



CHRIS DUFFIN

SELF MADE ~~MAN~~ KABUKI WARRIOR

BY JEFF "ROBOT" IRION

Photos by Jack Donovan

At the beginning of his YouTube videos, Chris displays three messages: "Work hard. Be strong. Create." It's an interesting contrast to "#beastmode #dedicated #squattilyoupuke." Accordingly, that's how we'll structure this interview.

Age: 39

Weight Class: 220

Height: 5'9"

Best Raw Competition Lifts: 881 Squat, 484 Bench, 749 Deadlift (900 in the gym with straps), 2060 total

Best Multi-Ply Competition Lifts: 1010 Squat, 679 Bench, 801 Deadlift (at 198), 2360 total

Website/Blog: www.kabukiwarrior.com

Elite FTS: <http://www.elitefts.com/author/chris-duffin/>

Facebook: www.facebook.com/chrisduffinstrong

YouTube: www.youtube.com/kabuki07

Instagram: @kabuki_strong

twitter: kabukistrong

WORK HARD

Let's start at the beginning. Tell us about your childhood.

By the time I graduated high school, I had spent probably half of my life being homeless with my family. My parents were very intelligent but they just didn't fit in, nor did they want to participate much in society as a whole. We lived in the mountains of Northern California, camping out during the summers and living in dilapidated or condemned houses during the school year. At one point, we were living next to a rattlesnake den and had logs strapped up in the trees for our beds to protect us during the night. There was foraging for mushrooms and poaching of animals throughout my upbringing to feed the family. We lived in Northern CA until we were found and taken by the state. My parents ended up getting us back after gaining some stability in Oregon. However, things quickly devolved back into bad habits, but not as bad this time. We ended up spending a lot of time in the mountains of eastern Oregon doing mining and living off of the land over the summers. During high school, we finally had a stable place to live in with running water and electricity. Albeit, the house was condemned and burnt down by the fire department after we moved out, so it wasn't exactly great. Yet, at the time, it was a consistent, solid mobile home. We had a roof above our heads.

You got involved in sports back in high school. What sports did you play? Were you naturally athletic or did you simply outwork other kids?

I got into wrestling because I was strong and thought I would be good at it, but I sucked pretty bad. In fact, I lost 25 straight matches during my first year and finally won two at the end of the year. I also got involved in track and field and I was pretty fair at everything but didn't understand specificity. So I could place well in anything from the 100 m to 3000 m and also did all of the throwing events. I trained for everything and would place at districts but never got to state level. During my sophomore year, I got involved in cross country in

order to get in shape for wrestling despite being the largest runner in the state, as far as I could tell. One thing I learned from wrestling was that tenacity pays off. I stuck with it and even though my technique was horrid, I would never give up. By my senior year, I won every match at districts and every match up to the final one at state without having a single offensive point scored against me. I also ended up defeating three people who had beaten me earlier in the year. I lost my final match against the three time state champ but it was because of my own head. I've never been naturally athletic,

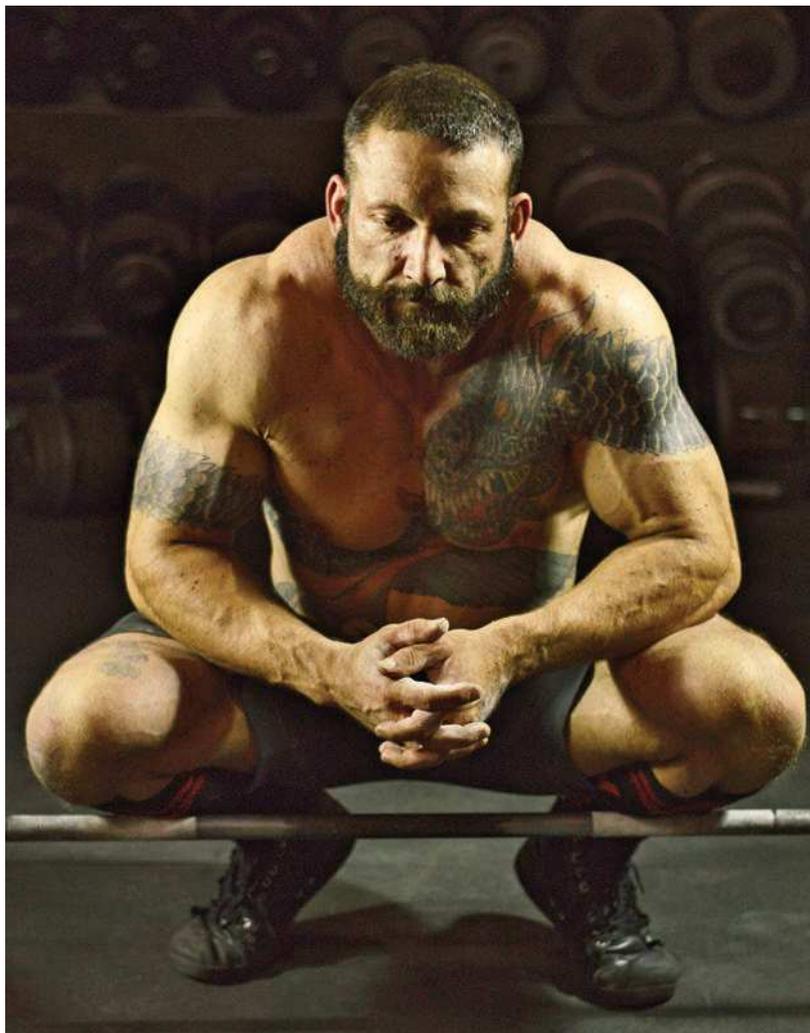
although I was naturally stronger than most. Ultimately, my success came as the result of my ability to analyze and learn.

You were a straight-A student in high school, valedictorian, a good athlete, and you even volunteered with Habitat for Humanity despite being homeless for a good portion of your youth. But your family didn't have the financial means to send you to college, and somehow you weren't selected for a scholarship by Oregon State University. What was your next move?

I applied for lots of scholarships but didn't get enough to support me. But I did write an essay on my upbringing that ended up on the front page of the paper and was then picked up by the wire service around the northwest. Donations came in and

I ended up with a full ride academic scholarship to Oregon Institute of Technology in Klamath Falls. After leaving home, things got worse with my parents' alcoholism and their stability so I ended up taking custody of my three sisters, one by one, starting my junior year of college. This wasn't as bad as it sounds, as school was incredibly easy for me. I actually rarely went and I was working full-time as a production manager of a local manufacturing company by then. During my senior year of school, all I really had left was my senior project and responsibilities as the Society of Manufacturing Engineers chapter president.

You went to college full-time, worked full-time, raised your younger siblings, graduated early, and at 21 years old, you bought your first house and opened your first business.



That's extremely impressive! From what I understand, you've had a pretty successful career since then. What was your degree in? Can you describe what you do for work and give us a general overview of your career?

My first degree was in Manufacturing Engineering and I was ahead of schedule, making it so that I could also get a dual major in Mechanical Engineering my senior year. But with everything stacking up and after realizing that I wasn't going to actually be an engineer, I dropped my last term of 11 credits and never finished the dual major. I moved to Portland the next year so that I could begin working on my MBA [Master of Business Administration] while continuing my career in management/leadership. I did indeed buy my first house at 21 years of age while working and finishing school. I was also running a paintball rental business with a small retail outlet, as well. I was a competitive paintball player at the time, and I seem to get overly involved in anything I enjoy. My primary career has been in operations management for manufactur-

ing companies. I've worked in Doors & Windows, High Tech/Electronics, Automotive (gear train & fabrication), Aerospace, Custom Equipment/Hydraulics, and Automotive (electromechanical). The last 10 years, it's been a lot of company or division turnaround work and the last 7 years have been at the executive level as either a General Manager, Manufacturing Director, or Business Unit manager as part of the senior team of the company. My expertise is in operational efficiency, change management, and cultural transformations. I've learned a lot about how to manage and motivate people to achieve things they never thought possible and I've also put that to use as a coach.

Of course, in addition to all of this, you're also a world-class powerlifter. Do you think that squatting on public land as a child prepared you for squatting world records as an adult?

Haha! I never thought about that. But honestly, I think the early physical labor definitely played a role, from chopping and stacking wood, hauling water into remote areas, or hauling packs of rocks

up steep inclines. It definitely helped with my physical development and work ethic.

But on a serious note...you went from going to college full-time, working full-time, and raising your younger siblings to training for powerlifting and competing at a world-class level, working full-time, and being a husband and raising your own kids. It seems you've always had a lot on your plate. What is your secret to achieving success on so many fronts?

I get asked this a lot, and particularly by those closest to me who actually see a lot more of how much I try to move forward on a daily basis. The secret is simply being able to realize what adds value in your life and what propels you forward and then you need to differentiate that from what is "busy work" or doesn't add value. Eliminate, automate, or outsource anything that isn't moving you forward. This isn't always easy and I can tell you from my wife's perspective that sometimes I drop things that shouldn't be dropped. You also need to build a support structure. I help so

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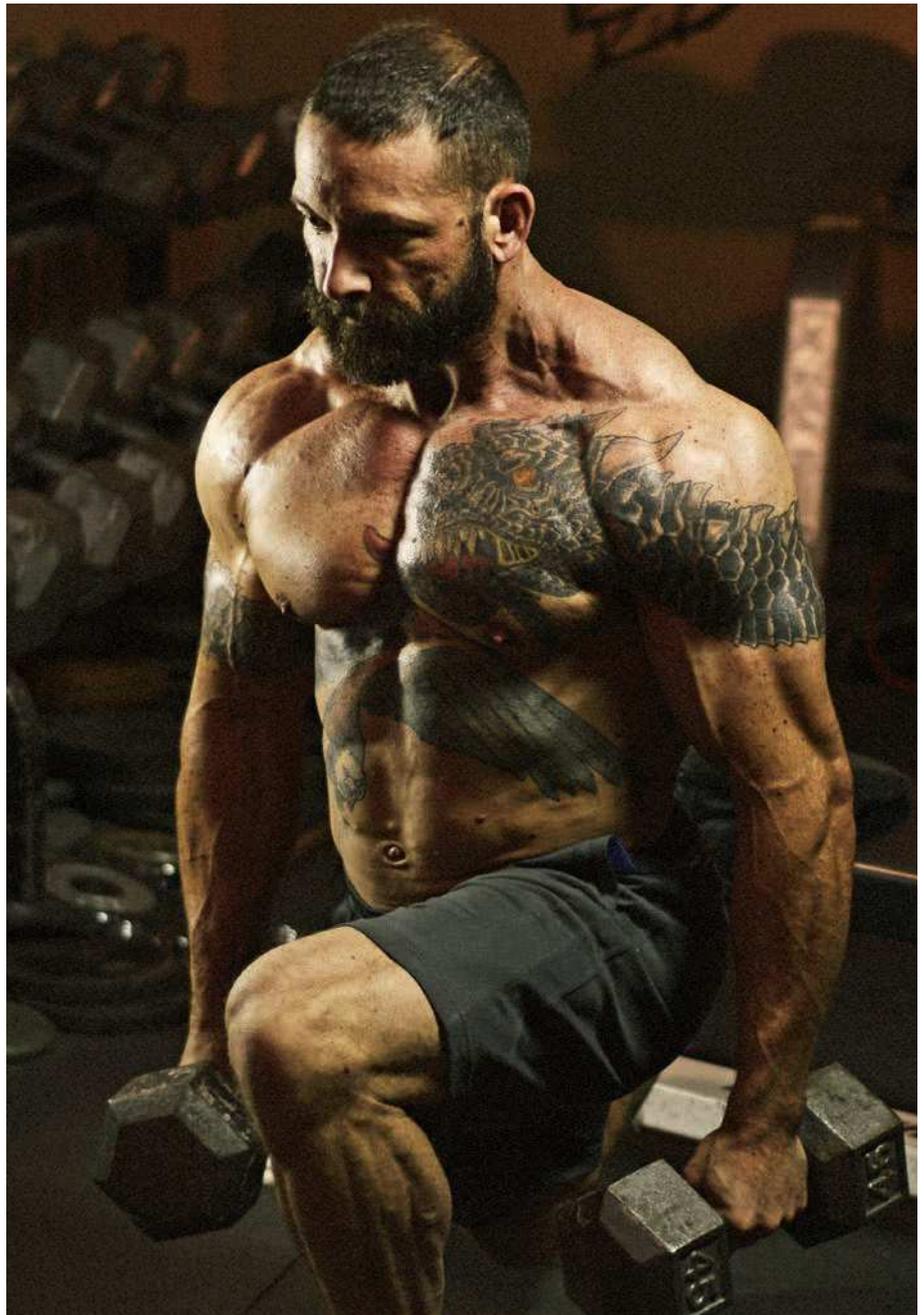
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many people regularly through career coaching, life coaching, finding jobs, and helping them be healthier and move better. I do this without it being a big drain on my time and when I need help, I ask for it. On the other hand, people respect my limited time and understand that I'm not the guy to call if you need help moving. That isn't the best use of me as a resource.

BE STRONG

**When did you start lifting weights?
When did you first get involved in powerlifting?**

When I moved to Portland in 2000 to pursue my MBA, I was also escaping the trap of heavy drinking I had fallen into. So I jumped into lifting hard and I did my first bench and deadlift competition. I had only learned what a deadlift was and what bench press shirts were a few weeks prior to the meet. I benched 440 and deadlifted 523. I'm not sure if using gear at this point did me any service as I had no clue what I was doing. Over the next few years, I moved into the 500's for bench and mid-600's for a deadlift with gear and then decided to get into full meets. I trained with whatever training partners I could get that would stick with me for a little while before I ran them into the ground. I did come to the realization that the right environment, equipment, and methodology was going to be the key to realizing my goals. In 2005, I put together a small garage gym with a power rack and a couple of other simple items and I also found some like-minded individuals that I had met at local meets. By 2009, I had over 20 people training out of my 24x24 ft. garage when my wife said it was time to move. Along with my main training partner and a great business mentor of mine, Rudy Kadlub, I opened up Elite Performance Center (EPC) in its first location in 2010 with a 4000 sq. ft. dungeon gym. Since that time, we have expanded to a fully equipped 9000 sq.ft. facility with every imaginable piece of powerlifting and strongman equipment. It also has tons of open space, wrestling mats, and a full complement of commercial gym equipment (minus the cardio room). The goal was to create a facility that draws in the talent and we all learn from each other. I have also partnered closely with some key clinicians and movement experts over the last



few years to further refine our approach at EPC.

As I understand it, you have an autonomic disorder that makes it so you can't feel joint pain, and it also makes you allergic to T-shirts. Is that correct?

Haha! Yes, that is essentially correct. I don't feel what's called "deep pain", such as bone breaks, joint problems, or tendon removal from bones. It also affects a bunch of other things such as sweating very little, poor body temperature regulation, and a host of other things that I deal with. So yes, my shirtlessness is a medical condition.

Out of curiosity, is it possible that not being able to feel joint pain is

actually an advantage for you in powerlifting?

Possibly. It has helped in the short-term, but not having that feedback loop has hurt me in the long-term with the destruction of parts of my body and not finding out until it was too late.

Given that you've set world records, you certainly don't have "bad genetics" for powerlifting. But at the same time, you don't seem like the most gifted lifter out there. You've been doing this for a long time, and you've been able to make continuous progress and compete at a world-class level because you've analyzed and optimized everything you can in order



it's a max attempt, focusing on all of your cues. However, you hit slightly submaximal reps, allowing you to do more sets, more mental and physical setups, and more first reps. It is not quite maximal or pushed to full failure so you NEVER teach your body to grind. Instead of hitting a max triple and grinding your third rep and only doing one heavy setup and two total 'good reps,' you may back the weight down 10-15 lbs and hit 5 doubles. That's nearly the same load but now you have 5 clean reps and 5 chances to practice your setup with a weight that will crush you if you don't. The science behind it is simply asking, "What kind of neuromuscular adaptation would you like to train for? Sloppy speed or the practice of integrating all of your cues and maximizing the number of setups and good clean reps at close to maximal load?" (Editor's note: for more on heavy-speed work, see Chris' article "My Unique Methods for a World Record Squat" on Elite FTS.)

"You NEVER teach your body to grind." But isn't it important to be able to grind out maximal lifts in competition? And don't you need to train to be able to do this?

I didn't say NEVER grind - I answered a question about a specific portion of my training. I think this is one failure of standard periodization schemes: people run through all of the different phases in a periodization program but in each phase, the focus is not clear and there are not clear transitions. I have Work Capacity & Speed Strength phases, Hypertrophy & Speed Strength, Heavy-Speed, and pure-strength testing/grinding phases. I move between these phases, while always trying to move the entire curve upwards, not just the pure strength. If you focus on the entire curve, you will realize further advances over 5-10 year blocks of time. In the short term, focusing on pure strength will allow you to see quick gains but you will plateau after a while unless you move everything upwards. In each focus area, you need to know what your goals are and what you're trying to improve.

In addition to your training methods, another key to your success has been applying clinical physical therapy research to the execution of the power lifts. You recently said, "I haven't gotten that much stronger [in

to get stronger. Would you say that's an accurate statement?

I won't deny that I have decent genetics. Too many top athletes want to claim that it's all hard work when it simply has to be a combination of both. But as you've noted, it's taken me a long time of busting my ass to get to where I'm at. Mentally, one thing I've always focused on is that I want to move more weight than my competition, not just be stronger. By that, I mean figuring out how to improve technique and leverages, being better primed for performance when it matters, and overcoming injuries and obstacles faster. It is indeed a constant analytical process for me. It's the same way I approach everything in life, and it has allowed me to regularly outperform 'stronger' or more genetically gifted lifters than myself.

That's why Stan Efferding nicknamed you the mad scientist of pow-

erlifting!

I think he hit it right on the head as to what I bring to the sport. Those around me know that I am a much better coach than an athlete. I have developed my performance as an athlete as a result of my analysis and coaching, not the other way around.

When it comes to your training, one of your unique methods is "Heavy-Speed Work." What is that and what are your reasons behind it?

I have lots of unique things in my training that have very specific goals. Heavy-Speed Work is indeed one of those. Heavy-Speed Work is close to max effort work but backed off just a bit. Traditional speed work is done so light that you don't have to be dialed in mentally or even physically with your setup before you lift. You can be sloppy quickly. With increasing the load close to maximal effort, you MUST setup like



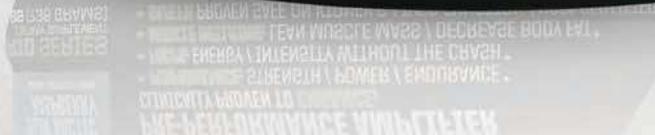
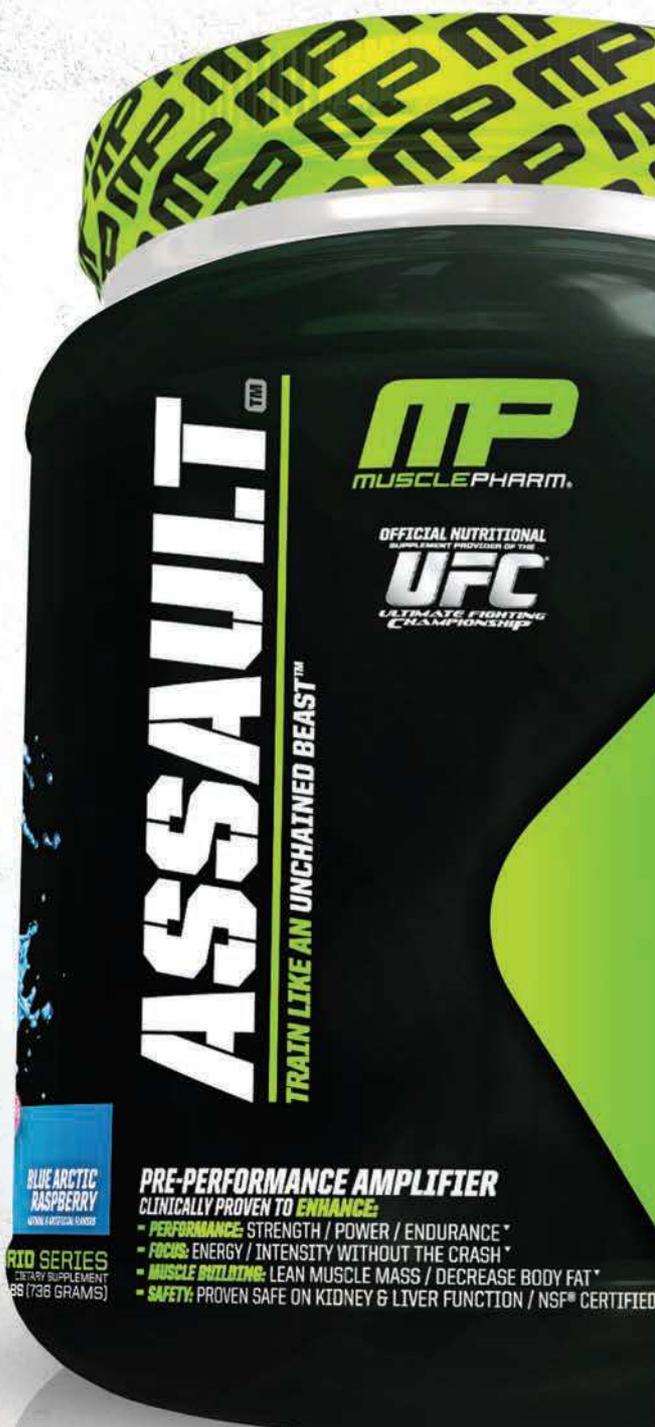
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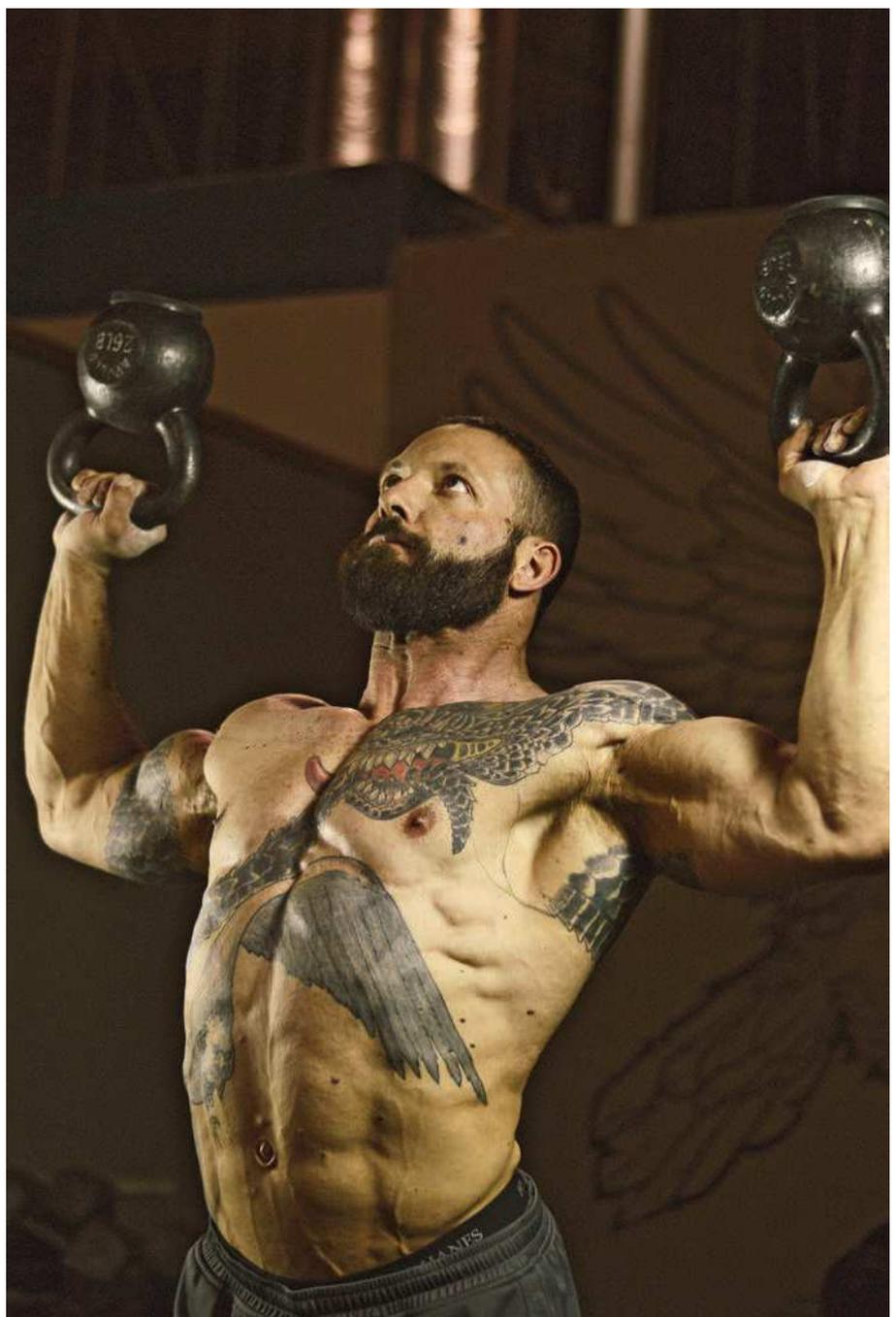


the last few years]. I've been much more efficient at putting that power into the bar." Can you give us an overview of what this is all about?

I've been working on technique and cueing strategies for maximizing core stability. Core stability is one of those terms that gets overused by people that really don't understand it. In strength sports, we must transfer power to joints on each side of the core and if we have energy loss in a 'spongy' core, we lose power. Additionally, it puts us in worse positions for power transfer and increases injury risk. I use DNS (Dynamic Neuromuscular Stabilization) fundamentals in core stabilization, such as elimination of the open scissor of the diaphragm to pelvic floor relationship, as well as a number of coaching and cueing principles on breathing and stabilization. I've taken these principles further over the last few years in the course of my education and I've applied them in barbell training specific cues to achieve those goals.

Having applied this stuff successfully to your own lifting, you now coach others on it. You explained the difference between traditional coaching and what you've been doing as follows: "Everybody coaches the peripheral. They coach to what a squat and deadlift should look like and how you put your body into positions to be that way. Which is important...but what we coach is, what are the core things that need to be happening at the root." What does this mean? And how do you go about coaching the power lifts?

Yes, this is something I'm very passionate about. Most of the coaching cues that are commonly used or parroted are well-intended, but unless a lifter truly knows what they mean, they can be counterproductive. And many are merely cues on how a lifter should 'look' when lifting in regards to limb and joint positions. With a properly stabilized core and correct engagement of the primarily stabilizers and movers firing and working together on each side of the core, all those peripheral things just fall into place. A quick example is people coaching knee position on the squat. Knee position is an output of the glute and VMO [Vastus Medialis Oblique] firing and balancing during the squat, which also doesn't work properly



without appropriate oblique and core stabilization. If you only correct knee position, you may not have fixed the root issues and will not see a net improvement in performance or safety. Instead, I will teach breathing and core stabilization techniques, prime the glute-VMO balance, and integrate with rooting to the floor and standing drills. Then I will give them 5 basic cues relating to these activities, put a bar on their back, and have them sit back between their legs. With this approach, I'll have an untrained lifter doing perfect squats on their first few sets ever with 30 minutes

of prep work prior. Of the 150 lbs I've put on my squat in the last few years, 100 lbs of that was using this approach and 50 lbs was just getting stronger.

Along with lifters at EPC, you've also coached a number of world record holding powerlifters. From what you've said, you don't disclose the full list, but what names can you give us?

I've had a lot of top level people come to me for a long time, but I didn't mention names because these people usually have their own list of clientele. However, I feel it's time, so I've begun asking them if it's ok to list their

names and publish it. Since making that change a few months ago, here is who I've coached: Stan Efferding, Amit Sapir, Eric Spoto, Adrian Larsen, Ed Coan, and shortly, I'll be helping Ryan Kennelly with his back issues. Including myself, that's 7 all-time record holding athletes in the last 3 months.

Let's talk about a few of those guys. First up, Amit Sapir. What kind of things did you work on with Amit leading up to his 722 lbs raw without wraps WR [world record] squat at 198?

For Amit, we began the process of retooling his squat. With his Oly lifting background and his huge bodybuilder quad dominance, he simply wasn't able to hit depth, even with his hams sitting on his calves, due to how far his knees were diving forward and the size of his legs. He came to me just weeks before attempting to squat the WR. With 20 years of Oly squatting, we couldn't retool him completely in 3 days so I focused on doing just enough to allow him to be able to hit depth for his WR squat. I am currently helping him with a hamstring tear rehab and preparing him to retake his squat record in a few months.

Next up, Stan Efferding. Although he's now retired from competitive powerlifting, the Rhino is still an animal. He recently sought your help with his deadlift. What issues was he having and how did you address them?

Stan had to make some changes to his deadlift due to some hip impingement, but that resulted in some back pain that shut down some of his lifting. I took his new stance and taught him some patterns for additional glute engagement that he could take advantage of. Then we worked on lat engagement and some core bracing strategies to improve his setup and spinal stabilization, and to eliminate the back pain and shutdown. These were put into place with some cues for the lats and pressuring all the way out the back of his back.

We covered Amit, now let's talk about the other guy you've worked with who has lifted 722 lbs raw: world record bench presser, Eric Spoto. I understand that he had shoulder surgery not too long ago. What are you doing to assist his training and help him come back stronger than ever?

I began working with Eric shortly after his rotator cuff surgery. My goal was to

get him safely through his post-surgery period by using an intelligent training plan. Then, I began working on scapular stabilization and mobility. The biggest concern with Eric is that he is so large and strong that we don't want the same shearing of the tendon again due to the lack of space in his shoulder joints. If we can improve this, he will be able to continue to make progress without being deterred by another similar injury. I helped Eric with the training plan and

"WITH 20 YEARS OF OLY SQUATTING, WE COULDN'T RETOOL HIM COMPLETELY IN 3 DAYS SO I FOCUSED ON DOING JUST ENOUGH TO ALLOW HIM TO BE ABLE TO HIT DEPTH FOR HIS WR SQUAT. I AM CURRENTLY HELPING HIM WITH A HAMSTRING TEAR REHAB AND PREPARING HIM TO RETAKE HIS SQUAT RECORD IN A FEW MONTHS"

scapular stabilization drills until he hit the 10 week post-surgery mark. After some in-person assessment, I felt he was ready to incorporate the ShouldeRök™. The ShouldeRök™ is all about achieving distal mobility through proximal stability while strengthening the entire shoulder girdle. It should be a perfect fit for what he needs to accomplish.

Let's wrap up this section with a different sort of question. You recently dropped a lot of weight and got shredded. What kind of diet did you use to accomplish this?

Thanks for noticing. I wanted to do something different than the typical powerlifter. Something that even the lean powerlifter doesn't do. I hired Amit Sapir for my diet plan for accountability and the bodybuilding stage prep experience. It wasn't any particular brand of

diet, just managing overall macros based on the response of my body, as well as my activity levels in order to reach the desired goals. Fats were kept low but not too low, and carbs were managed based on training needs and strength. I was pleased with the results and my body has been more responsive to food since this experience. In the process, I also learned just how effective my intra-workout drink is for recovery from the high volume training that I ended up doing at the tail end of the cut.

CREATE

From training videos with commentary and instructional videos on your YouTube channel, to your articles on kabukiwarrior.com and Elite FTS, you put a lot of effort into putting out high-quality, informative content. Why?

I'm very passionate about pushing my own limits and capabilities but also just as passionate about helping others do the same. It is what has made me successful in my career in leadership. In the strength training field, I found such a lack of good content being created and just a plethora of bad content. I felt compelled to have a positive impact on reversing that. It hasn't been easy with my limited time, but it's something that I feel needs to be done. It has been very rewarding getting feedback from around the world daily from those that incorporate my methods.

In addition to all of the content that you put out for free, you've recently started selling some products and services. The first of these is the ShouldeRök™. What is it and what are the benefits of using it?

The ShouldeRök™ and the associated method that comes with it helps improve overall shoulder health. People often think of it as a mobility tool but it is actually doing a physiological reset based on Dynamic Neuromuscular Stabilization [DNS] cueing techniques in order to get the shoulder working in a more integrated fashion with the core. Many people don't realize that limited mobility is often a result of the body's regulation of movement to prevent injury if there is a perceived problem. You saw this in person when I improved Super Training member Dave Zyski's toe-touching mobility by 8" WITH a reduction in pain over the course of just a couple of minutes. I did this with zero stretching and



instead focused on stabilization, bracing drills, and shoulder- and hip-to-core integration work. The ShouldeRök™ uses these same concepts, but in addition to improving stabilization, it actually provides strengthening of all of the shoulder muscles and the muscles that support the shoulder girdle. The end result is improved shoulder strength, health, stability, and mobility, all while doing a highly efficient and fun warm-up to training. The ShouldeRök™ is of incredible value to strength athletes today.

How did you come up with the idea for the ShouldeRök™? What results have you seen so far in yourself and others?

I was looking for a more efficient way to integrate the DNS concepts that were having a positive impact on my improved movement and performance on the platform. Having experience with macebell swinging in the past, I knew it was a quick and effective warm-up. So, I tested meshing the DNS cueing concepts into the mace swing and then made a number of improvements in the product

itself to realize these goals. That was how the ShouldeRök™ was born. The results exceeded my expectations, and 8 years of shoulder pain disappeared in 30 days and has stayed gone for 2 years. The improved positioning on squats and pulls has allowed these lifts to soar with a reduction in the risk of back injuries. I've seen similar results at Elite Performance with my test subjects over the last few years. Now that the ShouldeRök™ has been in the field for a few months, I'm getting glowing results from customers who are realizing positive change that they never thought they would achieve. I'm very proud of this product and its approach and I feel that every strength athlete and every strength gym should have one and know how to use it appropriately.

A service that you recently launched is your Virtual Coaching Module. What is that?

It's a unique coaching model that allows me to build individual training plans in a way that auto-regulates the athlete based on their response to the training plan. I do

this with the training parameters I collect from a velocity measuring device. This is the system I have been refining in my own training and with some test athletes over the last few years. It also allows me to capture all of the data that I need to accurately direct and change the training program on a go forward basis, as I can see the athlete's recovery and response via an athlete portal. I'll also have my private/unlisted coaching videos linked in the app for clients. Basically it will be like a coach in the hand on their mobile device. The app will provide them with coaching, a training plan for the workout, and parameters for making decisions. It will capture data from their workouts, which I'll use to direct the next phases of their training plan.

What forms of data will you be collecting and analyzing from your athletes? And how exactly does this system work?

The data I will be looking at will be velocity data on key lifts. The athlete will also be using this velocity data to find target weights or to determine the

number of sets and reps based on the parameters I've set. With accessory movements, I'll be able to accurately see the actual work done, as far as sets and reps, to ensure that the training volumes are met as prescribed. I'll also see the rest time between sets, which is an important and sometimes overlooked component. I'm talking with both PUSH Band and Joel Jamieson of BioForce about the addition of an HRV module. When working with clients remotely, it's great to have real data to work with rather than just an email of how someone is feeling, since there is a ton of variability in feedback and perception from individual to individual. Clients will need a PUSH Band, which I provide, as well as a mobile device with iOS or Android. The generation of the training plan starts with a thorough questionnaire, followed up by a skype call. This also includes video review of all their lifts and past injury history to define a specific plan to address issues. Video reviews will be done at various points in the cycle, as well. Once the plan is generated, much of the feedback will be in the app itself where both my myself and the athlete can leave comments. When it comes to training, the client will have the training plan on the app which they will open for the day. Then they will open the exercise and have the option to view the coaching video or go straight to work. If I have comments, they will be available there, such as working up to a specific weight or velocity range and what parameters to follow for sets and reps. They will then enter the weight and when they are ready to lift, they will hit the button on the PUSH band on their arm before starting and then again when they are done. After the set, they can review velocity data. The timer also begins ticking for the next set. The generation of each week's plan is a manual process by myself, as it's based on the intensity, volume, and goals. There is no computer algorithm for this.

Included with your Virtual Coaching Module is the Duffin Movement Series. (It may also be purchased separately.) What can you tell us about it?

The Duffin Movement Series (DMS) is another piece that I've been working on for several years. It is the culmination of my interaction with top movement and rehab professionals/teachers and the refine-

ment of some specific methodologies and how they're cued and taught in strength sports. I don't know anyone else that is bridging the gap on these approaches between clinical practice and the strength training world at the level that I am. This is something I am very proud of and will likely be my life's work. Right now, it is a 6-8 hour video series, and we're currently finalizing the editing. A brief snapshot of some of the content was in the "how to squat" video I did at Super Training Gym. That video is now being widely regarded as the single best squat coaching video

"WHEN WORKING WITH CLIENTS REMOTELY, IT'S GREAT TO HAVE REAL DATA TO WORK WITH RATHER THAN JUST AN EMAIL OF HOW SOMEONE IS FEELING, SINCE THERE IS A TON OF VARIABILITY IN FEEDBACK AND PERCEPTION FROM INDIVIDUAL TO INDIVIDUAL"

around. This product will be available separately from the Virtual Coaching Module once we have the IT infrastructure completed to support it.

In your recent interview with Mark Bell, you said that you gained this knowledge by spending countless hours in advanced courses alongside Ph.D. students and paying thousands of dollars to attend seminars led by experts in the field. Did you ever feel like the "dumb meathead" in the room?

At first when I started doing this, I thought I would be looked at as the "dumb meathead," but based on my interaction in the seminars and people actually knowing who I am, it's been quite the opposite. I've spent a lot of time on self-directed education, and what I lack in some areas, I make up for in practical application, which makes for good dis-

cussion in these courses. I've also had some great mentors that have invested a lot of their time in helping educate me. I've received the most support from Dr. Philip Snell of FixYourOwnBack.com.

And now some of these experts have asked you to teach movement in Ph.D. level courses and seminars, correct?

I've provided instruction on movement in University of Western State's accredited Ph.D. course on the Flexion Intolerant Back by Dr. Philip Snell, and I have been a contributor to some of the material used in the course. I've provided instruction on movement in Dr. Craig Liebenson's Prague School 2 Athletic Development course A & B. I am currently scheduled to present at University of Portland's NW Athletic Performance Conference. Additionally, in the last several seminars I've hosted, about half of the attendees were Doctors of Physical Therapy or Doctors of Chiropractic, in addition to the strength coaches and gym owners that typically attend.

Do you have any other products in the works? Seminars, training tools, books, a major motion picture about your life?

HAHA! Funny you should ask. I do have a documentary being shot by a couple guys on my life story at the moment. It's a long, slow project and it isn't really about my powerlifting but the general inspiring life story piece. As far as products and services in the works, I have lots of stuff in the wings right now. I have a seminar in North Carolina in June and will be launching a Mini-Clinic series at Elite Performance shortly. This will be a small monthly intensive coaching session with 4-5 lifters who will be required to watch and study the DMS first so we can focus on intensive hands-on coaching in the clinic. The Duffalo specialty squat bar is in development right now as well. I have lots of other stuff in concept phase but these ones are nearest to completion. I would like to do some books but unless I step away from my day job, I don't see that happening.

I've got about 57 more questions I'd like to ask you about training, diet, and how to kick ass at life, but we should probably stop here. Thanks for the interview!

For a special squat tutorial and interviews with Chris, go check out Mark Bell's YouTube channel, www.youtube.com/supertraining06 **PM**