



WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



Luke Allison Interviews Jim Smith

LA: This is Luke Allison with CriticalBench.com and I'm here with Jim Smith. Jim, how are you?

JS: Good, what's up, Luke?

LA: Not much, man. First, just for anyone that might not know, what is the Diesel Crew?

JS: Diesel Crew, well, it's a collection of two strength coaches that got together in 2001, Jed Thompson and myself. It was a teaming of two guys just trying to get into the fitness industry. We started, like I said, back in 2001 and we both went through the NSCA cert. That's the National Strength and Conditioning Association certification for

strength coaches. After we went through that, we actually started training athletes and looking into various other training modalities and just kind of went from there.

We just tried to form a team where we wanted to do something different. Everything out there at that time was, there was a lot of Olympic lifting and at that point, not much Strongman and kettle bell and grip stuff. So, we kind of wanted to incorporate our own spin in the fitness industry. That's sort of where we're at and how it was born.

LA: You mentioned working with athletes, what is your sort of interest or motivation to work with athletes?

JS: Well, I love actually working with athletes because they're highly motivated. I don't really have the bandwidth right now to work with just regular people and I find that it's really tough to do that. You have to be... I wouldn't consider myself really a personal trainer, more so a strength coach, because I like the strengthen aspect of it, even though there's definitely some transformation pieces in there for a strength coach as well.

But, athletes are highly motivated and really get a lot of bang for a buck. I really like to watch the guys transform and get more explosive and stronger and different things like that.

When you first get an athlete, it's really like a puzzle. That's how I kind of describe it. You have to kind of assess them with their currently levels of strength, what are their injuries? Not only their individual needs, but the needs of their respective sports. You have multi sport athletes; you have single sport athletes. You really have to figure out, one, how to fix what's wrong with them and, two, how to get them prepared for their sport. So, it's sort of like a puzzle and you have to structure and periodize their training to accommodate that.

LA: Talk a little bit about some of the people and ideas that have influenced your style of strengthening and conditioning.

JS: Well, there are many and I try to give them as many shout-outs as I can, with every article and with every product and different things. But, starting back in 2001, we were sort of on our own. We didn't really... The internet as far as fitness was pretty remedial. There wasn't YouTube. There wasn't the proliferation of blogs on the internet. That was what was kind of cool about the old Diesel site. I created it from scratch and it was all HTML based.

I kind of consider it one of the earliest fitness blogs on the net because we didn't really have a static homepage. What we would do is just kind of every time we would

shoot a new video or a new article, we would update the homepage and it would always have new content. So, it was sort of like a manually updated blog.

But, what we did at that point was just try to put out a lot of different videos and stuff. And some of those contained ideas we found from some of the people that...we did Google and we met at strength conferences. We traveled all around. So, most of the stuff we got was from Boyle. Boyle has some of the earlier references. Donald Chu for plyometrics, Zatorski, those were some of my big influences.

But, as the internet grew we sort of got more and more familiar with some of the other guys out there. Cosgrove, I know you know Alwyn Cosgrove. He really influenced me and gave me a lot of knowledge around the need for balance in the program. He has, I believe it's called The Program or Periodization Bible. But, it's a huge reference where the underlying principle was you have to create a balance in your training routine, like a push for a pull, and extension for a flexion. He really opened my eyes to that aspect and how everything has to be balanced.

Cressy and Robertson, those two guys kind of blow a lot of people away. They're just so young and so talented and so smart as far as the anatomy piece and physiology pieces and the rehab piece. They really influenced my training style and gave me a wakeup call that I needed to learn more about the anatomy piece.

When you go and you get the NSCA cert, it doesn't really mean anything. It doesn't say anything about your under-the-bar experience. How long you've trained? Can you not only train yourself, but train others? You don't get that from a certification. You don't get that from a book.

So, I realized after I did get that certification, it's nice to have the letters behind your name. It gives you some weight when you go for interviews and different things, or when you write an article. But, it doesn't talk to you specifically about how you are as a strength coach.

I think your actions and your athletes, are you making them bigger, stronger, faster? Are they not getting injured? Are you correcting imbalances and stuff? That really talks to how you are as a strength coach. And Mike Robertson and Eric Cressy really opened my eyes to that aspect.

Another guy that really influenced me... I'm on the Elite Fitness Q&A staff. Jim Wendler, I love Jim, and he...everything he talks about is keeping it simple and just going back to basics. He's made huge... I mean, he has a 5/3/1 program just based around basic training. A lot of bodyweight movements like pull-ups and pushups and chin-ups and dips and military press. It's just such a basic program, but people are getting crazy transformations with it. They're getting really strong.

It just talked to, you don't have to analyze and over-analyze things so much where you just can't move forward. You can't create a program. You just stick with the basics and you're going to make progress.

I remember a strength coach probably back in 2002 or 2003, she said something to the effect of, you know as long as the effort is there, adaptation will occur. And that really stuck with me because while it said a few things, it really said you just got to really go whole heartedly into a program and really give it your all, and you will improve up to a certain extent. Once you adapt to the program, you have to change it up, some of the variables or move onto another program.

But, keeping it simple is really important, especially for strength coaches and athletes, and even people just going to the gym every day. You don't have to have all these percentages and all this stuff. You just work hard and you'll make changes.

I know a lot of people talk about us in the grip realm. We actually, for the last three years, have put on the US Grip Championship. That all started with a guy named Rick Walker. This guy was on the internet way back in the day, probably back in 2001, 2002 over on Dr. Squat. Have you ever been over on Dr. Squat's forum?

LA: Yea.

JS: Yea, it's one of the earliest forums out there. Rick Walker was like this guy who was bending nails and closing heavy like cabinets of crush grippers and picking up anvils and lever and sledgehammers and he's a mean looking dude, too. He had all these tattoos and stuff. I was actually a moderator on Dr. Squat back in the day. I just saw all these posts from him and we just started talking. He actually opened up our eyes around like the old time Strongman, all these guys bending like the Mighty Adam and Otto Arco and all these...Hachenschmidt, all these old-time Strongmen doing these feats of strength. And he used to be really into that. That's kind of how we got into Grip and probably two years later we actually spoke at the Pennsylvania State Clinic for the NSCA on grip strength. So, he was a huge influence on the Diesel Crew back in the day.

And like I said, all these pieces fit into the bigger puzzle for Diesel Crew because our training style was I though pretty unique. I mean, everybody's doing it now, but it involved a progressive addition of different training protocols as we learn them. I mean, we started out basically doing like a high volume bodybuilding routine and we moved into like the classic Olympic list. We moved into grip. We moved into Strongman. We moved into kettle bells. And as we evolved, so did the Diesel method where our training style incorporated all of those different types of training.

The guy who brought Strongman to us, if you will, was CJ Murphy. He's the guy...he's a strength coach and actually he writes for Men's Fitness as well, as I do. I think he's been in Men's Health, too. But, he's pretty renown guy up in Massachusetts where he's been using Strongman training protocol for his athletes for years.

So, it's just sort of like over the years, just meeting different people at seminars and lectures and writing articles and just going around the internet and just finding these people. They really did play a huge role in shaping my ideas of training programs and training athletes.

LA: The Diesel Crew has a reputation of innovation. Where does that mentality come from to do things that really no one has done before?

JS: Well, like I said, what happened back in the day was the internet, as far as the fitness industry went, was pretty scarce. I'm talking like 2001, I remember looking for like fitness related videos, and again, YouTube wasn't around. When we started selling videos, it was pretty unique. It kind of opened my eyes around people really wanted that type of media.

We used to make videos... I remember our very first video, it stuck with me all these years, Jed was doing... You know, like I said, we were influenced by like the old time Strongman and they used to do this movement called a prisoner squat. It's basically a Zercher lift off the floor. It's like you get under it and you Zercher a barbell off the floor up into a standing position. I guess the origin was like in prisons they don't have squat racks. So, they would have to squat this way. But, we did see a lot of pictures like old time Strongmen doing this like as far as strength acts in circuses and traveling around and different things like that.

But, Jed actually did a video of him doing a prisoner squat with number one Captains of Crush grippers in his hands. So, he was not only doing the squat, but he was actually crushing grippers at the same time. So, it was sort of, like I said, we started thinking about how we could combine the different training protocols and to get more bang for the buck. So, if you take like a normal lift and you modify it, you increase the adaptation for that lift and you also increase the work capacity that the athlete has to accommodate.

So, that innovation... We started putting videos on the site and like I said, it just opened my eyes up because our traffic on our site was huge. I remember our website host, we used to get this bill every month. It was like \$4, \$4.95 to host the Diesel site. We got a bill one month, it was like \$89 and I was like, what is going on? I called them up, I'm like, "You've made a mistake. This is crazy. Why are you charging us so much?" They actually came back to me and said, "You've exceeded your bandwidth 20 times over."

So, I went into the control panel and was like, what is going on? What do you mean bandwidth? I had no idea what this stuff was at the time. And basically, people were going to our site, again there was no YouTube. We hosted and embedded the videos on our site and people would just sit there and watch them. And unfortunately, they were high quality videos and people would just sit there and stream them off our site and just watch them five, ten times through.

It was crazy. We kept getting these huge bills. And at the time we didn't have any products. It was all like out-of-pocket expense. But, at that point, I was so consumed with people coming to the site, we were putting videos up all the time. I didn't even care. I just wanted people to come there, see all of our cool training and different things.

So, it kind of led to us trying to look above and beyond and trying to take these classic exercises and see how we could modify them.

LA: I think I do remember watching them, streaming like that. So, I apologize.

JS: No, that's all right. That's all right. I'm glad. Thank you for coming. Like I said, it's just crazy how things have escalated now. It's like, there are so many fitness blogs and YouTube is so full. There are so many opportunities out there for guys to get their training philosophies out there. So, it's great.

LA: Do you have a favorite exercise or lift that you helped create or reconfigure?

JS: Well, actually, I have a Chaos Training Manual and I would say it's basically my thesis on what the Diesel method is and just nonconventional training and how it blends with conventional training protocols. I have tons of different exercises in that manual. That thing is like 700 pages and it has an expansion pack, which makes it 750 or maybe even 800 pages. But, it has tons of exercise in there. I love all of those just because they're just so innovative. We can have a whole tele-conference about that.

But, one of the other ones that is pretty much mainstream now is kettle bell power bomb. I don't know if you've ever seen that, but it was kind of spawned out of us training one day. I have a garage gym and we also train clients and train ourselves out of a commercial gym. But, we actually did Strongman... Or, it might have been a grip competition. But, one of our sponsors gave us a 95 pound kettle bell and we had one 95 pound kettle bell and I remember Jed bringing that to the garage and that was our first real introduction with working with kettle bells.

I remember both of us snatching it the first day we got it and we had never worked with kettle bells before. Jed had started practicing how to flip it and different things. But, one day we were screwing around in the gym and we were doing kettle bell

swings. I mean, this is one of the six or seven basic kettle bell exercises that one must get real proficient with because it links into snatches and cleans and different other advanced kettle bell exercises. But, the kettle bell swing is one of the basic ones that you need to master.

I can't remember if it was me. I'm sure that I would say I invented it and Jed would say he invented it. But, I can't remember who did at this point. But, what we did was we said, well, how can we modify this to get more benefit out of it? I mean, we're getting really good hip extension on it. We're really getting some good deceleration of it. If you ever notice like a kettle bell swing during the centered portion, you actually load into exactly how you would land from a jump. I don't know if you've ever noticed that. But that position, hips back, head up, really good athletic position.

What we did was we said, well, at the peak of the movement where the kettle bell is sort of eye-line or chin level, we're going to have a partner just throw it down as hard as they can. And by doing that, we're going to emphasize that deceleration and we're going to emphasize that absorption. We're going to accelerate the eccentric and almost make it...not high intensity, but almost make it like a reactive expression, a reactive exercise.

So, what we did was we started...we got into the swing. After the third swing we said, okay, hit it. The partner would just whip it down as hard as they could. And I'll tell you what, the first time we did it, the kettle bell just shot right back out and it just really lit up. We said, man, we got something here. Because what happens is when you load that elastic energy, if you do it more rapid, the storage and then the subsequent expression of that stored energy through the hips, that hip extension was explosive.

We obviously did a film video of it and from that one exercise, what we did, we actually created two kettle bell training ebooks with a ton of other crazy kettle bell exercises no one has ever seen. But, once we sold the first one, I mean, within like a week there were videos all over the web of people doing kettle bell power bombs and just spreading the word.

I think they actually use it today at the RTC, the Dragon Door RTC certification. So, it's just gone into mainstream, just become part of one of the standard kettle bell exercises. So, I think we're pretty proud of that one.

LA: I'm trying to picture this. I'm searching. It sounds a lot like maybe a reverse band bench press, something where, like you said, you're overloading eccentric and trying to just recruit.

JS: Yes.

LA: Okay.

JS: Yep, that's exactly right.

LA: Did you have that in mind or did it just happen to work out like that?

JS: Yea, it was just organic, man. It just happened. I think our goals was...we actually were doing pretty well with the 95 for the swings and we were like, man, we've got to make this harder. One of us came up with the idea just to accelerate it with a partner assisted-push. And then everything just kind of grew from there. It was just amazing.

But, what happens is, to picture it a little easier, the guy's doing a swing. The partner is actually right out in front of him. And when the kettle bell gets eye-level, the partner's hand comes right on top of it and pushes it straight back down through patterns really hard, as hard as they can because we want that absorption. We want the person with the kettle bell just to really take that speed and decelerate it and then re-express it back.

So, it's pretty simple. I don't know if we have any videos out there now. I think we just have it cut up into our manuals. But, if that's something your readers want to see, we could definitely film it.

LA: Yea, I could definitely see some interest in that. We're in about mid June right now, 2009, how is your training going, sort of this year so far, and then overall?

JS: It's been going really well, actually. This year has actually been focused more around power lifting and we've been doing Strongman training probably...usually once a week or once every couple of weeks. I have a group of guys that we train with and three of them are actually doing a power lifting meet in October. So, we've been kind of cycling up to that and doing Strongman training, like I said, one day once a week or once every couple of weeks.

Me personally, I've actually been trying to rehab a knee injury from high school for the last several years. It's been kind of hampering my squat and stuff. So, I've been actually doing a lot of bleacher runs, trying to improve that leg drive. Unfortunately, over the years there's been compensations. Again, Cressy and Mike Robertson helped me realize that you can't just let these compensations sit there.

My quad had atrophied to the point where it just wasn't firing. So, what I did was just start making sure the soft tissue was correct, just doing a lot of foam roll and stuff. I've been doing a lot of unilateral step-ups and lunges and single leg squats and different things, just getting that quad to fire again, because the quad is so important for

tracking of the knee and stability of the knee. And just again, working with running bleachers and different things like that.

So, my training is going really well. my knee feels great. I'm squatting again. I'm doing full squats and doing power lifting squats and there's really nothing I cannot do. So, but yea, we're just focusing on power lifting right now and Strongman.

My time is pretty limited so my clients are pretty low. I have the opportunity to pick and choose who I train. So, I'm just training usually two to three kids right now. I just focus on high school wrestlers and baseball players and football players. But, I also have a lot of online clients and consult with a few professional MMA guys. But, that's about it. And I do a lot of writing. So, I'm just trying to work on getting more articles and different things written.

LA: Sure, sure. What is Accelerated Muscle Development?

JS: That's my new product I just came out with. It's been out for...let me see...since May 25th. It was Memorial Day when it came out. What I do with all my products is I want to take the very complicated science stuff that everybody kind of gets bogged down with, and I like to kind of show it in like visual diagrams and explain it in simple terms, because I think that people really like that. Most people learn visually. So, if I can give them a complex term or a complex idea and explain it with a diagram, I mean, the retention is so much more.

So, what I did was I took the concept of what it means to build muscle. Accelerated Muscular Development is my first kind of entrance into mainstream manuals. All of my stuff prior to this has been centered around building athletes. And not to say that those manuals aren't applicable to other people, they definitely are. But, Accelerated Muscular Development, I wanted to get it out there for the average gym goer, the dad or the mom or the kids trying to build a foundation in high school and different things like that, and show them what a good program is.

Right now, if you go to any internet forum, you go to an article, and even a lot of the muscle building books out there, they basically just give you like a whole bunch of workouts, like 12 weeks of workouts. It's just like the primary workout. You go in there and you hit three sets of eight on the bench and you go and do three sets of eight on the pull-ups. It's the primary workout.

But, as you know and as I know, over the years I've really studied this stuff. Like I said, Eric Cressy, Mike Robertson, Bill Hartman, all these amazing strength coaches...DeFranco. I mean, all these guys, they don't have their athletes and they don't have the people they train just come in the gym and do the primary workout. Let's say you go into the workout and you have like four sets on the bench. Your shoulders

feel like crap, your chest feels like crap until like the third set, right, because you're not really warmed-up until that third set.

So, what I did was I said this is going to be a mainstream product. I want everybody to use it and I want to show them what it means to be a good program. As soon as you walk in the gym, hit your foam roller stuff. You've got to start working on your soft tissue, everybody does. Improve the quality, improve the extensibility, allows it to contract harder, it works up compensations, all the scar tissue and trigger points, all that stuff.

We work on our soft tissue then we mobilize any joints that are tight. They're sitting all day. You've got bad pelvis alignment. We start activating stuff. We go through a dynamic warm-up. Then, once all that stuff is done...and I'm not talking about a ton of time. I'm talking a quick sequence of exercises that take 10 to 15 minutes. Okay? And then you go into the primary workout.

Actually, what I did was I structured AMD to be done in 30 or 40 minutes; real quick, three days a week. I wanted to give them a complete program that they could do in a short amount of time, and then get out of the gym. You don't walk around and do a set and just kind of hangout. You go in there, you bust your butt and get out.

Now, after you do that primary workout, what do you got to do? Where do you have weaknesses? Where do you have stuff that you need to rehab? You can work on more soft tissue stuff. You can do some static stretching. All that's laid out in the program. The cool thing about it is, I provide the structure. Here's what a good program needs. If you're already on a program, you can insert it right into AMD and just do the pieces that you're not currently doing. It's perfect. You can either use the program as AMD has it, or you can use your own program and insert it right into the protocol.

So, that's sort of the high level overview of AMD. Like I said, it's just I term it like a complete muscle building system. Now, it could be a complete strength system, whatever you want to deem it. But, it has all the essential pieces in there, stuff that people don't have or they don't put into their strength program or muscle building program. But, it has to be in there.

LA: How important do you think it is to get people information on things like...I guess you're describing corrective exercise in pre-hab or rehab, all those sorts of things. Because, the people that aren't doing those things are obviously the ones that are most likely to benefit.

JS: Yea. It's essential. I mean, these exercises have to be done because you've got to think of it this way. There's like what they say is the 23/1 rule. So, you have one

hour in the gym to correct, to overcome all the bad stuff you do the other 23 hours of the day, the 23/1 rule.

So, in that one hour, you better be doing a bunch of stuff. You better optimize your time and get these things corrected because you're not going to be in there only an hour. If you have it laid out for you, here's the structure, do step one, do step two, do step... It's right there. It's very, very easy to implement.

Because, most people just go in the gym and just kind of mill around. They don't know what to do. They might hit a machine. They might do some national bench days every Monday. They do the same stuff over and over. They don't understand why their back hurts or their shoulder's killing them because their elbows are flaring out on the bench.

I mean, these pieces are essential, not only to overcome those weaknesses, overcome the bad 23 hours a day, but for longevity, do you want to be lifting to your old age and be strong and healthy and not using a walker and all that stuff? Those pieces to a good program are essential.

LA: Just in case people are interested, if they want to follow-up, what type of format...is this an ebook or audio/visual components associated? What's all involved?

JS: Well, the basic AMD package is actually...they're all ebooks, and what I did was I had the main AMD manual and there are two other manuals that go with it. The one is a core strength manual that's actually a modification of Combat Corp. Combat Corp. is a torso strengthening ebook that I came out with last year that has been very, very well received and it's been peer reviewed by all the top guys in the fitness industry. I mean, it's a very good all-encompassing manual that teaches you really what is involved in strengthening torso.

Now, why would I include that in AMD? Because, in AMD there is a certain section for core strength exercises. So, in a good program you should have something to strengthen your core, and that's in the template. So, it's very easy to see. It's a plug-and-play template for AMD. Here's your soft tissue, here's your core stuff.

Now, the third manual in the main AMD package is Accelerated Corrective Strategies. That's the manual that lays out those important pieces like mobilizing, mobility, the activation and the soft tissue stuff. So, those three things are in ACS. Now, you put all those together and then you have the AMD program.

Now, those three are ebooks, and I have two AMD workouts that I filmed that you can watch right along with me and a buddy of mine. We actually go through an AMD upper body workout and an AMD lower body workout and show you step-by-step, from

the time we walk in the gym to the time we leave, and you can follow right along in the manual, with the video, and it just shows you exactly what to do.

The last piece of like the main package is... What I did was, in the manual, I have sequential pictures. Here's how to do each one of the exercises. Here's how to do it correctly. Here's how you track your elbows. Here's how you catch your breath when you're doing squats. All that stuff. That's all in the manual.

But, a lot of people, like I said, learn visually. So, what I wanted to do was create a YouTube channel dedicated to AMD. So, what you can do is go out there and watch the exercise, all the basic stuff like how to do squats, how to do dead lifts, how to do pull-ups, how to do posterior flies, all those things, the very basic exercises, how to do them correctly.

So, right now I'm in the process of just filling up that YouTube channel with tons and tons of exercises. If you want to go out there, it's [YouTube.com/MuscleVIP](https://www.youtube.com/MuscleVIP). If you go out there, go ahead and subscribe and every time I upload a new video you can look around and watch the video. If you want to get AMD and see that, there's a link off the site to do that. So, that's in the main package.

I have like a premium package that has like a ton of other stuff like med ball training, sledgehammer training, kettle bell training, and that's in the premium version. If you really want like a huge arsenal, if you go to the premium version, I mean, it just has so much information that you could just have a ball. Anything you want to do, you want to do a kettle bell day, a sledgehammer day, all that stuff, it's all out there.

LA: I think that definitely gives people almost more than they can handle. But, if they're up for it, who knows? That could be a good time. One of the other things I think of when I hear Diesel Crew is grip training. I think of grip training absolutely synonymous. Talk about why grip training as a type of modality that you're interested in.

JS: Oh, man. We could talk for hours and hours on grip training. Like I said, we actually created to recognize in the grip world. There is a grip community out there and there's tons of really strong grip athletes in the US as well as over in Europe. There's pioneers all over. But, grip training is essential. Like I said, it all started with that random encounter on Dr. Squat forum with Rick Walker. This guy just kind of opened up our eyes. From there, just got the ball rolling.

But, grip training is the forgotten element of functional training. I mean, we could debate what functional training is, and that's how we kind of deemed it back in the day when we gave our presentation to the NSCA on grip training. We said everybody trains squats. Everybody trains dead lifts. But, we actually never train our hands. And if you

think about it, as we know the body's kinetic chain and what is the end point of the kinetic chain? It's the hands.

I hate to use this old adage, but you're only as strong as your weakest link. And if your weakest link is your hands, I mean, you're never going to be able to express the power created from your body through your hands if your hands are weak. So, you have to strengthen your hands as a component of your total strength training program.

Now, what you start to find when you start training your grip is that you're going to be overall stronger. You're going to be able to hold a heavier dead lift. You're going to be able to hold onto the bat and swing it harder because your grip is tighter. Now, even Stewart McGill, world renown back specialist, back pain. He talks about squeezing your lats on the squat can actually increase your squat by 30 or 40 pounds.

Now, we can't squeeze our lats without squeezing our hands. Think about it. There's two ways to describe it. Some people call it radiant tension; some people call it co-contraction. But, what basically means is, if create a fist, just close my hands real light and close my hands, my hand gets a little tight. I'm closing my hand flexors, my finger flexors. But now, if I take that same thought and I squeeze my hand as hard as I can, what happens? My hand doesn't only get tight, my forearm gets tight, my bicep gets tight, my shoulder gets tight, my upper back gets tight. There's a radiant tension effect because, like I said, it's a kinetic chain. If I tighten one segment hard enough, it carries over to the structural stability of the other segments above and below that segment.

So, whenever you squat, you need to create tension. Whenever you bench, you need to create tension. Whenever you throw a football, you need to create tension. The duration of that tension is dependent on the activity, but it's tension nevertheless. If I'm doing a bench press, most people don't know, but it's a full body lift. I need to create tension in my legs, my glutes, my back to be able to bench a heavy weight. That's a prime example of radiant tension. If I can do that, I'm going to have a huge bench. Not only that, I'm going to be stable and the integrity of these joints are not going to be compromised.

So, grip training is just an expression of radiant tension. If I train my grip, I'm going to be stronger overall. I'll be able to hold heavier stuff. I'll be able to be better at any sport specific activity I do because power is generated from the ground up through the rotation of your hip, across each kinetic segment, across a rigid and tense isometrically contracted torso and expressed out through the hands.

If the integrity of any one of those segments is compromised, we're going to lose power. That power will be dissipated. I'm sure you've heard that a million times. But, the expression on that power has to be to the hands and that's why we train the grip

and that's why back in the day, and still today, we promote the training of someone's hands, athletes hands and even people in general.

If you think about it at the most basic level, the secretary, they're sitting at their keyboard all day. She needs grip training just as much as an athlete, but maybe a different type of grip training.

Did you want to go into the facets of grip training?

LA: You know what? I think we're about out of time. But, that might be the perfect excuse to bring you back to do 45 minutes on that. How does that sound?

JS: Yea, we can go into grip, no doubt.

LA: If people are interested, if they want to follow-up, tell them where to go. Tell them how to get in contact with you.

JS: Sure. You can send me an email at Smitty.Diesel@gmail.com. You can go to DieselCrew.com. That's our main site and it has tons of articles, tons of videos. I mean our YouTube channel has huge amounts of information out there. It's YouTube.com/SmittyDiesel. Also, my new program is Accelerated Muscular Development. You can just go to DieselCrew.com, and there's a link to the right hand side navigation bar and you can go right there. I appreciate the interview. I appreciate you calling me, Luke.

LA: Thank you for the time and the willingness to share such great information.

JS: No problem.

LA: All right, take care.

JS: Thank you.

About Jim Smith

Jim "Smitty" Smith is a Certified Strength and Conditioning Specialist (CSCS) as well as a Certified Fitness Trainer.

Jim is also an expert trainer who writes for Men's Fitness and the Elite Q/A Staff. Jim has been involved in strength training as a performance enhancement specialist for over 8 years and as a strength athlete for over 18 years. He has worked with athletes from many sports who compete at various levels to improve performance.

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