

Be Relentless Podcast

Monday Quick Hit 29 – Stop Throwing Load on Dysfunction

Isaac Wilkins 0:04

And we're live. What's up guys Isaac Welcome to host the be relentless podcast and order relentless strength training in Bangor, Maine. And, yeah, we're here with a Monday quick hit, it's actually a Tuesday.

Isaac Wilkins 0:16

Because, well you know real life and stuff gotten the way. But yesterday was a big snow day up here for us in May and hopefully it's one of the last ones in the season so if you were. If you're in the northeast and you got you've got your share of getting dumped on was somewhat heavy snow then I feel Yeah, a lot of shovel work yesterday.

Isaac Wilkins 0:36

Today, I kind of want to talk about just kind of keep it quick today, but this is something I see a lot of.

Isaac Wilkins 0:43

And I see it again like everything in this podcast we kind of filter it through fitness because that's the universe that I live in, and I work in, but, um, you know I see it in life too. And that's the concept of piling intensity or piling load on dysfunction, and people screw this up all the time, both in fitness and in life. So what you see a lot of, and in the sports fitness world of sports conditioning world is you'll get a kid to comes in with a kid, but you know you get a athlete that comes into the gym, and he's been there for a little while, few weeks whatever starting to get a little bit stronger starting to, you know, learn the basics learning how to squat learning how to deadlift 1400 jump or whatever it is that you, you're teaching. And suddenly this time of year because this is the weekend of the NFL combine so this time of year, like, ESPN is like flooded with all kinds of awesome videos of like top NFL prospect stuff like that.

Isaac Wilkins 1:50

Boston so the gym doing parachute runs and stuff with chains and like all kinds of just like cool cool shit. And everybody watches those. I guess so excited, especially like parents like I'm gonna be a stereotypical. I'm going to make a stereotype you ever like dads have young athletes watches that they get so excited. And so the. They come in and they're like well hey, I was watching so and so, from Ellis you and he was doing this bounding combination with sliders and chains and parachutes and blah blah blah.

Isaac Wilkins 2:28

Whatever pick your favorite combo like weird shit that people do for TV to get famous. And I want my kid to do that.

Isaac Wilkins 2:37

And the thing is, like, there's about 15 reasons why that's not appropriate.

Isaac Wilkins 2:44

For one thing, they're at a different time of the season, the combine guys are getting ready for the combine your kid is in deep offseason let's assume you soon football in the first place.

Isaac Wilkins 2:54

Your kid is 13 years old, and not to be a jerk but not particularly genetically gifted and you're. He's been training for three weeks, and you're comparing him to a 22 year old genetic mutant who's been in a great strength program at a high level competition for at least five years if not eight or 10.

Isaac Wilkins 3:18

And your kid just isn't ready for that. And so they don't want to hear that of course they want the, they want the popular stuff they want the stuff that looks flashy it looks awesome.

Isaac Wilkins 3:30

But that's one of the things that we see a lot of and, you know, the, the issue with that is not is twofold. It's one, your kids not going to get anything out of it.

Isaac Wilkins 3:41

Like he's not gonna be able to do the exercises properly. Two, chances are, he's gonna get hurt. So, this is what I see all the time I see people who, again, whether it's the gym business where there's life or something like that. They want to immediately jump to the next thing or the biggest thing or the best thing and they want to immediately. Hey, I've been doing this exercise for three weeks straight. Do I need to switch it up or I've been doing this program for two weeks. I'm getting a little stale I think I just switch it.

Isaac Wilkins 4:09

And that's just not a productive way to do things, because chances are if you only been doing something for a couple weeks, you're actually not very good at it, unless it was something that you shouldn't be doing because it's too easy for you, but if you haven't achieved mastery or whatever it is you're doing if you're not perfect if your technique isn't perfect if you're, you know, movement style isn't perfect if your strength is not a certain level, then there's no sense and making things harder and adding a more complex thing on top of it. Because, at best, you're not going to make good progress.

Isaac Wilkins 4:44

At worst, you're going to get hurt. In the middle there you're probably going to learn some bad habits, and it's going to ultimately hold you back in the long run. You see people that try to rush through things sometimes they sometimes they have early success because they kind of jump into stuff before everybody else. But then they usually end up bottoming out and failing and plateaued long before the people that took it slow and easy and learn the basics. And it's the same thing in businesses, the same thing in life, like guys are so worried about like, you know, business people are so worried about like, Oh hey, do I need to set up this type of thing or do I run this type ad campaign or do I do, blah blah blah whatever it is your complex thing you're doing is and they don't know how to do basic sales, they don't know how to have they don't have a great product yet, they don't know you know they want to set up this big like 14 stage ad campaign, they don't even have a product on, you know in life, you know you want to go figure out some sort of a high level job where you want to do something crazy with relationship or you want to do whatever and you don't have the basics down and you know the basics you know your good habits your nutrition habits your stuff like that. Those all you know people don't get into carb cycling or do keto now they want to do paleo they want to do little cartoon do high carb you want do whatever it is that nutrition wise is super popular right now, but they don't really even understand like what carbs fats and proteins are they don't understand how to set up a basic meal. They don't have good habits on eating breakfast every day, on preparing a good dinner, they don't they don't have good habits their whatever it is your definitions of those are, if you don't have the good habits. All you're doing is basically just like painting over a rough spot, you know what I mean, and

hopes is going to work out, but in the long run it's going to end up, you know, coming through. And that paints going to wear off and then you're still stuck with the same problem in the first place, versus just fixing it the first time.

Isaac Wilkins 6:38

And so that's what you know that's kind of what I want to talk about today is like just focus on mastering whatever it is you're trying to do, whether it's exercise, whether it's nutrition, whether it's business whether it's life whether it is whatever it is trying to focus on getting those basics down getting them right, building the good habits, building the fundamentals and maximizing those fundamentals out getting really really good at them, you know, really, really good at the fundamental basic stuff which is the boring work, but that's how you get great at it is doing the basic boring. And then once you get the basic boring stuff down, then you can start to layer in complexity, but also at that point you'll probably have a much deeper understanding of what you're trying to do. So as a result, you'll be able to pick and choose the right things to layer complexity on, you'll be able to see things and they won't be a shiny object syndrome, they won't be a flash in the pan you'll be like, Oh, you know what, no that's more complex but that makes sense. I understand that that works, and you go do that, you'll make the right choice, versus just doing what you know the TV tells you to do the media tells you to do what your brother in law says to do that, you know, he may or may not know shit about whatever it is you're talking about you I mean like, you'll have a much more discerning eye because you'll understand really how things work, versus just jumping at the next option.

Isaac Wilkins 8:02

Alright guys, that's my spiel for today don't load on dysfunction. Don't just add throw more complexity at something if it's not already solid, like if you're building a shooting base, or you have a shoe base, don't throw heavy shit on top of it, whether it's life, whether it's fitness, whatever it is, if this is valuable to you if you thought think this might be valuable to somebody else. Give it a share. Please do me a favor hop on over to iTunes. Hit me with a review, ideally five stars that type of stuff that helps me get this out to more people. And thank you guys for listening I appreciate it. In the meantime, I just want to thank you for choosing to be relentless.

Recorded on 03/05/19, copyright Isaac Wilkins