

CasePerformance

March Newsletter Part I



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Here is the news that we'll cover in Part I of this month's newsletter....

I. Welcome & Changes in the CasePerformance newsletter format	2
II. Community Member of the Month Interview – Dustin Leibfried.....	3
III. Performance Tip – Is Sitting Killing You?	8
IV. Meets/Events.....	11

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Hello,

I hope that the month of March has treated everyone well and that you find yourself a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. Changes in the CasePerformance newsletter format

I thought the final changes in my newsletter were done last month; However Arnav S. encouraged me to keep a permanent newsletter archive on the CasePerformance website such that those who subscribed to the newsletter could go back and view old ones. After thinking it over, I decided that this was an excellent idea (which builds off the excellent ideas that Rikki P, Alex L and others have shared with me in regards to shaping the newsletter the past few months).

Thus, I once again called upon the expertise of [Brian Putchio](#) who did an excellent job creating a [newsletter archive](#) directly on the website. Newsletters will ONLY appear here (ie – you won't find them in the general [article archive](#) or in the "Latest Articles..." section found on the left hand column on the site). A big time "thanks" is extended towards Brian for his hard work on many aspects of this newsletter transformation as well as [Pat Gokey](#) who contributed some technical assistance as well.

Also, I will gradually add our past community member of the month interviews to the [newsletter archive](#) as well. I will be sure to keep you updated on this front.

Respectfully,

Sean Casey

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II. Community Member of the Month...



Dustin Leibfried setting the UPA Jr Bench Press Record in 2008 with a press of 437.5 lbs (198.5 kg)

This month's CasePerformance Community member of the month is Dustin Liebfried, a 24 year old strength machine who comes to us from Potosi, Wisconsin, USA. Starting from humble beginnings, being the skinny 9th grader (4 foot 11 and 80lbs/1.50 meters, 36.3 kg) who was picked on and told that he was too small for contact sports, he has achieved great success while lifting in the 181lbs (82 kg) weight division. On the big stage, Dustin has met best of Squat-529 lbs (240 kg), Bench-353 lbs(160.2 kg), Deadlift-600 lbs (272.2 kg) and a total of 1470 lbs (667 kg). But enough of me rambling, let's turn it over to the CasePerformance Community Member of the Month, Dustin Leibfried....

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First off, I want to thank you for taking the time out of your training, work and social commitment schedule to join us today. We are honored with your presence.

Tell us a little about your background... How did you get involved with resistance training and/or exercise in general? Did you participate in any sports while growing up?

Let's see, growing up I was always small and got picked on a lot because of it. When I was in 8th grade I decided I was going to lift weights so I wouldn't be so small. I lifted for a little while but didn't stay with it long because I didn't feel like it was making a difference.

It wasn't until I was a 9th grader and decided to go out for American football that I decided to start lifting again. At that time, I was 4 foot 11 inches and 80 lbs (1.50 meters, 36.3 kg). Two weeks into football season I was in the weight room lifting weights for obvious reasons when my football coach came in and asked if I would come back later and lift because the other kids (bigger kids) were going to lift. When I asked why I had to leave, I was told that I wasn't going to be big enough to play anyway and that maybe I should quit and try a different sport.

The next day I did quit; 3 weeks later my dad bought me a bench, a couple of bars and some weights to lift in our basement. I never played any sports again in high school, but the comments that were made to me that day is what fuels me. Regardless of what I was told from that point forward, I was determined to prove that I was BIG enough.... And that's pretty much how I got hooked on weight training.

Who have been your greatest influences or role models in this field?

My favorite lifter is Ed Coan, but others that have really helped me on my way including [Brian Putchio](#) who helped me on the nutrition side of things and my former teammates [Bill Carpenter](#), Rob Luyando, and Jeremy Frey who taught me a great deal about technique and training.

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When first starting off, what were the biggest mistakes you found yourself making? In other words, what would you advise people NOT to do when first starting a training program?

The biggest mistakes I made are probably the most common ones made. I paid little attention to nutrition and just ate whatever; also I over trained muscles, working the same groups 3, 4 and sometimes even 5x per week. As you can see, way too little recovery.

As a competitive athlete, what have been your proudest moments to date?

As far as "in the gym" goes, the first time I squatted 500lbs, dead lifted 600lbs, and benched 315lbs are some big ones (226.9 kg, 272.2 kg & 143 kg). There are certain mile stones as a lifter that we all want to achieve in the gym and those were big numbers for me at the time.

As far as competitions go, when I broke the UPA 181lb (82 kg) full power drug free total with a total of 1470 lbs (667 kg) was huge. 13 ½ months prior to the completion, I fell through a window and cut the tendon and nerves in my right wrist. I didn't lift for 7 months and was down to 152 lbs (69 kg) when I started lifting again. Just 6 ½ months later is when I totaled 1470 lbs in the 181lb weight class. It felt great to not only make a comeback from injury, but to total elite my first meet back was something I was really proud of. I also have the UPA raw 148lbs (67 kg) dead lift record with a 514lbs (233.2 kg) dead lift, and the UPA Junior 165lbs (74.8 kg) multiply bench record with a 473lbs (214.6kg) bench, and the 148lbs (67 kg) junior multi-ply record as well with a 385lbs (174.6 kg) bench.

[Editor's Note - To clear up any potential confusion to the CasePerformance community members who are not powerlifters, when Dustin says "multiply" he is not referring to Arithmetic! Rather, he is referring to specially designed shirts which assist one while bench pressing.]

Are there any particular short and/or long term goals or events that your personal training is currently directed at?

Right now I am aiming to go over 1500lbs (680 kg) raw drug free at 181 lbs at the UPA Nationals in April. Long term, I hope to bench 400lbs (181.5kg), squat 600lbs (272.2 kg), and deadlift 700lbs (317.6 kg). I am within 30lbs (13.6 kg) of all of those now, so I believe they are definitely reachable goals with hard work.

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A topic I always get questions about is nutrition and supplements. For someone who went from being the "small guy" to being a 181 lb/ 82 kg strength athlete what type of nutrition strategies have you found to be effective? Ditto for supplements?

I believe nutrition is easily 50% of what your success in the gym is based on. I am naturally around 130lbs (59 kg) if I don't lift, so to gain the muscle mass I need to eat a lot. In terms of workout nutrition, I take 20-25g of whey protein with 175g carbohydrates post training. Beyond that I eat as much as often as I possibly can, never going more than 2 hours without something of substance. I try to hit a minimum of 3500 calories per day. If you're someone who struggles with your weight I would not recommend this type of diet. But for me, someone who is the definition of a "hard gainer", it forces my body to put on the weight. I personally feel it was much easier to become big and strong then drop weight as needed vs. being skinny and then trying to get strong.

In terms of supplements, beyond the whey protein I mentioned earlier, I also take a couple other supplements which I've found to be quite effective that also allow me to compete as a drug free athlete. The first one consists of Creatine Monohydrate, L-Leucine, Beta Alanine & Coenzyme Q10. The second supplement I take is a propriety blend that contains Acetyl-L-Carnitine, Propionyl-L-Carnitine HCL, Maca Root Extract (*Lepidium meyenii*), Rhodiola Extract (*Rhodiola rosea*) (Root) (Standardized to min. 3% Total Rosavins and min. 1% Salidrosides), Saw Palmetto Berry Extract (*Serenoa repens*) (Standardized to 85-95% Fatty Acids), AlivEL®3X100 (Standardized to >3% Eurycomanone and >22% Glycol Protein), Dehydroepiandrosterone. The combination of these latter two have really helped my between workout recovery and "in the gym" performance.

Any other thoughts/advice you're willing to share with us at CasePerformance?

I see smaller kids in the gym trying to max themselves out all the time, just because they are embarrassed at how much weight they normally work with and are worried they will get made fun of; I used to be that guy... If there is one thing I would say to anyone big or small, it is to not worry about how much you can/cannot do or if you're going to get made fun of; simply work hard and never let the doubts enter into your mind. Your goals will always be attainable. The only real question or thing you need to be concerned with is HOW BAD DO YOU WANT IT?

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Great advice there! Once again I want to thank you for joining us here today. Keep up the great work! For those interested in finding out more about your training approaches and view your training log, where can they find you?

People can [CLICK HERE](#) to follow my training log at the UPA forum.

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III. Community Member Performance Tip

As you know, each part of our newsletter contains a performance tip. Additionally, you may have also noticed that Part I of our newsletter focuses in on what is happening in the lives of our community members, whereas Part II of the newsletter focuses in on important news of note here at CasePerformance. Thus, it's only fitting that the performance tip for Part I of our newsletter comes from YOU, the CasePerformance Community members, to be shared with the rest of us. This is a newer feature on our ever evolving newsletter!

Thus, I **strongly encourage** you to contact me via [facebook](#) or [email](#) and share your training, nutrition, supplement or healthy cooking tips and recipes <-- Yes we do love recipes! Don't worry, it doesn't have to be scholarly science based tip (although I don't mind if it does include science). We're simply looking for solid applied tips that all of us can benefit from when incorporating into our lives. For instance, in [February's newsletter](#) contained an excellent tip from Arnav Sarkar in regards to a kettlebell exercise known as renegade rows. In [January's newsletter](#) I shared an egg based recipe.

This month's community member performance tip, contributed by Alex Leaf, focuses in on the importance of being active throughout the day; NOT just during your training session. A little bit of background on Alex Leaf... Since meeting him, I've come to learn that Alex is extremely passionate about nutrition and exercise. While he enjoys most aspects of exercise science, he is most interested in nutritional science, especially supplements. In fact, he is planning to attend graduate school next year and earning a masters degree in Nutrition & Dietetics before becoming a registered dietitian and focusing in on sports/exercise nutrition.

Without further adieu I share with you this month's community member tip of the month from Alex Leaf...

Is Sitting Killing You?

How long do sleep? Six hours? Ten? Let's split the difference and assume you are sleeping a solid eight hours per night. Now what do you do the rest of your day? Go to lecture? Work a desk job? Veg-out and relax with some Netflix? I bet your even sitting as you read this!

You already spend 1/3 of your life in bed sleeping (most of the time ;). Add on a typical eight-hour work day and you're up to a minimum of 2/3 of your day spent sitting or being inactive.

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So what’s the big deal? Well, a recent Meta-Analysis conducted by Wilmot and colleagues sought to answer this very question (Wilmot, et al. 2012). After reviewing 18 studies of nearly 800,000 participants, they concluded that “sedentary time is associated with an increased risk of diabetes, cardiovascular disease and cardiovascular and all-cause mortality; the strength of the association is most consistent for diabetes.” Furthermore, the associations were “*largely independent of physical activity*,” meaning that, on its own, your daily scheduled hour of cardio or weight-training session you did in the morning likely isn't cutting it.

There is even a new medical term associated with chronic sitting: active couch potato syndrome, which is used to describe people who suffer from the same health risks as completely sedentary people despite doing moderate to vigorous daily workouts (Owen, Healy, Matthews, & Dunstan, 2010). Crazy right?

But wait, it gets worse. It turns out that sitting for prolonged periods of time also influences gene expression and shut-off genes associated with maintaining homeostasis within your body (Zderic and Hamilton 2012). By creating imbalances in hormones critical for metabolic regulation, such as leptin, which is responsible for appetite and fat metabolism, your brain craves more food and your body stores more fat tissue.

Fortunately, taking even the briefest of breaks (about a minute or so) can measurably improve your longevity. For instance, simply by getting up and walking for as little as two minutes can reverse the effects of prolonged sitting on gene expression (Latouche, et al. 2012). Furthermore, as endocrinologist James Levine of the Mayo Clinic explains, “simply by standing, you burn three times as many calories as you do sitting” (Bankston 2012).

So how do I incorporate this into my life you ask? Simple, I just do an ultramarathon each day to make sure I keep moving (kidding). Jokes aside, I avoid chairs and stand when logical and relatively speaking, try to be completely inactive only while sleeping. (I want to point out that I emphasize the words "logical" and "relatively"; use common sense and listen to your body if you need to sit and rest, etc.)

I truly believe that a sedentary life-style is depriving the human-race of its right to decent health, and is the leading cause of virtually all ailments.

So the moral of this story... Stand up! Go for a walk! Do something! Just don't sit there **23-7** (Do note, I accounted for your 1 training session there!).

- Alex Leaf

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Great tip there Alex; Thanks! A very appropriate one now that it is officially Spring (at least for those living north of the equator); with the nice weather, it's a perfect time to get outside for a walk Even if it's a short one during your non-workout hours to get the body moving a little more.

And as stated earlier, I **strongly encourage** other community members to contact me via [facebook](#) or [email](#) and share your training, nutrition, supplement or healthy cooking tips and recipes. Intimidated about the writing aspect of things but still have a good thing to share? No problem, I'll help you on the writing aspect of things. We look forward to sharing your knowledge and experiences!

- Sean Casey

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IV. Meets/Events

There are a couple events coming up in April that have been shared with me by members of the CasePerformance community.

1. Unified Strength Sports Federation

Kansas State Powerlifting and Weight Lifting Championship

Where: Olathe, Kansas

When: April 13-14

For more information [CLICK HERE](#)

2. Boston Marathon

Go cheer on CasePerformance endurance running coach [Justin Andrews](#) try to improve on his previous marathon PR of 2:37:48 (hr:min:sec).

Where: Boston, Massachusetts

When: April 15

For more information [CLICK HERE](#)

For other races, potentially closer to where you live, [CLICK HERE!](#)

*** Please know that CasePerformance does NOT receive any financial or other incentives if you choose to participate in any of the above events.

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That wraps up this CasePerformance newsletter. Thanks for being a part of the team!

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

[The CasePerformance Team](#)