

**Chapter 1 : Book Review: Never Let Go (Dan John) - Driveline Baseball**

*This is a book I consider a big contribution to our field, Dan John's Never Let Go: A Philosophy of Lifting, Living and Learning. I am sincerely so thrilled. Thanks for letting me be a part of this, Dan.*

As the father of two teenagers, being perplexed defines most of my life. Only recently have I understood the issue from both sides of the question. Perhaps more importantly, I understand the steps needed to take to add something an exercise, a training protocol, a supplement to my training. Some people have no idea how to do this. You must begin by understanding how we learn. Imagine asking a five-year-old to figure out how many square yards of burnt-orange shag carpet would be needed in a room. Not only does this young scholar not know what a yard is, but he thinks a foot is only made for kicking a ball. Math skills are based on first learning the numbers in the correct sequence. I count by fives when I get tired. Next, we might approach adding two numbers together to get a sum. I have thirty-three-inch arms, for example. After learning addition, we learn subtraction, then multiplication. Finally, we learn about feet and yards so we can figure out our carpet problem: Take the width and multiply it by the length to discover they no longer sell burnt-orange shag. However, they do have a lovely lime green on sale. See, systematic education is the best way to learn anything. But how the heck does this relate to chunking weight around in the gym? Pick up a bodybuilding magazine off the rack in any grocery store. Open it and find Mr. Let me say this for you: He then joins the local fitness center and discovers bench pressing five days a week, and the indisputable fact that squats hurt the knees, which, of course, is quite disputable. Then, Billy goes to a workshop or, worse, reads one of my articles. He never learned to squat correctly, deadlift correctly, nor learned the basics of the sport. At the workshop, he hears someone like Mike Burgener discuss the Olympic lifts. Mike breaks down the lifts to the key points and hammers them over and over while the group does the lifts with PVC pipes. The next presenter might be someone like Coach Christopher Sommer discussing the one-hour warm-up he has his young elite gymnasts perform each workout. And maybe they ask me to speak at this workshop and I explain the joys of sprinting with heavy boulders, tossing long wooden poles end-over-end, and mixing chains, rocks, thick bars, kettlebells and isometrics into one exercise. Young Billy stares up at the ceiling after the workshop. What should he do? The problem with systematic education is it takes a long time. Now, the fact that you can read this shows the value of the process, but unless you had an extraordinary elementary physical education teacher, opportunities to train in a wide variety of sports, an elite-level high school program, and the finest coaching in the world in college, it can be difficult to pick up all this information in the typical gym. For the adult learner, especially those who use my articles as their on-going lifting education college credit should be given, by the way , I propose another method. Systemic education is based on understanding a simple model. You can use the image of a ladder as a basic model, but as the cliché goes, be careful when you get to the top of the ladder because you might have it on the wrong wall. In systemic education, we use the image of a tree. You are the tree. The seed you came from is your genetic inheritance. Some of you are oaks, others are cedars, and a few of you are Bonsais and for that I am sorry. The soil can be considered the environment in which you grew up. If you grew up in a town with phenomenal success in wrestling, you might be a wrestler. Like many of us, I have some thin years and some thick years, years that went bad and years that went well. The key to this model is this: Your continued growth relies on the previous rings! Let me cut to the point: You go to a workshop and hear about a wonderful new supplement. What do you do? This is the core of systemic education. When you add something to the soil, you need to test it by the fruit it bears. He begins to take twenty fish oil capsules an hour, depth-jumps off the boxes with the bar in the overhead squat position, sprints like a Canadian Olympian, performs ring work, eats extra chocolate protein Wizzbangs, and snorts six hits of sugar-free psyllium every hour. If you have a tree and add ten ingredients to your soil, nine of them good for the tree and the tenth poison, how will you figure out which one is which? That, my friends, is the issue. You need to do it systematically! This is how I approach new training ideas. First, I immediately fall back on one of two workouts. The first standard workout I use is the Transformation Program. I only do two exercises, and keep the rest period at strict one-minute intervals. Generally, I like three sets of eight, but any reasonable

rep-and-set combination will work. One other day a week, I do a few hill sprints very few and on another day I do a fun activity like hike, bike or a team sport. I might even simplify the workout a bit by just doing a push day, pull day, squat day, and whole-body day, say, snatch and clean and jerk. Yes, now I add the new groovy thing I learned at the workshop. You know, it sounds so logical, so simple, but very few people do this. If you learn five new things, it might take a few months to run these through your training program to figure out whether or not they work for you. Keep testing the fruits of your labors, not the hype in the advertisements.

Number One Set yourself up with a basic training routine you can count on to keep yourself fresh, but in shape. What in shape means to you might be different than what it means to your training partner, but I like basic lifting measurements or throwing distances. It could be a ratio of upper-arm measurement to waist measurement. My long-term plan is to have a one-to-two ratio in the arm to waist. I just need to get my arms to twenty-seven inches.

Number Two Add new lifts, variations, or ideas to your training program one at a time. I bought a set of chains a year ago and I only used them with front squats for the first month. The next month, after discovering how excellent these chains were for acceleration, I tried them with deadlifts. The next idea is this: Some things only work for a short period of time. I use the word quiver to describe all the lifts, exercises and routines I can draw on through a training year. For example, thick-bar deadlifts have a real value sometimes.

Number Three Some great ideas work sometimes, but not all the time. In fact, I keep a chart of all the training tools at my disposal and reread this list anytime I feel like having a little instant variation. In nutrition, the formula is a little harder. I live by this two-part mantra: These days, you have the advice of lots of people brighter than me, so read up on diet. A couple of things I insist upon for the standard diet: This almost instantly helps most modern teens. I like the simple rule of at least a fistful. I did this a few years ago with fish oil capsules, and became an instant missionary for this cheap, wonderful supplement. Again though, think systematically. In dietary changes, you may not notice any difference. I look for improvements in blood profiles I get an expansive, yet inexpensive blood profile done once or twice a year, skin health less acne, more glow, better elasticity and, sometime a hard one to recognize, moods. Ask your friends about your moods. You have to learn what works for you through personal experience. Then, add the magic, add only one new thing at a time, and see what happens. After that, of course, you can pester me with questions about whether doing the clean and jerk with pounds will build your biceps.

### Chapter 2 : Never Let Go Quotes by Dan John

*Never Let Go: A Philosophy of Lifting, Living and Learning [Dan John, Pavel Tsatsouline, Dave Draper] on [blog.quintoapp.com](http://blog.quintoapp.com) \*FREE\* shipping on qualifying offers. There are a Few People in every Profession Who Can Be Considered great at what they do, and a few who rise above greatness and approach legendary.*

I love reading autobiographies, motivational books, non-fiction and anything of the like. I recently picked it up to skim thru it for some training ideas and was captivated by the witty writing and down to earth story telling. I am so thankful that I started reading this book because it has had a profound impact on the way I train, the way I train my clients and my outlook on coaching. Let me give you a break down of the book and who Dan John is. Dan John is a world-renowned strength and conditioning coach. He is well known for his take on strength and conditioning programs and the high caliber athletes he has produced. He is also an accomplished athlete himself. Yep, I would say he is a pretty solid coach and athlete. Amid all that time spent coaching and training, he has also developed incredible writing skills. He wrote Never Let Go in and penned some of his most memorable coaching experiences. His book is broken down into 42 small chapters that chronicle life lessons learned by his years of coaching. He writes with a subtle humor and ease so that the football player, stay at home mom or the budding strength coach can all relate to him. The chapters have a wide variety of topics, which I really enjoy. One chapter could be about the hardest, most heinous workout designed to challenge the best of the best just google The Litvinov Workout and the next chapter could be about the unexpected events life throws you and how to be adaptable. You will be introduced to different methods of strength and conditioning and will pick up a few extra ideas for coaching athletes or ways to torture, eh, strengthen, your friends in your garage gym. There is a gamut of lessons learned through out the book. As a reader, you actually feel like you are learning these lessons alongside Dan John because he writes with such an exposed perspective. The man carries a tremendous amount of wisdom. Thankfully, he is well written and allows us to take a brief look into his mind in Never Let Go. I recommend this book to everyone! By the time you finish the book, you will feel motivated, have a better understanding of why you should front squat all the time always front squat, always and have a more focused vision of your goals.

Chapter 3 : Never Let Go Audiobook | Dan John | [blog.quintoapp.com](http://blog.quintoapp.com)

*Never Let Go is the foundation of Dan John's writing. This work is a summation and simplification of concepts that Mr. John has picked up throughout his teaching and training years. Will help lifters, athletes, and people who are looking to better themselves physically and spiritually.*

The personal experiences give the book huge impact in my eyes. I come from a blue-collar background of many physically taxing jobs. Never Let GO is a great read, one I will continue to revisit not only for the ideas it presents, but also for the journey it takes me on. If strength training or coaching is your thing this book is a must have. Simply, this is a book I would recommend to anyone of any age, a beautifully written and informative book which is also full of warmth and humour. Rated 5 out of 5 Ele verified owner "Great book! Full of information but at the same time easy to read. Dan John is making me reconsider that particular piece of wisdom. Apparently something of a living legend in certain strength and conditioning circles, I only found him after reading a few posts of his on a random internet forum. The book is a collection of articles, some of which were previously published online. I had only read one or two of them, so a lot of the material was new to me. There is a lot of good information in here, from specific programs for developing strength, size, or endurance, to more philosophical thoughts on structuring programming, training for the long term, and evaluating the utility or lack thereof of certain programs. Indeed, one of the things I appreciate most about this book is that Dan John has used himself as a bit of a human guinea pig, and is willing to talk about his experiences doing so, both good and bad. Finally, and perhaps most importantly, Dan John is just fun to read. One of the great difficulties in trying to learn more about strength and conditioning is that sometimes even the good information is presented badly. Hell, even my wife found some of the parts I read aloud funny. This is the kind of book you read, enjoy, and then go back and cherry-pick ideas from. If you must trust a man with two first names, Dan John seems like a good place to start. What it contained was all that and more. Beyond fitness, Never Let Go, and the others, are actually tremendous insights on life and even business. Deliberately or not, Dan has given valuable insight for entrepreneurs about planning, execution, course adjustments, etc. I regularly use the insights and quotes with clients and groups. Probably by talking about Dan John himself. You want simple but not easy training that is proven to deliver results, stave off boredom and produce athletes? You want rambling articles that you can visit again and again and see new angles and insights and continue to derive motivation from? Rated 5 out of 5 Rob Harris "Simplistic, yet educational. This work is a summation and simplification of concepts that Mr. John has picked up throughout his teaching and training years. Will help lifters, athletes, and people who are looking to better themselves physically and spiritually. I pick up new information every time I read it. I have never had a strength or conditioning coach apart from the martial arts sensei, of course. To be able to develop what little natural ability I have is very important as I age. Athleticism and strength have proven to be the key for my body and the approach of Dan John in this book has changed my life. This is an excellent collection of lessons dressed as stories. Every chapter is dense with actionable information. This book will make a great gift for anyone serious about being an athlete, coach, fitness pursuer or Adult. From teenager to teen ager at heart. Got me moving in the right direction after too long of a layoff. This book opened my eyes to new possibilities in regards to strength training. There are a variety of suggestions, programs, challenges and wisdom contained within the pages. The presentation is well done, told in a rather conversational style, Dan John turns the motivation knob to 11 without ever seeming like he is trying to motivate. Fortunately, I have discovered it, and I hope many other lifters will as well. This book is worth every penny. Dan shares a lifetime of knowledge in an easy to read manner.

Chapter 4 : Never Let Go (Audiobook) by Dan John | [blog.quintoapp.com](http://blog.quintoapp.com)

*In Never Let Go, Coach Dan John breaks down the most complicated concepts of strength training and high-performance athletics in his personal, no-nonsense, thought-provoking and motivating style. Workout routines, Olympic lifting guidance, Highland Games, track and field and strongman events are all covered, in addition to weight*

training.

### Chapter 5 : Dan John, Lifting and Throws Coach

*I'm afraid the fat loss world is going to miss this book. Right now this book is huge in kettlebell world, and in the strength world, and I'm guessing probably track athletes are reading it.*

### Chapter 6 : [blog.quintoapp.com](http://blog.quintoapp.com) » Dan John, Never Let Go

*Never Let Go by Dan John Coach Dan John breaks down the most complicated concepts of strength training and high-performance athletics in his personal, no-nonsense, thought-provoking and motivating style.*

### Chapter 7 : Never Let Go: A Philosophy of Lifting, Living and Learning by Dan John

*Imagine this (go ahead, it's an easy one): You're bored with your workouts. Nothing's changing; you're not getting stronger or leaner or feeling better, and, heck, maybe you'll just take a layoff and see what happens.*

### Chapter 8 : Never Let Go - Dan John - Google Books

*22 quotes from Never Let Go: A Philosophy of Lifting, Living and Learning: 'If it is important, do it every day. If it's not important, don't do it at all.'*

### Chapter 9 : Strength Coach Dan John's Bestselling Book Never Let Go

*'Never Let Go' by Dan John A Book Review by Nichole DeHart I absolutely love to read. I love reading autobiographies, motivational books, non-fiction and anything of the like. A few people have recommended the book Never Let Go by Dan John.*