HOW I FELT:

I spent the morning mostly acquiring materials to build the stone pedestal. I had to go around town to get the exact wood I wanted. Michael came over around 3:00 pm, and we chatted, ate, and started building. I was "slow" all day long and felt pretty crappy but had fun making the platform with Michael. I didn't think it would take as long as it did...

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

I didn't get the chance to work out until 11:00 pm. This is the latest I've had to fit a workout in since starting Train365. I decided no less than 100 chin ups would count as a workout. Considering I'm 240 lbs, 100 chin ups isn't really that lazy. I like to do mass set chin-ups with each set NOT going to failure and with shorter rest periods. 2 to 3 minutes isn't long for a rest period of strength training. I use to do the 100 chin-up workout all the time in 2012 when I was 210 lbs... But I use to be able to knock them all out in 20 minutes, and I did fewer reps per set. Oh well!



ONE-LINER OF THE DAY:

If you haven't been able to fit in a workout today, just do as many chin-ups as you can in 20 minutes or something like that. Don't go to failure on your sets, stay fresh and focused!
BREATHE!

NEW CIRCUIT WORKOUT (DAY 81) – TUESDAY, FEBRUARY 27TH, 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): Try a movement based circuit training workout

Workout:

@6:00 pm start time

Corehammer swings

Kettlebell swings with a 96 lb (44 kg) kettlebell

Hyperextensions on a glute ham bench

Light lat pulldowns (100 lbs (45 kgs) on the stack)

Woodchopper exercise on the cable stack

Dynamic torso twist stretches

Chest stretch using a long band

Front squat into overhead press holding a 60 lb (27 kg) stone in my hands

Overhead press with unloaded log (65 lbs (29 kgs))

Rear leg lifts and front leg lifts while hold rack uprights for support

@6:45 pm finish time

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

This workout was an experiment. I'm looking for the best movements I can do daily for my goals and some new, fun things to get me ready for more athletic, explosive movements this upcoming spring. I'm also looking for some more work that's more "cardiovascular." On the list, my least favorite exercise was the squat and press holding the atlas stone (I will not do that again). I also don't care for kettlebell swings much, but they're so popular; I'll never completely write them off. The most surprising exercise was the woodchopper "twist" exercise on the cable stack. I superseded it with normal dynamic, torso twist stretches. I do torso twist stretches every time I warm up for tricking. Doing the weighted woodchopper before these stretches made them feel A LOT more solid and healthy. Definitely, something to consider as I might be working hard on rotational strength in the next few months.

ONE-LINER OF THE DAY:

Write down 10 new exercises, lighten the load and do them in a circuit!

GRIP TRAINING DAY (DAY 85) – SATURDAY, MARCH 3RD, 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): Start crazy grip training

Workout:

@4:00 pm start time

(note: Ironmind products used during this workout)

Warmup

(Ironmind Zenith gripper trainer) 2 sets of 10 grips

(Ironmind IMTUG 3) 2 sets of 10 with ring finger and pinky

(Ironmind Expand your hand bands) 3 sets of 10 extensions

CoC (Captains of Crush gripper) #1 3x3 with rest

Expand your hand bands x10

Rest 5 mins

CoC #1.5 2x3

Expand your hand bands

Rest 5 mins

@4:27 time

CoC #2 3x3 with rest between hands back and forth

@4:34 time

CoC #2.5 negatives singles (hold for 5 seconds) (very intense!)

Left hand x5

Right hand x5

@4:47 time

Expand your hand bands harder ones (red color) 3 rep set holding an extended position longer

5-minute rest

Ironmind hub lift singles (fingers extended)

Practice with 35 lbs

@5:30 time

50 lb lift right arm x1 PR

51.5 lb lift right arm x0 (fail)

No lift left arm

Expand your hand band hard sets

@5:35 massage work on forearms

@5:50 finish

DAY LOG & HOW I FELT:

I spent the morning putting up my grip wall. I was excited to try a grip workout routine based off some of the information in a book about Grip Strength.

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

I noticed a really, really encouraging trend: most of the guys setting world records in grip exercises closed their Captains of Crush #3 grippers (CoC grippers) 5 years before they started breaking world records. I'm within a few months of closing the CoC #3. I think I'm naturally predisposed to being pretty good at this grip training stuff! Also, forearms are really cool when they get bigger. I don't think grip training will necessarily make my forearms "huge," but it can't hurt, and it's universally respected. I don't know why, but I just think grip training is pretty cool. Also for Train365, grip training is an easy addition on a day everything else is broken or hurt. Sure, grip training takes a lot of CNS (Central Nervous System) energy, a lot of focus and feeling fresh, but it's really not dangerous, and even if my CNS is tired from deadlifts or something else it wouldn't be a waste of my time. I feel like grip training, foot/ankle training, and passive stretching are good ways to fill in the gaps to ensure I meet my goal of training every day without burning myself out or losing interest. Also, grip training sometimes requires lengthy rest breaks, which is perfect for Stupid Super Sets (IE - doing other things while resting like grilling meat or cleaning up the gym). I'm actually really excited about grip training and seeing how far I can get with it. I'm genetically predisposed to being "pretty good" at it since my hands are very big compared to most other guys I've met, and without any training, I've been fairly competitive in the "Viking Vice Grip Challenge" grip contests at the FitExpos I attend several times per year. I dunno, I'm just "into" grip training I guess! Major in minor things be damned, I love it! I want to be the best I can be at it!



ONE-LINER OF THE DAY:

If you're not training every day, ask yourself: what could I be doing on the days I'm taking off that would be easy to do, even fun to do, that would help me reach my big training goals?

STUPID SUPERSETS (DAY 94) – MONDAY, MARCH 12TH, 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): Stupid supersets

Workout:

@3:00 pm start time

Back squats

135 lbs (61 kgs) x10, x10

205 lbs (93 kgs) x5

265 lbs (120 kgs) x5

335 lbs (152 kgs) x7

395 lbs (179 kgs) x4

445 lbs (202 kgs) x3

465 lbs (211 kgs) x3

425 lbs (193 kgs) x6, x6, x5, x5 (while shouting nonsense for Instagram stories)

@4:15 pm finish time

DAY LOG & HOW I FELT:

I feel AMAZING. Part of the reason I feel good is detailed in [MARCH 13TH, 2018 - THE HUGE BREAKFAST UPDATE](#). Got a ton of work done today. Finished taxes. Did not meet with Tom today.

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

I was actually in "flow" in the "zone" working on taxes and business records in the morning. So I wanted to continue with the productivity flow. I planned to do stupid supersets (cleaning stuff, organizing stuff in the gym during rest breaks) but my squats felt way too good, and I was too focused on getting the squats right. I actually ENJOYED squats today, it was terrific. I did a few changes. I stopped wearing Olympic shoes, I found a good width in my stance, and I squatted not by sinking my hips back first but my opening up my knees instead (a different cue). I also didn't sink as far as I could. My filmed sets revealed I was still below parallel. I also wore a belt for all sets. This is my new way of doing back squats I think.

ONE-LINER OF THE DAY:

If you've tried everything on squats and you still don't like them... Then retry everything again.

FIRST TIME USING KNEE WRAPS (DAY 99) – SATURDAY, MARCH 17TH, 2018

Place: Gym Fort (my garage gym)

Seasonal training goal: n/a

Today's training goal(s): Squats with Ranson Lee (@ransonlee)

Workout:

@1:00 pm start time

Back squats

Several warm-up sets with lighter weight, and not too much weight, and then...

455 lbs (206 kgs) x3

485 lbs (220 kgs) x5

515 lbs (234 kgs) x3

535 lbs (243 kgs) x2 (with knee wraps)

Cambered Spider Bar calf raises

305 lbs (138 kgs) x30

305 lbs (138 kgs) x23

305 lbs (138 kgs) x20

Tibialis raises with bands

X20 reps

X20 reps

@3:00 pm finish time

This workout was featured in a YouTube video:

<https://www.YouTube.com/watch?v=4NMHxrJs134>

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

I've never squatted with knee wraps. I didn't realize how hard it actually was. Unracking weight with knee wraps on and walking out with the weight is very hard: I felt like I could fall over pretty easily. The knee wraps were also very painful to wear. When wearing them, the descent of the squat had to be much slower to balance. It was a very humbling experience for me. Supposedly, a proper knee wrapping can add 100 lbs (45 kgs) to your top squat, but today I found that balancing the weight with them on negated that potential. Now I know why power bars (very stiff bars) and monoracks were invented! Walking out a heavy squat with knee wraps with a whippy bar is super tough!!!

One very cool thing though: my knees felt great after the set with the wraps. The wraps compress the muscles around the knee, much like voodoo floss. There is an exercise Kelly Starrett recommends for people with knee issues: wrapping the muscles below and above the knee with voodoo floss and squatting. I found that wearing the knee wraps and doing heavy weight was like an advanced and much more effective version of that exercise! If you have knee problems, try squatting with knee wraps on. Be intelligent with your weight selection if your focus is on relieving knee pain. But, give it a try!

Ranson told me of something Donnie Thompson (old-school, elite equipped powerlifter) recommended for people with knee pain: wrap your knees very tight with knee wraps, lay down, and elevate your knees. Rest, and then remove. This degree of compression is on an entirely different level, and we all know compression is healthy for recovery!



ONE-LINER OF THE DAY:

Try knee wraps! Wrap them tight. Don't worry about others judging you, and don't think yourself a cheater for wearing them, just give them a shot because they have more uses than just squatting more weight!

CHEST WITH DR. DEADLIFT (DAY 104) – THURSDAY, MARCH 22ND 2018

Place: Gym Fort

Seasonal training goal: n/a

Today's training goal(s): Bench press with Cailer Woolam (Dr. Deadlift)

Workout:

Warmup on bench press

Work up to a 3 rep max with a 1 board press

Today my 3rm for a 1 board press was 375 lbs (170 kgs) for 3 reps

Based on that do 2 sets of 80% of that weight for an AMRAP (As Many Reps As Possible)

I did 300 lbs (136 kgs) for two sets of 15 reps.

Then do 1 set of 60% of that weight for an AMRAP.

I did 225 lbs (102 kgs) for 28 reps today.

After this, we were supposed to do 3 sets of AMRAP pushups and then 3 sets of AMRAP pushups wearing a Mark Bell Slingshot, but instead, we did stupid pushup stunts in my driveway for an Instagram video.

The stupid pushup stunts were featured on my Instagram:

https://www.instagram.com/p/Bg4Dlv_B4Dm/

This workout was featured in a YouTube video:

<https://www.YouTube.com/watch?v=QiqLPXXHweY>

DAY LOG & HOW I FELT:

I'm sick. I have a terrible cough and can barely speak. I woke up with chills and body ache this morning. But we have guests and must produce videos, so I'm dealing with it. The AMRAP was hard because when I breathe heavy, I begin coughing, and it throws me off. Today I did 225 lbs (102 kgs) for 28 reps. For comparison, when John Hack was here on March 8th (Day 90), I did 225 lbs (102 kgs) for 37 reps. I'm much weaker today.



WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

This was Cailer Woolam's workout. We never got to the pushup AMRAP sets, but it looks like the type of workout that has a ton of volume. The emphasis seems like it's on repping out at a certain %. Interesting.

ONE-LINER OF THE DAY:

Even if you're sick and must lay down, you might be able to bench press while laying down.

GREAT SPLITS WORKOUT (DAY 111) – THURSDAY, MARCH 29TH, 2018

Place: Gym Fort

Seasonal training goal: Regain some lost athleticism

Today's training goal(s): Flexibility

Workout:

@4:00 pm start time

Rear leg lifts 2 sets of 10 reps each leg

Front leg lifts 2 sets of 10 reps each leg

Crescent kicks (both inside and outside, and spin kicks) about 30 reps each leg

Reps and sets

@4:20 pm time

Dynamic torso twists and side bend work

@4:30 pm time

Arm swings, cossack stretches, warrior lunges, and other favorite stretches

@4:45 pm time

Front splits on a mat with rings overhead for support and positioning

@5:10 pm time

Upper body static stretches on rings

@5:20 pm finish time

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

Something very cool I'd recommend is positioning a mat directly under a pair of hanging rings, or a barbell that's racked inside a power rack. Using the rings or the barbell to help relieve the stretch and reposition during the splits is, in my opinion, the very best way to set up for training the front splits. Progress is rapid. I discuss this and more flexibility training information in my book *Legendary Flexibility* (www.legendaryflexibility.com). I just love that I figured that out because it makes training the splits so much easier, better, and fun.



ONE-LINER OF THE DAY:

Want the front splits? Use something overhead to hang onto for support as you position yourself while training them. I guarantee it'll revolutionize your front splits training.

SPINE DAY (DAY 138) – WEDNESDAY, APRIL 25TH, 2018

Place: Gym fort (my garage gym)

Seasonal training goal: Regain some lost athleticism

Today's training goal(s): Spine decompression!

Workout:

@4:00 pm start time

Gravity boot upside down

Thoracic extensions on a PVC pipe

Hangs with straps on a pull-up bar

Upper body stretches on rings

@4:40 pm finish time

DAY LOG & HOW I FELT:

Just about anything I could have done today would have impeded recovery or would've been worthless based on where my body was and what I have coming up this weekend. It's actually a waste of time, so to keep up with Train365 I picked the most innocuous, least impact thing that Tom thought of for me: "Spine Decompression Day" !!! We joked later about throwing it in a standard week training split to mess with people's heads. IE - Leg day, Arm day, Deadlifting and back day, Spine day. Haha!

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

Spine decompression is a thing. Google it. I just selected a bunch of exercises to loosen up my back and spine and did them in a rotation for 40 minutes. It was easy but still met my requirements for a training session's requirements.

ONE-LINER OF THE DAY:

If you don't need to train but have to, try doing a Spine decompression day! "Bro, do you even Spine?!"

RUNNING AROUND STUFF (DAY 139) – THURSDAY, APRIL 26TH, 2018

Place: My property

Seasonal training goal: Regain some lost athleticism

Today's training goal(s): Get blood flowing before travel

Workout:

@3:00 pm start time

6 supersets of:

Run a lap around my house supersetted with 100 jump rope jumps

4 more laps around my house

2 supersets of:

10 squat jumps, 20 pushups, 30 jumping jacks

@3:40 pm finish time

DAY LOG & HOW I FELT:

Today I finished business, cleaned, prepared and packed for my trip to the Philadelphia FitExpo.

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

Since I'm training every day, I needed to do something. I chose to do something to get a sweat going and feel "healthy" without hindering recovery for the things I have to do over the weekend, so I did a sort of circuit cardio. The awesome thing I discovered was how good my house is to run around! I counted the number of steps on a few laps, and it was exactly 100 steps for a few laps. Not only that, but over those 100 steps, there is a nice bit of variety. It starts with driveway, goes to downhill gravel, then there is some leaping from stone to stone across a pathway, then a few stairs up, wrapping around the house is the porch, then a few stairs down, then grass around the corner back to the driveway. It's the perfect amount of variety in the ideal distance. I actually really enjoyed running around my house! I think during the summer when I start doing morning fasted cardio to help burn a little more fat, I will include this supersetted with other types of cardio. I think it's also healthy for building foot strength (all the jumping and direction changing involved in running around a house on terrain as I described).

ONE-LINER OF THE DAY:

Running around things can be a great workout!

DYNAMIC STRETCHING FOR EVERYONE (DAY 144) – TUESDAY, MAY 1ST, 2018

Place: Gym Fort

Seasonal training goal: Regain some lost athleticism

Today's training goal(s): Dynamic stretches only

Workout:

@3:00 pm start time

Series 1:

Front lifts (30 total)

Back lifts (30 total)

Cossack stretches

Warrior lunges

@3:30 pm

Series 2:

Upper body stretches on rings

Upper body swing dynamic stretches

Side bends

Torso twists

@3:50 pm finish time

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

Even when deloading or taking time off, dynamic stretching is an excellent choice as a body refresher. Also, I'm not doing these as "hard as possible" because I don't need to. I have a high level of flexibility developed so just need to maintain and "grease the groove" sort of thing for when I want to "use" that flexibility. There is a difference between training to develop, and training so that you can continue to use what you've developed. For the best information regarding stretching, you have to check out my ebook www.legendaryflexibility.com

In my opinion, my high level of functional dynamic flexibility has been one of my guardian angels in enabling me to skirt through dangerous feats of strength without injury, while also being the bedrock biomotor skill for my acrobatics. There is a lot of value you can get out of developing it. Just start swinging your limbs around!

ONE-LINER OF THE DAY:

You can do dynamic stretches. Believe in yourself!

BODY WEIGHT OR FREE WEIGHT?! (DAY 145) – WEDNESDAY, MAY 2ND, 2018

Place: Gym Fort

Seasonal training goal: Regain some lost athleticism

Today's training goal(s): Rings and bench press

Workout:

@3:00 pm start time

The peak of this workout was 4 clean ring muscle ups super setted with 5 reps with 330 lb (150 kg) bench press. To warm up for that, I did a few progressive sets of bench press up to 315 lbs (143 kgs). Then I rested that for about 15 minutes while I finished up warming up for the ring muscle ups. After I finished doing that, I did a few more sets of muscle ups and then Tom, Beau, and I did ring supports for time to see who could hold it the longest.

@4:30 pm finish time.

An excerpt from this workout was uploaded on Instagram:

<https://www.instagram.com/p/BikEzSFIOVY/?taken-by=jujimufu>



WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

The goal was to do two things most people wouldn't be able to do together. A 330 lb bench for reps is something that only big people can usually do. And good ring muscle ups are something that only small people can usually do. So to be able to do both was my challenge. This was a video clip driven workout.

Tom gave me a massive tip for ring muscle ups. He told me to warm up for it by jumping a little into it to get my body used to the motion. I've actually never warmed up for muscle ups this way, and I really believe if he hadn't told me that I wouldn't have been able to do them today. Often times when I try muscle ups, the first set will set off tendonitis down my arms and I'll use that as a test to see if it's a good day to do them. He saved me from risking that happening.

ONE-LINER OF THE DAY:

Body weight training or free weight training? How about both?!

SUPER STILL WORKOUT (DAY 150) – MONDAY, MAY 7TH, 2018

Place: Gym Fort

Seasonal training goal: Regain some lost athleticism

Today's training goal(s): Stack support exercises

Workout:

@5:00 pm start time

Rotation of exercises:

Ring support for time

30 seconds, 50 seconds, 50 seconds, 50 seconds, 42 seconds, 42 seconds

Crosscore unstable setting feet together (pushup position) support for time

60 seconds, 50 seconds, 64 seconds, 60 seconds, 60 seconds, 60 seconds

Overhead barbell hold shoulder width stance, medium grip 315 lbs (143 kgs)

20 seconds, 24 seconds, 26 seconds, 30 seconds, 27 seconds, 28 seconds

@6:00 pm finish time

DAY LOG & HOW I FELT:

I'm still sick. Woke up with pink eye in both eyes. Both eyes were glued shut. I also have a terrible cough, sore throat, and stuffy sinus. Earache is still present, feels like I have an earplug in my left ear all day. So with all that said, I decided to do the worst thing possible when you're sick like this, which is, dig up dirt and plant a vegetable garden! Took me 4 hours to finish the job. It's a lot of manual labor. Bending over, squatting, digging, moving, etc. After that, I sat in the garage for a bit and tried to figure out my training for the day. I came up with this!



WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

This was a no motion workout! Super still! Ring support is a vertical support with arms down. The Crossscore pushup position support is a stability exercise with the arms out in front (pushup position). The overhead barbell hold is a vertical support with arms up. The overhead barbell support was the hardest of the three exercises. It took me almost exactly 10 minutes to do one set of each of these exercises in rotation. So I kept going in 10-minute intervals. On and on for an hour. I think this type of work may be very productive, although it doesn't feel quite like a normal "workout" because there is pretty much no motion. Despite that fact, my shoulders and pecs got pumped very well!

ONE-LINER OF THE DAY:

What moves you forward may not move you at all!

GRIP VS BACK WORKOUT (DAY 151) – TUESDAY, MAY 8TH, 2018

Place: Gym Fort (my garage gym)

Seasonal training goal: Regain some lost athleticism

Today's training goal(s): Grip vs. Back workout!

Workout:

Grenade handle inverted rows 3 sets to failure

X15, x15, x13

Fat handle trap bar deadlifts

One warmup set then,

445 lbs (202 kgs) x3 +2 reps (2 more reps after a moment)

335 lbs (152 kgs) x8

385 lbs (175 kgs) x8

Fat handle trap bar shrugs

2 sets to failure (one set was a dropset, my trap deadlift bar has a rotating handle that has 3 grips, one fat, one medium, one standard, and we went from one down to a lower diameter. About 50 reps total on the last set)

Rolling thunder grip attachment unilateral lat pulldown 3 sets to failure

Left hand 70 lbs (32 kgs) x9, 80 lbs (36 kgs) x9, 70 lbs x9

Right hand 70 lbs (32 kgs) x12, 80 lbs (36 kgs) x9, 70 lbs x9

Wrist stretches and rubber band extensor exercises for 25 minutes

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

This workout was supposed to be a selection of exercises where the grip and back were evenly matched, and to go to failure, but to see which would give out first (grip? Or back?). The grenade handle inverted rows was the most evenly matched exercise for me because my grip gives out around 15 reps on this, but my back gives out at about 15-20 as well even with standard handles. The drop set trap bar shrugs with (dropping the handle diameter down instead of the weight) was also a devilish exercise. Very cool. The rolling thunder grip attachment unilateral lat pulldowns is mostly a grip endurance exercise, but I love it as well. All in all, I liked all of the exercises in this workout, and it was a different way to train grip. One of my favorite workouts of the year to go through!

ONE-LINER OF THE DAY:

How would a powerlifter train grip? How would a bodybuilder train grip? How would a ninja warrior train grip? How will you train grip?

JUMP SQUATS (DAY 157) – MONDAY, MAY 14TH, 2018

Place: Gym Fort

Seasonal training goal: Regain some lost athleticism

Today's training goal(s): Jump, with weight?

Workout:

@3:30 pm start time

Jumping safety bar squats

Warm up with just the bar x8 reps, x4 reps

135 lbs (61 kgs) x3, x3, x3, x3

Trap bar deadlifts with 20 lb weighted vest on

Warm up with 245 lbs (111 kgs) x8 reps, x4 reps

3 sets 445 lbs (193 kgs) x3, x3, x3

Supersetted with

Standing jumps x3, x3, x3 (still wearing a weighted vest)

@ 3:55 pm time

Pistol squats jumping onto a 24-inch box

Left leg (with handicap / wore tight knee wrap on left leg) x2 x2 x3 x3 (10 total)

Right leg total jumps x2 x3 x3 (10 total)

@4:20 pm time

Dynamic front and rear lifts

(x16 of each with each leg (64 kicks total)

@4:40 finish time

DAY LOG & HOW I FELT:

Woke up early and began fulfilling orders for jujimufu.com/shop. Really need to outsource this. I worked non-stop on it with only one break for breakfast from 8:00 am to 2:30 pm. I didn't even finish it all! My body feels pretty good though because of the light workout I had yesterday.

WORKOUT LOGIC, STUFF TO SAY, REFLECTIONS:

I'm really getting interested in explosiveness and jumping lately. My "cold backflips" are easier than ever. There is little inhibition to do flips and jump from heights and over things. So I just felt like doing more jump stuff today. Today I tried doing a mix of maximal "simple" jumps with weighted stuff.

ONE-LINER OF THE DAY:

Don't forget about barbell squat jumps!

THE LAST WORKOUT LOG (DAY 183) – SATURDAY, JUNE 9TH, 2018

Place: Barbell Compound (Chicago)

Seasonal training goal: n/a

Today's training goal(s): Keep my streak during a FitExpo weekend

Why this is the last logged workout:

Working a FitExpo event during the day and working out late in the evening afterward is one of the stupidest things for me. I'm on my feet all day long taking pictures, doing splits, backflips, picking people up and yelling and hugging people over the noise. I actually hurt my ankle pretty bad doing a backflip with some kid that begged me to do one with him this time. And I had to take a break at one point, go out back, and massage my smiling muscles and the back of my head because they were cramping up so hard I was almost in tears. People can be relentless, and many heartlessly treat me like a zoo animal at these events. I'm glad I can make people happy, but many wear me out in every way.

Trying to coordinate with new people and UBER hustle around to find a gym to film a YouTube video after all of this takes every ounce of "pretend energy" I can muster. Every step of the way is exhausting, inconvenient and socially uncomfortable.

Well, I still did a workout today after the FitExpo. Regan Grimes, his friends and I trained shoulders. We started late at night and did tons of exercises with tons of sets for hours.

The YouTube video is featured here:

<https://www.youtube.com/watch?v=cPxIYAlj8lw>

Now I want you to imagine trying to write down the exercises, reps, and sets of this workout after everything else that came before it, and with ANOTHER FitExpo day with a red-eye flight back home after it while maintaining Train365. This was my breaking point. Sometimes it's just too inconvenient to log your training. And for me it's almost always inconvenient since most of the time we train, it is during the filming process of videos, during a live stream, or with guests. And finally, a lot what I do when I train evades quantification, or is specifically technical that accurate descriptions are nearly impossible to put into words.

Logging everything I do when training is not feasible with everything else I do and how I do it for social media. It just sucks. And at this point, I don't even want to continue with partial logging. I'm done logging until Train365 is done.

APPENDIX 2: QUESTION AND ANSWER

What was the benefit of training everyday?

There was none. If you actually read this book, you'll recognize that the book is mostly me whining about how the idea to train every day for a year was the worst idea I've ever had, but that I couldn't stop because I already made it "so far" into it. Training every day for a year is a bad idea. Don't do it. Not even for bragging rights or for experimentation. If I could go back in time, I wouldn't have ever done it. The experience was so bad for me that the lessons I gained from it couldn't outweigh what I lost in the year.

Why did you do Train365?

I decided to do Train365 for three reasons.

1. I wanted a goal that excited me. Adding 10+ lbs to this lift or that lift had become dreadfully boring after almost 20 years of training. Seeing if I could get a 365-day training streak seemed exciting.
2. I wanted a release from having to decide whether or not to train for any given day. I'd had problems deciding when to take days off the year prior and often rationalized taking days off I shouldn't have. When your goal is to train every day, you simply train every day, you don't have to decide when to take a day off because you don't take days off.
3. I wanted training to keep me honest with substance use. The year prior, I found myself, at age 31, drinking beer regularly for the first time in my life. Almost every night of the summer and fall I had a beer. It took a few months to realize it had become a problem and my body wasn't as resilient as I thought against the effects of alcohol. I noticed on days I trained I didn't feel the urge to drink. So, I wanted Train365 to lead me away from alcohol use.

Did Train365 make you stronger?

Train365 fulfilled none of my wants and did not make me stronger. Training every day was making me weaker, and so I came to realize I did care about those 10+ lbs on this lift or that lift after all (when I lost them)! The decision that I had to train every day being made, I was still left having to make decisions on what to train when I knew every choice I made would waste my time and hinder my recovery. Finally, it didn't lead me away from alcohol use. There were some static flexibility sessions where I got really buzzed and did lazy stretches for hours. Nice. Because really, there were days where nothing would be good to train so I'd just throw it away on pointless stretches. I could do those while drinking. And I got drunk a few times even after all the training and work for a day was done. Always on a Sunday, by myself in my backyard doing yard work. I guess I liked tripping around with power tools building things poorly on my day off from work (but not working out!) You should have seen the pet door I tried to install on our laundry room door! OMG! When you have no inhibitions, you think you can cut things with a jigsaw without measuring or creating lines first. Great. Just great.

So that's why I did Train365. I got nothing I wanted out of it. As for the alcohol, even just two drinks would have me feeling it all day the next day because I'd already be hampered from training every day. Alcohol is terrible for training, I couldn't get away with it here and won't think I'm getting away with it moving forward. Thankfully, I work with Tom Boyden, who doesn't drink and holds those he works with to high standards. Tom is the hardest working person I know and keeping up with him is super hard. The guy doesn't stop, he's a madman. I've gotten in situations where I'd forgo 4-6 hours of potential impairment and subsequent recovery from alcohol in exchange for not being judged by him. That ended up being more of a motivation than impairing my already crappy training. Getting more control over substance use for me just meant trying to keep good face with those I worked with.

Did you really quit backsquats because of knee pain?

On Day 74 I said "[I'M QUITTING SQUATS](#)" and explained my thoughts behind the idea. On Day 239 I wrote that [MY KNEES ARE CURED](#). A lot happened this year that changed my knee health and allowed me to begin back squatting again, but I wouldn't have been able to overcome my knee pain had I not completely overhauled my squat technique.

These are the things I changed in my squat form: ditched Olympic lifting shoes in favor of flat sole shoes, widened my stance approximately 10 inches (25 cm), started wearing a lifting belt and learned to use it properly, widened my grip just a bit more, started slowing down my unrack and being more careful backing out, and began squatting only to parallel and never below it.

That's almost everything. My squat form is almost completely different looking now, and my knees feel so much better.

Along with changing my squat form completely, I've been doing an absolute messload of glute ham raises this year. Several times a week. I thought my hamstrings were already pretty strong, but now they're stronger, and I feel them helping me during my squats.

There we have it! I didn't quit squats, I quit squatting with a form my body didn't like. I always liked the way Olympic lifters squat with a narrow stance and go super deep and everything, but that form trashed my knees, it isn't good for my body. Switching to the way I'm squatting now has instead, helped increase my leg strength enough to protect my knees. The way I'm doing them now is making my knees feel better!

What're the things that impaired your recovery the most?

The thing that impaired my recovery the most during Train365 was an UNDETECTED HEALTH PROBLEM. See the [March 9th, 2018 update](#) about my bloodwork. If you're suffering from an undetected problem such as high iron levels, or low iron levels, or low/high hormone levels, or even something like Lyme disease which you can get from just a tick bite, or any disease or condition you don't know you have, maybe even an allergy, then you will be struggling unknowingly. Get comprehensive blood work done, physicals, doctor checkups, etc if you feel like crap all the time, figure out what's up. You could be wasting months or years of your time training while not getting the results you should because of a health problem.

Behind that, pushing back meals was a real devil. Doing this messed up all sorts of things. My best days were heavily correlated with frequent and regular meals. You won't know how advantageous the stereotypical (and often poked fun on) frequent and tiny bodybuilding style meals are until you try training every day. This is why I began forcing myself to eat breakfast even when I wanted to throw it up or take a nap after eating it, and why I was careful not to take a big meal for granted and let too much time pass between it and the next (even if I wasn't hungry).

What's the worst thing for recovery that is meant for recovery?

Here's the main list of recovery methods for sports: hydrotherapy, active recovery, stretching, compression, massage, sleep, nutrition. All of them, if done correctly, are great for speeding up recovery. When training every day, it's easier to determine their value. However, active recovery will make your recovery worse if done incorrectly, and it's the hardest one to do correctly! So active recovery, in my opinion, is the worst thing for recovery that is meant for recovery. That doesn't mean you shouldn't do it! But what I recommend is doing far less than you think you need. Do less when you do it, and do it less often than you think you need to. I wish I could've taken full days off during Train365 but I had to add in these stupid "active recovery workouts" to keep my Train365 streak, and what I found is that the dumbest, easiest, and shortest active recovery workouts would very often still make me sore or hinder my recovery. The primary example I remember was the workout I did where I just squatted 135 lbs (61 kgs) for 3 sets of 10 reps, and my groin got super sore the next day! Weird!

Diet habits in relation to Train365?

Nothing different than usual except you will need to eat more when you train more. I found fasting in the morning (pushing my breakfast back a few hours after waking) was hindering my recovery and productivity. It took me a while to figure that out. See the [March 13th, 2018 reflection journal entry](#) for more information.

Overall, my diet is a generic bodybuilder diet with a few extra things. 5-6 meals a day evenly spaced apart. My daily PCF split is probably something like 40:40:20. My meals are usually 3 part dishes: 1 part animal protein, 1 part starchy carb, 1 part vegetable.

Eggs, oatmeal, and broccoli.

Chicken or fish, rice, and broccoli.

Beef, quinoa or sweet potato, and broccoli.

Broccoli is my favorite vegetable. Other vegetables like onions, spinach, and carrots end up in their places as other favorites of mine. I like blueberries but rarely eat other fruits. I drink cold pressed beet and green juice mixes and add in my Green Stuff product to them for a nutrient boost. I make some protein shakes sometimes. If I miss a meal, I'll eat two for my next feeding period to catch up. I try not to miss meals, that usually means eating my next meal on time even if I'm not hungry. These generic bodybuilder diets really work if you stick to specific eating times, caloric amounts, and simple meals.

Other small things I do is minor carb cycling via having nearly 0 carb breakfasts some mornings (mainly a big bowl of oatmeal with my breakfast and sometimes I don't) which shifts my carb balance for the day. And I'll have a couple refeed days per month where I eat more than usual for the day. I do this usually by eating out at restaurants where I order a few entrees and get dessert too. Or I just raid the fridge for hours on end in the evening.

One crucial thing about all this diet information is that I don't cut or bulk anymore. It's an isocaloric lifestyle for me, so it's easy. I'm just trying to stay within my weight range of 226-240 lbs (103-109 kgs) for my goals. I've been at this range for 3 years now. Everything always balances out well regarding my desired body composition. My eating goals are geared more towards maintaining high energy levels during the day for all the stuff I want to do. For Train365 I've had to be stricter with these good eating principles in order not to have an energy crisis.

What different supplements did you start taking to aid recovery?

I already take pretty much everything. A-Z, so there isn't anything new I started taking that I wasn't already. However, of my own supplements, I sell on Jujimufu.com, I've particularly grown a stronger appreciation for my own Acro-Awesome supplement stack packs. It's not instant gratification like getting knocked out for a good night's sleep like my Twilite sleep blend or getting amped up with my pre-workout, instead, Acro-Awesome is sort of a value correlation I've realized over the long term. On days I take it with my breakfast, I feel "more satiated" after the meal. Sometimes after eating a meal you might feel incomplete, even if the caloric count was just about right, I've just found when taking this vitamin pack the perceived "completeness" of the meal is enhanced. That adds up to better digestion and energy from the meal itself. It's been a tremendous addition to my big breakfasts.

Also, I've found when training more often, electrolyte balance is trickier to maintain. I had high blood pressure for the three years before this year. It was a struggle to try to manage. Honestly, I have no clue why my blood pressure is healthy now, I'm not sure what changed, but I'm hoping it's as simple as the extra broccoli in my diet lol. Anyway, increased sodium intake (sodium is an electrolyte) used to raise my blood pressure predictably. Now it doesn't. In fact, lowering my sodium intake this year during Train365, like I used to do to control my blood pressure, decreased my energy, muscle fullness, and concentration. Continuing the habit of lowering my sodium intake was messing with my best electrolyte balance.

I don't eat a really high sodium diet now, but I do salt my broccoli and season any meat I grill! Apart from this, I'm careful to get enough electrolytes (both sodium and potassium) while training and first thing in the morning. I would "supplement" training with things like coconut water and electrolyte pills even if I wasn't sweating just to be sure. Along with the added salt to the foods as mentioned above.

If you're prone to high blood pressure take these suggestions without a grain of salt (nice pun huh?)

If you train between 11 pm and 1 am, does that count as two training days?

How come I didn't think of that? I could've done Train365 in half the number of workouts!?
AAHHHH!!!!

After finishing Train365, how many days a week do you think we should train?

Not every day! And more than 0 times per week. So somewhere between 1 day a week and 6 days a week. 1 day a week seems a little lazy, even if you have a straightforward and specific goal and aren't that much into training. Every example of someone doing well at 1 day a week, I know they'd do better at 2 days a week. So let's say between 2-6 days a week.

Now, let's get a little closer to optimal. As a thinking exercise, imagine what you would do if you trained 6 days per week. Could you feasibly fit that work into 5 days instead, and get the same result? Then why would you do 6 days? Alternatively, what if you absolutely couldn't work out more than 2 days per week? You would choose the most important things and do those. Would the things you wouldn't be doing be missed?

Pay attention now, I'm gonna get you through this thinking exercise! We have one more thing to imagine: 4 days per week! 4 days per week seems to be the most popular frequency for most people who train regularly. What if you took one of the workouts you did during those 4 days and made it a 2nd workout for one of the other 3? So you'd train 3 days a week, and one of those would be a double workout day. Are your workouts so hard that you couldn't do that? Then don't do that. Or! Could you actually do that? If you could, what does that say about your workout intensity and time management?

The point I'm trying to make here is that there is no answer. There is no perfect amount of days per week for training, but we can get close enough to something great for each of us with some basic questions like these. And remember, you're not as unique as you think, so don't try to be fancy or complicated to be different (*cough* like me doing it every day for a year, ughhh.)

How many days a week are you gonna train after Train365?

Not every day! LOL! Long term I'll probably end up going back to what I've done my whole life, which is averaging 4 days per week. But before I do that, I want to try some new periodization ideas, which just means I'll be changing the things I do, and the amount of things I do each week instead of keeping them the same week in and week out.

In case you forgot, 4 days of heavy back squatting is different than 4 days of jumping rope. Yet they can both count as training? Right? What you do affects the amount of time you need to recover, and so it determines how many days a week you can train. Training isn't training! And some things count more than others. Please read the [November 3rd, 2018 reflection journal update](#). Because what you're counting may not count, and if you're still counting the number of days in a week you train like it's an important factor to consider, then you really should read this whole book if you haven't!

How many hours are in your day?

During the beginning of Train365 when I didn't know how to pace myself, and it was winter, and my iron levels were unknowingly high, I slept about 11 hours a day and was in bed about 12 hours a day (because it usually took me a total of 1 hour cumulatively to fall asleep and get out of bed in the morning, and go back to bed after peeing in the middle of the night). So I had about 12 hours in my day to do things, 2 of which were usually spent training and several more doing other things like eating and shitting more than usual to keep up with the extra training. So there weren't very many hours in my day.

During the 2nd half of Train365, when I started pacing myself, the season changed to summer, and I resolved my high iron condition, I slept about 8 hours a day and was in bed about 8.5 hours a day. I had about 15.5 hours in my day and began averaging 1 hour on training per day instead of 2. That's more hours than before!

This question seems like a joke, but the answer I just gave you is pretty relatable and real (I think). Oh wait. The correct answer was 24 hours. The same number of hours other people have. Damn it.

What was your workout schedule for Train365?

I've always done instinctive training because I do so many different things. It's worked so far. I actually tried to make a workout routine earlier this year. See the [March 27th, 2018 reflection journal update](#). I didn't stick with it because my work got in the way.

What do you do for work?

Tom Boyden [@tomrboyden](#) and I work together to make the Internet an OK place. We run multiple online businesses together that take a lot of work to manage. It was so much work this year that we had to hire 1 employee (Beau) to help because we couldn't do it all on our own. We're going to be hiring more soon. I also write. I coach. And Tom and I film tons of stuff for YouTube and Instagram. We have very unusual work days.

People think I have all the time in the world to train, and that training is my job, but it's not like that. Training is necessary for my what I do, but I have more work than ever that's not actually training. I had a biotech job for 7 years before this, and I'm not even kidding when I say that I do more work in one week now than I did during one month at my old job. I guess I didn't know what my working capacity could be until I made my own work.

The interesting thing is, with my old job I could never maximize my recovery capacities as I can now because I was on their work schedule. Now if I need to sleep in, I can. If I need to eat and didn't bring a lunch to work, it doesn't matter because I work from home and can just go get groceries whenever I want. I can train almost anytime Tom and I agree upon for training. With all this said, the work I do now is so demanding that I NEED those things maximized or the consequences are dreadful. Falling asleep at your desk at work is woefully inconsequential compared to falling asleep while filming a YouTube training video with one of the world's best rock climbers! I like what I do, but there is a lot to it. It was foolish of me to think I could continue growing my businesses while doing Train365. I can confidently say Train365 significantly stunted my business and personal progress this year.

How did your family and friends respond to you training everyday?

Please read [PEOPLE I'D LIKE TO THANK](#) for more information on this.

How do you reward yourself after training everyday for a year?

Take a day off from training! OF COURSE!

PEOPLE I'D LIKE TO THANK

I'd like to thank three people. My wife Sam, my dad, and my main bro Tom Boyden.

Sam, thank you for putting up with all of the unhealthy decisions I make to be a professional fitness idiot, including this decision to train every day for a year. You could tell when I was discouraged during some parts of the writing process of this book and was avoiding working on the book. Many nights you encouraged me to go upstairs, sit down, and work on the computer even when we both wanted to spend time together on the couch with the cats watching shows in the living room.

Dad (some of you know him as Mufudad), thank you for being about the only inspiration I could draw from as a person who has experience training almost everyday nonstop. Taking one day off every sixteen is pretty good, I gotta give it to you, but I beat you this time! Hahaha!





Tom, thank you for putting up with my lethargy, complaining, and loss of vitality during Train365. Halfway through the process, I was uncertain whether this book would even be finishable, but you kept giving me excellent suggestions for how I could finish the project. You had to deal with a lot of mood swings and lack on my part, but you held it together, and pushed our business ventures forward and encouraged me. Thanks for going through all of this with me. You just finished your own 365 program called "Deal with Juji doing Train365" lol! Our friends and fans will probably never know how much you actually help with everything I do, and at times I forget myself, but you're good enough to keep working on everything despite that. If you guys aren't following Tom, please do so:

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