

Biographical Sketch

Walter J. Dorey

Walter has been weight training for the past 30 years. He has written numerous program plans for clients with varying goals, from police officers, wrestlers, housewives, etc. He was certified as a Russian Kettlebell Challenge Instructor April 18, 2004 – April 18, 2006. He's article entitled "An RKC Primer" was published on the DragonDoor website. He actively researches and tests different forms of training, and is currently writing a book based on this research.

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Hardcore Fitness After 40

For What it's Worth, an Introduction

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The sweat was rolling and the lungs were burning. When would it end? Steve Cotter was putting a hurt on all of us at the Russian Kettlebell Challenge Certification course. He is a mutant and had us doing all types of low squat work. We were in a deep squat, what he referred to as a duck walk. We had kettlebells (KB) in the rack position, held in our hands up by our chest.

If you have never seen a KB, it is a mean looking hunk of iron. It looks like a cannonball with a thick handle cast onto it. Average men usually start with a 35 pound bell and the KB's go up to 106 pounds. Pick your poison!



We stayed in that low position as we walked, or waddled forward, then back, then to the left, to the right. Steve had us start with two KB's and said if things got too tough we could ditch one and continue by holding on to one KB with both hands. At this point you could hear and feel KB's thudding as one after another began to ditch a bell. Still in that low squat, butts dragging the ground position, we circled clockwise then counter clockwise for reps. Still not done. Next we were standing wide legged in the low squat position and we were swaying, shifting our body over to each side over our feet, hanging on to our KB's for dear life. Everyone was gasping for air, legs screaming. Still... not...done.

As hard as it was I loved every minute of it! Each day was intense, with new exercises, more information. It is not a user's course. It is designed as an instructors course to impart the deep knowledge of how to properly train others with the KB. The fact that I was there was amazing to me. Two years before, my life was ending. My boss had laid me off, and six months later I got

so sick I could not work. My last year at that company had not been good. I was working hard but kept having weird symptoms flair up. My heart would stop beating at times. Or it would race like I had just finished the hardest run of my life. My gall bladder started acting up. IBS reared its ugly head for a while. I would almost pass out at times just sitting in a chair. Sharp pains would shoot through my hands, feet and at times into my head. I would become breathless for no reason. My blood pressure started going up.

Things got worse. Phobias started. I could no longer get on an elevator unless someone was with me. My wife, Ginger, and I visited her family in Florida and we went to Universal Studios. Roller coasters were always my favorite ride. Not any more. I couldn't even get in line; my heart was palpitating so bad and my head spinning from just the thought. No one really understood. It was that strange feeling you get just after something happens that almost kills you, when your adrenaline is pumping. I felt like that all the time. I couldn't sleep at night. Two hours after going to bed the sheet and the mattress would be soaking with sweat. I would place a towel on it and a couple of hours after that the towel would be dripping wet. My pillow was constantly soggy. Sometimes my whole left side, arm and shoulder and chest would go completely numb for minutes. Several times it meant a trip to the ER. They couldn't find anything wrong. One nurse even suggested after the third time I was a nut case.

Then I started losing my mind. I was developing Alzheimer's disease, or so it seemed. I would forget things constantly. I couldn't remember where I was at times. My wife would ask me a question and I could hear her but my mind could not think how to answer. I felt constantly like I was dying. The worst part was I could see and feel I was going nuts, but I couldn't do anything about it. I did not know what was happening. My wife was worried she was going to be a widow. She would lay her head on my chest at night to listen to see if I was still breathing. I had no job, no insurance. All medical bills went to credit cards. Many times after my wife went to work, I would drive to a doctor's office and sit in my car in the parking lot so if something happened I could get inside to get help. I couldn't handle being alone. I was freaking out. Hypothermia would start to set in; many times I would start sweating for no reason and then immediately start getting cold. I would begin shivering and could hardly get warmed back up.

Often I would start crying for no reason. My emotions were ragged. If any one touched me I would jump nearly out of my skin. Once at a movie, my legs went numb. Both legs from the waist down. I got up and could barely walk. It was several hours before my legs felt normal again. My sugar started dropping. Hypoglycemia got so bad that I ate every hour on the hour. I began testing my blood sugar. I could eat twenty glucose tablets when my sugar was at 40-50 and my sugar would only go up to 140. A normal person will go up to 180 after a regular meal.

Within ten minutes my sugar dropped to 50. It was constantly like that. At one point I started getting OCD about it and charted my sugar for three days, making a large graph, pricking my fingers about 40 times in that three day period. Yeah, I was losing it. If I did not eat constantly I would get terrible migraines and would heave my guts up. I constantly carried glucose tablets with me and it was not uncommon for me to eat twenty tablets in a day. I continually carried a food container with me full of sandwiches. I would eat up to 12-16 in a day. I was going through a gallon of orange juice in two days. You should have seen the grocery bills!

Most of my life I have worked out and stayed physically fit. Now for the first time in my life I could not work out. Sure I tried, but it did not last long. I had zero energy. Every morning I would wake up as if I had arthritis. When I managed to get a short workout in it seemed I would get weaker instead of stronger. I started gaining weight until I got up to 285 pounds. I felt terrible mentally, emotionally and physically. It was a nightmare with no waking up. Ginger was always there for me, along with my friends. But I could not explain what I was going through.

My doctor ran all kinds of tests. He found nothing. This was over the course of several years. I had an MRI, stress tests, test for my gall bladder, etc. One day he put me on Paxil. I Googled it and after two days I stopped taking it. The side effects scared the crap out of me. I decided I wasn't going there. My doc wanted me to see a shrink. I knew deep within that wasn't the problem. Finally, at the suggestion of friends I went to another doctor. He ran a bunch of tests and asked a lot of questions. He listened patiently. Totally unlike any visit I had ever had with a doctor. He was actually letting me talk and listening! Two weeks later he found out I had mercury, lead and arsenic poisoning. He began treatment immediately and said the heavy metals were slowly killing me. However he also mentioned there could be other complications. Well, first things first.

At first things got a little worse, but then gradually I began to get better. It took a while. I had been lurking on the Dragon Door forum on their website for a year or so and now began posting. I saw their RKC course for KB instructors. I so wanted to take the course. A year later I finally did.

The next RKC course was in April of 2004, so with Ginger's support we decided to go. The course was tough but I got through. I was eating a sandwich every hour or so. The guys on my team thought I was nuts, but I knew if I did not eat my hypoglycemia would wipe me out and I would not be able to continue. I did not want to miss any of the training. So I ate, and worked out, and kept everything down!

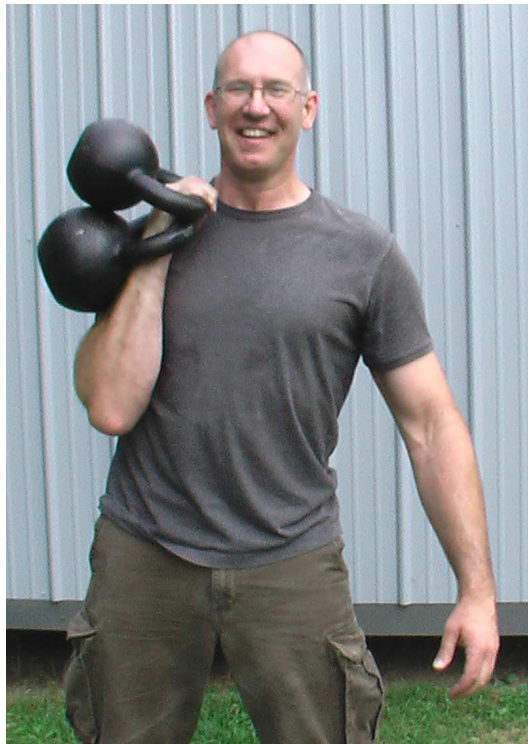
Each morning I still woke up as if I had chronic arthritis, I would just ache all over, joints and muscles. Every morning I would do the Super Joints routine from Pavel Tsatsouline for about 20 minutes. It helped me to get going in the morning and loosen up tremendously.

The flight back the day after the course was a little rough as I was pretty sore from three days of intense exercise. Once back home every day I would check my mail anxiously waiting for my certification. It was so cool the day it arrived! I began to train clients, but it was tough because I had a regular job now also. And I still was not 100%. But I loved doing the training!

“Return of the Reaper”

After a while my symptoms began to reappear. But this time I had the right doctor and shortly, after more tests, he determined I had Lyme disease, and had been evidently infected quite a number of years ago. The Lyme bacteria actually feeds off the sugar in your body, so basically almost all the energy from my food was going to the critters living in me. I stopped training people as I could tell I was getting weaker again, even though I was training hard myself. My personal training got less and less and I began gaining weight again. Phobias started to return.

I was in no shape to take my recertification when it came due two years later. I knew I could take the course and muddle through but I knew I would not be able to give it my best and pass the course. I did not want to hold up anyone else who would be on the same team. So I let the certification lapse. I then contacted my clients to inform them I was no longer certified as an RKC. They were very understanding about it as several said they did not care, telling me I still had the knowledge from the course. Slowly, with treatment I got better and better. I fought my way back.



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“Life Goes On”

I still have Lyme disease. It is nearly impossible to get rid of but I am way better all the way around. Mornings are always the roughest with constant muscle and joint pain. Lyme disease creates a lot of inflammation. I continue to train hard and learn more about training, which is a part of my life since I was 12. You may wonder why I went to the trouble of telling you so much about my struggle. Well, it's because I care. You see, I've been healthy and trained hard for years, devouring all the training info I could get my hands on and being trained by others, experimenting with every training program and tool you can think of. But I've also been in the trenches, sick, overweight and ready to give up. I know what it feels like to start over. Obstacles can take many forms. Through it all I continued to press on, figuratively and literally.

So if you have been around the old weight game for a while, I hope to still give you some new things to try. And if you are just starting out and it feels like the odds are against you, I've been there and guess what? You CAN overcome it! Maybe you used to work out years ago and have given it up. Other things in your life crowded out the training. Well, you can get back into it. It's never too late to change courses until you crash. I hope I can help you in some way to keep pushing on. Never give up!

So, without further ado:

“What Is Fit?”- Or “How Tight Are Your Clothes?”

Ask most people what they mean when they say they want to get “fit” or “in shape” and you will get a variety of vague answers. Ask these same people how they think they should train to get “fit or “in shape”, and you will generally get something along the lines of doing long slow endurance type training, whether it’s on a treadmill or riding a stationary bike or walking for an hour every day. If they say anything about weight training it is usually in the context of doing some type of machine training. That is what they have been conditioned to say or do. Truly a sad state of affairs, since most who engage in this type of training will waste a lot of time and probably never reach their hazy goal of getting fit. Then, after much frustration, coupled with yo-yo dieting they will just give up.

Part of the problem is that this is what much of the training information that people read is telling them to do. The other problem is this is what they either see or are taught to do in most gyms. It’s either that or train like a bodybuilder. And of course most sane people do not want to walk around looking like some steroidal freak that stops at every mirror to strike a pose. Can’t blame them! Then the flip side of the coin is that they just do not really know what type of goal to set, other than lose some weight. So you lose 40 pounds, then what? You’ve reached your goal so now there is no further motivation to continue. And the typical routines and diets people use to lose weight are so boring that people can’t wait to stop their training. Soon old habits creep back in and a few years latter, if not sooner, the poor people are right back where they started. So what do people want from their training?

I believe many desire to attain much more than the ability to ride a bike or run all day and just get skinny. That’s actually pretty easily accomplished. And the ability to do those things is not a great indicator of fitness. It’s not even the best way to lose weight. Generally those who engage in marathon type training are the least fit. Well, maybe not compared to a couch potato. How can that be?

“Short Trunks, Long Hair= 70’s Man”

Those who engage in the typical long endurance routines usually suffer from repetitive injuries, poor posture, lowered immune function, poor flexibility and low overall body strength. This is the results of the typical training of the 70's when everybody was running. And as they get older the pounding on their joints starts showing up and they complain they can no longer run or bike, so they quit exercising. I'm not talking about those at the top of competition in those sports. Top competitors usually do a little strength training, though not as much as they should. They suffer the same things, yet they are willing to deal with them to compete and win in their chosen sport. For them it may even be how they make a living.

How many guys in their 60's or 70's do you know who are still out there pounding the pavement for miles every week? Their bodies don't last that long. Most of the guys you read or hear about who are still very much into fitness even late into old age have one thing in common: they all included weight training in their exercise routines. And the weight training was a large part of their training. In fact, current studies have proven that even those in their 90's can make a large positive impact on their health through progressive strength training. They are NOT running and cycling for hours in these studies. They are weight training.

However, many people feel that emulating the training of these elite endurance athletes is the way to get fit. You can even here such people telling others that they should train just like their favorite hero that they read about in some bicycling or runners magazine.

Long distance training, taken to the extreme, is damaging to the heart and lungs. Google it if you are curious. There are plenty of studies to back that statement up. Think back to when you were in school. Which would you rather be, the well muscled sprinter or the thin wiffle-ball built distance runners? Which performed better at most sports, such as soccer, football, basketball, baseball, wrestling, etc.? Who got picked on more at school? Look at modern athletes. Who do you think is capable of more real world work and power output? Who would you rather have on your team or back you up in a fight? You guessed it, the sprinter. Why?

He has a greater capacity to perform a variety of tasks. He achieved this capacity through a greater variety of training. Most sprinters of today do more than just run. Their training is brief and intense. They also use weights in their routines. They are flexible, strong, athletic, capable of performing many physical endeavors and can even keep up a pretty good pace for a length of time if need be. Without even training for long endurance events. And their hearts and lungs have a strong reserve for emergency situations where stress gets the heart pounding.

Many long distance trainees are what I call skinny-fat people. They look thin but usually have a layer of fat over what miniscule muscle they have. Their fat to muscle ratio is not good. Many have the mistaken belief that if you run a lot and are thin, you're in excellent shape. Not true. Just have them help you push a truck that's stuck or push a wheel barrow full of cement around for part of the day as you have them help you build a porch or patio and you'll see what I mean. They have no real functional strength. They have miniscule upper body strength and low overall bodily power.

So, training like a marathoner is out. Besides, who wants to run or bike for hours and hours every week? I don't have that much time to waste and neither do most people. If you really want to get in great shape with the ability to do anything you want physically then you must train more like a sprinter. However, does that mean we have to sprint? Well, not if you don't want to, but if you can, sprinting a few times a week will do wonders for your conditioning. Now you are probably wondering: "So what should I do to get in shape?"

It's really pretty simple once the ground work is laid. First, what do we want to accomplish? Before you can design a program you must know what outcome you are trying to achieve. Everyone states they want to get in shape or get fit. Usually the retort is "Get in shape for what?" or "What do you mean by fit?" Unless you have a specific goal such as making the football team it's a little hard to define.

Most people want to lose some weight, gain some strength and look and feel better. That is probably the goal of people who do not engage in any particular sport or activity. But I also believe that these same people would like to be able to accomplish much more than that. They just are not sure how to state it. Most would like to be able to do what they did when they were younger, perhaps playing sports again. Wouldn't it be nice to be able to play a game of basketball or soccer or football even if it gets a little rough? AND not get pushed around like the wiffle-ball man? How about the ability to help a friend do some remodeling, ditch digging, framing and concrete work with out feeling like a weakling and being sore for a week after? Or being able to wrestle around with your twenty year old kid and his friends and not wince because your back is hurting, but rather, as the youngsters are walking away, here one comment: "Man, your old man is a lot tougher than I thought!"

Well, I'm here to tell you, YOU CAN achieve those goals. And a lot quicker than you think.

Back to our first step of program design, what do we want to accomplish? That is the real question. If you have been exercising for a while, you can gradually begin to work some of the concepts and methods/tools into your program of training. If you haven't exercised in a while, you will need to begin a gradual build up of intensity and volume in your workouts. We want to develop what many refer to as GPP, General Physical Preparation. In other words, we want to develop a good base of strength, coordination, flexibility, endurance, strength endurance, speed and balance. There are many other terms to describe all these various measures of your ability to perform physically, but understand that many actually overlap each other.

So rather than focus on developing all these qualities separately through individualized training protocols, we will develop them as a unit. That is simply how your body works. A baby doesn't learn how to stand on one foot then learn to stand on the other before it learns to walk. If you train for the first broader areas properly, you will get the others in addition with out training them individually. Perhaps you are familiar with the 80/20 principle. You can accomplish 80 percent of your goal with 20 percent of your effort. It all comes down to where you put your effort.

Focus on the exercises that use the largest muscles and don't sweat the small stuff for now. "Wait a minute, what about strengthening the weakest link? Isn't a chain only as strong as its weakest link?"

True, but you are not a chain. Top competitors do work on their weak links, but the performance enhancement is measured in half a kilo on the bar or hundredths of a second on the clock, enough to win a competition. Hardly the result someone who wants to lose weight is looking for. Build up the strength of the biggest muscles in the body and the weak links will come along for the ride for the most part. Then, if you get to the point in competing in world competition, you can worry about the weak links. No sense using 80% of the exercises and programs that only bring about 20% (usually it's even less than that) of the result. Once you establish GPP you can reassess your goals and implement SPP, Specialized Physical Preparation, which is just a fancy way of saying you are training for a particular sport or event. You cannot run or train to run a world record 100 meter time if you can't walk up three flights of stairs without twisting an ankle and running out of breath.

So why the Hardcore Fitness After 40 title? Why not simply Fitness After 40? Look around you at the gym. How many guys in their forty's really fit the description of fitness above? Do you really think some guy pumping away on ten different arm exercises and reclining on a bench stuck under a bar that weighs less than he does or some dude riding 200 miles a week on his bike is going to out perform another guy who is doing sprint training and power cleans and push

presses? Not gonna happen! Or how about some guy doing circuit work on machines and running on a tread mill for an hour compared to our guy who swings KB's around and does some intense bodyweight training? Do you think machine man is physically and mentally tougher than our iron swinger? Not even! And secretly why ARE you exercising? To improve your ping pong game or to walk down the road with the confidence that you can handle anything that comes up?

Do you want a hardcore body and the guts that come from getting there? Or would you rather settle for some skinny legs and a lung? Your choice. For me it's hardcore. I think you will get hooked once you try some real training. So let's get started.



Keep in mind that if you haven't trained in a while, and I mean training at least three times a week, and it's been more than a couple of months since you trained last, get your butt off to a doctor and get a complete physical. Once you hit your forties it's a good idea to do that every few years anyway. Tell the doc you are going to begin engaging in a progressive strength and conditioning routine. No reason to keel over dead if you don't have to. In time, your workouts will get very intense, but don't rush to get there too fast. You have been warned.

Listen to your body and pay attention to how you feel. If something hurts or doesn't feel right, stop. Don't mindlessly continue and make a small problem bigger. Old injuries can flare up and there are ways to work around them. We will address that later.

First, drop the gym membership if you can get out of it. Save yourself a lot of dinero. Not to mention a lot of time spent commuting to the gym, and talking to those around you when you know you should be exercising. I'd say that most home trainees can finish a workout in the time it takes another guy to drive to the gym and talk with every one he meets as he gets ready to workout. If you can't get out of your membership, hang in there until renewal and then don't renew. Or sell it to some other person. If you cannot get out of your membership, start doing some hardcore training while you are there. They might just throw you out with a refund so you don't scare the namby-pamby clients!

Just as a side point: you can get your life back by training at home. It can save you that much time. If family interrupts, inform them that you will take no phone calls or other interruptions during your training unless it is a REAL emergency, like the house burning down. Turn your cell phone off. Some may view this as radical, but interruptions can distract your focus, create an environment for injuries and sabotage your results. Don't multitask while exercising. Everything else will still be there when you get done. Better yet, try to get other family members to join in with the sweat. You will all benefit in more ways than you can imagine if they join you.

Second, start investing in some home equipment. I said investing because if you buy the right stuff you will never wear it out, so you just saved yourself probably \$5,000. or more over the course of ten years of going to a gym. And hopefully you will keep training for more than just ten years, meaning the rest of your life. Otherwise, why bother. Proper exercise is like proper eating, it sustains and embellishes life and you need to continue doing it if it's going to continue to benefit you.

Third, convert a room or corner of a garage or a space outside into your gym if at all possible. Wait a minute. A gym carries a certain fern-gulley connotation to it. We are not! We are men! So we will call our training area the pit. This is where you will get down and dirty. It is going to get hard. It has to if you really want a tough, resilient body. If you can train outside, that's even better. You can get used to training in almost any kind of weather if you gradually get used to it. However, if it gets too cold or wet or snowy outside you can retreat indoors until the weather gets better. If you live in an apartment there are ways around this too. Try training with a friend at his place if he has a basement, garage or other area to use.

Fourth, keep your routines simple. Cover the big three: a squat, a push and a pull. We'll throw some ab work in there also. More on that later.

Fifth, keep your workouts short and sweet. Forty-five minutes tops. Many routines will be done in 15 to 20 minutes. Others will take 30. Workouts should vary in time and intensity throughout the week. You can even split your daily training into a 5 or 10 minute block several times during the day. Lots of options we will take a look at.

Sixth, do functional exercises using as many muscles as possible. No single joint isolation type exercises, unless you are rehabbing or pre-habbing an injury. No machines. Don't buy one. (I know I'm getting a little pushy here. You really can do what you like. It just depends on the results you want. If you want to look like flex-boy that's fine.) If you have some nordi-universa-ski-boe-trac-flex-a-thingy-ma-bob, sell it to some poor unsuspecting soul. If you really want that machine to get you a better, more functional body, start pushing, pulling and lifting it. Then you'll get a real workout! It is not funny that the latest machines are trying to duplicate the effects of training with weights and kettlebells. Why not just use the weights and KB's? Because the manufacturers cannot charge people as much. Remember, they are in business to take your money, and it's even better if they can take it for years through a monthly payment, because it is less painful for you to buy their equipment. I feel for those who buy into their sales hype. And spend \$1200 or more on the pieces of junk. Some of this machinery runs up to five grand or more. And these machines have never produced superior athletes. Of course if you compete in running, cycling or rowing you may need a machine of that type to train with during inclement weather, but that's a whole other matter. And it should not be the only avenue they pursue in their training.

Most of the guys and gals who help model and sell the equipment are just that: models that probably never even used the equipment. Instead, invest in some tools that work. Buy kettlebells, an Olympic bar and some plates. Pick up a tire and sledgehammer, a keg, barrel, sandbag, rocks, etc. You'll be way ahead of Gym Bob in short order. Take your average gym trainee and put them up against a real hardcore trainee and the hardcore guy will come out on top every time. Where do you want to be? Flexing your bi's in the mirror hoping the chick using the abductor machine checks you out?

Seventh, fix your diet. You're an adult; you can read, so research a little and try a few diets that sound real to you. I'm not trying to say anyone's an idiot, but too many try to make nutrition out to be some big bad complicated thing that only a person with forty credentials after their name can figure out. What a croc! Most of us had basic nutrition in high school. Try some various diets

and see which impacts your energy and training the most in a positive way. If someone tells you to limit your food to just a few things, it's unbalanced, dump that diet. Pick a few books up from a friend or the library or book store. Keep track of what you eat and how much. Track the calories if you want. In short order you will find out what works best for you and will no longer need to keep a log of what you eat. However, initially it can help a person to see where they are going wrong in their diet. Most of the time we don't realize how many calories (and from what source they are coming from) that we really eat. I'm not a nutritionist, but it is not all that hard.

Find out if you have any food allergies and then avoid those foods. The best test for this is a blood test. Not the hokey-pokey hold your hands out to the side and let's put this in your hand and see what happens when I push down on your other side test some espouse. If someone tries that on you it's quackery. Hopefully, by now you already know that. One thing that can clue you in is if you have a lot of allergy problems: do you sneeze a lot, get sinus congestion, itchy eyes, a catch or scratch in your throat constantly? These can be more than just rag weed. Many times it is also exacerbated by food allergies. If you eat a certain food and then your throat feels scratchy or you notice the next day you seem to have some congestion, you are probably slightly allergic to it. Wait a week and try the same food again and see what happens. Same thing? Then you might want to avoid that food. I'm speaking from experience.

Eat all the vegetables you want. Remember, it's the sauces that people put on their vegetables that have all the sugar and calories. Choose a wide variety of various colors of the vegetables. It sounds weird but it works. Eat plenty of leafy greens. Try new foods. Eat some high quality protein at every meal. Eat some fruit, nuts and seeds. Avoid starchy foods or if you do eat them, do so only in moderation. Avoid overly processed foods. If it's prepackaged it's probably dead nutritionally. Drink plenty of water. Avoid soda and fruit drinks. Alcohol can also sabotage your results. Way too much sugar in all of them and diet sodas are just as bad for other reasons. Ditch the sweets. What works for me is to be strict in my diet during the week and splurge on Saturday or Sunday. But if that is even too risky for you, then go cold turkey and stop the junk food completely. Try eating only foods that do not have an ingredients label. Hard to go wrong this way. If it does have a label, read it and if you can't pronounce the word, don't know what it is or it is not a piece of real food listed as part of the ingredients, don't buy it. Nutrition in a nutshell. Eat at your own risk. And don't forget to stay well hydrated at all times.

Get enough sleep. Eight hours a night. Remove distractions and time wasters in your life. Focus on what you want and go get it. Without harming others, of course.

And eighth, if you really have a hard time getting motivated and do way better working out with a partner, search out someone who is willing to try the hardcore stuff with you. You do not even need to have the same goals. You may want to lose weight and they may want to get in shape for Rugby. But the shared enthusiasm and energy can propel you both to higher achievement. You both will have a blast and make progress even faster. And if you get to where you can keep up with the Rugby player you'll know you're cranking.

Personally, most I have trained with did not prove too reliable, sad to say. I have learned to be self motivated. This helps a lot when time is short. If you go the partner route and at times they don't show up, don't ever miss your workout if at all possible. You might try training most days by yourself and then getting together with a training partner or several people once a week. You control your circumstances, your life to a large degree. And when things do happen that you have no control over, you can control how you react to it. Life. You get out of it what you put into it. Grab it and wrestle it into submission!

“Tools of the Insane”

Now let's look at the tools. Don't think that you have to be in great shape to begin with in order to train hardcore. The workouts can be scaled down to your fitness level. Actually, training hardcore, albeit on a scaled down version, can get you to your goals quicker than the usual ho-hum beginner training routines espoused by the typical gym PT who will place you on a ball waving dumbbells around and then have you go from one machine to another and then go 30-60 minutes on an exercise bike or treadmill. The reason it works better? Because of the actual goal of hardcore training:

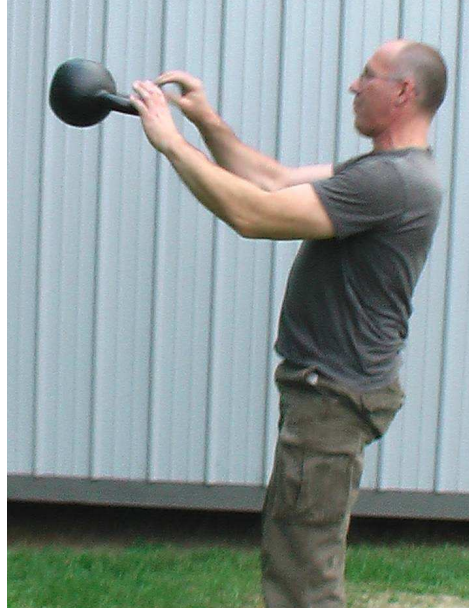
The goal is to use as much muscle as possible in most exercises. It creates greater intensity. That's why we will use anything that encourages us to move our whole body and the implement at the same time. This boosts your metabolism, hormone production, heart rate, and breathing and relieves stress. Nothing like pounding on a tire to let off some tension! The interesting thing about training hardcore is that if you need to lose body fat you will and if you need to put on muscle, you will. You learn to control force, generate force and absorb force. This will become clearer as we move along. And you won't believe the difference and your friends and family will notice too. Your body will get tough and hard.

Let's do a little run down of what we want to get our hands on. Then we will look at the order you might want to get these items in and how to begin using them in your routines. It is not necessary to get everything at once. And this list is not the be-all-end-all of lists. It's just a good place to start. Learn to use a tool and manipulate it to get the results you want. Then add another tool if you wish. Eventually you will be able to create your own routines and get an awesome results producing workout wherever and with whatever you can find.

Pick up a tire at a truck stop or tire store. Call around and ask for a large used truck tire. Check the yellow pages under tires or truck tires. You don't need the wheel or rim. You can get a tire for free, as the tire shops have to pay to get them removed. They will gladly give you one. Pick up a sledge at a used tool shop. If you are starting out and are in really poor shape, rather than get a 10 or 12 pound sledge, get a 6 or 8 pound sledge hammer. You can get a heavier one later as you get stronger. Eventually you can get a 16 or 20 pound sledge. You will also learn that there are more things to do with a tire than just pound on it with a sledge.

Pick up a used Olympic set of weights at a garage sale or at the local used gym equipment store. I've seen new, 300 pound sets with a bar sell for 120-150 dollars. You can always get a bar and a couple of plates and buy more weight plates as you get stronger.

Buy a kettlebell or two. Start with a 35 pound bell. That is 16 kilograms. This is for the average man. These can be purchased online for about \$100, including shipping. Go to mikemahler.com and buy the Lifeline kettlebell. Or you can buy one at dragondoor.com. These two companies manufacture the best KB's. As you get stronger you can purchase heavier bells. They are awesome and you could do no harm by just training with this tool and no others.



If you don't know if you would enjoy using one, try getting in contact with someone who has one or go to dragondoor.com and look for an RKC instructor to help you out. Believe me, this is one tool you do not want to be without.

Get yourself a jump rope.

Pick up some rocks of various sizes.

Call the local beer supply store and buy a used beer keg. You can fill it with sand or water or both. As you get stronger you can fill it with more sand and or water.

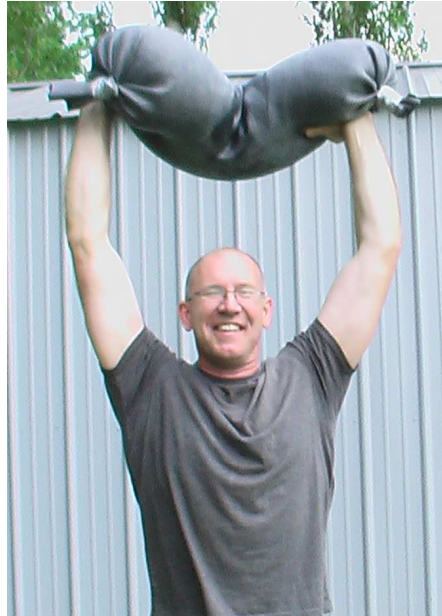
Make several sandbags. Lots of info on how to build one online, even the materials to make one can be purchased online. Or go to the local truck stop and buy a large truck inner tube. I was able to pick up a used inner tube at a local truckstop. (Talk about funny looks... "Yer gonna use it fur what?!"). It does not need to be a new one, a used one will work. With their permission I actually picked mine out of their dumpster. Cut it into sections. Gather one end and zip tie it with large cable ties. Use 4 or 5 to really seal the end. Clip off the tails of the zip ties.



Wrap with duct tape so you don't get scratched by the cable tie ends where you clipped them off. Fill with sand (buy at Home Depot) to your desired weight. Gather and zip tie and duct tape the other end. It will now look like a large sausage. Make several of varying weights. You also can use a hose clamp to seal the ends of the tube. Just be sure to wrap with duct tape.



You can also fill it with pea-gravel. If you wash the pea gravel first it can cut down on dust if that bothers you. However, nothing is manlier than being covered in sweat and grime when you're done working out and you're all pumped up feeling like you could walk through a brick wall. The wife digs it! Well, maybe not. Better take a shower.



So far you probably spent \$300-500. Probably less than a year's membership at the local gym. And think of all the gas you are saving not driving to the gym all the time!

It's not necessary to get all these tools at once. But it does give you more hardcore options. We will explore these and other options as we go along. As we begin our hardcore training we will also work in some bodyweight exercises, such as deck squats, burpees and pull-ups, just to name a few.

“King of Sting-The Kettlebell”

We will now start with some basic exercises to perform with the KB. This is THE one tool you definitely want to get. I would recommend purchasing this first. It will open up a world of hardcore training you have to experience to believe.



Along with the KB are many principles you will learn that you can apply to all other forms of lifting or training. However, as we mentioned above, if you really are hard pressed for cash, I can show you a couple of low-tech methods of experimenting with the KB as you save up the greens to buy a real one. I trained with just this type of KB for two years before I...

Well, enough of that! This is the first few pages of a user's manual I am currently working on and will publish. This manual will include pictures, full exercise descriptions, programs and guidelines to get you well along on the roadway to productive training. It will be available with or without a stand alone DVD. Please contact me at walginent@hotmail.com. Put "Hardcore Fitness After 40" in the subject line. Any thoughts or comments regarding what you would like to see included will be addressed depending on popularity. Thank you for reading and I look forward to hearing from you. All the best in your endeavors!