



#RealKnowledge Twitter Chat Highlights: Pat Flynn RKC - April 2013

Thanks to Pat Flynn for taking the time to answer reader questions in our first Twitter chat! Here are some highlights from the conversation for those who missed it.

1. Give us your absolute best fat-blasting strength gaining 21 day program.

- For strength, 21 days of CONSTANT load work. Pick five lifts...either barbell or bodyweight.
- Keep complex work constantly varied. Here's a free book on 101 of my favorite complexes:
<http://www.chronicsofstrength.com/7-reasons-to-subscribe.html>
- Preferably pick the big lifts. You want at least one push, pull, hinge, squat, and core exercise.
- From there, break up the lifts, train only two or three a day, alternating each session. I like M,T,Th,Fr split.
- Follow either a 1,2,3,1,2,3 or 3x3 rep scheme. Don't vary the weight or change the progression for three months.
- Start your cycle with a "heavy load" or a "difficult" progression. By three months that load will feel light.
- So you have effectively "waved the load" by not waving it at all. After three months, bump it back up to "heavy."
- For conditioning, add in 2 days of kettlebell complex work AFTER strength training sessions
[http://www.youtube.com/watch?v=7sdAJqY-IE4 ...](http://www.youtube.com/watch?v=7sdAJqY-IE4...)
- Finally, add in as much super-low-intensity movement as possible. Fasted hiking is a huge one for me.



2. Never done a pistol squat but want to. Best way to train/practice pistol squats?

- Hey Joe, the bodyweight pistol is a difficult feat, it's all about control! [http://www.youtube.com/watch?v=a7ctBYQEtDY ...](http://www.youtube.com/watch?v=a7ctBYQEtDY...)
- Plus, a lot of ducks have to be lined up from a mobility/stability standpoint for the pistol to be a possibility.
- But, so long as you are not inhibited from a functional standpoint, I have a few progressions to help you out.
- First, to quickly assess if you have the mobility for it, try the bottoms up pistol:
[http://www.youtube.com/watch?v=zihHX4uFSPY ...](http://www.youtube.com/watch?v=zihHX4uFSPY...)
- If you can even just hold the bottom, that's a good sign, from there, begin to work SLOW eccentric pistol squats.
- If you need additional assistance for pistol, hold onto a resistance band and slowly wean yourself off.
- If balance is an issue, try pistols with a light counter balance.

3. Re: the pistol - if you can't hold at bottom would you recommend slow eccentric with TRX to get you there?

- Depends on what the issue is. If you are compensating for ankle mobility, I'd prefer that you elevate the heel.
- I am not a big fan of suspension training in general. Most people need stability on a stable surface first.
- Get people moving well on earth first. Then take them into suspension.
- With the exception of Olympic rings, of course.
- The goal, no matter what the goal, should always be to move BETTER.

4. Is it okay to do body weight and barbell weight together in the same routine?

- Absolutely. In fact, one arm push ups and deadlift would make one helluva strength pairing.

5. What is your fav go-to complex from Racked and Loaded?

- I vary my complex work as much as possible. But I particularly enjoyed this one the other day....
- It's a double snatch and front squat pairing:
[http://www.youtube.com/watch?v=uqUe8gnV8mc ...](http://www.youtube.com/watch?v=uqUe8gnV8mc...)

- For metabolics inefficiency is your friend, change it up AMAP, but keep the movements relatively "low-skill."
- For example, I would not recommend oly lifting for metcon. High skill movements and fatigue don't mix well.
- With all of that being said, this complex is close to my heart: <http://www.youtube.com/watch?v=vGOVPSLYj0g...>

6. Any tips for paleo eating and high-intensity training?

- A shortcoming of Paleo is it is oftentimes too low-carb, esp if you are performing a lot of metabolic work.
- An easy fix is to incorporate more starches post workout on training days. I like white rice and potatoes.
- Just don't tell the Paleo gods I said so :X But white rice and potatoes are fairly harmless, if you ask me.

7. Pat, pleasure to chat. Do you use flows in your play or practice? If so what is the dosage?

- Hey Mark, I work in as much human movement as I possible can. I try to move in a different way every single day.
- I crawl, I roll, I sit in a squat AMAP, I invert myself, I contort myself, I hang, I bridge, you name it.
- Here is an example of some exploratory movement. <http://www.youtube.com/watch?v=xZGCK14P-DA...>

8. Do you use any other programs for your workouts other than kettlebells?

- Yes, believe it or not kettlebells are not my primary instrument for building strength.
- I do more barbell and bodyweight work for strength, kettlebells are my primary conditioning device..
- While kettlebells are a great tool, one should also choose the BEST tool to get the job done, as far as practicable.
- For example, olympic rings are a marvelous strength device <http://www.youtube.com/watch?v=tNyuiTKZyMk...>

9. Is it acceptable to eat bacon everyday and how much?

- I think it should be mandated by either the state or federal government.

10. Pat Flynn - the Gymnast that never was! Olympics 2016??

- If I keep training, I may qualify for senior olympics. Need to get my iron cross down though...