

How to Train 'Side Bend' Like Miguel Cabrera, Mike Trout, & Ted Williams

David Weck Interview 2020-04-23

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SPEAKERS

Joey Myers, David Weck

Joey Myers 00:00

Hello and welcome to the Swing Smarter Newsletter Monthly. Today I am interviewing one of my favorite strength and conditioning guys. A big sprint guy, David Weck of WeckMethod.com. He's big into spinal engine, and springy fascia. So welcome, welcome to the show, I guess we can call it David.

David Weck 00:20

Thank you, Joey. I'm very excited to be here to speaking to your audience.

Joey Myers 00:25

And I love watching your Instagram videos. And at one point when you're on on Facebook and things like that, and just the energy that comes out to you, you're like a ball of energy. I refer to you in a good way as one of my favorite mad scientists. So what I have the first question I have for my mad scientist is, what is the number one biggest mistake that coaches and you can either go into the strength conditioning side or you can go into the sprint side or even the baseball side because I know you have a good relationship with Marlon Byrd that coaches make when they're either training hitters or they train hitters in the weight room or training hitters on the field?

What is the #1 Biggest Mistake that Coaches make?

David Weck 01:05

Okay, so the number one problem and this is a global problem and it really ignited in 2007 is a misunderstanding of the biomechanics of locomotion itself upright bipedal gait locomotion walking and running. So what is what has happened is you have a power structure in the industry who hold all the cards in terms of accreditations, certification, all this stuff. And they are the ones who created the narrative that you need quote: "core stability" defined as your spine has to be braced, neutral, and maintain a stiffness in this neutral to transmit the power from the hip.

David Weck 01:51

So the argument that they're saying is that the core can't side bend, and they train it for anti-rotation. And this, if you know anything about martial Science, you know that that's a fatal flaw you have to face

the force, you have to funnel everything to vertical. And our movement, the vertebral, if you have a spine, which we do, we come from originally creatures that were in water, where the buoyancy meant that it's just side bending. So the spine in the vertebrae literally started out in life on this planet, as frontal plane flexion wiggle around to get in an aquas fluid from here to there. So you cannot be eaten and you can eat is basically the strategy that the animals have to do.

David Weck 02:38

And when you come out of the water, now you got to prop yourself up and the amphibians and reptiles they lay down on their belly, very, very efficient. They can my paleo diet, lay on a rock for a month, wait for a cricket to go by, get it and then just let the sun do the work. The mammalian strategy but to potentially eight with vertical potential, so you prop yourself up, and now you got the drop, the mongoose is going to beat the snake. It's the mammalian strategy is using the limbs to create that that gravitational drop. And that causes warm bloodedness and such.

David Weck 03:15

Now what we did is we figured out how to stand up and truly differentiate the feet from the hand so the hands can do everything else. And all the feet got to do is support you get you there to where you want to go. And the key to it is that it's still roots back to side bending, and to have strength and conditioning coaches... And I'm talking good people who are smart, who've been misinformed, and lied to by a very small few at the top. The whole charade the House of Cards is crumbling now, and you've seen a rash of non-contact injuries. You've seen pitchers tearing their lats, what the?!

David Weck 03:58

Like I couldn't even imagine that and all this minutia that we're trying to fix the little joint problems because they the core of their very fundamentals is incorrect. And so if you're telling baseball players don't side bend, geezo peezo, run away from that coach to get as far away as you can, because they're hurting your performance for performance and they're hurting your body. And it's serious these are these are very high stakes misinformation because there is needless "dis-ease" when your body's not in balance.

David Weck 04:33

And the great thing about the body Joey is it doesn't lie; we can see what you teach. So if you're instructing somebody wrong, there's a new accountability there's a new sheriff in town, and it's called the God's honest truth and the number one training modality to organize the body to be in control of the spiral dynamic. Your DNA is a double helix spiral, spiral your muscle proteins, the actin and myosin filaments spirally contracting in lengthening, okay, it's a spiral dynamic in the body, you have to be concurrently congruent with that.

David Weck 05:08

And it's a rope, a simple rope that when you don't jump through it, you can jump through, but what I'm saying is learn four patterns when you don't jump, and you get up, down all around continuity balanced and spiral dynamic, integrating figure eights, that an object in motion wants to stay in motion and the figure eight stays in motion. Like if you everybody got to do a little dance in the batter's box, you got to

have something because if you stand in there still and you got to go from still, well, you got nothing you're behind. You have to have a little bit of that, that activity going on and it's all spiral figure eights.

David Weck 05:46

And if you want to throw a baseball better learn to figure eights to your non dominant side. So now you can interpret the cues. If you're swinging a baseball bat, you need to use your bodyweight. There's always going to be a coil to do it. So it's so exciting to me because what we have is we have this false reality. And it's in an industry. It's not politics where they can keep lying, and not tell the truth. This is physical, we can see the truth, people can feel the truth. And so you have a revolution, where it's going to be laying waste, to the evils of dysfunction and misinformation.

David Weck 06:26

And you're going to see hundreds of thousands of misinformed trainers, suddenly, like light bulbs going off in their head, they're going to be like, I cannot believe that we were misled to this extent, I can't believe that the injustice, the injustice, this is glorious. We are taking onto the human being have to be smart, to be strong, and it's an intelligence that's not found in a book. It's the intelligence that God gave the animal kingdom. It's that animalistic ease and the fluidity, and what we've done is we've neutered the athletic world.

David Weck 07:01

You have non-contact injury, again, pitchers tearing their lats that is a shameful disgrace for the coaches who are perpetrating the fraud...

Joey Myers 07:10

And David and David, I totally agree. And the last thing we've seen a lot more. Can you explain? Is there what you've seen? Is there a correlation causation relationship between no side bend and lower back issues?

David Weck 07:29

Oh, of course, because, listen, here's what it is, you're the truth of movement is to really move with the athletic freedom, your center of mass can't be trapped inside of your base and support. So if you think of a four legged animal, it is there is almost never a time where all of its body weight is inside of the footprint. Because if it's inside of the footprint, you have a grind, but if it's outside, you have this leverage in these cantilevers, and the bony tensegrity that floats in the fascial matrix.

David Weck 08:06

And so you literally turn your body into a bow like the bow and arrow, the bow, but the bowstrings are three dimensionally wrapped guy wires that are the tendons and the muscles and the ligaments and the fascia that encases, these bones, and it's the bones and the resilience of the bones in that long bone transmission to the ground, that's beautiful and efficient.

David Weck 08:30

And when you confuse the nervous system by introducing an aberrant tension where you're out of balance, meaning you can't funnel the force to the floor, you're uproot able, the number one worst

exercise fitness has ever taught anyone because it's insidious. They approach it with Oh, Yo, this is this is state of the art peer reviewed, you need to brace your core neutral and resist the twist because the core doesn't generate power and they get away with it! It's unbelievable! Oh my god, they get away with it, but not anymore.

David Weck 09:03

You see, we've finally reached a critical mass, where people are saying, Wait a minute, how are you tearing your lat? If you're training yourself to be all like tensed up with a tension that has absolutely no productive value, it's your protection. And it's completely pathetic because you're uproot able because you're not addressing a force, you're serving some misperception from some scientists who have a fascination with weightlifting and equates everything with a barbell because the male ego is so stubborn.

David Weck 09:39

These are the roots and it's evil. It is evil they're not they don't mean to be evil, but tearing your lat or having those you know shoulder issues that elbow issues all those issues because you're not clean in your movement because some trainer got in the fucking way. That is got to stop. It is got to stop.

Joey Myers 09:56

I agree

David Weck 09:57

And it and it will and it will you watch. This is now it fell down the financial. right you're not going to be able to make money misinforming people anymore because the truth is now known. And it's just playing out. It's just playing out. And like I said, this is the God's honest reality that nobody can, nobody can prevent it. Nobody can stop it. Because it's the God's honest reality. We can measure you with the clock. And you have a subjective experience where it's like, oh my god, the sense of freedom. You can throw so much harder and longer when you resolve the spiral. It's long and strong if there's slack in the system, which there always is, if you're trying to brace neutral, you can't funnel it to the floor. It leads to injuries, it leads to subpar performance. And thank God this reign of tyranny is coming to an end!

Joey Myers 10:52

And when other reign of tyranny, and this is where we have some common folk that we are good friends with them, down there in San Diego talking about sprinting. And talking about the idea that we've been taught, we've been told to hip the lip, arm action. And you mentioned the jump rope for really good for that side bending and working the side bend, but the pulsers that you've come up with and the idea that it's not a hip the lip motion, it's actually a pulse where you're almost like you're trying to, or it's almost like you're trying to punch the ground, the with the bottom of your fist... talk a little bit more about that and how that makes you a lot faster athletes a lot faster than they would normally have been...

Sprinting isn't about Arm Action at all? It's not about 'Hip to Lip'? How do you get Faster?

David Weck 11:38

Okay, so even a modest athlete who's not even very athletic, if you tell them to jog slowly, what you will see is you'll see their head go side to side as it lands over the foot that's going to be corresponding to the next step. And it's their hands are going to look like two little snare drum they're going to look like they're hitting little snare drums. There's a little post that goes down. It creates a connective tissue recoil jolt that enhances the force you're delivering to the ground with productive force that bounces you off the ground for free.

David Weck 12:10

And as soon as you turn up the stakes and tell that person to go fast, now they go into this preconceived notion of what running is supposed to be where they think you're supposed to swing the arms one up one down. It's not true. If you're, its load explode. So if your foot hasn't even hit the ground yet, and the arm on that side of the body is, is swinging up, you've foregone the opportunity to add that upper quarter, the mass of which to create that springy connective tissue recoil. And so you punch down to win the fight with the ground. And when you look at the videos in slow motion of people like Deion Sanders, Randy Moss, Bob Hayes, Christian Coleman, Eliud Kipchoge, on and on Michael Jordan, blah, blah, blah. They all do it.

David Weck 13:00

They have a double down pulsing action because their bodies are smart. And what the pulsers do, they're just little hand weights for the shifting weight with a perfect timing and properties that when you hit down with that the investment cost of holding them is less than the return. They deliver in terms of the added mass, where we're multiplying and magnifying that momentum, concentrating it into that moment to deliver more force to the ground to PNK! to get you off the ground faster, what feels like for free.

David Weck 13:36

And this is something where they're patented because this has never been done before. Well, you can talk faster with the weights and the shifting of the weight means that the inertia is gone. When the weight is in between the top and the bottom. As your arms come down. You stop it. That thing didn't weigh anything for that split second because the weight shifting it was pressed up at the top you're going down fast. So now you will have those thousands of a second or whatever they interval it's very, very small units of time that make all the difference.

David Weck 14:06

And you think about the coordination to do anything and how did those... What is the measure? Is it 10s of thousands, hundreds of thousands, millions of thousands of seconds, who knows? Right? It has to be integrated, we can feel it, and you're rewarded for doing it well. And now with these posers, everybody gets to be good at it. And everybody gets to be faster at it, because now you're training the very mechanism that you need to do so that when you take them out of your hands, you're faster.

David Weck 14:38

But the fact that you're the fastest with them because of the added mass without the inertia, that is the better than too good to be true story that makes it a ubiquitous thing. It's the Fosbury Flop but it relates

to running. It's not an obscure event in track and field that very few people do. It's what we all do. All the athletes. Oh yeah, baby and it's not pulse. And what was that?

Joey Myers 15:04

What was most the case study that I saw and I can't remember the Olympic sprinter that I think I don't know if he was retired or what I think you, he joked that he was going to come out of retirement but you had them on film. You had him run without the pulsars without using the pulsers, I think, at first and then you have which is your control. And then you had him run with the pulsars. And you track them frame by frame. And it was it was so crazy to see with the pulsers with what are they four ounces?

44-year-old Olympic Sprinter made Faster? 40yd Dash: from 4.7sec to 4.5?!

David Weck 15:32

Those were eight... that was Marcus Santi who's a world champion. When I met him, he was 44 years old and he ran a 4.7 40yd dash and he was you know at the 200 meter masters track champion, but one year working with me he brought his four seven at 44 down to a four-five at a 45 years old and he won the gold medal and the 200 meter indoor sprint at the National track level and he's just one person I've done this with, I film everybody that I work with closely, and we get the same result every time.

David Weck 16:06

And the thing is that the most disingenuous thing that the trainers out there can ask, because they're terrified because they're now starting to relax, pin of your stomach where if you've been on the side or wrong, and you've been all vehement about it, well, you are your incentive to not want to let go of it right you're you become willfully ignorant, because they've betrayed you. You've been defending dysfunction. And so now Oh, no, of course you wouldn't do that. And now they look like an ass. And now the pressure done come right back on them and they got no choice because faster is faster.

David Weck 16:43

The Fosbury Flop when they did that in the high jump in 1968. That's when Dick Fosbury debuted at the Olympics to win the gold medal. He wasn't the best athlete but he won the gold medal. Four years later, in 1972. They were back doing the western role because the best athlete didn't have a Coach with an open mind. So he sacrificed out six, eight inches or whatever he could have done for years I teach you to speak Chinese for crying out loud and god damn Fosbury Flop. And the great thing about the pulsars is right out the box.

David Weck 17:12

We have a speed coach who I just met. He's a former soccer player, and he's in the Major League Soccer Hall of Fame. He's here in San Diego, one of our trainers told one of his clients said, Hey, tell your coach about the pulsers. Didn't know me didn't know anything. He sees the pulsers. He buys them out of the box. He runs with them and he's like, oh my god these are faster, though he starts doing it, his athlete... Runs a 40 yard dash four reps, two of them with two of them without so we ran it without he ran it with he ran it without he ran it with and both of the fastest times were with and he described that it was easier he felt faster too so you know.

David Weck 17:58

It's really good that when feeling faster equals faster. Positive feedback loop that you can continue. And so you fundamentally transform the gait pattern. This is metaphorical, for the state of affairs of humanity right now, where we don't have the black and white, God's honest reality right there before us to see it. Because people can say things and if it's theoretical, you'll always have disagreements. The two camps will entrench and no amount of reason will ever bridge it. But physically, oh yeah, baby, we got truth.

David Weck 18:34

And now, now we can hold these people accountable. They can stop harming your kids, their little kid factories. It's a money game. They've been corrupted the male ego, there's nothing so pathetic and wonderful as the male ego. And it's wonderful that you have people that are willing to burn in flames rather than change their friggin mind. That's a good thing, because there's a tenacity but on something like this, the freedom comes from acceptance, acceptance that the seminar and the certifications that you've been going to?

David Weck 19:20

That's yesterday, that's in the meantime when they were wrong, and now the pressures on and again, it's financial, the best way to make someone cry uncle is bring them to their knees financially. And so now if the foundation of your core training if you add one rep of one set of one exercise that has anything to do with brace your core neutral anti rotation, you're doing it out of ignorance and you're harming, not just opportunity costs but you're dis-coordinating that human being for a fight or flight response that God's honest, effective.

David Weck 19:58

And again, we're talking about hundredth and thousandth of a second here the timing is something that you can't think your way through, you have to experience it. And again, there's a truth test. It's called a simple rope. If you know four patterns with the rope that don't involve jumping through, then you know all there is to know in the fundamental framework of supination and pronation dominant non dominant up down all around, you can organize and integrate your entire body so that where in when is known, and it's that dynamic, alternating bilateral pattern that you can fill in for the rest of your life you can fill it in and it don't get too tired. It doesn't waste ships you can ramp up and organize yourself so that your right hemisphere motor sensory, your left hemisphere motor sensory is firing together on all cylinders.

David Weck 20:50

And that has a way of taking that prefrontal cortex and fortifying it with the truth. So now you get confidence and there's nothing sexier than confidence. You be a confident athlete with guts, who's never going to quit, who's on the right platform, and he's going to beat an athlete who would otherwise be better genetically. And that is what it's about. Underdog having a chance with better information.

David Weck 21:14

And now we're going to add this to the mix. You're going to see it level up, everyone's going to get better. And it's going to form a foundation for reason and trust. You see, how can you trust someone when they're obstinate? And they don't know what they're talking about, but they insist they do. The

conversations over... and baseball there's no sport worse than baseball in terms of the old boy network of all the things that you know, chop down on the ball son you want to hit you know, you want to hit line drives, you got to swing down, like Jesus Christ, like you know what I mean.

David Weck 21:50

Like I tell my son I was like son, this is what you do. You tell the coach, yes coach and then you don't listen, and you listen to Marlon because when you hit home runs, then everybody's happy. Right? Don't let the coach sabotage you. And that's and in strength and conditioning, where that coach the coaches and strength and conditioning to come up and now for hundreds of thousands, because you literally have an entire industry or a niche within the industry. It's a cabal, a functional training cabal that misinformed everyone. And the damage done can be counted in how many injuries and missed opportunity and just not having as much fun it's a horrible thing that we're righting the wrongs and I'm you know, smearing it on right now.

Joey Myers 22:44

And I love it. I love the energy I love the fight because that's where I'm at too. Now one thing coaches always ask is where, where going to get more information. Is there a certification or training and if they go on to WeckMethod.com.

Is there a Certification or Training for the RMT Ropes?

David Weck 22:55

Yeah, WeckMethod.com what we have is what it is... I am an American success story. I invented something that has so much inherent value in it I patented and that gives me a passive income that allowed me to pursue the truth at all costs. I lost my mind I went to esoteric places to discover what I'll call the mathematics of movement the physics of it and the God's honest reality that faster is faster. And if you want to disagree with that, go right ahead, because you aren't going to make money no more motherfucker.

Joey Myers 23:34

So talk a little bit about the ropes, the training course so if a coach wants to say, Well, where do I start?

David Weck 23:39

Yeah, rope is going to lay down a foundation that makes you programmable, with whatever it is, you know, the non-dominant side and you have a framework where you can inform every, every instance of it is integrated and balanced with the up, down and all around. And gravity itself gives us both where breakdowns in the center Earth, and when 9.8 meters per second squared, that's the acceleration at sea level. So that is both in one, the dynamics of where and when. And in athletics, it's now, it's now you need to be ready now there is no time to set up that moment past.

David Weck 24:23

So there's no time for thinking the ropes lay in this muscle memory that now can you release on the ball or you know, get the follow through on your swing, you're going to be able to find a truer path meaning there is no deceleration. You have these coaches keep swinging, especially in golf, where they teach

you how to decelerate we're going to bring your decelerator it's like you guys don't have the fucking clue and so you start, you're messing with people and you're hurting them by teaching them something that we don't do.

David Weck 24:57

You accelerate and the spiral Dynamic that's what winds it out at no cost at no point where you trying to slow down the club head or the baseball bat. Don't slow it down unless the pitcher fools you. Come on now!

Joey Myers 25:17

I love it man. I love everything that you're doing, and at times where you see some of these flax online the hitting ones and you've gotten into it with one in particular I don't want to mention his name but you know when I see a guy like you and what you're doing and you know the only thing out there is they think you're just trying to make money and Mr. David Weck, like you just said with bosu ball did really well with that and it's not really it... people listening to you right now. It's not a money game for you. Although money is a part of it. But if they can hear the passion in your voice, they can hear the mission, the purpose, the inspiration that you have to change the way sprinting is done the way hitting, throwing, everything is done functional movement is done. And so when I see you getting into it with some of these guys, and they just absolutely put the wall up against you, man, it just, it just shows how much of a con man and con men that they are...

How to Deal with the Fragile Male Ego Online

David Weck 26:21

And in some cases, they've conned themselves that's the male ego where they don't even see it for themselves. They haven't had the benefit of losing their mind and, and finding a humility where it's like, Okay, I'm going to meet my maker, am I prepared to do that? And Money, money. You see, the problem with money is money is supposed to represent value. That's what it's supposed to be. It's in that sense. It's a beautiful thing because it is liquid and it's fluid and it allows you to share and trade value without restriction when you have money.

David Weck 26:58

But if it's about the transaction and not about the value, or in a false value where you're on an incorrect image is not done consciously. It's a system. It's a systemic cancer that has poisoned. You know, the capitalism is the best of the worst, there's an incentive to tell everybody that your stuff is the best, and to defend it, because it's the marketplace. So you go out to the marketplace, and you tell them how great you are and da da da... And what these functional training guys did was they're good at the game. They're good at the game of the transaction and meaning like, you know, cornering people into these arguments where it's like, well, we have a scientist here and he has a million-dollar laboratory and he did research and it's peer reviewed. So Where's yours? We're not going to listen to you because we have to reviewed science, right?

David Weck 27:46

Doesn't matter that it's a complete false reality. The guy doesn't know what the fuck he's talking about when it comes to function. It's great! You can tell me about the spine and weightlifting, fantastic. You don't know the first thing about athletics when you say that the core has to be braced, neutral, super stiff, so that you can use the muscles, it's, it's so asinine. That is disgusting. And these people, these people are going to find great shame. And that's going to cause them to, to make up for it even more so.

David Weck 28:18

And at the end of the day, I'm welcoming anybody, but you got to be true. And if you're going to be a liar, or willfully ignorant, and just insist that you're right, well, then you'll go out of business. While the rest of us are helping humanity function better. And I get so passionate and impatient, because that's the problem is that power structures that are corrupt, they have no incentive to change. They just want to keep it the same. They want to keep it the same. And it turns them into people who are willing to stop growing, stop learning and to adamantly insist, you know, and they hate me.

David Weck 28:58

There's hundreds of thousands of these guys who don't like me because of their conception, their misperception of a Bosu ball, they think I'm a guy with a gadget who's just out to make money. When I'm, I'm a warrior for the truth. I want every step stronger for everyone. And I'm willing to do whatever it takes, and they can't stop me. And I am helping them. And that's my own ultimate defeat is that I make the person who hates my ideas and says that I'm wrong. I make them bend their knee. By changing their ways. They will adopt the methods that work best, just like the western role, high jumper coach, he had to learn to teach Fosbury or he had to exit the game.

David Weck 29:43

And now I'm putting the pressure on these guys. And I'm making them change, or they will exit the game because there's no one marketplace for dysfunctional training.

Joey Myers 29:52

I agree, man, and that time is coming. I see it I couldn't see it. Couldn't see that light about five six years ago, but now I'm starting to see it because of guys like...

“...So that you Live up Pain Free, you're not Inadvertently Hurting Yourself every Step you Take.”

David Weck 30:00

Oh the light is here, the light is here and it's going to be a glorious, glorious guess to dysfunction. And we're going to empower human beings to be strong and response-able for themselves. I say it's enlightenment. When you know how to carry water carry sticks your flesh and blood in your bones with animalistic ease, so that you live up pain, free, pain free, you're not inadvertently hurting yourself every single rep you there every step you take, because you brace your core, like, oh, it just, it's disgusting, because, you know, like, you look at the way they train a racehorse or train dogs or something where they're betting a lot of money on it, and it's, they would never do something like that, ever. But it's with

silly humans is where these people have justified themselves the position and they got to get right with it now, or they exit the business.

David Weck 30:55

And it's just and I have had a change of heart in terms of like, I used to I want to hurt them now I don't want to help them. I want to help them. I want to help them and helping them by crushing their ego. That is the thing that's holding them back. It's just putting pressure on the little test I call they got. I'm holding the test I call I'm saying here's the truth come and get it. And if you aren't willing to do the truth, well then you isn't got the balls.

Joey Myers 31:25

I love it. I love I love everything that you're doing brother, and be respectful be respectful of your time where else can people find you on social media if they want to reach out?

David Weck 31:33

Well, the David Weck on Instagram, but what... you see? I have some leeway because I trade in the truth. I my business is the truth. And I have enough of a sustainable business as the team I've assembled is doing such an amazing job at presenting my work without all of this craziness and all this stuff, but me I'm out on edge or out on point with the relentless pursuit of better and the latest unfolding is, is revealing new instruction that's even faster and even simpler. And we're just going to keep folding that into Weck Method.

David Weck 32:11

But there are certain things that I teach that I have branded because I've invented them. And that are rites of passage, the ropes and those four patterns the underhand, overhand, dragon roll, and sneak. Those are the four fundamental patterns that are a rite of passage for a human being, and it excludes no one. You don't have to jump through it. So you're not beating yourself up. You don't have to leave the ground. And you learn how to rotate, you get that non dominant side and it's a flow and it's an infinite amount, and you go at your own pace, and you're guaranteed to get there because the rope is true.

David Weck 32:49

If you can do the move, well, then your body is moving correctly. So it's a total logical thing where all you have to do is enough repetition or that will that engram is now inside you. Okay great, your body knows, you pass the test. Now you can interpret these things. And you can make translation, and you can now understand and under with truth and be strong for real.

Joey Myers 33:15

That's the big one. That's the big one. And that's what we're trying to get these coaches to understand the coaches that are open minded that are that are following what we're doing. So hey, David, man, I really appreciate everything that you're doing, I'm always following you. And I would encourage people to follow on Instagram because he's got some great stuff. And that's really where the cutting edge is. On all the you see the product of it's kind of a lag time and when David creates another product, because you're seeing a lot of the brand new up to date stuff on his Instagram when he's talking

through and some of the videos and he's also fun to watch. Very inspiring, very ball of energy, as most of you have experienced on this call.

Joey Myers 33:52

So David, hey, I appreciate it. Again, everything that you're doing and I'm sure we'll do another call in the future, but I want to be respectful your time Thank you again for, for sticking with me in the interview.

David Weck 34:03

Hey, thank you so much. It's the opportunity to spread the God's honest truth for humanity. And I see it as look... We have, there's the Jonas Salk who cured polio with the vaccine for polio, he had a dream where in the dream, he was the virus. And he recognized the vulnerability of the virus in his dream. And that led to something that he was able to test in the laboratory and the next day, and it worked. I work in the same way I use my imagination. And then I test it. And when it works, it works. And then it works with another it works. And so what we have is we have a wonderful revolution going on. That's the God's honest truth.

David Weck 34:44

And it's going to be able to hold everyone in our fitness and sports training industry accountable. It will be a beacon of just his truth and its healthcare. Its physical education is the fundamental education. that supports everything else we do your body, and your brain has to be integrated, so that you can exist with confidence and not be apprehensive and not be and not be all like glitchy and... stress and like you're hurting yourself. That's not natural.

Joey Myers 35:21

Yeah, thanks. You're the man. I appreciate everything. So well... I'll get all this stuff over to you. You can do with it what you want and...

David Weck 35:29

I will just promote I just I want people to hear the message. I want people to hear the message because even if it shatters their reality, because they've been trapped in the matrix of bullshit, you know, they're Oh functional training summit, yeah we're going to do tall kneeling brace your core chop... what the fuck are we doing here? It's so absurd. Oh my god. STOP!!

Joey Myers 35:53

I love it. Dude. Keep up the good work, man. And enjoy the rest of your week. Yeah, you guys got to be getting some good weather. We I know. We Are you here in central Cali too.

David Weck 36:02

Amen. Amen. Thank you so much, Joey.

Joey Myers 36:04

Alright brother.

Joey Myers 36:05

Bye

You can go to the following link if you're interesting in finding out more on the RMT Ropes Training Course David was mentioning throughout this interview: <https://gohpl.com/2zqysiF>
Hopefully the 15% sale is still going on. If it is, then using discount code: **StayStrong15** at checkout will get you 15% OFF the course.