

Chapter Four

5X5: Exercises for Strength, Muscle, and Higher T

I know now that weight training is the absolute best way to lose fat and gain strength, but I never picked up a dumbbell or a barbell until my first session at MuscleBoundUSA. Back when I played Division I baseball in the 1970s, my coaches told me not to lift weights because it would limit the flexibility I needed to throw, run, and swing. In other words, they didn't want me to get muscle bound!

Even after I got injured and stopped playing college ball, I never really even thought about exercising for health, let alone starting to lift weights. I just lifted a lot of food up to my mouth and got fat!

But Brian Gaumer was persuasive about his program, so I thought I'd give it a try. What did I have to lose? If it didn't work, I wouldn't be any worse off, and it certainly wouldn't have taken up much of my time—the strength-training program he promotes requires just forty-five minutes, three days a week.

Brian calls it the best, most efficient exercise program around, but it's more popularly known as the 5X5. The training protocol was first developed by the legendary Bill Starr, a reclusive, stubborn, and controversial figure who devoted his career to making football players, other athletes, and even regular people as strong as they could be given their individual genetics.

Starr worked for the York Barbell company as a young man, and wrote articles about weightlifting and conditioning for a magazine called *Strength and Health*. He's best known for revolutionizing the role of strength and conditioning coaches on college and professional sports teams. He worked for the Baltimore Colts when they won Super Bowl V, and he also coached athletes at the University of Hawaii, Southern Methodist University, and Johns Hopkins throughout his illustrious career.

The book that outlines his radical training methods is called