

DINOSAUR TRAINING

**LOST SECRETS OF STRENGTH AND
DEVELOPMENT**

Brooks D. Kubik

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INTRODUCTION

-- by *William F. Hinbern*, *World Famous Weight Training Authority*, author, collector and seller of *Strongman memorabilia, books, courses, etc.*

Here is the long-awaited strength training manual by Brooks Kubik – National Bench Press Champion and popular magazine writer for the blue bloods of the strength training world. Written for those of us who are interested in STRENGTH rather than the APPEARANCE of strength, here for the first time, he details in one volume many of the most result producing methods for not only packing on the beef but for developing truly useful slabs of muscle in the grand tradition of the oldtime strongmen. If you are looking for an alternative style of training for real honest-to-goodness strength, then this is the ticket!

Somehow in our quest for size and strength we in the Iron Game have lost direction. We float aimlessly like balloons, caught and carried by any vagrant breeze or “new” training system, always changing direction, always moving and never getting anywhere. The author grabs us by the ankles, pulls us back to earth, slaps us across the face like a cold shower, and gives us a refreshing insight, a redefined approach to training for massive, brute strength. He doesn't claim to have invented anything new; rather, he has rediscovered and unearthed the training methods of the old masters, our

forefathers in methodical, progressive resistance training.

Educational, inspirational, practical, this training manual is destined to be a classic strength training textbook and will find a hallowed place in the archives of every serious strength athlete.

If you are serious like me, you will order two copies. One to set on your strength library book shelf and one to use constantly as a source of inspiration till it's dog eared!

After digesting this huge iron pill, I now await my second dose. Volume two.

~*William F. Hinbern*

PREFACE TO THE FIRST EDITION

Think like a man of action, act like a man of thought.

~Henri Bergson

The purpose of this preface is threefold. First, I want to introduce myself and tell you a little bit about my credentials for writing this book. I do so not to “blow my own horn,” but to offer evidence that I am not yet another of the detested and despicable race of armchair theoreticians who plague the weight training world and who multiply like the maggots they resemble. (You'll hear more about armchair “experts” throughout this book.) Second, I want to tell you why I wrote this book. Third, I want to publicly acknowledge and thank certain people who made this book a reality.

WHO I AM

I am a 38 year old weight lifter. I have been training for over 25 years. I LOVE weight training and the best that it represents, and I have always loved it. I have studied the art of weight training for most of my life. By the way, as a brief aside, that's exactly what productive weight training truly is: an ART...not a science. If anyone ever tries to sell you a book, course or exercise machine based on “scientific” weight training principles, hit him hard and quick and run like hell.

I stand 5'9” and weigh around 225 pounds. I am a former high school wrestler, and won numerous wrestling championships and awards. I lived in Illinois and Ohio when I wrestled. I placed third in the Ohio state collegiate style wrestling championships and won the Illinois state Greco-Roman style wrestling championships. I was a good wrestler in part because I trained hard with the weights. I would have been a much better wrestler if I had known then what I know now. The information in this book is of tremendous value to wrestlers, football players or anyone else who competes in combat sports. The book is about the development of FUNCTIONAL strength. If you are looking for a book for narcissistic pump artists and mirror athletes, look elsewhere.

After high school I went to college, then to law school. I now work as an attorney at a large Midwestern law firm. I'm like most of the guys who will read this book: someone keenly interested in weight training, but not someone who makes his living from the field. From age 33 to age 36 I competed in drug free powerlifting and bench press competition. I lifted in two different organizations. In one, I won three national championships in the bench press, set three American records in the bench press and also set several national meet records, competing in the 198 and 220 pound classes. I also won many state and regional titles and set numerous state and regional records. In the other organization. I won two national championships in the bench press, set over half a dozen American or national meet records, and set three world records in the 220 pound class. My best official lift was the one that won my fifth national championship: 407 pounds. Not too shabby for a middle-aged lawyer.

I also spent quite a bit of time working as an official at powerlifting and bench press meets for one organization, and was honored by being selected runner-up for “male referee of the year” on one occasion.

After winning five national championships in the bench press I decided to take a break from competition and turn to other matters—such as this hook and other writing.

Although I do not compete in powerlifting or bench press meets at present, I continue to train regularly and am stronger today than I was when I competed. Some of my current lifts are detailed later on: I won't bore you by repeating those numbers here. Suffice it to say that your author really does train, really does lift heavy weights on a regular basis, has written many articles covering various facets of strength training, is NOT an armchair theorizer, has demonstrated on the lifting platform that his ideas work and has proven—at the highest levels of drug free competition – that he can hold his own with the best in the world. Your author is not a pencil neck, he is not a professional ghost writer who knows nothing about physical

training and he most assuredly is not an academic babbler with no hands-on training experience.

WHY I WROTE THIS BOOK

I wrote this book because I love strength training. I wrote this book because I hate what has happened to the Iron Game over the past thirty or forty years. Most importantly, I wrote this book because there is a wealth of training information that is almost impossible to find on the written page. The majority of weight training books are for bodybuilders or pseudo-bodybuilders, not men who are interested in the development of sheer, raw power and tremendous functional strength. This book is an effort to even the score in that respect.

In addition, this book is an effort to make weight training interesting once again. I am tired of seeing the same old boring ideas presented in one look-alike weight training book after another. The Iron Game has been inundated with self-styled experts who really have nothing to offer when it comes to hardcore strength training. Many of the most valuable aspects of strength training have literally been lost—buried in the sands of time, forgotten, neglected and unused. Curiously, those hidden secrets are also the very things that make weight training enjoyable—the things that change it from an activity to an adventure. This book will liven up your training. Think of it as the strength training equivalent of the KAMA SUTRA.

The purpose of this book is to give YOU—and every serious weight training enthusiast who purchases it - a gold mine of LOST IDEAS that really work. Whoever you are, and however much you know about training, this book will include some new information and new ideas for you. And for those of you who have not been involved in the Iron Game for very long, or who have not studied anything other than “modern” training methods, this book will be a revelation.

This book is mental dynamite. It will blow your current training ideas to dust. It will expand your horizons in ways you cannot now even imagine. Have you ever lifted heavy barrels? What about heavy sandbags? Ever use thick bars for your upper body training? Do you do heavy singles? What about rack work? How about bottom position squats and bench presses? Heavy grip work? Pinch grip lifting? Round back lifting? The farmer's walk? Death sets? Two finger deadlifts? Lifting an anvil? Vertical bar lifts? Lever bars? Sledgehammers? This book covers all of those topics and more - much more.

PEOPLE WHO MADE THIS BOOK POSSIBLE

There are a number of people who made this book possible. The first is my wife of 16 years, Ginnie, who never (well, almost never) complained that I loved the keyboard more than I loved her. Thanks, darling.

The second is Bill Hinbern, a TRUE gentleman, and a man who embodies all of the best the Iron Game has to offer. Bill gave me many valuable tips about the practical aspects of publishing and marketing a weight training book. He also proofed and edited the manuscript, supplied much useful information, provided the photo used for the cover drawing and wrote the introduction. Thanks, Bill.

The third is my good friend, Mike Thompson, who has urged me for several years to tackle this project and who always provided encouragement and support. Mike is one of the finest writers in the field, one of the strongest men I have ever met, and has a keener eye for training technique than anyone I know. Thanks, Mike.

The fourth is Bob Whelan. Like Mike, Bob urged me to roll up my sleeves and knock out a book, and like Mike, he was always there when I needed a word of encouragement. Bob is one of the outstanding strength coaches in the world today. Thanks, Bob.

The fifth is Greg Pickett, one of the strongest cellar dwellers in the world, a terrific fan of the Iron Game, and one of the most gracious lifters I ever saw on a powerlifting platform. Greg was the third member of my “writer's support group” as I labored to finish this project, and like the others, he kept me focused and motivated. Thanks, Greg.

The sixth is Kim Wood, Cincinnati Bengal's Strength Coach, with whom I have had many conversations about serious strength training, and who offered numerous ideas that I have

incorporated into these pages. If you give heavy bags and barrels a try and are sore as the devil the next day, don't blame me, blame Kim. It was his idea. Thanks, Kim.

The seventh is Osmo Kiiha, who has supported my efforts by running excerpts from this book as articles in THE IRON MASTER and who has allowed me to advertise the book in THE IRON MASTER. Osmo is a lifter's lifter, a collector's collector and one of the most knowledgeable men in the field. Thanks, Osmo.

The eighth is Dr. Ken Leistner. For my money Dr. Leistner is one of the very best writers of all time in the Iron Game, and one of the men who has played a major role in promoting sane, sensible and productive training. Dr. Leistner gave me permission to include excerpts from his terrific newsletter, THE STEEL TIP, which ran from January, 1985 through December, 1987, and which is one of the best reference sources available on serious strength training. Dr. Leistner has inspired all of us over the years with his terrific articles in POWERLIFTING USA, MUSCULARDEVELOPMENT, IRONMAN, H.I.T. NEWSLETTER, MILO and other magazines. Thanks, Dr. Leistner.

The ninth is Dr. Randall J. Strossen, the author of SUPER SQUATS and IRONMIND®: STRONGERMINDS, STRONGERBODIES, the editor and publisher of John McCallum's KEYS TO PROGRESS, the editor and publisher of John Brookfield's terrific book, MASTERY OF HAND STRENGTH, the editor and publisher of MILO and the owner of IRONMIND® ENTERPRISES, INC. (hereinafter "IRONMIND® ENTERPRISES") which sells some of the best and most unique training equipment available today. Dr. Strossen has been very supportive and has given me much valuable advice in connection with this project. Thanks, Dr. Strossen.

The final person I need to thank is YOU. Thanks for having the desire to improve your knowledge of strength training, thanks for having the confidence in me to purchase this book sight unseen through the mail, and thanks for having the courage, determination, tenacity and strength of mind that it will take to implement the training ideas that I have detailed. Thanks, and best wishes for your training success!

LETS GET TO WORK!

That's a long enough preface for any book. Let's get to work! Turn to chapter one!

I never worry about action, but only about inaction.

~Sir Winston Churchill

PREFACE TO THE SECOND EDITION

Society is always taken by surprise by any example of common sense.

-Ralph Waldo Emerson

I initially planned to make DINOSAUR TRAINING a short (60 to 80 page) manual. I figured I would photocopy the little monster, spiral bind it and give it to friends or sell it to the 20 or 30 people in the world who might be interested in the thing. Then I realized my typewritten manuscript was already over 300 pages or so, and decided I would have to turn it into an honest to goodness book.

That idea almost fell by the wayside when no book printer would quote the job at anything less than 2,000 copies - a number of copies I thought I would never sell in a lifetime of trying. After all, how many people are truly interested in things as old fashioned as heavy iron, hard work, drug free strength training, thick bars, grip work, bags, barrels, and all the rest of what lies between these covers?

Bill Hinbern, Bob Whelan, Greg Pickett and Kim Wood finally convinced me to go ahead with the project, and after a year of writing, proofing and rewriting, DINOSAUR TRAINING was offered to an unsuspecting world.

What happened then was truly astonishing. The first edition of 3,300 copies sold out in about 18 months. The book was reviewed in MILO, THE IRON MASTER, HARD TRAINING, IRONMAN and other magazines, featured on the CYBERPUMP website, and was highly rated by some of the most knowledgeable men in the Game. IRONMIND ENTERPRISES and IRON MAN began retailing it. College and NFL strength coaches read it. The language of DINOSAUR TRAINING began to crop up everywhere you looked; references to "bunnies," "maggots," and "chrome and fern land" became almost commonplace. Those who sold thick bars experienced off the chart sales, and if anyone had had the foresight to sell bags or barrels, he would have made a killing.

All of this was very gratifying, of course, but what has meant the most have been the letters from readers. The notes I treasure most - and I save them all - are often scribbled on the backs of envelopes or other unlikely pieces of stationary. They come from Europe, Asia, Australia, Canada, Mexico and the United States. They share one common theme; they all say, if I may paraphrase, "Thanks for helping me recapture the CHALLENGE, EXCITEMENT and FUN of serious strength training!"

Those letters prompted two related ventures. The first is this second edition of DINOSAUR TRAINING, in revised and expanded form, offering what a number of readers requested in their letters: more training programs.

The second venture is a monthly newsletter called THE DINOSAUR FILES. I started THE FILES in August, 1997, and reader response has been tremendous. If you enjoy DINOSAUR TRAINING, you owe it to yourself to give THE FILES a try. (Order information is in the Appendix to this edition, together with other hard to find sources of valuable training information.)

Many readers have written to tell me that they made some of their best gains ever after reading DINOSAUR TRAINING and incorporating some of its ideas into their workouts. Believe me, guys, this stuff is more than ink on paper. It really works. Give it a try. The results will surprise you.

That's more than enough for one preface. Strap in and hang on for the ride of your life!

A teacher affects eternity; he can never tell where his influence stops.

~Henry Adams

CHAPTER ONE: THE DINOSAUR ALTERNATIVE

The past is but the beginning of a beginning.

~H.G. Wells

If fifty million people say a foolish thing, it is still a foolish thing.

~Anatole France

Weight training is a very simple activity. However, commercial interests, armchair theoreticians and well-intentioned but misguided “experts” have complicated things to the point where virtually no one knows how to train productively anymore. Instead of gyms filled with people taking productive, result-producing workouts, we see gyms throughout the world filled with members whose wild gyrations and frenzied flailing will not build an ounce of muscle or develop any greater level of strength than would be built by a slow game of checkers on a lazy summer day.

WHY DOESN'T ANYONE TRAIN HARD ANYMORE?

Consider the following. Properly performed barbell squats are one of the most productive exercises that anyone can do. But how many gyms are there where more than a small handful of members regularly squat hard and heavy?

Trap bar deadlifts are one of the very best exercises you can do. The trap bar - which runs less than \$ 150 - permits you to train deadlifts harder, safer and much more productively than does an ordinary bar. But how many gyms have a trap bar? How many trainees even know what a trap bar is? How many who lift weights are more concerned about purchasing the latest accessories - brand name shoes, designer label shirts and shorts, “sharp” looking workout gloves and a color coordinated sweatband or baseball cap - than they are about purchasing a trap bar?

If you are interested in building world class strength and power, exercise machines are almost always a total and complete waste of time. But how many gyms are jam-packed with “the latest” high tech training gizmos and chrome plated wonder machines? How many trainees devote virtually all of their energy (I can’t say “effort”) to pushing or pulling against the padded handles of the aforementioned miracle machines?

To develop the ultimate in rugged power and brutal, ferocious strength, you need to include plenty of thick handled barbell training - upper body exercises with a bar that measures 2” to 3” in diameter. But how many gyms offer such bars? How many modern trainees have ever even seen one? Thick handled barbells used to be one of the standard tools of the trade for any strongman worthy of the name. Nowadays virtually no one who lifts weights has ever even considered the possibility of using a thick handled barbell.

Maximum muscular size and strength throughout the entire body can only be developed if you devote tons of effort and gallons of sweat to specialized grip movements - primarily those that involve lifting, carrying and holding enormous poundages with various types of grips and using handles of different shapes and thicknesses. Who do you know who trains that way? How many readers can name even a single member of their gym who regularly practices pinch grip lifting, the farmer's walk, thick bar deadlifting or reverse curls with a 3” diameter bar?

Single rep training is one of the most effective ways to develop an outstanding degree of muscular size and strength. But how many people regularly do singles? How many use a program that consists of NOTHING BUT single reps – including warm ups?

Real results require real effort. You need to work so hard you almost pass out when you do a heavy set. You need to drive yourself to the point where, many times, you literally collapse after the set is over. You must train so hard that one heavy set can make you sore for days. You need to yell and shout and sweat and hurt when you train. But how many people train this way? How many people do you know who take a set of barbell curls and work the set until the bar literally drops out of their hands? How many people do you know who work a

set of squats or deadlifts to the point where they go down and stay down - sometimes for 10 or even 20 minutes? Compare the number of people who train THAT hard to the number of people who regularly spend two hours in the gym without breaking a sweat.

Let's get even more basic. To get bigger, stronger and better conditioned, you need to add weight to the bar whenever you can. Progressive poundages are the name of the game. If you are not adding weight to the bar on a regular basis, you are kidding yourself. But how many people actually try to increase their training poundages? How many members of your gym are content to waltz their way through the same workout, with the same exercises, sets, reps and poundages, year after year after year? I once belonged to a gym where one guy used the same poundages for 12 years. He got married and divorced at least three times during that period. He changed wives more often than he changed exercise poundages. Any of you who go to commercial gyms can doubtless identify half a dozen members who suffer from the same sort of passionate devotion to their exercise poundages.

THE AMAZING ANTICS OF MODERN TRAINEES

The reason why most modern training is non-productive is simple: most people who train with weights nowadays are not interested in serious results. Most people who lift weights do so for reasons that have nothing to do with developing ferocious muscular strength and raw, terrifying power. These are the type of members the modern gyms go out of their way to attract. In fact, they are really the only type of members the modern gyms are interested in having.

Most gyms want members who will be content to play around with aerobic exercises, machine movements and light, light poundages. They cater to members who use the gym for socializing or as a pick-up bar. The LAST thing they want is someone who is interested in serious training.

The typical gym is crammed with non-essential machines, most of which are less than half as functional as if they were designed by a baboon and assembled by an orangutan. The purpose of the machines is to entice members of the public into shelling out their cash to join the establishment and reap the “benefits” of training on what the instructors (who are nothing more than glorified sales-people) tell them are the “latest” and “most scientific and high tech” machines on the market. Ninety percent of the equipment in the average gym could be melted down or sold for scrap without diminishing the value of the place one iota.

What else takes up space in the typical gym? The typical instructor—a mindless goofball who doesn't have the faintest beginning of a glimmer of a shadow of a clue about what productive training is all about. My golden retrievers, Sam and Spenser, could do a better job of training gym members than does the average instructor, manager, or gym owner.

Ask the average instructor or gym owner to demonstrate the one arm deadlift. Ask him about breathing squats. See what he knows about Olympic lifting. Check out his form in the one arm snatch. Watch him try to clean and press bodyweight. Ask him about round back lifting, Joe Hise, the 5x5 system, rack work, Herman Goerner, heavy singles, Clyde Emrich, Indian clubs, the farmer's walk, the Roman column, hip belt squats, barrel lifting, or Arthur Saxon. You'd be amazed at what the guy DOESN'T know. As a group, modern weight training instructors and gym owners are clear proof that some people use the air hoses at gas stations to inflate their heads every day.

Then you have the typical gym member - who is usually young, spoiled, pampered and far more interested in looking pretty than in training hard. In fact, the average gym member would run in terror if you tried to make him train HARD on even a single set of a single exercise. A set of breathing squats would kill him. In fact, a hard set of curls or presses would be more than he could handle. Even WATCHING hard work would make him sick. He'd toss his cookies if he saw a dinosaur train!

Put them all together and you have an institution that promotes mass insanity instead of rational weight training. The idiot machines are designed to let people PRETEND they are lifting weights. The instructors prepare workout programs that let members PRETEND they are training. And the members are perfectly content to go right along with the whole scam.

Weight training today is NOT about getting bigger and stronger. Its entire emphasis is on developing a certain “vogue” look: people train for the sole and exclusive purpose of looking “buff”, “pumped”, “sculpted”, “toned” and “cut”. Everything they do is designed to gain peer approval. Nothing is designed to build the things that really count - the tendons, the ligaments, the skeletal structure, and the all-important but non-showy muscle groups that are the true keys to strength and power (such as the spinal erectors). Appearance is everything, function is nothing.

Modern day trainees base their training almost exclusively on public opinion. They forget that in weight training, as in everything else, public opinion is never to be trusted. Sir Robert Peel said it best: “Public opinion is a compound of folly, weakness, prejudice, wrong feeling, right feeling, obstinacy and newspaper paragraphs.” Those words describe perfectly the training information available to modern trainees.

THE DINOSAUR ALTERNATIVE

Fortunately, there IS an alternative to the mixed up mess of modern weight training. I call it “the dinosaur alternative.” I chose that name after a friend, whose training ideas parallel my own, referred to the two of us as “dinosaurs.” He was right - that's exactly what we are. To the modern denizens of the chrome and fern pleasure palaces - to the little boys with the “buff and “sculpted” sun-tanned bodies that lack the power to squat with bodyweight for even one rep - to the arm-chair theorizers with their “modern” training systems - we are doubtless so old fashioned as to be objects of scorn and derision.

THE DINOSAUR CHALLENGE

That's perfectly fine. When all of the “modern” trainees can lie down on a flat bench and push a 400 pound barbell with a three inch bar from chest to arms length - and do it without a bench shirt, wrist wraps or drugs - then I'll worry about being old fashioned. When everyone in the chrome and fern crowd can do a strict curl with 160 pounds with that same three inch bar, then I'll think about going to chrome and fern land. When the buffers, pumpers, shapers, sculptors and toners can handle 250 pounds in the seated press with a three inch bar, 300 pounds in the two finger deadlift with a 2 1/2” bar and 500 pounds in the parallel squat (starting from the bottom, with the thighs parallel to the floor, with no super suit and no wraps), then I'll look into this “modern” training stuff. When the arm-chair brigade can walk 200 feet holding two 180 pound “steel suitcases” (one in each hand), clean and press a 220 pound sandbag or lift a 270 pound barrel to the shoulder, then I'll stop reading courses, books and magazines from the 20's, 30's, 40's and 50's, and check out the latest “modern” ideas. But until then, I'm happy to be a living fossil.

MANY WAYS TO BE A DINOSAUR

The rest of this book will detail the ins and outs of dinosaur training. However, let me make one thing perfectly clear. Dinosaur training is shorthand for the type of training I prefer to do in my basement gym. It is NOT a special system of training, the latest breakthrough, or the only way to train hard, heavy, seriously and productively. Anyone who trains hard and heavy on a regular basis is doing dinosaur training as I use the term.

Suppose you choose to do heavy, high rep squats to failure followed by heavy high rep stiff legged deadlifts, followed by heavy-medium rep bench presses, followed by heavy medium rep pulldowns followed by heavy high rep shrugs - a typical program for a devotee of “high intensity training.” Are you training like a dinosaur? Sure!

Suppose you do heavy power cleans for multiple sets of low reps. Are you training like a dinosaur? Sure!

Suppose you follow one of Bradley J. Steiner's basic three day a week total body training programs. Are you training like a dinosaur? Sure!

Suppose you follow the breathing squat program outlined by Dr. Strossen in SUPER SQUATS. Are you training like a dinosaur? Sure!