



## Working Out for Personal Growth | Sal Distefano

### [07:00:00] Guest Intro - Sal Distefano

Darin: What's up everyone, welcome to the show. This is Darin Olien. This is The Darin Olien Show. What's up? What's going on? How are you doing? How's your outlook in your life? We always can change the way we react to everything. We always can utilize and use what has been challenging as fuel to pump us up in the right way to change our trajectory, to help us create and cultivate the life we want. Challenges are not challenges, how about that? What if challenges are only for a second until we reorient ourselves to understanding what they're actually about, and the cultivation of who we are through all of our challenges? My next guest, Sal Distefano, I'll tell you what, I was starting this conversation going-- I know him and I are gonna have a lot to talk about. We have similar upbringings in terms of like, just feeling weird as a kid and then discovering the dumbbells and the working out. Well, Sal has an incredible trajectory through learning through the gym process, through education, through nutrition, through supplements, through continuing to go through many challenges in autoimmune disorders and became a renowned personal trainer, and realize something really, really, really important, and that is that slippery slope of abuse of our bodies in the pursuit of trying to be healthy or fit or look better. I was not expecting the depth that we went into. We share similar outlooks. Sal is part of the Mind Pump radio podcast. I was recently on theirs. I loved the enlightened conversation where you think, okay, Mind Pump, I've definitely been a gym rat all my life, and I'm not fun, but these guys, their perspectives came very similar and arrived at very similar places than me. Our view of the body and working out is almost this coming together of the very physical form relating to this psychosomatic spiritual, psychological mind cultivation of who we are and what we are. I know that sounds out there, but it isn't. It's very grounded. Our conversation was incredible. He wrote this amazing book, which also has those enlightening principles, but also very grounded information. At the end of the episode, make sure you tune in because Sal gives very pragmatic things that you can do about your workout, about your body. He wrote this great book called The Resistance Training Revolution, and it is truly that because we needed to evolve from where we used to come from beating ourselves up all the time. How many of you are working out because you feel shame or blame or you're in judgment of your body? Come on, be honest. I just want it to look better. I just want to lose that weight. It gets so tricky. Listen, motivation is good but when we're in judgment of our actual self and our actual body, then everything flips on its head. Sal has a wealth of powerful information, a brother from another mother. I really enjoy this incredible conversation with the infamous Sal Distefano.

### [00:04:01] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we as humans can improve our lifestyles, strengthen our mindsets, and take better care of this beautiful planet we call home. If you're looking for motivation to take the next steps towards a happier,



healthier life, then you're in the right place, and I'm stoked that you're here. So let's do this. This is my show, The Darin Olien Show.

### **[00:04:45] Life lessons from working out**

Darin: Thanks for coming on. I'm glad we're able to connect in this way. I was reading through what you've done, and I think you were at 14 you kind of started picking up your first dumbbell, I was 16 and it freaking changed my life.

Sal: It's funny, I started working out, I think for a lot of the same reasons a lot of people do is insecure about something about myself and that's motivation for most people initially. But if you stick to it long enough, fitness and health is very unassuming but also, at the same time, simultaneously very powerful vehicle for self, for personal growth. A lot of lessons you learn through the process, through the journey are great life lessons, aren't they? I think one of the first lessons I learned as a kid, I was 14, this is the mid to early '90s, and I was a skinny kid, and I really wanted to build muscle. My dad had a weight set in the backyard, and he wouldn't let me go near it until I turned 14. As soon as I turned 14, I was out there. I wanted to look like Arnold Schwarzenegger, that was the guy, I want to look like Arnold. Through the process of trying to look like Arnold, I start to realize that I'll never look like Arnold no matter what I do. I'm not going to look like this guy. I don't have his genetics, I'm not going to go to the lengths that he did, maybe anabolic steroids and that stuff. So, the first big lesson was acceptance, accepting myself, my genetics, what can happen for me, I guess, but I kept going. I kept going anyways. It's a really, really amazing first lesson. Some of the other lessons were that you're gonna suck at stuff when you first try it and you get better as long as you stay tenacious and you keep practicing. Every new exercise I tried, I sucked at the first 50 times, but I kept at it, and it's this incredible life lesson because I think everything works like that in life. I don't know. I've never been great at anything I've tried the first time or the first 50 times, but it helped me kind of stay tenacious and consistent and also realize the personal power I have in that, the empowerment that I can keep doing that. Then I also learned a brand new relationship with pain, which is really interesting. I saw this as a trainer. So, I became a trainer, a professional trainer at 18. As soon as I could be old enough to work in the gym as a trainer, that was it. I walked in, got hired, and I just fell in love with it. I remember as an early trainer, I would get a new client who'd never worked out before, like lifetime sedentary. They would do an exercise, a basic exercise, like a tricep press down or something. People would let go of the rope where they dropped the dumbbells, I'm like, "What's the matter? Oh, it hurts?" "It hurts my arms." So what? It's a normal feeling. It's what happens when you start exercising, it's not a bad thing. Of course, as they continue, they still feel the pain but they change the relationship with it. It's not scary anymore. You know this better than anybody, it still hurts, but it doesn't feel the same, or at least you don't perceive it to be negative. What a great lesson. What a great lesson to feel pain, but to have a different relationship with it, and I think that applies to so many things in life. Then later when I started training people, they bring me their kids. My second favorite population to train were kids. My first favorite were people in advanced age like over 60, which is classified as advanced age, but the kids were my second. One of my number one reasons for liking to train them so much was they would work out and then we do another workout the week after, and I would always write down what they would do because I would want to have evidence so that when I showed them and I'd say, "Hey, you just did 10 push-ups." They're like, "Okay, that's cool." I'd say, "You did eight last week." They'd say, "I did." I say, "Yeah, so do you know what that



means?" "So I'm stronger?" I said, "Well, yeah, you're stronger, but you're not the same person you were a week ago, you're different. The person you are today did 10. The person you were last week could only do 8," and you'd see their eyes light up. Then their parents would come to me after a few months and say, "Hey, Timmy's grades are getting better, and John, he dropped some of his friends that were kind of a bad influence and now's making a difference." I would hear this all the time. I was like, wow, this is really cool. The reason why it's so unassuming because nobody thinks that they're going to get life lessons out of it. Everybody's there to lose weight and get in shape and whatever. I feel like I'm approaching someone and say, hey, do you want to join my spiritual practice? People will be like, I don't want to do that. But hey, do you want to work on getting shaped? Yeah. Little did they know, especially if they stick to it, they're about to embark on this incredible path of personal growth.

Darin: I think we should illuminate on which you brought up, which is so powerful. I know I've learned it and continue to learn it and that is a bad association with pain. As you know, there's no getting out of pain. If you start to understand the association and the actual ally ship, or whatever name that is that you can actually use it. So in this instance, what's the easiest? When you invoke in pain, obviously, without injuring yourself, you actually get that result because I like you do at 16, when I picked up that dumbbell and my dad was a professor, so he had all these dudes in college, and they knew my dad, they became my mentors in the gym. Then all of a sudden, you're learning from the boys, and then you're gaining this freaking confidence. It is such a powerful thing. Talk to me about this too because I believe it at my core, like anyone, anywhere at any time in their life can do resistance training.

### **[00:10:32] The power of Resistance Training**

Sal: Resistance training or strength training is extremely modifiable. In fact, it's the form of exercise that therapists use when rehabbing people from horrific accidents or terrible situations. It has to be applied appropriately, this is true for any form of exercise. It has to be appropriate because you can overdo exercise and this is a bell curve of too little, you really get no adaptations, the right dose is somewhere here, and then too much, your body is only concerned with recovery, which recovery and adaptation are two different things, by the way. Recovery is the healing process. Adaptation is the overcompensation of the body to prevent you from getting the same amount of stress with the same insult later on. To use an analogy, it would be like, if I took a piece of sandpaper and rubbed my hand raw, the first process would be healing. The skin would have to replace itself, but then what my body would do is it would make the skin a little thicker, where I develop a bit of a callus, and my body's trying to protect itself from the same insult later on. That's the adaptation process. The dose has to be appropriate. So I want to say that, but strength training could be squatting 300 pounds, or it could be literally sitting down and standing up from a chair a couple of times, or it could be just standing and balancing on your own and maintaining stability. That can be strength training for someone. I've worked with people like this before and what happens is your body gets stronger and improves itself and adapts over time. So it's pretty incredible. Listening to you talk about the guys mentoring you in the gym. It's funny, there's been a couple of articles talking about how gyms are maybe bad places or places of judgment, which I think is such a mischaracterization. Gyms are some of the most accepting places on our Earth. I've told people this before unless you've worked out in gyms before, you might not even believe me,



but it's totally true. If you're a beginner, and you walk into a gym, and you don't know how to use a piece of equipment, or you're struggling, that big, scary guy in the gym with his headphones on, you tap on his shoulder, and you say, "Hey, can you show me how to do this?" They will take their headphones out, they'll come over and they'll be so happy to help you probably because they've gone through that journey themselves. Everybody in there who's serious or dedicated is going through that process. Then let's talk about that for a second. We talked about the process and the result. Do you know what the next step of that is? The next step or the evolution of that is even better because at first, it's like if I do this, I get a result. But at some point, you can't keep getting stronger. I mean, if that were the case, I would be able to squat 5000 pounds or whatever. At some point, what ends up happening is the result is the side effect and what you love is the journey, and the journey is where everything happens. This is a quote that I've said on other podcasts, I love saying, it's like, "The man who loves walking will walk further than the man who loves the destination." If you enjoy the journey, you're going to do it for the sake of doing it, and you're going to enjoy doing it. At this point now, I'm 43 years old. I've been doing this for a long time. I mean, I like the results of what I do but I enjoy the journey and the process even more. Imagine if you just enjoyed eating healthy. Well, you would never have to worry about losing weight or changing your diet to improve your health because you enjoy the process, enjoy the journey. People often are a bit confused over that, but I'll use another analogy. You could take a helicopter ride and that helicopter could take you to the top of a tall mountain and drop you off. The view will be gorgeous, but it means a fraction of what it would mean if you climb that mountain yourself. My good friend, Arthur Brooks, who I've had on the podcast a few times, he's a social scientist, a very smart man over at Harvard. I love him. He studies happiness and what makes people happy. The struggle and challenge is actually an essential part of happiness. You have to feel challenged, otherwise, there's no meaning behind what you did. We do episodes on our podcast where we answer listener questions. A question that pops up here and there, especially more often recently because of the advancements in medicine is what do you think about exercising a pill or what do you think will happen if we create a drug that you could take and then get all the benefits of exercise? My answer is, you'll gain the least important benefits of exercise from that. You'll miss out on all the other stuff. You might lose weight, you'll improve your health, get stronger. That's awesome for a lot of people, I'm sure that could save some people's lives, but all the other values and benefits that if you ask anybody with any fitness wisdom-- fitness wisdom is not knowledge, but rather people who've been doing it for a long time. If I asked you what are your favorite things about exercise, why do you do it? I bet you, at the top of it will be mental and spiritual well being. It makes me feel good, it's good for my mind, and then down the list somewhere is I like to feel strong and mobile and stuff and look good probably is even at the bottom of that list. If you ask people with fitness wisdom, that's what they'll tell you. It's that journey that's so important. I like to communicate that to people because the challenge with health and fitness, to put it plainly, the big thing on people's minds is obesity. I think that's the number one goal. The number one goal is to lose weight and I understand that it's the biggest issue we have when it comes to health. Obesity is an umbrella term and underneath it are all these negative health effects associated with obesity. If you really look at the statistics, millions and millions and millions of Americans lose weight every single year. I mean, people successfully lose weight all the time, but they all gain it back. They all gain it back. I think the last statistic I saw was over 80% gain it back within the first few years. I bet you if we took that out another few years, it will probably be north of 90%. So, we got to stop



tackling the problem by focusing on how can we get people to lose weight. We got to instead look at the real issue, which is why is this not working for people long term? Why are people not developing a relationship with exercise and nutrition? That is sustainable? What is going on, is it lack of motivation? Is it people are lazy? Is it that it's too hard? No, it's none of those things. It's actually none of those things. Some of my most disciplined clients, and I don't mean in fitness, I mean, life executives, successful, great families found initially when they would hire me would struggle with the discipline of exercise. I always thought that was so weird. You've created multimillion-dollar companies, you've got a Ph.D., you've obviously got discipline, what's going on here? Why is this a problem? I remember when the answer came to me. I was at a dinner for a big tech company. My ex-wife used to work for this large tech company, and it was a Christmas dinner, I think it was Christmas dinner. We're sitting at this big table, and we're going around the table talking about what we do for a living because everybody's spouses were there. At the time, I was a trainer. By the way, if you ever say you're a trainer or anything that has to do with fitness at a function where people are eating, immediately, people get very self-conscious. Comments start, like, don't pay attention, I don't normally eat this much bread, or I already had two glasses of wine, or they start watching what you do. So that all started happening, but people loosened up once they saw that I wasn't a fanatic in that sense. We're hanging out and talking and people loosening up, we're having some wine. This lady sitting across from me, she goes, "You know, I had a friend who worked out all the time, she ate right, took supplements, and then her early 50s she got cancer and she died." So when that happened, I said to myself, "You know what, I'm just going to enjoy life and I'm not going to do any of that stuff." So I paused, and the reason why I paused, I've heard similar statements before. I've heard people say, why do you stop exercising? I just want to enjoy life. It was always weird to me because there's almost nothing. This is statistically true now. This isn't just my opinion. This is data-driven, 100% true. There's almost nothing that can improve the quality of your life overall. I mean, I'm talking across the board, earning potential, how you are as a parent, anxiety, mental illness, like physical health, everything. There's almost nothing that can improve the quality of your life, like eating right and being active. And yet, here we have people saying, I just want to enjoy my life so I stopped. I'm thinking, this is so illogical, it doesn't make any sense, but then it dawned on me.

### **[00:18:49] Creating the dual self**

Darin: People view exercise as a punishment and they view eating right as restriction. It's as if we create two selves when we decide to start working out, and it usually starts like this. I look in the mirror, I see a picture of myself on social media and I go, oh my gosh, my belly is sticking out right there, I don't look good, or maybe even worse, I'm not worthy of attraction, or I'm not good enough, or I'm ugly, or I'm fat, or fill in the blanks, a lot of self-hate talk. Then from there, they create the dual self. You know what, you're gonna go to the gym and you're gonna sweat it off, and you're gonna beat yourself up. You know what? Next time somebody offers you a cookie or a slice of pizza, you can't have it. This becomes the driving force. This becomes the underlying force behind the workout regime, their programming, their diet. So they're literally oppressing themselves. Now, it's a very powerful short-term motivator. Self-hate is very powerful in the short term, but you hate yourself. You can get yourself to do something for three months, six months, maybe a year or two if you really, really hate yourself hard enough, but at some point, here's what happens. At some point, you can't hate



yourself anymore. So what do you do? Like a teenager, you rebel. So you don't just slow down, you go in the opposite direction. You don't just eat one cookie, you eat the whole box of cookies. It's a rebellion against yourself. The difference between that and the right way of doing this, or should I say the effective sustainable way would be this, I look in the mirror or I see a picture of myself, we'll start the story over right, and I say, man, I haven't been taking care of myself very well. You know what, I deserve to be taken care of. I deserve to be healthy. I haven't been very good to myself. I think it's time to care for me. Then when they go to the gym, it's self-care. I'm gonna go do this exercise because I deserve to feel good. Then when it comes to eating, it's like this. I appreciate you offering that cookie but I don't want it. Not that I can't have it. I don't want it. But it also naturally creates balance, doesn't it? If I'm tired because I had a stressful day at work, the self-hate model would say, who cares, go beat yourself up in the gym. You would train inappropriately. Look, as a coach and as a fitness expert, I know it's not a good idea when you're feeling stressed or tired to go beat yourself up. You actually can set yourself back that way. Instead, if it was from self-care and self-love, I'd say, man, I'm really tired. Do you know what I'm gonna do today? I'm gonna go to yoga, or I think I'm gonna do a walk instead of that hard workout. When it comes to food, it looks like this. Most of the times, I'm gonna say I don't want that cookie. Sometimes, I may be hanging out with my friends, we're connecting over a glass of wine. Somebody made cookies, and I'll say, do you know what right now, do you know what's good for my health? Connecting with my friends and enjoying this moment, so I think I will have that cookie. You develop that natural balance. I think that the root cause of the reason why people gain the weight back, the root cause is that. The fitness industry doesn't help because the fitness industry is like any industry, they will do what's effective at making money, and it's very effective to capture people in that state of self-hate motivation by saying lose 30 pounds in 30 days, or the hardest workout you'll ever do, or we'll beat you up. And they're like, yes, I want to do that. It's challenging to counter that. I'll be honest with you, Darin, when we started our podcast, remember, Mind Pump was founded by four people. Three of us were trainers who had been training people for over two decades. When you train people that long, if you really care about people, like really care about people, you figure this stuff out. I mean, none of us work together, but we all came to the same conclusion, all different backgrounds, by the way, but all came to the same conclusion. We started the show and we said, we got to sell the right message better than they sell the wrong message and that's hard. The guy over there is saying you'll lose 30 pounds in 30 days by taking his diet pills and beating yourself up. And I'm gonna say, it's gonna take you about a year, we're gonna have to change your relationship to exercise and diet, it's a long process, it's gonna be a challenging one. I gotta sell this, how am I gonna do this? It's very, very challenging, but the goal is to do that. The goal is to really communicate this in ways that we found to be effective for our clients long term and the root of that is you're taking care of yourself. To take it a step further for somebody who has a tough time understanding that, treat yourself like somebody that you care about. If you have kids, your kids could be a good example, what would I tell my kids to do right now, or what would I tell my friend to do? If I were someone I cared about, wow would I tell this person to exercise today and how would I be when it comes to their nutrition? That will guide you in the right direction. There's much more to this. There's this skill of discipline, which you can develop over time, which is a bit of a process, but you got to start with those roots. If you start with self-hate, it's gonna be really, really hard to maintain. In fact, I'll even take it a step further, if you are one of those fanatics that can maintain self-hate for life, that is unhealthy and dysfunctional. I see a lot of that in my space,



in the fitness space. I see a lot of dysfunctional eating and people who don't want to go out with friends, and they missed their kid's baseball game because they got to have their workout and it's not healthy. I mean, there was a study, I believe out of Harvard that actually showed that having poor relationships with people was as bad for your health as I think it was smoking 12 cigarettes a day or something like that. That's the key right there. Start right there. There's more to it along the process. But if you start there, your odds of long-term forever success because that's all I'm interested in is forever success are much higher.

Darin: Yeah, man. There's so much wisdom in that. I would venture to say that I came to very similar if not the same conclusions as you guys. What I love about what you and all of the guys at Mind Pump, by the way, I just absolutely enjoyed the conversation because you and I and your guys, it's like, I did feel weird because I was always approaching, of course, I came from my own wanting to look good and strong and all that stuff. After really that for the last 30 years, I've always approached it as this kind of honoring of the body and this approach and we need to change that, but you're also correct in the sense of the motivation of seeing yourself in a mirror is revealing not an opportunity of judgment, of negativity, but judgment of lack of integration, of self-care.

Sal: Well, people get confused in media, especially media will confuse body acceptance. They confuse that with, for lack of a better term lying. Here's what I mean by that. Love is honest. You can say to yourself, I haven't been taking care of myself, that's love. If you've ever dealt with a family or friend who's addicted to drugs, love is not ignoring it in enabling them. Love is care, empathy, and honesty. You can say, I am worthy of love. By the way, here's one of the challenges with obesity. This is I think why the body acceptance movement went in the wrong direction, or at least the media pushes it in the wrong way, is because obesity is a very visible sign of a challenge. You could be a functioning alcoholic, and if someone watched you walk down the street, they can't tell. You can have a gambling addiction, you can be a crappy friend, a shitty dad, and people can't see it. If you're 100 pounds overweight, it does invite judgment from a lot of other people because they see your dysfunction. I do want to be very clear, all of us have challenges. All of us have challenges, all of us do, and we're all deserving of dignity, respect, and care, all of us. The first person that should do that for us is ourselves. You cannot escape yourself. What's that quote "Everywhere you look, there I am." That's what real love is and what real care is, it's being honest at saying, I haven't been taken care of myself, and I deserve it, and also having empathy. It's not easy. This is not easy. There are two sides of this. There's the one side that ignores the potential negatives of having a dysfunctional relationship with food. Now, food is by far in wealthy Western societies, the most abused drug that there is. There is nothing that is more abused than food, and it's easy to see. It kills more people than any drug. You can combine all the drug overdoses and stuff and it won't even touch what dysfunctional relationship to food does. It's an abuse substance and so there are people that tend to ignore that. Then there's the other side that oversimplifies food and says, food is fuel, proteins, fats, carbohydrates, and calories. No. Food is so much to people. We celebrate with food. There are different types of foods depending on where you go. There are cultures around food. My family, I'm a first-generation American, both my parents were poor Sicilians so Italian food is massive. There's a whole bunch of culture around Italian food, and many people in America enjoy the culture of Italian food. There are food you eat at birthday parties, there are different foods you eat when you go to the movies, you have popcorn. We



almost never eat because we're hungry. I'll tell you something right now. The average American has never really felt hungry. It's a fact. Hunger kicks in about 48-72 hours, maybe longer without food. What we all feel is cravings, which is totally different. Cravings and hunger are two different things completely. Where do cravings come from? Emotions, happy, sad, anxious, bored, depression. Food becomes a way to distract ourselves. Food becomes a way to feel better temporarily. When sad, let me eat this tasty food and in the moment, I'm going to feel a little bit better. Or I'm bored, I don't like to be bored by myself with my thoughts, let me eat some food. So, that's mine, that's what I tend to do. Food is very complex. We got to understand it and treat it that way. Also understand this, humans are emotional behavior-based creatures. We tend to justify with logic. Many of our decisions are not logical on the surface, obviously, look around, they're emotional and behavior-based. This is where you have to come from and understand when you start to work on this. I'll take a step back for a second. Health is a sphere that encompasses a lot. Now, there's the obvious physical fitness, mobility, strength, stamina, body fat percentage, hormones, brain health, bone health, everybody knows that but there's also mental health, spiritual health. There's the health of my relationships with the people around me. There's the health that I have with how I am with my ego or my insecurities. If you start on the journey of health and maybe you start from, I want to get bigger biceps or I want to look good in the bikini or I want to lose some weight or whatever, if you stay on that journey long enough, you end up moving up the ladder and start to realize a lot of different things. For me it was I want to build muscle and get bigger. Then it was, I gotta eat more calories to do that. Then it was, there's proteins, fats, and carbohydrates in foods, so let me focus on that. Then it was, food can affect my health and wellness and many other different ways. It can be inflammatory, it can cause gut issues, it can do all this stuff, I mean, look at that. Then it was, I think I got to focus on my sleep too. I didn't realize it was so important to get better sleep. Then it was water. There's a lot of stuff behind water. I got to pay attention to that as well. Then it was, man, maybe I need to start meditating or praying. Spiritual health is really important. By the way, it's now backed up by data. So the science people on here, I'm not speaking esoterically solely. I mean, this is all backed 100% by data. Then it was relationship health and the health of my relationship with my wife and my kids. It is all of that. But if you're just getting started and this is overwhelming, you hear me talking right now like, oh my gosh, I just want to lose 15 pounds. Start with self-care, that'll guide you. Then the next step is this, this is all takeaway stuff. Here's the next step. The next step is to consider your state of mind. If you're in a motivated state of mind, then put yourself in a nonmotivated state of mind when you ask yourself this following question because motivation doesn't last forever. If you ask somebody in a motivated state of mind to give you goals, how much money you think you'll make in a year, or how many hours you think you can work, or how much you want to work out. You're gonna get a wildly different answer than when they're not motivated. A lot of us make this mistake, we're motivated, I'm working out five days a week from zero. It's not gonna work. So, take yourself out of that, ask yourself the following question. What is one step I can take that is challenging because it has to have meaning? If it's not challenging, then it doesn't mean anything to you, it's not gonna mean anything. So what is one step that's challenging, yet realistic forever? You have to use the timeframe of forever, not 30 days, 60 days, until I get married, until I go to Vegas. It's got to be forever. What is challenging, yet I'm pretty sure he can maintain forever? Start there. There are no wrong answers. I've had people start with 10 minutes of walking a week. I've had people with diet, start with drinking an extra glass of water a day. There is no wrong answer. So start there, whatever that is, do that. Then do that





until you feel like asking yourself that question again. It'll happen. It might take you a month. It might take you longer than that, but it'll happen, and then you'll say, what's the next step I can take that is challenging, yet realistic forever. Now, here's what happens with this. Each step tends to get bigger, and you tend to get more brave, and you tend to get more confident. It's a snowball effect. Things really start to take off. Trust this process, it will work for you. Now, I don't know what the end result looks like. Based on my experience, the average nonfitness fanatic person because I remember learning this as a trainer, not everybody's a fitness fanatic. I remember having to swallow that pill like, what do you mean you want to work out every day. Not everybody is a fitness fanatic, but here's what it generally looks like for most people who use fitness and nutrition as a way to improve their quality of life, find that value. About two or three days a week of structured exercise, it tends to be where they stick, and in nutrition tends to look balanced but healthy, definitely much healthier than where they started. Most people don't get too crazy into the weeds with diet, although some people do. But most people, two, three days a week of structured exercise with increased activity on the other days, just because you feel better. With a traumatic gradual improvement in nutrition that feels, here's the important part, not stressful. It's not a stressful process. I know that you eat healthy and you don't stress about it. I'm pretty sure you don't count your calories, your macros, and I'm sure you're not on your app going, I don't know if I could fit this. You eat and you enjoy it, and I'm sure you enjoy the occasional, I don't know, unhealthy food. I mean, it's a nonstressful way of living but it's a sustainable, lifelong, incredible approach. It pays you back dividends in so many different ways. That's how you build that skill of discipline with this, by the way. But the key is to know that the first step is there is no wrong step. There is no wrong answer.

### **[00:34:07] Caldera Lab Ad**

Darin: I never used to give much thought to my skincare routine. There weren't enough brands making products that I would actually feel safe to apply to my skin and that is the truth. And on top of that, the idea of finding a routine that would suit my skin and my schedule was just too much effort. I just blew it off. Nobody has the time or money to try a bunch of different products, look into them, and of course, I'm looking into every single ingredient and most of them are junk until you find one that actually improves your skin. That's why finding Caldera Labs was a blessing for me. They made it easy for me to take care of my skin in a way that fits my routine and my lifestyle. I cleanse my face in the morning and at night using the Clean Slate cleanser. Then in the morning, I use their base layer moisturizer to keep my skin nourished throughout the day. And at night, I use my favorite product from them, The Good, which is a serum that just leaves my skin feeling incredible. It's that easy. Their products are made from completely clean, nontoxic ingredients. And my favorite part about it is their sustainably harvested botanicals, and they're going above and beyond organic and their incredible extraction processes to create the best skincare that actually works. My skin has never felt or looked healthier. If you're ready to take your skincare to the next level, Caldera is offering my listeners 20% off when you head to [calderalab.com/darin](https://calderalab.com/darin) and use the code DARIN. That's C-A-L-D-E-R-A-L-A-B dot com forward-slash Darin, D-A-R-I-N. You will not regret it.

### **[00:36:15] Second Part of the Interview**



Darin: Again, it's kind of counterculture to this idea of 10 minute abs and you'll have a washboard and all of this stuff that you and I have seen iterations of forever, and they still have the same shit. The cool thing about all of that, regardless of where people is that, in fact, snowball effect and the confidence that one plus one actually equals more or like 10, 20, that kind of thing. The confidence we need to create in society right now as an individual, it really is so vital, and the building up of that accomplishment. We go back to that pill idea of maybe we can just take something, there's no frickin way I would ever consider any of it. Because like you, I'm to the other side. Whereas, I still grab that dumbbell with the same kind of eagerness because even though the pain is still the pain, but it's the result of the effect that not only while I'm doing it. I was just having this moment, like a dream of mine is having all my stuff, squat racks, dumbbells, everything outside.

Sal: I love that.

Darin: So everything's outside, and I'm walking around, I'm breathing, I'm looking, I'm looking at the mountains in between sets. It's that relationship that we have that a lot of these people and I've met many, many friends of mine who have never had this relationship of pain of any kind in the physical body.

### **[00:38:00] Why pain is a necessary part of the journey**

Sal: We need it we, depending on your beliefs evolved or we're created to experience challenge and pain and struggle. It's funny, a few years ago, a good friend of ours, Joe de Sena. He's a founder of Spartan Race. Years ago, we had him on the podcast. He invited us over there to watch one of these races, and we were there, and I'm blown away by the people who are doing this. They're all desk jockeys. I mean, there's definitely the hardcore athletes, the competitors, but then everybody else is like, I'm an engineer at this company, I do tech, and I do this and I sit at a desk all day long. We were interviewing them, like, what made you do this? I needed to feel this. We've done a great job. I'm gonna pat humanity on its back for a second. We did a great job of eliminating the dangers of nature. We don't die from things being too hot or too cold quite often, it's pretty rare. We don't starve. Way more people die of too much food than they do of not enough food. We've solved a lot of these immediate scary issues, but then we're starting to realize and figure out is that we need to have some element of that to feel alive and to make life feel meaningful. Here's your clearest example, sports. Let's look at sports for a second. The vast majority of people that play sports don't play it for money, don't play it for fame, don't play it even for a trophy. The most people right now playing competitive anything, I don't care what it is, any sport, from a purely cognitive logical state of like who cares how many points you make with this weird arbitrary rules of whatever, why do you do this? It feels good. If we need to have that, that's why people do it. Well, if you follow the current model of life, which is get up, take a shower, grab something to eat in the car, drive to work, sit down at a desk, look at the computer all day long, go on social media. By the way, social media gives you the same dopamine that you would get from meeting people in real life, but you don't get any of the other good stuff. You don't get the serotonin, you don't get the oxytocin, you just get the dopamine. So it's very drug-like and very empty, but that's how people communicate with each other now. Then you're done with work, you get in your car, you drive home, you sit on the couch, eat a little dinner, watch some Netflix, your air conditioned house or whatever, go to bed. Then we're like, what is going on. I don't feel good. Anxiety, depression, their all time highs. We solve so



many these crazy problems yet they're all time highs. There are lots of reasons behind this, but part of it is we've solved issues but in the meantime, we've taken out some very important crucial things that make us feel alive and feel good. That's the journey part that I was talking about earlier. Exercise is personal growth. You don't have to even think about it as personal growth. You're just trying to get better at something. Well, follow that and watch what happens. You talked about one plus one equals 10. I'll tell you what, and this is part of the problem. We want everything right now. I want to get that goal, the result right now. We had Mark Manson on the show. By the way, this is a very well documented psychological phenomenon that he experienced. His goal, for most of his life, was to have a best selling book. That was such a strong goal of his. Then he accomplished it. He wrote the book, *The Subtle Art of Not Giving an F*, best selling book, great book. I don't know if you've read it. Really, really good book, and he got the best seller, and then he was depressed afterwards because he did it and then what, now what? Athletes go through this. They'll train for the Olympics, their butts off, they'll accomplish the gold medal, and then what? You see people who retire who go through this. They work, they work, they work, they retire. In fact, Arthur Brooks was on our show. He wrote a book called *Strength to Strength*. He talks about this phenomenon where after retirement, you see this fork where some people become happier, and some people become far less happy. The difference is the people that become happier, they go from working and earning and innovating to teaching or to volunteering. The people that are unhappy, they lose that meaning and then there's nothing, there's nothing afterwards. Again, it's about that journey. Now, I could definitely go into the what's the most effective ways to exercise and what's gonna give you the most bang for your buck, and if you only have this much time to spend in the gym, and I can definitely go through that if you want, Darin, but the key is a lot of what we're talking about right now. It's important that people go into this journey that way. Yes, it is a slower process than the promised 30 days to the best body of your life lies that you'll see in the commercials and stuff, but I tell you what, you take two parallel lines, and you move on one degree, follow that for a mile and see how far apart they are.

Darin: And you get to keep it. You don't throw it away because you haven't integrated yourself you haven't fully got to the deeper aspects and the reasons why. That's why I just want to say, number one, people need to check out your book, *The Resistance Training Revolution* because there's so much wisdom in here. For me, when I'm talking to people who also want to lose weight and also want to feel better, I said, well, that's great. We talked a little bit about that. That's your initial motivation to be here to that part of you that's looking in the mirror and go, fuck that's 30 pounds and I feel so good in my body, I'm not strong, I know that I have this weight to lose, and that's fine, and that gets you. Also, now, is it worth it? It's kind of a redundant question. It speaks to your retirement thing that you just brought up. Now, who am I, what am I, what am I doing now? But what are your thoughts on that in terms of the getting after because it's very much part of that visual side of things or of imagery, the power of the mind in conjunction with moving us from A to B.

### **[00:44:13] Sal's scare with autoimmune disease**

Sal: There are two approaches to it. One is far more effective than the other. One is I have goals, and I keep hitting those goals, and I keep creating new goals. The other one is I love the process, and then the goal has become a side effect. I'll tell you how I learned this personally. I do want to say this, anybody who's a coach or trainer is watching this, this is a



very true statement. We're always much better trainers and coaches to our clients than we are to ourselves. I had to learn this the hard way for me. Years ago in my early 30s, I'd already been doing this for a long time, and I was already doing pretty damn good job with my clients. But for myself, I still was stuck in that kind of meathead trainer mentality where I just overtrained and I viewed food as this is just how I get ripped, and this is how I build muscle type of deal. Well, I had a health scare. I developed some what I thought at the time were auto immune gut issues, really bad. I mean, I lost probably 13 to 15 pounds because no matter what I ate it seemed, my gut was just reacting. I mean, I got tested for Crohn's, and it was negative and I couldn't figure out what the hell was going on. For somebody who had built this armor of muscle and physique, this is a very terrifying thing. It's like disappearing right around, my whole body, my image, who I am, who I thought I was is being taken away from me, what do I do now? By the way, a lot of people experience this through age. They have to learn this as they age. That's why aging can be an incredible teacher, or it can be your enemy if you don't allow it to. I couldn't figure this out and at the time, I had a wellness studio. I'll give myself a little credit, I at least had the understanding that I knew what I knew but there was other aspects of wellness that I didn't know very well. So in my wellness studio, I had bodywork specialists, I had an acupuncturist, I had a gut specialist, I had somebody who did hormone testing and physical therapists. It was a really great environment. I did my thing and I respected what they did, and we traded clients, and we worked with people together. It was a beautiful thing. But for me, again, I was not a great coach for me because rules don't apply to me because I'm the meathead. Well, here I am, I can't figure out what the hell's going on. I'm losing weight, losing strength, I feel terrible. I sat down with a few of my practitioners. One was a body work specialist who was also very good with meditation, those types of practices. Then the other one was a gut health specialist who also did hormone testing. I sat down and I said, I give up. None of my knowledge is helping. I am feeling terrible, and I'm done. I'll do whatever you guys tell me. They said, okay, we've been waiting for you to say that. So what I did mentally, because I had to do this mentally, is I had to stop looking at or caring about the weight that was on the bar. I had to stop looking in the mirror. I had to literally not pay attention to myself in the mirror because I knew if I did, it would take me off whatever they told me to do. All I did was I said, I'll follow what you tell me, and I just want to be healthy. I don't even care anymore. Doesn't matter anymore to me all those other things because without my health, there's nothing that matters here. So I did, I followed what they told me. I mean, to make a long story short, I did gut testing, and I found that had food intolerances. I totally changed my training. I was overtraining and I started meditating and sleeping better, and all that stuff. There's more to it, but I did this whole thing and it took me about a year. Well, anyway, about a year into it, my health is so much better, I feel so much better, pretty much solved this gut issue that I had. I was at a pool party with some of my staff. We're hanging out, having a good time, and I went to the bathroom. In their bathroom, there were like a few mirrors in there. You can see a reflection of a reflection of yourself. For a split second, I don't know if this has ever happened to you, where you see yourself but don't quite recognize yourself because it's from an angle that you don't normally see, so for a split second I was objective, which is a very hard thing to do. Very hard to be objective about your own self. There's this huge subjective aspect. So I saw this like side angle objective split second view of myself, and I went, wait a minute. Then I looked at the mirror, I allowed myself to really look at myself for the first time in a year really. I was blown away. I look better than I've ever looked before. What in the heck is going on? It was paradigm shattering. I came out of the



bathroom. I said, "Hey, come here." Two people that helped me were there and I said, chasing aesthetics for so long gave me some aesthetics, but eventually my health suffered and then my aesthetics were gone, without healthier aesthetic, if they follow. For the last year, I have been chasing health, not caring about aesthetics, and the side effect of that is that my aesthetics are better than they've ever been. So this is mind blowing to me. The successful path with this is to do the things that create the side effect of the look that you want. It's not to chase the look. You chase the look long enough and you end up in some really scary situations. This is where you start to harm your body with things that aren't so healthy, you overtrain, over diets. Eventually, age gets us all. No matter what, as you age, you got to face that, what are you going to do now? People can do some pretty harmful things to themselves. So it's really about chasing the health. Think of it this way, if you were to close your eyes, and imagine yourself in excellent health, I don't mean just physical, like mental, spiritual, all of it, all really good health, healthy relationships. You got a job that you really find a lot of meaning, like all that stuff. What is the physical representation of that look like? Probably the body that you've always wanted. It's probably the party that you've dreamed of. So, do the things that lead to the side effect. Then learn to love those things because you'll never stop. I'm never going to stop exercising. And it really doesn't matter how strong I am, or how mobile I am, and all that stuff because I love the process. I like doing it. It's just something I'm going to do no matter what, and the side effect of that is probably going to be, I'll have a great deal of physical health as a result, or at least a lot more than if I didn't.

Darin: Dude, there's so much beauty and wisdom in all of that. Then the journey, I totally can relate on the having a goal and going and thinking that that's the direction. Then life again, the beautiful hand of life will present the opportunity, and we know that there's no other person closer to us to nature and and ourselves than us. If we are willing to listen and follow that, and you finally did, and the beautiful thing is you get everything as a result of that. I just stamp that home for everyone listening here, what you're saying in relation to food, exercise, weight, goals, all resides in the holism of all of the stuff. I love that because I, without my eyes closed, went there. As soon as you started saying that was a little bit of a guided meditation that everyone could relate to. So just for a second, visualize yourself with health from a holism perspective. With what Sal is saying, health of a strong, vibrant, beaming body, spiritually sound, mentally acute and sharp, and wisdom infused, and what is your life like in this beautiful chemical suit that we get to play with? Because is this us. Let's just go straight to that. Of course, it isn't.

Sal: It can't be. It's the person watching it all, it's the observer. A great spiritual teacher, Eckhart Tolle, A New Earth, it was a very transformative book for me. But it's very true, you're the observer inside this whole thing. You're watching the whole thing and time teaches us these lessons one way or another at some point. If we're all blessed enough to grow into old age, I mean, I want to learn these lessons before I have to be forced to learn some of these lessons.

### **[00:52:23] Steps to understanding fitness**

Sal: I do want to leave people with just a few pragmatic steps only because I want people to be able to-- I'm sure some people are listening, it's resonating, and they're like, what do I do now. Then they're gonna go online, and I'm gonna tell you something right now, and again,



this is one of the strong motivations behind my podcasts that we started seven years ago, is that the fitness industry, 95% of the information you're gonna get out there is going to be bad. I'm just gonna be honest with you, it's gonna be terrible, it's going to make your health worse. It's not going to help you in any real way, maybe in a temporary way. But like I said, the temporary doesn't count. It's got to be forever, otherwise, it doesn't count. So, I don't want people to do that. I'm gonna leave them with a little bit of just some pragmatic steps. The health and fitness space has presented weight loss from a very basic understanding. From there, they've made some terrible recommendations, so I'll start with this. There is a law of thermodynamics. It's a law of physics. So what I'm about to say is true, although it's more complex than what I'm about to say, so I also want to say that. However, what I'm about to say is a true fact. If you want to lose weight, you have to take in less calories than you burn or you have to burn more calories you've taken so that has to happen. Very simple though. There's way more complexity that goes into that. But that formula has to happen for your body because energy cannot be created nor destroyed. In other words, my body's not going to derive energy from itself if it's got plenty of energy coming in. So weight loss doesn't happen unless it happens. Again, it's more complex than that, but let's start there. Understanding that, the recommendation from an exercise perspective has always been this, if calories burned need to be more than calories consumed, well, let's just look at exercise's value and list them by value and the top value is calories burn. That's the number one value of exercise then, how many calories you burn. Wrong, the least valuable component of exercise is your calories burn. It's a component and there's some value to it, but it's actually the least important. It's the least impactful component of exercise. What's the top? How does this form of exercise get my body to adapt, and then what does that mean? What does that adaptation mean? So we need to understand that. Whatever I'm doing, the whole reason why exercise gets my body more fit, more stamina, more strength, more mobility, is because my body is improving itself to be able to deal with the stress of said exercise. To illustrate this further, our bodies evolved being very calorie efficient. Your body does not want to adapt unless it has to, or I should say to put it differently, it will adapt to whatever you're doing. So if you do nothing, your body will be just as strong as you need to be to do nothing. It will never make you much stronger, it's not going to happen. Your body does adapt, but it always errs on the side of efficiency. How can I become more efficient? When we look at exercise from an adaptation perspective, and we consider the context of the average person, let's illustrate that for a second. The average person is busy, yet sedentary. This is very true. We are sedentary, but we're also busy. People's schedules are packed. I mean, I'm a parent, you got to schedule playdates for kids, which is very strange. I grew up in the '80s and '90s. I never scheduled playdates. I just went outside and play. It just got weird. Everything's scheduled. So we got crazy, busy schedules, but we're sedentary. So that's number one. Number two, food is hyper palatable. Meaning, markets are really good at giving us what we want. That can be good or bad. If all we want is alcohol and distractions, and that's how we're gonna get, so the markets will make it really, really good. What do we want with food? We want it to taste really good, it's really fun to eat, I want it to be palatable. The vast majority of research and development that goes into food goes into palatability. We're surrounded by hyper palatable food. It's also very inexpensive. Markets have made food very inexpensive to the point where again, too much food is the problem not too little. It's also easily accessible. In fact, it's so easily accessible today, I can't believe that I could get on my phone right now and within 30 minutes, I could have Chinese food, Mexican food, Italian food. I could have fast food, sushi. It'll come to my door here at work. It's become so accessible, so it's extremely



accessible, hyper palatable, sedentary, yet busy. Then the average person is not a fitness fanatic, and the most we can hope for when it comes to structured exercise is about two or three days a week. We're not going to get more out of people forever, at least. Some people more, some people less, but on average about two or three days a week of structured exercise. So when we consider that, and we look at obesity, what we want to do is pick the form of exercise that's going to just do the best for us because I'm not going to spend a ton of time exercising, and we got this calorie problem, and I'm sedentary, so I need something that's protected when I'm not doing it. The best form of exercise in that category is strength training. It really is. Now, I'm not saying it's the only form of exercise. All forms of exercise have value if applied appropriately. But in the context of what I'm saying, strength training is the most valuable in that sense. It's the most protective. Muscle is very protected. You got a lot of muscle, you sit around all day long, you burn more calories than if you don't. It also promotes a youthful hormone profile. In order to build muscle or at the very least, when I send a signal to build muscle, my body will organize its hormones in a way to do so. So what does that look like? More testosterone, it looks like balanced estrogen and progesterone or women. It looks like cortisol that's healthy, meaning it goes up in the morning, comes down towards evening. Growth hormone levels that are more youthful because those are all conducive towards building muscle. On the flip side, if I do lots of forms of exercise that make [00:58:16] muscle down, it'll do the opposite. It'll organize itself in a way to where I'll have lower testosterone, more cortisol and all that stuff. So hormones, it's going to protect me there. Also, insulin sensitivity. The most effective-- a lot of people don't know this. We hear a lot of talk about insulin sensitivity. The most effective way to improve insulin sensitivity is to build a little bit of muscle. There are studies on people who are obese, severely obese, and all they do is having gained a little bit of muscle and you get this improvement in insulin sensitivity. Why? Besides your liver, the second best place or I should say most abundant place we store carbohydrates are your muscles. More muscle, more storage, very insulin sensitive. Insulin is a very anabolic hormone. Actually, it's more anabolic than even testosterone, in fact, so we become very insulin sensitive. There's another organ in the body, by the way that requires lots of insulin sensitivity, the brain. In fact, researchers will call Alzheimer's and dementia, some researchers will refer to them as type three diabetes. If you take people with Alzheimer's or dementia, put them on a ketogenic diet where they avoid all carbohydrates. So their body doesn't run off of carbohydrates rather runs off of ketones, you see an improvement in cognition. That's not because ketogenic diet has anything necessarily magical about it. But in that particular context, their bodies become so insensitive to insulin and carbohydrates that their brain can't operate well, so they take that out, have the body run off of fats, boom, they feel much better. But there's your evidence right there. In fact, there was a study out of Sydney, Australia, where for the first time ever, a non medical intervention was shown to halt the progression of beta amyloid plaques. That's what causes Alzheimer's or one of the causes. In fact, towards the end of the study, it looked like there was a trend going the opposite direction, and it was strength training. So, to date, it's the only non medical intervention to really show that type of an effect. Also, here's my favorite part, it speeds up your metabolism. And here's the funny thing, because our environment has changed radically, our bodies have not, we still have the same prehistoric, I shouldn't say prehistoric, that's too long ago, but we still have the same ancient genes that people had 100,000 years ago. The difference is we live in a radically different environments. 100,000 years ago, a thrifty efficient metabolism was an incredible asset. If you're the guy walking around whose body burns 5,000 calories a day, you're dead because you ain't gonna find



5,000 calories in nature, good luck. It's very hard to do. You'd have to be the most successful hunter of all time, just not going to happen. Today, a thrifty efficient metabolism makes it really hard because you just don't burn many calories. What you want is a fast, and for lack of a better term, inefficient metabolism. Now, here's why use the word inefficient. Muscle is active and it burns more calories. That's true. A pound of muscle burns more calories than a pound of fat. Well, it's a very calorie thirsty, if you will, or hungry tissue. However, there's more to it because you'll have some people that will say, but a pound of muscle only burns another 20 calorie, it's not that big of a deal, which by the way, it is a big deal if you gained five pounds. That's 100 calories. It doesn't sound like much, but do it over the course of a year, and that turns into 10, 15 pounds every two years or so. But forget that for a second, your body also has a range of calories that will burn with the same lean body mass. On one end, is efficient, on the other end is less efficient. What tells your body to become more or less efficient? A few different things, but two big ones are, am I feeding myself enough because if I start to under feed myself, my body wants to go more efficient. And am I sending a signal to my body that is saying prioritize things that require inefficiency with metabolism. The best thing that does that is muscle. When I workout with strength training, I tell my body, I need to be stronger. The stress of this particular form of exercise, what it requires to adapt is more strength. The side effect of which is let's not worry about how many calories you burn. Everybody, we just need more strength right now. So what you see, because I've take clients all the time and do this, I'll feed them a little bit more, have them lift weights, they'll gain maybe three, four pounds of lean body mass, this will be a woman that will do this and through a process of reverse dieting. In other words, I slowly increase calories and have them build a little muscle, 4-pound muscle gain plus that process. She's burning 800 more calories a day. That's like two and a half hours of running, but just on her own. What I like to communicate to people is if you don't necessarily have a huge preference, for a form of exercise, and if you really love running, that's fine, go for it, do it. But if you're like, I want to do the one that's gonna give me the most bang for my buck, and I want to have the one that's gonna prove my health the most and I know I'm only gonna work out two or three days a week because I'm doing zero now, start with strength training. Then here's the other part of that. I love to tell people this. Years ago, I live in Northern California and like the hills behind you, we have these beautiful rolling hills up here in the Bay Area, San Jose Area. I was up there going on a hike, and there were runners every once in awhile would pass me by. I'm a trainer so I can't help but notice biomechanics. So if someone's running by I'll say, man, that guy's feet are pronating really bad or that's a really bad anterior pelvic tilt. I just can't help it. So I was noticing all these people running by and I was going, oh man, they're gonna hurt. That person is not gonna be able to do this for very long. Then this lady ran by me and she looked like a gazelle. I mean, she was just beautifully running. Then I thought to myself like this is so crazy. Of all the things that humans evolved to do physically very well in comparison to other animals running is up there. I mean, we did two things very well physically, we throw with accuracy, we can do that better than any other animal. I mean, even a child can throw a better accuracy than any animal and we can run or trek for distance. We can out track almost any animal. In fact, if you study modern hunter gatherers, that's how they hunt. They'll throw something at an animal, wound it, for example, and then they'll just chase it until it gets tired. Then they'll tackle it [01:04:12] 10 miles or 15 miles or 20 miles. I'm like, why are people so bad at running when we evolved to run? I said, it's because we stopped running when we're 10. We just stopped doing it. I'm like, well, why are these people running so bad? I said, I know why. Nobody says to themselves, I'm gonna





lose weight. I'm gonna lace up my running shoes, and then go practice running. Nobody says that. I'm gonna go run till I'm tired. because it's a workout. They forget that it's a skill. So here's what I tell people when it comes to strength training. Don't go to the gym, and do squats because you're going to try and hammer your legs or do overhead presses because you want to hammer your shoulders or do curls because you want to feel your biceps burn. Look at those exercises like skills. Go to the gym and practice. That's it. Go to the gym three days a week, practice four or five exercises, and treat them as such. Perfect the skill of strength training, squat to do good squats, press to do good presses, row to do good rows, and let the intensity match the practice. That's it, take it from there. I promise you is what's going to happen? People will progress nice and consistently, injury rates will drop off the map, and they're going to perfect the skill over time, and really derive tremendous value from strength training. This is how I always communicate. I don't tell people go beat yourself up, or hammer yourself, whatever. I say go to the gym, pick 4 exercise, just go practice them, and then come home. And the next time you go and train, you get a little better at it. See if you can go a little deeper in your squat with perfect form. See if you can feel more stable with your press. See if you can feel this a little bit more on those target areas, slow your reps down, get better at it. Then naturally, you'll get stronger. Naturally want to add weight to the bar, but don't worry about beating yourself up, just go get good at the skill of exercise. Boy, I tell you what, that piece of advice right there has gotten people, my clients, some of the best results of their life. I see you nodding because I know you figure that out, too.

Darin: It's amazing, dude. I mean, that truly summarises your resistance training revolution and why you wrote this book. So it is a completely new-old way that we should look at all of this stuff, but you've taken this wisdom and applied it to our modern-day situation where we're not throwing around rocks or trekking for miles. We have to take this wisdom and apply it where it's appropriate, and I love that man. Well, dude, I feel like I could talk to you and there are so many, there's like 1200 side comments and side topics. I'd love to rundown the rabbit hole but we will do this again without a doubt. I'm so grateful to be able to have this time with you, and we're definitely gonna have to pick up some dumbbells together and do some training.

Sal: If you're ever up in San Jose, San Francisco area, I'd love to invite you to the studio and maybe we'll do another episode and hang out a little bit. I'll do the same when I come down your area. I love talking to you, Darin. I mean, when we had you on our podcast, I was like, I really like that guy. You really get it and you communicate it very well, for sure.

Darin: Yes, that'd be great. The bottom line is everyone, checkout his book, and also, I just realized that this iron, lift heavy things because [\[01:07:22\]](#)

Sal: It is, thank you, I appreciate that.

### [\[01:07:26\]](#) Podcast Outro

Darin: Thanks for tuning in to this episode of The Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you'd like to learn more about my incredible guests, you can find all of their information in the show notes on my website. If you enjoyed this episode, or even you didn't like it, please rate this podcast. The team and I value your feedback so we can continue to give you the



most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share anything you feel called to do. I truly appreciate it, and I love and value your support. So, thank you, and I'll meet you in the next episode.