

CasePerformance

July Newsletter Part I



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

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Hello,

I hope that the month of July 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. A Look at This Month's Newsletter

The CasePerformance team has risen to the occasion once again, delivering the finest exercise and nutrition based newsletter that can be found on the internet today. Of course I say this with a purely objective, non-biased viewpoint! What, you think I may have a slight bias in saying this? OK, you may have a point there. However, one thing you can't disagree with me on is the fine work contributed to our newsletter from CasePerformance community members!

In our CP Community Member of the Month Interview, strength athlete and licensed massage therapist Christina Anderson discusses training for her first figure model competition. Christina also shares with us her experiences working with athletes as a massage therapist.

Following our interview, we get to our CP Community Member Discussion. This month, SW shares with us, *Scathing Observations of a Gym "Goer"*. In it, SW humorously touches upon major gym etiquette rules broken on a daily basis as well as peculiar personalities often present in these facilities.

Needless to say, I think you'll enjoy Part I of our newsletter!

Respectfully,

Sean Casey

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II. Community Member of the Month...



Once again we have the pleasure of being joined by Christina Anderson who comes to us from Albany, New York, USA. I say "once again" as we [previously interviewed Christina](#) in early 2011 while she was competing as a powerlifter/strongwoman and finishing up her degree in massage therapy. However, Christina recently decided to change gears a bit and transitioned from powerlifting to figure model competitions, competing in her first one, the A-Nation NPC Championship on May 29th 2013. But enough of me rambling now; it's her story, not mine, so let's get to it...

First, on behalf of the CasePerformance Community, I want to thank you for once again taking time out of your busy schedule to join us here today; it's an honor and a privilege.

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With our readers already being familiar with [your background](#), we're going to dive right into "the meat" of things... What motivated you to transition from powerlifting to figure model competitions?

It was more of a “self dare” than a motivator. I guess I wanted to see if I could look like one of “them”. Having a base in powerlifting I knew my biggest challenge would be the diet. And it was I used a couple different diets. I followed for the most part, The Fighter Diet and tweaked it a bit from the advice of other bodybuilders in my gym. I also tracked my macros with fitnesspro.com. Going from a 5000 calorie/day diet to a 2500ish and ending with a 900ish was a killer and eye opener. I never realized how much I used to eat! I quickly got used to the reduced kcal intake and actually felt healthier with more energy, believe it or not. That said, I did have days towards the end that were, well let's just put it like this - everyone stayed away from me; I was beyond miserable.

I would also like to say that I have the privilege of being surrounded by a great group of bodybuilders/powerlifters on a daily basis. They understood, and supported me the entire journey with tips, understanding, condolences, praise, and just general good advice. My boss was also doing his first bodybuilding show so I got to have a work partner suffer alongside me throughout the journey. I even had a professional spray tanner and makeup artist from the gym, along with friends who knew friends who had a suit made for me. It was also at my gym where I learned to walk in high heels, pose, smile, etc. I don't think I could have gotten through the whole experience without them. I was Cinderella; transformed from a scrappy powerlifter to a girly figure competitor.

How did your first figure model competition go?

I say it went great! Walking out on stage with those lights was a rush. Leading up to the event, I thought I would be petrified, but it was just the opposite. I loved being on the stage and pretending I was someone that, well....I'm not!

In preparing for your figure model competition, what did your typical training week look like?

Throughout the majority of my figure model prep, I was pretty pig headed about giving up my powerlifting lifts. In fact, four weeks out, I actually PR'd on my squat, pushing 190 lbs (86 kg) at a body weight of 116 lbs (52 kg). Additionally, I still managed a 270 lbs (122.5kg) deadlift 3 weeks out. However, towards the end I was forced to do what I

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passionately hate to do....accessories. And lots of them, using very light weights. I threw the ego out and sucked it up; my eyes were on the stage!

As most individuals know, nutrition plays a huge role in prepping for figure competitions. Thus, I was wondering if you could share with us what your nutrition looked like 12, 6 & 1 week prior to the competition.

I found that nutrition was actually 90% of it. What a rude awakening I had when I had to weigh out my first piece of chicken - 4 oz is nothing! In the past, I would actually eat that amount while piling my plate with food... before the actual meal started! It was hard to stick to the diet in the beginning. But honestly, I wasn't much hungry once I got used to it.

At week 12 my typical daily meals looked like this:

meal 1: 1 cup oat bran, 3tbs flax seed, 1 cup egg whites

meal 2: 6oz Greek Yogurt, 5 fish oil caps

meal 3: 1lb broccoli, 1 cup egg whites, 1 tsp olive oil and later switched to tilapia fish and asparagus

meal 4: Protein shake, 6 almonds

Post workout: protein shake, 6 rice cakes

meal 6: 3lbs green beans, 10oz butternut squash, 5oz chicken

meal 7: 1 cup egg whites, 6 almonds

Total Kcals 2560

Every 2 weeks or so, calories were reduced by omitting certain foods or substituting. ie. Cabbage for broccoli, Greek Yogurt for Tilapia fish.

At the very end, I was around 900 kcal with fats being omitted and carbs only after training. Brutal!

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Did you include many cheat days or similar during your diet? If so, how did you incorporate them and what did they look like?

Believe it or not, a “cheat meal” was what was in the past, a “clean meal”! On one of my bad days I was advised to go home and eat something not on my diet. So what did I eat? About 8oz of steak and fried sweet potatoes. It did the trick and rebalanced me but a cheat meal from my past would have been a pizza and ice cream.

Now that your 1st figure competition is behind you, what changes/tweaks do you think you'll make when approaching your next competition?

Without question, posing! Even though I had the best training from one of the best figure girls, once on stage I remembered 32%. Being that it was my first show and not knowing what to expect on stage, nerves certainly got in the way. Hopefully next time, I will have more confidence and be able to put my energy into the poses and not worry about my knees shaking.

Are there any particular short or long terms goals that you're currently working towards with respect to your training?

Well I'd like to do another figure show next year. I think one per year will keep me in tune with my body. I learned so much about myself while living this lifestyle. In the meantime, I will continue as a powerlifter and work on getting stronger and bigger. My next USAPL meet is in November, and I will do an unsanctioned push/pull in August. I always need goals in my future.

With your experience in body/figure competitions, powerlifting and strongwoman competitions, I'm sure you've trained using a huge variety of lifts. For pure enjoyment, what is your favorite lift and why?

I will always have a love/hate relationship with the deadlift. Not sure why. Maybe because it's the most important lift of a powerlifting meet or it's the most grueling, or it's the best sense of satisfaction when you stand up with the bar in your hands. Yeah - It's all of that and more. I love pulling!

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As mentioned previously, you are currently working as a massage therapist (For those who live near Albany, New York, you can find her at [Rebalance Massage](#)). Can you share a little bit of your experiences with us in terms of common issues you see in athletes and techniques you've found effective in treating them? Likewise, any general advice you're willing to share in regards to this area?

Since most of my clients are athletes, from MMA Fighters to Powerlifters, to football players, I sure see a variety of problems. Different sports show different injuries and strains but I'd have to say lately, a very common issue all these athletes are having is with their hip flexors and rotators. The athletes are either not stretching enough, or stretching the wrong way. Also, in general, people are sitting more than they used to which doesn't help the situation. I'm a big promoter of dynamic stretching and usually recommend that after I work with them. In other words, to warm up for a squat workout, do body weight squats, then just the bar, and hold the position in the hole for a couple seconds with each rep; Just enough to wake everything up, from the muscles to the tendons to the ligaments.

I realize that thoroughly answering these questions takes a lot of time and effort on your part. There are a lot of solid insights and lessons that one can take away from your thoughts. Thus, on behalf of our readers, I want to once again thank you for taking time out of your busy day to join us. Keep up the great work!

Thank you Sean! It's been an honor being interviewed by you.

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III. Community Member Performance Discussion

There are certain unwritten etiquette rules when it comes to socially accepted behavior. You don't chew with your mouth open, you don't double dip your tortilla chip in the group's salsa, you don't sneeze or cough without covering your mouth, etc. You get the point. Similarly, the "gym" life also has its own un-written etiquette rules. In this month's community member performance discussion, SW shares with us his scathing observations of various personality types who seemingly slap these unwritten rules straight in the face, each and every time they go to a gym, make a social media post or drop by for dinner... much to the dismay of others!

Now if you find that one of the behaviors in the list that follows offends you (*"How dare they criticize my...."*), relax, take it easy & realize they're meant as good nature jabs. But seriously, if you're displaying some of the below behaviors – knock it off; the sanity of every other individual in the gym depends on it!

Scathing Observations of a Gym "Goer"

By SW

Locker-Room Loiterers

There may have been a time in human or American history when lounging around the locker room was a relaxingly casual and social event. Perhaps there was also a time when vigorously toweling your taint in front of others was an innocent act, but that was a different era. Despite what your membership literature says, the locker room is not a sauna. It is not a spa. It is not a bath house, Russian or Turkish. You may even have mistakenly thought in the hope of legitimizing your obnoxious hyper-social displays of washroom familiarity, that "gym" is short for the Greek "gymnasium." I assure you that it is not. If applicable, you need to get your bag and/or clothes out of your locker, take a leak, wash your hands with whatever sanitizing substance has been provided for your complimentary usage, and GTFO. And make sure that if you take a shower, you have a valid reason. If you're working out at night and changing back into a suit, chances are you're already done with work. Similarly, if you live within half an hour of the gym, you probably aren't sweaty enough to warrant an immediate shower.

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Locker-Room Loiterers (cont.)

Please do everything in your power to minimize the amount of time you spend naked in your gym's locker room. Chances are there's simply no good reason whatsoever for you to shed your clothes at the gym. Just like the model champagne room, the locker room should be a zone free of all lascivious acts. My ideal gym locker room is a bit like a postlapsarian Garden of Eden: nakedness is a supremely shameful state, and the inhabitants do not communicate in any way that involves linguistic sophistication. There's an endless list of rules governing locker room etiquette but in the end, it all boils down to one cardinal rule: minimize your time inside.

Fanny Packs

Not every bygone fashion trend is a candidate for "retro." The fanny pack is one such accoutrement for which there is no statute of limitations. If you expect the privilege of rocking one of these, you better fall into the upper .0001 percentile of excuses - that is, you're using it to hold your artificial pancreas or your colostomy bag; maybe even your organ donor card for good measure. Just because you reached your peak athleticism in the same decade as Arnold doesn't afford you any sort of respect, especially if you haven't managed to keep anything remotely resembling a physique in your senescence. And nobody's going to buy your backup excuse that it's just so darned convenient for carrying your stuff; try that one at any other place where people don't go to lift 600 lb barbells for fun. Nobody ever imagined that other people would walk around so proudly displaying the mark of Cain, but fanny pack aficionados disprove that assumption on a daily basis.

The Community Inspirer

So, this doesn't actually happen at the gym, but when measured by sheer minutes, it's easily the worst one on the entire list. That's because the gym takes... what, 45-90 minutes of your time several days a week? However, the re-transmission of motivational posters and inspirational quotes about working out can occur at any time, and there's no day you're immune to the banal but exhausting, unsolicited encouragement of others. In case you're not on Facebook, you might not know that for some people, getting psyched up for squat day or waking up to train at 5:30 AM is the moral equivalent of defending the pass at Thermopylae or going down without a radiation suit to fix the crippled reactor of a sinking Soviet-era nuclear submarine. If you've ever been in a gym with big

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people that lift heavy weights, you know that these aren't the type that would ever be caught posting such nonsense. Nor would they ever require the psychological booster.

Men's Health and Fitness Guy

OK, so your brow's sweaty and you don't have a towel on you. I get it. You also come in every day in a tank top; we can see that you're in pretty good shape and you've got a flat stomach. That said, you don't need to use the bottom of your shirt to dry your face off between every single set. I bet you your forearm is almost just as good at doing the job. Try it out for yourself. Trust me on this one.

Conspiracy Lifter

So you finally watched Zeitgeist last night and it blew your mind. That's cool. But please try to keep your unbridled excitement under wraps, and spare us any discussion of your takes on the Zapruder film, false flags, what happened to TWA Flight 800, Building 7, etc. For whatever reasons, the gym subculture most deeply afflicted by this highly grating variety of contagious insanity is powerlifters, and every other person you see walking around with a bag of chalk might as well have "Inside Job" written on it with a jumbo Sharpie. Perhaps it's because in a world of compulsively exercising, selfie-snapping narcissists, functional lifters who pack away an extra 10% body fat for practical reasons without embarrassment are the equivalent of the survivalists and preppers of the free weight section. Conspiracy deadlifter has one redeeming quality that sets him apart from the rest of the strident, bellowing scumbags at the gym: he's so aggressively paranoid that he immediately eliminates himself from your pool of potential intra-set conversationalists. He loves Ron Paul and Louie Simmons, and he's planning to try printing his own 3D gun. Thankfully, he's not going to jeopardize his lift progress by suffering an injury during a mass shooting.

Apathetic Trainer

If you want to find a comfortable place to showcase your nihilism, try enrolling in some introductory philosophy classes at your local college, or bum around the independent coffee shops or movie stores in your neighborhood. Don't display it shamelessly at the gym. We've all seen trainers who don't bother to correct the form of their clients. Some take it a step further when, discontent merely with the sadistic satisfaction of shepherding their maladapted clients into a lifetime of dangerous exercise practices,

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they don't even bother to pay attention while spotting their struggling dependents as they're maxing out under the bar. It's one thing to make money doing a crap job with no concern for one's professional reputation - you can see that from the forgetful McDonald's cashier to America's wealthiest pop stars. But you're taking it to a whole new level when you put on a daily public show featuring your ability to swindle gymgoers out of hundreds of dollars a week. You are not ashamed, but you should be.

No Curls in The Squat Rack

OK, this is but a single, albeit very popular, example of gym equipment misappropriation. Just the fact that this offense has blown up into a widely redistributed meme is perhaps the most optimistic development in years in the field of gym etiquette. If it is not immediately obvious to you why curling in the squat rack might be a bad thing, ask yourself: how comfortable would you be walking into a crowded public bathroom and defecating into an unoccupied urinal? Was that analogy clear? I hope so. Next.

The Extroverted Janitor

My default attitude (and I imagine the inclination of any person with half a conscience) is an empathetic one towards the staff member with the most menial, thankless job - who has to shuffle around, deferentially avoiding the ranks of sweaty, body dysmorphic pseudo-athletes whose refuse translates into food on their table. I see them every day, so I try to be as friendly as possible, learn their names, say hello and goodbye, etc. But often they remain reticent. Be careful of what you wish for, because one day you might get the outgoing, talkative one. And by that, I mean: be prepared to do 5 sets of hamstring curls while receiving a primer on how the Federal Reserve is unconstitutional, a few meandering plotless stories about being really stoned the previous night, or some blurry camera photos of the 250lb mami from Craigslist that's been sexting with him as of late. He's a bit like conspiracy lifter, but nowhere near as well read. There might not be a better instructional example of "be careful what you wish for" when it comes to the extroverted janitor. He'll make you think twice about extending yourself further than nodding politely at anybody who isn't a friend or family member.

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Self-Deprivation Man

Never before has anybody worked so hard and consistently in front of others to achieve so little... or to be so obnoxious in their unnecessary martyrdom. It's inexplicable that despite the unbending fastidiousness of his diet, self-deprivation man doesn't walk around year-round with striated glutes and feathered quads. He lives his life perpetually like he's 3 days out from an NPC pro qualifier, except there's never a carb-up at the end of it. It's impossible to invite him out to dinner at a restaurant because he'll fire off an interminable volley of anxious food preparation questions that will leave you slinking in your chair, shamed by proxy. Nor can you invite him over for food unless you want to hear a lengthy discourse about how none of the healthily selected options fit in with the prescribed macros of his food diary. The saddest thing about this guy, apart from the specialized \$350 designer meal storage backpack he carries around with him at all times, is the fact that for all his heroic efforts, he still doesn't look as good as that other guy at the gym with great genetics who just works out hard and eats whatever he wants.

Premature Evacuation Man

I'm saving this one for last because, if I know how to conclude a written paper, you should be expected to know how to finish up properly when you're done with an exercise. Let's face it: leaving weights on a bar or machine after the completion of an exercise as an artifact of strength to impress everybody else at the gym is like walking around the mall, slyly letting used condoms drop out of your pockets to advertise your sexual receptivity to the ladies. This awful habit can oftentimes be ameliorated by using proper form; using a fraction of the weight means that putting it all back in its designated place takes that much less of an effort. And that wouldn't be the first time we've observed better gains going hand-in-hand with better behavior.

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IV. CP Community Member Facebook Feedback - Tribulus

During our [June newsletter](#), I mentioned that the #1 article viewed at CasePerformance (that month) was [Tribulus Part II – The Human Studies](#). Shortly after the newsletter went out, the following conversation took place with CP Community Member Michael Chalmers, who comes to us from Australia, shared the following with us on the CasePerformance [facebook page](#):

Michael Chalmers

CP, I read your recent newsletter on Tribulus & thought I would share my experience with it.

Tribulus terrestris grows wild around the region I live in, I used to have paddocks of the stuff, here we call it Bindii or Caltrop.

Note: I was a straight A+ horticulture student so I looked into it thinking there must be a use & because it grew so easily I wanted to capitalize. However here it is considered a weed that is best sprayed regularly & annually as the seeds can last up to 7 years. It's very difficult to eradicate.

I had beef cattle grazing on Tribulus terrestris, However, it had NO NOTICEABLE EFFECT ON CARCASS WEIGHT (LEAN MUSCLE MASS) OF STOCK.

Now if there is one thing about Aussie farmers it's that they recognize benefits and differences in performance of crops / stock on different feeds & conditions. However the fact that every farmer I knew was trying to eliminate this plant from their paddocks so they could grow quality feed tells me a lot. If there was value in this plant in terms of improving muscle mass, it wouldn't be listed as a noxious weed.

Note: I also tried chewing the leaves for while after reading the internet crap & it did nothing.

CasePerformance Michael - I greatly thank and appreciate you taking the time to share your first hand experiences with tribulus. Very interesting to hear about how it's viewed as a weed there in Australia and farmers work to eliminate it on their fields due to the lack of effects it has livestock.

I had never heard of it being referred to as Bindii or Caltrop before so thanks for sharing; that was actually the 1st time I had heard of the words before so I "googled" them and found this for Caltrop --> "an antipersonnel weapon made up of two or more sharp nails or spines arranged in such a manner that one of them always points upward from a stable base" ... I take it that running through a paddock of the stuff is not the smoothest on the feet and legs ?!

You've got me curious... how did the leaves taste? Sweet, bitter, etc (or similar to most salad greens)? [Like](#) · [Reply](#) · July 5 at 2:00pm

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Michael Chalmers A little bitter. Not worth getting excited over.
As for the thorns they are vicious. Anyone who rides bikes hate them & bare feet are not an option.

[Unlike](#) · [Reply](#) · [1](#) · [July 5 at 5:12pm](#) via [mobile](#)

CasePerformance Good info. Thanks again for sharing.... Hearing that reminds me of when I lived and worked at a physical preparation center in Tempe, Arizona (USA) which had an abundance of Cacti and similar thorny bushes. I biked a fair amount and if I correctly recall, had 6-8 flat tires one summer - NO GOOD!

[Like](#) · [July 6 at 1:25pm](#)

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V. Meets/Events

Here are a couple events that have been shared to me by members of the CasePerformance community.

Strength Sport Competitions/Camps

Certified Kettlebell Instructor (level 1)

What: An introductory course on how to incorporate kettlebells into your current training program, how to create workouts using kettlebells alone, practicing kettlebell exercise technique and more! Instructors include [Arnav Sarkar](#) & Parag Mhetre.

Where: New Delhi, India

When: August 10 – 11

For more information [CLICK HERE](#)

1st Annual Strength Guild Games

What: The basic premise of the games is very simple. It will be a two day team competition, 5 events per day with events compiled from all of the pure strength sports (Powerlifting, Weight lifting, Highland games, strongman and track and field short events). The events will be contested under the rules of the existing sports.

Where: Topeka, Kansas

When: October 12-13th

For more information [CLICK HERE](#)

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Weightlifting Training Camp with Olympian Sarah Robles (1 and 3 day options)

Where: Topeka, Kansas

When: Sept 6-8

For more information on the 1 day camp, [CLICK HERE](#)

For more information on the 3 day camp, [CLICK HERE](#)

Endurance Events

There has been no specific event that has been brought to my attention. However, for a general listing of running events going on in your area, [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.

That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the July Newsletter where we share news of note at the CasePerformance Website and I share with you " What to do about sponsored research studies... are they evil? "

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

Respectfully,

[The CasePerformance Team](#)