

# Telling Ain't Training

Telling Ain't Training, 2nd edition  
Beyond Telling Ain't Training  
Fieldbook  
Nuclear Decommissioning Case Studies: Organization and Management, Economics, and Staying in Business  
Careers For Dummies  
SQUAT 101  
SQUAT 101 – THE TIPS!  
Telling Ain't Training  
Telling Ain't Training  
Grip  
Telling Ain't Training  
The Train Dispatcher  
The Home and School Supplement  
Ain't Misbehaving  
Outing  
HR Focus  
Outing; Sport, Adventure, Travel, Fiction  
Ain't No Big Thing  
The Story of a Train of Cars  
Film Review  
Manual Training Magazine  
Harold D. Stolovitch  
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the foundational and go to book for anyone who does training in the talent development field a must have for trainers telling ain t training is an essential book for all learning and development professionals when the first edition of telling ain t training was published in 2002 its practical learner focused approach quickly became a favorite with learning and development professionals as well as school teachers parents professors and anyone else who trains educates or instructs chock full of myth busting research and ready to use tools always delivered in a lighthearted and entertaining style telling ain t training set new standards for the training industry that s a tough act to follow but the long awaited new edition of telling ain t training does not disappoint while it has been updated expanded and enhanced to reflect almost a decade of progress fans of the original telling ain t training will be relieved to find that its lively user friendly tone has been carefully preserved in fact this is a book that faithfully practices what it preaches engaging the reader from page one and immediately involving them in the first of many try it yourself exercises that teach trainers how to avoid telling in favor of more interactive training this substantially heftier edition covers everything you must know to be a better trainer plus extensive new chapters covering technology and e learning more methods for creating terrific learner centered training sessions expanded evidence and research to support its approach to adult learning ways to retrofit your existing training programs and materials even more in depth explanations of how the basic principles of adult learning apply an extensive index to make the book more referenceable additional tools charts exercises illustrations quizzes and

activities to involve learners

an essential companion guide for implementing the powerful principles of telling ain t training a field companion to the original telling ain t training the beyond telling ain t training fieldbook includes a detailed action plan and support materials to help you transform telling to training like its predecessor this fieldbook features a fun interactive format and easy to navigate icons worksheets assessments and tools will enable your organization to realize the true value of workplace learning

nuclear decommissioning case studies organization and management economics and staying in business is the fifth volume in michele laraia s series which presents a selection of global case studies on different aspects of nuclear decommissioning this volume focuses on organization economics and performance experience offering the reader guidance on project management staffing costs and funding and training it guides those responsible for the planning and implementation of nuclear decommissioning to ensure thorough and reliable applications decommissioning experts including regulators operating organizations waste managers researchers and academics will find this book to be suitable supplementary material to reference works on the theory and applications of nuclear decommissioning readers will obtain an understanding of many key case studies including what happened and what they can learn from the events quoted to help supplement solidify and strengthen their understanding of the topic presents a selection of global case studies which focus on organization economics and performance of nuclear decommissioning in relation to project and industry sustainability with a focus on management funding and training aspects includes 100 case studies on project management costs and funding and teaching and learning based on experience and lessons learned assists the reader in developing and implementing decommissioning plans while ensuring the availability of technical financial and human resources at all times

feeling stuck find out how to work toward the career of your dreams if you re slogging through your days in a boring or unrewarding job it may be time to make a big change careers for dummies is a comprehensive career guide from a top career coach and counselor that will help you jump start your career and your life dive in to learn more about career opportunities with a plethora of job descriptions and the certifications degrees and continuing education that can help you build the career you ve always wanted whether you re entering the workforce for the first time or a career oriented person who needs or wants a change this book has valuable information that can help you achieve your career goals find out how you can build your personal brand to become more attractive to potential employers how to create a plan to get from here to there on your career path and access videos and checklists that help to drive home all the key points if you re not happy in your day to day work now there s no better time than the present to work towards change get inspired by learning about a wide variety of careers create a path forward for a new or better career that will be rewarding and fun determine how to build your personal brand to enhance your career opportunities get tips from a top career coach to help you plan and implement a strategy for a more rewarding work life careers for dummies is the complete resource for those looking to enhance their careers or embark on a more rewarding work experience

disclaimer the exercises workouts and routines in this book are meant for people in good physical condition stop if you experience any pain or other discomfort while doing these and visit a medical practitioner if you have any doubts the author is not a medical professional and is not responsible for injuries or other maladies that may arise as a result either direct or indirect of following the routines and exercises in this manual that said this book is probably along with 0 excuses fitness which didn't devote near as much attention to squats as it should have and gorilla grip and pushup central and my books on pull ups a must have for any serious trainee the exercise in this book will rehabilitate not harm that has been the case for everyone that has followed these routines and dear reader man i gotta tell you i feel so damn annoyed when i write disclaimers of the sort i just did above which i didn't copy and paste from a template i should have one i gotta put it in though because no doubt there will be someone who tries these exercises does them wrongly and then turns around and in a typical trigger happy manner blames the author and the book for causing the problems when the reverse is actually true legal disclaimers and all that i didn't pay much attention to these things before i rarely do even now but since we've grown to a certain level i gotta put it in and i almost done made the disclaimer into the introduction you that is reading this likely know who i am rahul mookerjee the stella artois of bodyweight training culture as this shi fu is called brutally honest to a t from day one and continuing on in that vein now if you ain't squatting you ain't training period in matt furey's classic book combat conditioning furey once penned something similar along the lines of if you're not doing hindu squats you're not really doing combat conditioning maybe maybe not but i get his drift to me i'd say squats period not necessarily just hindu squats my book 0 excuses fitness which is the baseline for any serious fitness trainee has been called the very best there is in fitness out there there is nothing else that even comes close contains instructions on squats and an entire video digital download dedicated on how to do hindu squats and a whole plethora of pushups indeed if you do what i did in the workout video the rest of your life you'll quickly get in great shape and advance beyond your wildest dreams but all along i had this niggling feeling i wasn't devoting enough attention to squats i did to pushups yes but even then i came out with pushup central another classic manual with 55 different ways on how to perform the world's oldest exercise and that was both very well received and very warranted and a classic example of doing the thing first even though no one asked for it sometimes you gotta do first the customer you sometimes has to be shown the final product first and back to squats for some reason a lot of the great books on bodyweight training culture don't talk a lot about em i would be remiss to leave out brooks kubik's dinosaur bodyweight training here in it he says you should do squats daily and do em for the rest of your life he provides detail on them too but again nowhere near what this great exercise deserves and again as rahul mookerjee says if you ain't squatting you ain't training period i don't care what else you do i don't care if you climb hills for four hours a day straight as i did and continue to do and it keeps in super condition i don't care if you bang out 250 straight pushups in the morning and then repeat in the evening i don't care if you're a stud at pull ups i don't care if you can bridge for hours on end all those things are great you should work up to those levels but again if you ain't squatting you ain't training sprinting doesn't replace squats step ups don't even come close to me they are the lazy man's equivalent of leg training though don't get me wrong they are a great supplement but again there is a reason the ancient hindus did squats galore for thousands of reps a day there is a reason the gama swore by both hindu pushups and hindu squats he was reputed to have done over 5000 squats and 3000 pushups daily and while these numbers are probably not entirely accurate the fact remains that bodyweight exercises were the cornerstone of his routine and ultimately what brought him phenomenal success he once lifted a 1200 kg stone that twenty five regular people failed to budge on their collective that's an example of the power that bodyweight training

can give you look as i ve said repeatedly in my training newsletters there is nothing that beats the up and down motion of the body you get with squats it works the core and entire body like nothing else lots of folks think squats are just an thigh exercise wrong done right they work the thighs yes but if thats all you think you re working you ain t doing em right squats tax the hamstrings a hugely ignored part of the body the calves obvious and also the entire back and chest they tax the butt muscles when done right the deep breathing you do or should do when doing squats enlarges the rib cage and improves functioning of the entire body improves assimilation and digestion of the food you eat gets rid of extra fat around the midsection and entire body quicker than almost any other exercise will and is an all in one exercise that you can do even when you re pressed for time steve austin oh hell yeah we all know him once made the comment of if you do squats i don t care what else you do youre going to grow for a wrestler on the road almost 365 days a year and a beast incarnate i d listen when someone like him says something ditto for dips often called the upper body equivalent of the squat and pull ups but this book focuses on squats again if there was one flaw that i personally believe O excuses fitness had it did not devote near enough space in the 300 plus pages of the book to squats i believe it got close in terms of pushups but i put out two more books on pushups anyway and now i m doing the same with squats enjoy some may get back to me at this point with well i squat with weights and thats great if you choose to do so however this book is about bodyweight squats which i truly believe tax the body far more internally at a deeper level than simply 5 sets of the heaviest squat you can do indeed a lot of these guys that can squat everest fall flat on their face or butt when asked to do 100 straight hindu squats for one and we ain t even getting to the tougher versions you ll see in this book if they can even do them to begin with most flop out at 20 when they start and cannot walk properly for days on end remember it aint just bodyweight squats there is a whole art to squats if you do em right i cannot tell you how much it irritates and annoys me aggravates the living hell out of me when someone approaches something with that its just this attitude if thats the attitude you got then don t do the exercise in the first place it doesn t need you you need it period and last but not least if you have pre existing injuries rods in your legs wonky lower backs and shoulders from years of either heavy squatting or lifting or even worse body building boobybuilding some of you might think well high rep will kill me no my friend it wont the way i teach you to do these exercises is unlike any other you ve seen out there those that have read my books know this i ve never seen anything like your books out there the intensity is unparalleled like with me and all these squats rehabilitate they don t tear down if you re currently in good shape they will get you in better shape and how because they tax you from the entire out your fasica your breathing your tendons joints ligaments all those ignored parts of the body will be worked heavily and to the bone not just your muscles in fact done right bodyweight squats have been proven to increase bone density too my friend much like upper body exercises like pull ups etc have best part though as i ve said before you ll feel like a billion bucks nothing trains the body and makes you feel better than heavy duty leg work trust me on this one when you re walking around with that thighs rippling without you consciously doing it you ll know what i mean lets keep the focus on fitness though not looks those are a distant by product and as i ve said tons of times before train for fitness train for functional strength not looks train for something useful train for something that can save your life and ass when you really really need it when no one else will help when it s you and just you against all of em train to have the gumption to beat the odds even when they re staggeringly against you train to have will train to have solid superhuman power and so forth in short training should be practical and useful bottom line and way too many people make it otherwise anyway i could write tomes all day on this and do on my site but for this introduction we ve gone on all enough so i ll stop here hehe but as a last reminder remember if you ain t squatting then you ain t training period onward

leg rippling swagger without you even trying my friend i dont know if you know what i m talking about but maybe you do in 2002 i went to china for the first time at the age of 23 supposedly my best time when i was supposed to be in the best shape of my life yet for me it s been the opposite most of my life when young i was never in good shape though i wanted to be and got ridiculous advice from all and sundry in terms of training such as lift pink 10 kg dumbbells for half an a hour day thats how the big guys build muscle or the he thinks he s so strong comments made by family members who did not know any better that tore me down mentally this isn t me castigating family here this is me being brutally honest with you about my life and fitness and me in general as i always am and telling you a story as i always end up doing all true hehe real life perhaps no other book fits the real keeping it real category better than this one the words be flying out of my mouth as i speak phew deep breath but anyway so i went to china climbing the stairs to my fourth floor apartment left me dizzy almost and breathing hard when i had to lug suitcases up there my it was like i had to climb everest and dont get me wrong i did other things back then i was a weight lifter i lifted real weights not 10 kg dumbbells people in the office would squeeze my forearms and say he s strong i still remember my mother who once made the he thinks he s so strong comment when i was young say the reverse when she saw me lug their suitcases up heavy ass 25 kg suitcases one hand at a time up to my apartment i ll never forget how you did that she exclaimed but even with all that a lot was missing i was strong but not anywhere near fit and i could use my strength once but nowhere near what it needed to be ie repetitively it was really in the september of 2003 or i believe 2004 i think i first went to china in 2003 not 2002 as i said up there that my life changed anyway i ll get the dates clear later when i met a certain ann lee the first time i dated her in the park right smack next to my house with a huge mountain in it i could see from my apartment yet for some odd reason i ignored this free fitness tool right in front of me we often do that the date was her idea the park i didnt even know it was there and we climbed the mountain i remember what a mess i felt like when doing it i remember struggling up that damn hill like it was everest right now i can slink up it easy peasy five times a day and it ain t an easy hill to hike trust me i remember how out of breath i was i remember my legs turning to jelly my lower back working out and calves burning and all along i remember a pump a massive pump in my forearms of all things i had never felt with anything else i still remember the girls there giggling in that cute chinese way and pointing at the fat lao wai foreign devil or wai guo ren old man from from foreign land climbing the hell or was it hill hehe it felt like the former i remember thinking when will this damn torture end hehe that hill felt interminable i was going to put the picture from advanced hill training here too maybe someday for now back to it that as a certain kelly was to say years later is real training real hill climbing i had experienced it before when climbing the indian himalayas so steep that when i asked my father to do it again once after a day the very vehment no way was all the answer i needed hehe anyway where was i swashbuckling thighs eh the hill caused a revolution in my life fitness wise most of it is here for you to see it changed my life till this day i credit ann lee for doing this if she had not come into my life none of this would have happened of course i credit my work on a certain dongguan expat website as well for that but thats another story anyway i quickly got in better shape climbing that hill on the weekend then after ann lee kicked my rumpus again i was making excuses about not climbing after work it s too late or something i started doing it daily and a fitness machine emerged the lower back that had felt so wonky for days after that first climb became strong the legs thighs especially turned into rippling pillars of steel from that climb my upper body fat disappeared my strength improved my pull ups shot through the roof most of all i was seeing my grip strength improve by leaps and bounds which amazed me an idiot once wrote back on gorilla grip saying he claims he s improved his grip by not doing a single pull up for months but he doesnt say how he s done it actually i did say he was just

too dumb to read between the lines my core strength increased x 10 my digestive issues went away but all of that is different another story what i m going to tell you about is one night i was walking to the bank to get some cash for a trip out of china and the way i was walking with my thighs bulging out naturally well i dont know if you guys have ever experienced that but it makes you feel like a billion bucks i repeat a billion bucks untouchable confidence like nothing else and it usually comes with a toned swagger to your core too strength you will never lose i ve often tried to replicate this without having it and it showed people told me dont splay your legs out like that but when you have it naturally it shows too in the movie get carter sly stallone walks into see the owner of the pub where his brother richie died now he s dressed in a full suit typical mob enforcer calm menacing quiet viper ready to strike if need be goateed to a t and so forth as my friend lily once said looking like a bad ass he was but that walk to the desk much like my walk to the atm that night the way the thighs rippled that understated swagger that comes from being in super shape i ll never forget that you have to feel it to understand and squats my friend are the one exercise that will give you this x 10000 sure you can climb stairs you can hike hills all of that is great but like i ve said above nothing replaces squats you that can hike hills for hours might be amazed when you first get on some of the squats in my program you might not be able to do more than 25 and you might not be able to walk for days afterwards either trust me on this one squats do what no other exercise does my friend and back to swashbuckling swagger and machismo and feeling great well thats the icing on the cake but also the reason you should be doing these in the first place on one last note some of you might ask though why do i need squats given what i ve said about other forms of training you might as well ask me why do you need to breathe or train or live in the first place it s that obvious look like i ve said before nothing beats the up and down motion your body makes and the internal changes that go on your body the strength it builds the functional strength it builds throughout the whole body that you simply cannot get from any other movement when you wrestle for one what sort of positions do you have to constantly fight your way out of i dont think you re climbing a hill or stairs in that motion are you squats have a circular sort of motion my friend not just hindus all squats that ensure you return back to where you started full circle a motion used in everyday life fighting walking all of it and again you have to squat first to truly understand it sure the other methods i ve mentioned work but they dont work nearly as well as squats and not in the same manner does that mean you dont do them of course not you do both you have all the fitness tools you need in your fitness toolkit not just one but you dont neglect the most basic and important one as most people do squats build everyday strength and functional fitness and i m talking bodyweight squats in a way nothing else can that is the most simple and concise answer i can give you there is a reason the old timers did these daily without fail and in high reps and if even that isn t enough for you you re at the wrong page and probably better off pumping and humping the leg press at the gym ferocious squats way too many idiots and morons think and will say the bodyweight squat or the hindu squat or any of the variants i m going to be teaching you in this never seen before course just a warmup or it doesnt build muscle or the real deal is weighted squat and those should really be focused upon while the others blah just do it to get them over with and usually in a haphazard half hearted manner i m here to tell all these sort of people that they re grade a buffoons not only are they choosing the path of most injury as opposed to least but they re also depriving themselves of the valuable tendon and ligament benefits you get from bodyweight work not to mention strength that can be used repeatedly without your legs giving out as opposed to 5 reps or 20 reps while squatting a cow or what not dont believe me take the cow squatters ask them to pump out 100 hell 50 ferocious squats and we ll see ferocious squats maybe i should rename the book that hehe or maybe i ll leave it the way it is but really my friend when you do these remember too many people go through the motions

and nothing else do not be one of those people i was resting this afternoon then i said to myself lets do some squats and let s amp them ferocity you really put all you got into them you dont pause for long breaks either to catch wind you are a man or a woman on a mission basically the sort of mental strength this sort of workout builds is beyond comparison you cannot get it from anything else weights or not included but why just believe me take it from the old time strongmen all of who had legs of pure steel not all squatted an elephant or even bothered but they all right from the gama to bruce lee to modern day legends like herschel walker were damn good at the bodyweight squat and did tons of reps daily often throughout the day there is a reason to the so called madness or a method and a reason behind doing what they did really put all you have into it focus i repeat focus on breathing in and out with every repetition consciously this will make the workout far tougher and bring way more results than if you do it without focus on the breath you should really feel the heart thumping after around 100 reps or so if you can even get that far ass to grass on every rep no excuses pally and straight back up no bent knees on that one and there it is ferocious squats and boy do they bring results and then some anyway enough on that on to the and yes thats one of the secrets to squats getting you in ferocious awesome shape but there s plenty more in the book benefits you can get from this course i think we ve covered a lot above already but here they are again in bullet format for you build a bulletproof rock solid body with squats a son of the soil look that comes only from having a sturdy foundation beneath you a foundation that cannot be rocked build the sort of swashbuckling thigh swagger and swagger in general feeling you get when you have those ripping fit legs and a toned midsection they go together the feeling cannot be beat it cannot be replicated and it or the lack of it shows when you walk or stride around the place and believe me this feeling alone is worth a billion bucks and the price of this course many times over build massive thighs that ripple with functional muscle by doing this course no rippling with muscle is not an exaggeration build muscle on your entire body and lose weight quicker by doing squats yes just squats i repeat just squats and nothing else quicker than almost any other exercise if you ain t squatting you aint training and thats a maxim that holds true my friend so does the maxim of if you squat i dont care what else you do youre going to grow increased lower back strength without doing a single exercise for the lower back the squat taxes everything when done right improved vastly improved performance on all your upper body exercises including pull ups especially pull ups i should say perhaps the most amazing benefit of this sort of heavy duty leg training is the indirect gains you see in grip strength writing this makes me feel literally light headed thinking about it trust me on this one you can forget about digestive issues like ibs constipation flatulence and such the general population is afflicted with squats are the best medicine ever natural and you dont need no doctor for them either and neither the bills hehe a sense of calmness and sang froid when you get good at this that will translate over into your daily life work relationships all of it improved performance in the bedroom especially when you combine squats with isometrics and pull ups you ll build mental focus and gumption like nothing else a lot of lazy fools will tell you high rep squats are boring when you hear that think ah yes they require focus and dedication so these idiots think it s boring you ll build ferocity from the inside out like nothing else you ve done before you ll truly understand comprehend the meaning of being a true beast and many many more that i have not mentioned here as yet but will as i go along this course is worth its weight many times over in gold and if you re in any way serious or even claim to be serious about physical training done right you ll want to get your mitts on this nigh invaluable course now just do it my friend now best rahul mookerjee

a 100 pushups a day keeps the doctor away and so do a 100 squats i was going to say 250 but upon thinking about it i came to the conclusion that 100 is a fair number both in terms of pushups and squats like most of my writing this is something that a true doer will understand and those that don't do will scoff like a recent fatass did who the hell made this rule no one made the rule my friend but the bottom line is this certain things just are i could question this logic of why do people eat three meals a day and given my extreme success in following a diet which is the polar opposite of this in terms of timings and the success of those that have followed similar diets and exercises routines that make the so called experts cringe well ultimately facts count my friend and it didn't surprise me that this rant came from a lazy fatass that in his own personal life lives on his wife never has any money can't for whatever reason hold down a real job is the sort of person that reads from pre prepared scripts and does so in a most bumbling manner ole bumble hehe i am not referring to the cricketer here and most of all can't do either a pull up or squat in proper form amongst others he ain't the only one either by far my friend no he's not why do boxers and wrestlers refrain before a match months before i've explained this galore but those into science will question this too by all means question it but if all the logic you have for an answer yourself is who the hell came up with it then you're not qualified to ask the question friend real doers don't ask idiotic questions they do and experience for themselves and they get results like yours truly does i could wax lyrical here and have on my own site about this but for now let's get to the meat of the matter the benefits you'll get from this course every benefit you get from following what is mentioned in squat 101 x 100 yes i could end that here and not be wrong but here are a few more improved performance in all exercises even those non squat related improved strength and conditioning throughout the entire body and you'll blast past personal bests on squats like you've never imagined if you thought 500 squats was a hallowed number you'll be aiming for a 1000 now that's how confident you'll be feeling after workouts imbued with these tips your abs will turn into rock solid slabs of granite oh wait i hear you say they're that way already from squatting daily as in squat 101 ok rebar then trust me this one movement works the core heavily something that might come as a surprise your grip strength will increase exponentially as your leg strength does don't believe me test yourself on pull ups after a month of getting good damn good at squats and tell me how you do you'll naturally have more energy and want to crank out more workouts your work output and output in life in general will increase by so much and you'll achieve so much more on auto pilot it ain't even funny but the factor let me just say 10 or more your thighs will become so strong that you'll be able to break into a sprint without warming up much as i did today full speed cheetah or tiger style your derriere will turn into dimpled lumps of muscle that description came from my wife who says the muscles make a dimpled outline ok tmi maybe but it's also something everyone wants and much more i'm not mentioning here my friend these tips everyone should own a copy of them period it's that simple get it now best rahul mookerjee

this book is an entertaining and practical guide for every trainer and performance improvement professional as it tackles the three universal and persistent questions of the profession how do learners learn why do learners learn and how do you ensure that learning sticks this interactive book with its fun and breezy style illustrates the author's point of view that learning should be active and enjoyable playful illustrations demonstrate the solid research that backs up the author's contentions and help readers separate learning myth from fact to dispel beliefs and practices that often harm the instructional process



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