

THE OLYMPIC RAPID FAT LOSS PROGRAM



*An Uncommon Way To **Lift Heavy**, Get
Stronger, And **Lose Fat** Rapidly*

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Disclaimer

Results using *The Olympic Rapid Fat Loss Program* are not average. The average person will download this program, read it, and then put it aside and do nothing with it or do the bits and pieces of the program that he “feels like” doing and therefore will see zero or minimal results. Bottom Line: Don’t be average.



WARNING!

The Skull & Crossbones aren't meant to "scare" you. They're there to indicate the seriousness of this program.

This is an **advanced** training program. The developer assumes you will use good judgement when using the information inside this program and is no way to be held liable for any results, positive or negative that you may or may not have as a result of applying this information to your workouts.

You've been warned!

Medical Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including *The Olympic Rapid Fat Loss Program*. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

It is strongly recommended that have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you not use *The Olympic Rapid Fat Loss Program*, please follow your Doctor's orders.

All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this workout, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this program are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise without proper instruction. Always perform a warm-up prior to all forms of training.

Introduction

In March of 1996 I was trying to qualify for the US Weightlifting National Championships in the 91kg (200.2lbs) weight category. I was weighing about 95kg (209lbs) and had just shy of 3 weeks to do it.

About that time, Bill Phillips had just launched his “Body for Life” program along with the very popular BFL Transformation Contests. If you’re not familiar with it, his approach was very sound - lift weights to build muscle, do cardio (intervals) to burn fat, eat healthy foods. At that time, most of the bodybuilding and fitness world was still on low fat, high carb diets and using long slow cardio as the way to go.

As I said, I was training for a weightlifting meet, so there was no way in heck I was going to be doing ANY kind of cardio whatsoever. Period. End of story.

But I needed to drop about 10 pounds and do it in record time. So I made an appointment with Dr. Tom Billela, a Chiropractor, and NPC Champion Bodybuilder, who was working with some of the guys on the Rutgers Wrestling team with their nutrition. (I was helping some of those guys with their strength training programs, hence the connection.)

Dr. Billela designed the nutrition and I designed the training program, rejecting the idea that I needed to do the “cardio” that most thought necessary to burn those extra fat calories.

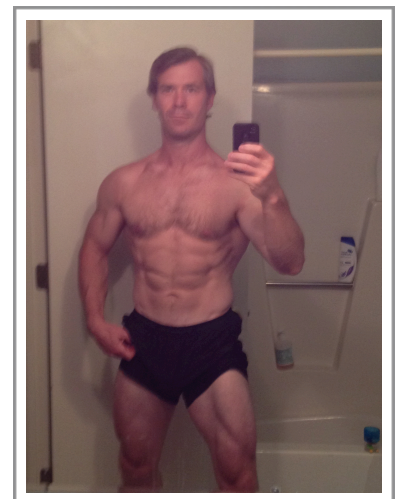
Long story short I went from 210lbs and 10.5% bodyfat to 203lbs and 3.3% bodyfat the two days before the meet. (I skipped breakfast and weighed in at 199lbs.) Yes, you’re right - I did gain some lean body mass on this program - just about 6 pounds.

And I was RIPPED! I had veins and striations just like a bodybuilder. It was AWESOME! (Unfortunately, this was pre-digital camera age and I was a poor post-grad student so I don’t have any pictures...)

Truth be told, I actually got to 3.3% after only a week of dieting and had to hold my weight for the next 2 weeks, which Dr. Billela helped me do by adjusting my calories up a little bit.

Now, I know what you’re thinking - “Yeah, that’s BS!”

But just to prove a point, I recently used the principles in this program with kettlebell program I designed and there’s a picture of my results over there on the right. Remember, this is 16 years later with some really high mileage.



Back to the program... Why does this work? What is it that causes the results?

It's the synergy between the heavier than normal training and the targeted nutrition that had such a dramatic effect.

Why?

Because I now know it was the optimization of my body's testosterone, growth hormone, and IGF-1 that produced the result. The weight training was heavy and explosive - **THE winning combination for optimum fat loss and even lean body mass accrual.**

Not only that, but as you will see (and experience) the recovery between sets is incomplete at best and your heart rate will be pounding.

That means that the EPOC - Excess Post-exercise Oxygen Consumption - or the Afterburn Effect if you will - is off the charts.

The neuroendocrine response is crazy too. Your testosterone levels will go up off the chart along with your growth hormone levels. Hence the muscle gain.

This is called the *Olympic Rapid Fat Loss Program* because it revolves around the Olympic lifts - the Snatch and the Clean & Jerk and their assistance exercises.

It is a short 4 week "shock" cycle that is brutally hard and psychologically demanding, but the results are nothing short of spectacular!

Expect to literally transform your body's looks and performance in only 28 days.

I have modified it from it's original volume because I was 23 at the time with 7 years of heavy lifting under my belt, including some heavy Olympic lift variations (Like Hang Cleans for sets of 5 with 315lbs).

I was routinely Front Squatting around 160kg (352lbs) for a total of around 20 reps per day, plus or minus a few. I was doing Snatch Pulls with around 150kg (330lbs) and Clean Pulls with up to 185kg (405lbs). On Saturdays, I'd go up to the platform and train with my coach and Power Snatch doubles and singles with up to 115kg (253lbs) and Clean and Jerk doubles and singles up to 150kg (330lbs).

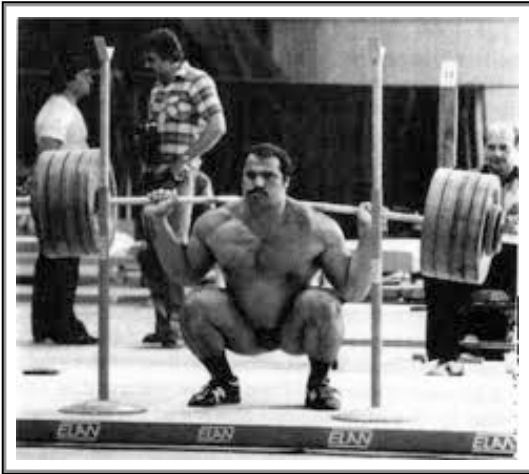
I also got really strong, although I messed up my peaking and actually lifted better the week after the meet. I Power Snatched 120kg (264lbs) and Cleaned 160kg (352lbs) but missed the Jerk and thus failed to qualify for the Nationals. (I went 5 for 6.)

Sure, I wasn't the strongest guy in the world, but it got me pretty strong and it'll do the same for you.

As I mentioned, I modified this from what I did with a break in week for you. If you've never trained like this six days a week before, you'll need to slowly work up the daily training volume, which is how I've designed it.

So here it is...

The Lifting Program



This is a brutal program. Make sure you're injury-free before starting this one. No nagging aches or pains.

You'll lift 6 days per week on this program and rest on the seventh.

Each workout should take you no longer than 40 minutes. Ever. (Not including the recovery portion of the program, as you'll see later.) According to Eastern Bloc research, this keeps your testosterone levels high.

As an aside, I've laid out this program in a numerical fashion - Days 1-7. I actually did it Monday through Saturday. I recommend you do the same. (Unless of course you have religious observances that dictate otherwise, then Sunday through Friday is fine, too.)

Day 1:

- A. Military Press
- B. Front Squat

Here's a pretty good youtube video of the Military Press:

<http://www.youtube.com/watch?v=tl8HF6UBduA>

Here's a good youtube video of the Front Squat:

<http://www.youtube.com/watch?v=RXTmErIEgnM&feature=plcp>

Day 2:

- A. Snatch Pull from floor

B. Clean Pull from floor

Here's a pretty good video of the Snatch Pull from the floor:

<http://youtu.be/1NWYBZ4KAa0>

Here's a good video of the Clean Pull from the floor:

http://www.youtube.com/watch?v=3dG_4Gq7pxs

Day 3:

A. Military Press

B. Front Squat

Day 4:

A. Snatch Pull from floor

B. Clean Pull from floor

Day 5:

A. Military Press

B. Front Squat

Day 6:

A. Power Snatch from the floor

B. Power Clean from the floor (+ Jerk OR Push Press if you want to)

[NOTE: If you can't perform the Snatch or Clean, just stick with the Snatch and Clean Pull on this day.]

Here's a good video of the Power Snatch:

<http://www.youtube.com/watch?v=UYd6i4rudRI>

Here's a good video of the Power Clean:

http://www.youtube.com/watch?v=n4_UfzeJg9M&feature=plcp

Day 7: REST!

****Here's a great resource for learning the Olympic Lifts:**

<http://www.youtube.com/user/CaliforniaStrength>

Next up, The Loading Protocols...

The Loading Protocols



How much weight should you use for each exercise with this program?

I recommend finding your 3 rep max (3RM for each lift) and using that to base your percentages off/around.

Why a 3RM and not a true 1RM?

Because a true 1RM is too psychologically demanding and it's an easy way to get injured. A 3RM is in many cases, something that can be done relatively routinely,

without the kind of arousal necessary for a true 1RM.

WEEK 1: Break In Week

(% of 3RM x sets x reps)

Day 1: 70% x 5x3

Day 2: 70% x 5x3

Day 3: 75-80% x 6x2

Day 4: 75-80% x 6x2

Day 5: 80-85% x 9x1

Day 6: Work up to a relatively heavy single on each lift

- Days 1&2 rest 90s between sets
- Days 3&4 rest 60s between sets
- Days 5&6 rest 45s between sets

WEEK 2: Moderately Heavy

Day 1: 75% x 7x3

Day 2: 75% x 7x3

Day 3: 80% x 8x2

Day 4: 80% x 8x2

Day 5: 85% x 10x1

Day 6: Work up to a relatively heavy single on each lift, attempting to add 5-10lbs from last week.

- Days 1&2 rest 90s between sets
- Days 3&4 rest 60s between sets
- Days 5&6 rest 45s between sets

WEEK 3: Heavy

Day 1: 75-80% x 8x3

Day 2: 75-80% x 8x3

Day 3: 80-85% x 10x2

Day 4: 80-85% x 10x2

Day 5: 85-90% x 12x1

Day 6: Work up to a heavy (but not max) single on each lift, attempting to add 5-10lbs from last week.

- Days 1&2 rest 90s between sets
- Days 3&4 rest 60s between sets
- Days 5&6 rest 45s between sets

WEEK 4: Very Heavy

Day 1: 8x3, work up to a very heavy set of 3

Day 2: 8x3, work up to a very heavy set of 3

Day 3: 10x2, work up to a very heavy set of 2

Day 4: 10x2, work up to a very heavy set of 2

Day 5: 10x1, work up to a very heavy (near max) single

Day 6: 10x1, work up to a very heavy (near max) single

- Days 1&2 rest 120s between sets
- Days 3&4 rest 90s between sets
- Days 5&6 rest 75s between sets

WEEK 5:

You have TWO options here:

Option 1:

Run a mini peaking cycle and retest your 3RM at the end of the week.

Follow the cycle below:

Day 1: 4x3, working up to a 70% for a top set of 3

Day 2: 4x3, working up to a 70% for a top set of 3

Day 3: 5x2, working up to a 80% for a top set of 2

Day 4: 5x2, working up to a 80% for a top set of 2

Day 5: Day off.

Day 6: 6x1, work up to a very heavy (near max) single on the Snatch and the Clean (and Jerk/Push Press if you want)

Rest 30-60 minutes.

6x1, work up to a very heavy (near max) single on the Military Press and/or the Front Squat.

Option 2:

Do something different and random - you can still Squat and Pull, but go lighter, much lighter. And much lower volume too.

And that's it. Pretty straight forward. Pretty simple. Brutally hard. Very rewarding.

Next up - Recovery...

The Recovery Program



WARNING! *If you skip this part of the program, you will fall flat on your face!* You will most likely get injured and/or experience the effects of overtraining! This is part of the program, so make sure you do it!
NO EXCUSES!

Immediately after training do the following:

Option 1 if you have access to a sauna or steamroom:

Minutes 0-10: Walk or ride a stationary bike at an easy pace

Minutes 10-20: Sauna or Steamroom

Minutes: 20-30: Contrast shower: 30s cold, 60s hot. Repeat for 10 minutes.

Option 2 if you don't have access to a sauna or steamroom:

Minutes 0-10: Walk or ride a stationary bike at an easy pace

Minutes 10-20: Stretch for relaxation

Minutes: 20-30: Contrast shower: 30s cold, 60s hot. Repeat for 10 minutes.

Sleep:

Sleep is the easiest form of passive recovery there is. Yet most people think they're tough or cool if they can survive off less than 8 hours of sleep. Well, that's all your doing if you're getting less than 8 hours a night. So make sure you go to be early on this program. You want at least 8 hours of sleep and a nap sometime during the day would be preferable.

Of course, what kind of fat loss program would this be if we didn't cover...

Food N Stuff



There has been a lot written about nutrition in the last 16 years since I went through this program.

And yet, much hasn't changed.

There are some stupidly simple keys to fat loss that many people seem to forget that still apply to these:

1. Calories, when averaged over a given period of time, 9 times out of 10, should be below baseline.
2. Calories should come from "clean" sources and not junk food.
3. Water intake should be high.

Pretty simple really.

For best results though, here are some add-ons:

1. Calories should be cycled between baseline and below baseline throughout the week.
2. Carbs, yes, carbs, should be included in the diet.
3. Healthy fats should also be included.

Ok, so enough with the generalizations. You probably want to know *exactly* what I did to get those kinds of results and how you can get them too.

Well, you probably won't believe me, but heck, here it is -

- I alternated my daily calories between 3200 and 2600
- I alternated the number of meals I ate between 6 and 5 every other day - 6 on the high day, 5 on the low day
- 40% of my calories came from Protein, 40% from Carbs, and 20% from Fat.
(Yes, you're right, that is a lot of carbs for a fat loss program - but it worked.)
- And I drank at least a gallon of water per day

Oh yeah, and I measured all my food down to the gram, and logged it in my food journal to see how close I was staying to the prescribed food amounts.

My meals consisted of primarily tuna and rice, steak and sweet potatoes, and Myoplex shakes with oatmeal and flax oil added to them. That's it.

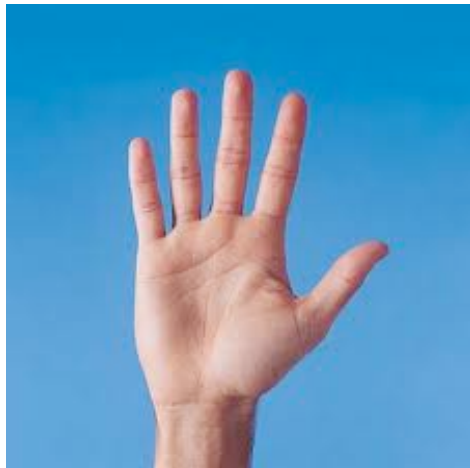
The only "supplement" I used besides the Myoplex (do they even make that anymore?) was creatine monohydrate.

What Should *You* Do?

Look, man, I don't know you or how fat or lean you are right now. I do know that you must be pretty hardcore to download this program and you'll have to be even more hardcore to do the workouts and succeed.

That's going to take up the majority of your mental energy and focus. (And you probably don't have something super-pressing like a National Championship qualifying meet to really light a fire under your butt...) So that being said, I'd do something really, really simple like this:

Take a look at your palm:



Cut off your fingers and your thumb - what's left is your palm and how much protein you should be eating per meal.

See the shape of you palm?

- Eat 6 servings of that much protein 3 days per week. (Monday, Wednesday, Friday is good.)
- Eat 4-5 servings, depending on your hunger levels, the other 4 days of the week. (Tuesday, Thursday, Saturday, Sunday.)
- Your protein sources are lean cuts of beef, chicken, pork, fish, and eggs.

You can do it in as many meals as you want - 6,5,4,3,2... I don't care, just get it in.

Do the same thing with carbs - starches - on the days you eat six meals per day.

- Your starch sources are brown rice, sweet potatoes, and oatmeal. That's it. Nothing else. If it's not one of those three, it doesn't go in your mouth, got it?

On the days you only eat 4-5 servings of protein, don't eat any starches. That's right. None. Supplement with fats - avocado, olive oil, fish oil, coconut oil. No more than a tablespoon of each.

About vegetables - they're very important.

- Eat the following choice of green veggies at ALL your meals - broccoli, asparagus, spinach, kale, green beans. Green, red, and yellow peppers are good too.

And it's really *that* simple.

- There's enough calories on your high calorie days - and enough of the right kinds of calories - to fuel all of your workouts. There's
- There's enough of a deficit on your low calorie days to make your body tap into it's fat stores and use that nasty looking stuff for fuel.

And yes, it works. Especially when you bolt on some "aftermarket parts," like I'll show you next.

Cheat Meal/Days

A lot has been written about "Cheat Meals" and "Cheat Days" in the last 4 years but they're certainly not new. Bodybuilders like Arnold Schwarzenegger and Franco Columbo used to pig out episodically in their training only to find new gains in leanness, strength, and muscularity.

I have been experimenting with this concept over the past 4 years or so, and have been using it religiously in my weekly eating plan for almost the last 2 years or so. The results have astounded me.

I eat ALL of my favorite foods at least once a week: Whole pizzas, cheeseburgers, fries, milkshakes, pints of ice cream, waffles - you name it, I eat it. And it got me lean and I stay lean. Well, that and the fact that I pair Cheat Days with...

Fast Days

Intermittent Fasting has recently become popular. Brad Pilon first wrote his book on Flexible Intermittent Fasting, *Eat. Stop. Eat.*, back in 2007. When I first met him, I thought he was nuts. I was stuck in the 5-6 meal a day mindset and thought this approach would never work.

What a Godsend this book was though. It literally debunks the need for frequent feeding and shows how dangerous it can be from a health perspective. Plus, it puts to death the myth that if you don't constantly feed yourself all day long that you'll suddenly slip into a catabolic state and lose all your muscle.

Guys like Martin Berkhan from Leangains.com have also been instrumental in helping us understand how you can get muscular and strong from not eating as frequently.

As I mentioned, I recommend pairing a Cheat Day and a Fast Day together. Pig out one day, fast the next. Your body is overfed so it doesn't need the calories. Plus, not eating is good for recovery - it stimulates your parasympathetic nervous system - which is instrumental in the adaptation process.

Putting It All Together

Here's how you put the workouts and the nutrition together for the 4-5 weeks you're on the "Olympic":

Day 1:

Workout: Front Squats & Presses

Food: Protein + Carbs

Day 2:

Workout: Olympic Pulls

Food: Protein + Veggies

Day 3:

Workout: Front Squats & Presses

Food: Protein + Carbs

Day 4:

Workout: Olympic Pulls

Food: Protein + Veggies

Day 5:

Workout: Front Squats & Presses

Food: Protein + Carbs

Day 6:

Workout: Olympic Lifts / Pulls

Food: Cheat Day.

Day 7:

No workout.

Food: Fast Day.

This weekly rotation works great.

It keeps you fed, focused, and full. Yet you'll peel off bodyfat. It's the best combination

I've found of all worlds.

Options

Undoubtedly, there will be people reading this, maybe you, who will balk at the detail required in this program regarding food and food preparation.

Normally, I'd say, "Too bad. Suck it up and do it anyway. It's only 4 weeks of your life."

However, the fact is, that some people just rebel and sabotage themselves when they see such "rigid" structures. If that's you, I recommend you give Brad Pilon's, *Eat. Stop. Eat* a shot. Plenty of people have had success with that type of strategy.

Click the link below to check out *Eat.Stop.Eat*.

<http://www.chasingstrength.com/eatstopeat>

(If for some reason you can't click through that link, just copy it and paste it into your web browser. Same thing with any other links in here.)

On the flip side, there are others who want everything spelled out for you - exactly how much to eat and when. That's cool.

If you fall into that category - if you need or like something more spelled out for you - like actual menus, you know, what you should eat *exactly*, meal-by-meal, then I suggest you check out Dave Ruel's "**Anabolic Cooking**." It's over 250 done-for-you meal plans. I really like them - very helpful (and takes the thought process out of it too).

Click the link below to get the "done-for-you" meal plans:

<http://www.chasingstrength.com/anabolic-cooking>

On Meal Timing

You'll notice that I didn't specify exactly when you should eat your meals. That's because a lot has changed over the last 16 years. It used to be that if you didn't eat every 2.5-3 hours you'd turn severely catabolic and the muscle would fall right off your body.

Now a days, it seems we are way less rigid in our recommendations regarding exactly when the best times to eat are.

There's a lot of science to support the concept of Intermittent Fasting - or routinely

abstaining from food for specific and relatively prolonged periods of time (I know - perish the thought!). The short version of this is, for both fat loss and muscle gain, partitioning your eating into certain portions of the day works very nicely.

Keeping the body slightly “hungry” in the early part of the day (pre-lunch hours) seems to support our natural hormonal states, namely, you’re in a fat-burning state while you sleep and into the early parts of the morning.

It increases your body’s reliance on free-fatty acids for fuel that have been mobilized from fat stores and are floating around in your bloodstream instead of sugars.

So it makes sense that you can accelerate the fat-burning state by not eating for the first half of your day and then eating most of your food in the second half of your day, especially right after your workout, when your body needs it most for repair and reconstruction.

I also recommend you eat your carbs clustered after your training. There’s plenty of research indicating that muscle is more receptive to the uptake of blood glucose after heavy resistance training.

If you want to know the in-depth science behind this - and this is hardcore stuff, check out this plan I’m currently using, called “Carb Back-loading.”

It’s interesting stuff. And it delves into all the scientific data and research on how the whole “eat carbs and still lose fat” thing really works. I think it’s one of the more legitimate ways to eat carbs - lots of carbs, and still lose a bunch of fat.

Click the link below to check out “Carb Back-loading.”

<http://www.chasingstrength.com/carb-back-loading>

Don’t worry if you have questions, we’ll be covering them next...

FAQs



Undoubtedly you will have questions about this program. Here's my attempt to head them off at the pass, satisfy your curiosity, and remove all excuses for failure.

1. Do I have to use the Front Squat? Can I use the Back Squat instead?

The Front Squat is preferable to the Back Squat for two reasons:

1. You can't use as much load as you can with the Back Squat and therefore it's less stressful on your CNS.
2. The Front Squat places more stress on your "anterior chain" – the flexor muscles up on the front of your body. This counterbalances the amount of work the "posterior chain" is getting on the pulling days where you're hitting the Olympic lift variations.

However, you can use a Safety Squat bar or use Zercher Squats for this program. Both of those do a great job overloading the anterior chain.

2. Ok, I'll do the Front Squats, but it hurts my wrists to do them like Olympic lifters. Can I use the traditional bodybuilding style, or what...?

I feel ya. They were tough for me when I first started too. But since you're probably not going to be competing, there's no need to force the issue. I'm not a big fan of the bodybuilding style of Front Squats, so here's an alternative for you that I learned from Strength Coach Charles Poliquin.



You simply loop a pair of straps around the bar like shown in the picture to the right. This allows you to keep your "shelf" and your elbows up while taking the pressure off your wrists. Works pretty well. Give it a shot.

3. I don't know how to do the Olympic Lifts or their variations. Should I still do this program?

No. Not right now. Put it aside and practice the Olympic lifts and their variations until you feel comfortable doing them.

4. What if I don't have access to the bumper plates for Olympic lifting?

No problem – just use the iron plates. That's exactly what I did going through this program. The only day I access to the bumpers was on Saturdays when I went up to the platform to see my coach.

So on Day 6 when you're doing your Power Snatches and Power Cleans, use straps and lower the bar back down to the floor – or at least to your knees, and then use a controlled drop to the floor.

5. Can I use straps for the Pulls? How about a belt?

Yes, and you should use straps. It'll save your grip and help you focus only on the mechanics of the pulls. Regarding the belt, I never use a belt. I've built my own (my abs). You should too. However, if you want to, only use it on the heavy stuff.

6. How important is the recovery stuff, *really*?

How important is breathing? Yeah, it's THAT important. Seriously. You won't make it past week 2 without the recovery work, if that far. This program is intense and you need to be able to recover (at least partially) from each training session. So don't try to outsmart the program by "tweaking" it into something of your own liking/making.

7. What if I can't get 8 hours of sleep due to my job, etc?

"Can't" or "won't?" Yeah, I'm being tough on you. But we can all get close to 8 hours of sleep each night – it's just a matter of priorities, like turning the TV off for example.

8. How important is diet on this program cause it seems like I'll be doing a lot of work. I'm concerned I'll be hungry.

Diet is very important, which is why I covered it. 80% of your results (at least) come from diet. So to skip it or neglect it in any way would yield less than optimal results for you. That's why I went over it and gave you a specific plan, and even other resources that I thought would fit your particular personality if you found this plan wasn't for you.

9. If diet is so big and so important, how come you don't give a more detailed plan – like grams of protein, carbs, and fat?

Great question. Primarily because you don't *need* a more detailed plan. It's easy to get lost in the details and use them as an excuse to not get to work while you're obsessing over them. You can and will succeed if you follow the guidelines I gave you. Again, I gave resources that I've personally used that I think will help you out if you want more information.

Wrap Up



So that's it in a nutshell.

A simple, hardcore, out-of-the-box and extremely effective rapid fat loss training program. Take it easy, start with the appropriate percentages as outlined, especially if you're new to Olympic lifting.

And of course, here's my super-lean, hardcore disclaimer, as the FTC (Federal Trade Commission) requires me to disclose the following, ok?

You should not assume you're results will be the same as mine. In fact, my results are not average. I am a "Type A" personality and go after my goals headfirst. The average person will download this report, take a look at it, and put it aside and do nothing with it. Therefore, if you want any results at all, don't be average.

Finally, here's yet another FTC disclaimer: Yes, some of the highlighted links are affiliate links. So if you click on them I might make a few extra bucks. (Heaven forbid!)

Now, go forth, lift heavy stuff explosively, eat healthy stuff, and melteth off your stored body fat!

About...



Geoff Neupert is currently a personal trainer with over 21,252 hours of one-on-one personal training under his belt and has been in the “biz” since 1993. He is also a Master Kettlebell Trainer with the Russian Kettlebell Challenge, a former Division 1 Strength and Conditioning Coach at Rutgers University, and a former National Qualifier and State Champion in Olympic Weightlifting at 105kg. He’s been a Certified Strength and Conditioning Specialist since 1997.

He currently trains a select group of clients both in person and online. He also runs a thriving online kettlebell workout business.

Geoff’s done and doing a lot of other stuff in the strength and fitness world that you probably don’t care about, like speaking gigs and seminars and publishing books ‘n stuff.

For more “interesting” and immediately useful out-of-the-box strength stuff, visit his blog at www.chasingstrength.com.