Chasing Strength **Presents...**

"How To Lose Over 17 Pounds Of Pure Blubber While Making Serious Strength Gains In Less Than 30 Days: An Interview With Steve Kiely, User Of Neuro-Metabolic Contrast Programming"

The following is an interview with Steve Kiely, who's used the Neuro-Metabolic Contrast Training Principles in other programs I've designed – adaptations of *The Olympic Rapid Fat Loss Program*.

Your results will vary depending on your training background, conditioning levels, and compliance to the program as outlined.

<u>Geoff Neupert</u>: Steve, thanks for agreeing to do this interview for us. Tell the reader about your training background, what you've done in the past, where you are now, and what prompted you to focus on rapid fat loss.

<u>Steve Kiely</u>: I started training seriously after I broke my back and was told I would never walk again! My main focus has to improve my quality of life and do a few things well rather than lots of things badly.

I found Pavel and Dragondoor just after I started training and have pretty much followed a variety of his programs for my whole training career, I also use Jim Wendler's 5/3/1 and much of Dan John's and Geoff's ideas/ programs.

Strength training has saved me from constant pain and lower back problems after my accident. I had surgery that put me out of work for 3 months and unable to lift anything over 20kg for this same amount of time. I started getting pains in my back and got depressed, also i got quite large. 5'6" and 124kg (273lbs).

I used what I knew best to lose weight, strength training and diet and it got me down to 96kg and 26%. It was then that I agreed to do Geoff's rapid fat loss program.

<u>GN:</u> What kind of training programs did you try in the past – especially strength programs or fat loss programs? And how successful were you on them?

SK: I have used Pavel's *Power To The People*, *Enter the Kettlebell*, and *Return of the Kettlebell*, Jim Wendler's, *5/3/1*, "Juggernaut Training," your *Kettlebell Muscle*, plus many other strength programs. Lately I am using *5/3/1* and Kettlebells to train for the RKC. (The RKC is the "Russian Kettlebell Challenge Certification" course – a rigorous 3 day course on how to use kettlebells for strength training and conditioning.)

For Fat loss I have used only a couple of programs as it has never been something I have stressed about. *Kettlebell Burn* was my favourite as it helped develop great technique and conditioning, I did not lose much weight with it though but that is due to not eating to match the goal of fat loss. I mucked about with *P90X* but hated it.

GN: What was it do you think that made the Neuro-Metabolic Contrast programming so different from the training you'd done in the past?

SK: The set up and structure of the program was brilliant. I looked at it on paper and shrugged my shoulders, thinking it didn't look anything special. The specific loads, reps and sets seemed simple enough. I was good at the exercises too, so I picked a weight and dived in.

After the first workout I was shocked at the intensity and was wondering how I was supposed to improve in my next session? I did though and I just kept improving the whole way through the program.

What made this program so special and different was the mixture of explosive days and grind days, which I have never trained like this before. Almost conjugate training?

GN: What was you're experience like while on the program? With this kind of volume, did you get tired or sore or run down or did you feel great? Did this surprise you?

SK: The first couple of sessions I was sore and tired but this was mainly due to overextending myself and not paying close enough attention to the RPE that was discussed. Once I found my rhythm and followed the RPE suggestions I was very surprised at how much energy I found I had.

As I was trying to follow the program completely I did struggle at points with food as I did get extremely hungry the food plan was easy to follow and very similar to what I was doing already with some extra tweaks. To be honest though I did have a couple of days where I couldn't control my hunger and ate stuff I shouldn't have.

In General though I felt great, I was getting stronger and fitter every day and I was surprised at how my body adjusted and reacted to the extra volume.

GN: And what were your final results from using Neuro-Metabolic Contrasts in your training specialized 4-week rapid fat loss program?

SK: I went from 23.4% body fat down to 16.6% and 93kg to 86kg, I felt great, my strength went up substantially as did my conditioning. I was amazed at how different I looked in such a short amount of time. <u>I didn't just lose weight I shed fat and added muscle all at once</u>.

GN: Anything you want to say to "doubters" and skeptics about whether or not this stuff works and why someone should consider this type of rapid fat loss training – especially when there are other rapid fat loss programs on the market?

SK: I have followed a number of programs but none have delivered the results of this one. This is supposed to be a Rapid Fat Loss program. **It is however a "Rapid Improve EVERYTHING Program." Your strength will go up, you will build muscle and the rapid fat loss that WILL happen is just icing on the cake.**

GN: Thanks, Steve, for taking the time out to tell others about your experience with Neuro-Metabolic Contrast Programming for rapid fat loss. Congratulations on your success and I look forward to hearing about more of it in the future.

Before   **After**

Steve Kiely lost 17.6lbs, 6.3% bodyfat, and 3.5 inches off his waist, while adding 1.5 inches to his shoulders in only 29 days.