

Getting in Contest Shape: Interview with Allen Elliot



Adonis Lifestyle



Interview with Allen Elliot

“Getting Into Contest Shape”

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From The Desk of **Brad Howard**



Dear Friend,

Welcome to the [Adonis Lifestyle Podcast!](#)

Inside this transcript, you'll find a lot of actionable information that you'll be able to put to use **TODAY** to help develop your body for maximum visual impact. With that said, here are a few things to remember as you're reading through this document.

1. Our trainings and opinions are based solely on the end goal of creating a body based on proportions and social influence. Just as baseball players, powerlifters, and MMA fighters train for a specific purpose, the techniques, tactics, and strategies we talk about revolve around "looks based" training and not "performance based" training. (although your average performance across most all regimes will, in fact, increase as a whole with our advice)
2. "Health" based training takes a backseat as the recommendations we give create bodies that fall within all of the generally accepted "parameters" for good health (blood pressure, heart health, etc) by default. And, although we do talk about health and aging from time to time, realize that "health" comes with the package, without having to **FOCUS** on it.
3. Our opinions are strictly our own and sometimes are about as un-PC as you can get, but we'll never hide from the truth or try to sugar coat reality. Our job is to help you get in the exact shape you want, with all the BS aside. So, if you think we're a little harsh sometimes... just know we've got your best interest at heart.

So, with all of that said, dive in and enjoy. If you'd like more information on our workout systems, just [click this link](#). We guarantee you'll save a bunch of time and energy in the process.

Your friend,

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Brad Howard: All right guys, welcome once again to you Adonis Lifestyle podcast. I'm Brad Howard and I've got John Barban on the phone and today we're interviewing Allen Elliot. Allen is actually one of the gentlemen who is on our watch list, and he's got an interesting story because Allen used our stuff to participate in a bodybuilding contest. So he's got some interesting insights that he kind of wants to give us and without further ado, I appreciate it, Allen.

Allen Elliot: Thanks Brad.

John Barban: So me and Allen, before this call, we're chatting a bit about what he did with the show. I think this is going to be a bit of a unique case because Allen did a bodybuilding show separate of our contest, and I don't know if any of our guys have done that. So Allen, can you just sort of walk us through when you kind of stumbled across our stuff and then how you used it to get ready for your show, and maybe give guys a bit of what it's like to go through a bodybuilding show, an actual legitimate show and how your training kind of differed from what maybe other guys did, even if you talk to other guys about their training at all, and maybe some of the techniques that you heard about for getting ready for a show because everyone here is sort of interested in that stuff.

Allen Elliot: Okay, great. Yeah, I'm just kind of starting off when I found the Adonis Effect program in the FitnessBlackBook.com earlier this year probably around February or March time frame. I've always been looking just for different standard take off fitness and I was kind of losing motivation in the weight room. I never felt like I accomplished anything after playing sports, it's kind of like what else do you do for the rest of your life. What good it is if you are in shape? And I found the Adonis Effect in

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FitnessBlackBook.com and I just kind of read the emails and listening to what John and Brad had to say and I listened to a couple podcasts.

And then around the March and April timeframe, one of my friends whom I trained with in the gym, she invited me to participate in the first show, but it's different, it's for ladies because she was doing the Figure category where they combined it with bodybuilding. I never did bodybuilding. It would be kind of fun. I had some free time and I decided to just take the plunge. I did a lot of research online. I hadn't purchased the Adonis Effect system just yet and what really culminated, I guess, what you'd call the perfect storm was John sent me the first week of the Adonis Effect.

So I did it and I loved it, man, I just started running with it and then in about 90 days away from my bodybuilding show, which was on July 24th, I made a decision to enter the bodybuilding contest. So I already did about two weeks in to the Adonis Effect, in the Adonis Index workouts, and I really just like the good thought process of it. So I ran with it. I carried the system all the way through. From about 90 days out (from the contest), I finished it. This is the old Adonis, so I got through all 12 weeks, but I chose to stop my third month cycle and just ran Rage. I ran Rage two weeks out from the bodybuilding competition.

So I just really took hold of the Adonis Effect for fitness for my actual workout program. I did that exclusively and I followed a little bit of Brad with Eat Stop Eat and then stuff with nutrition and it kind of helped cover all the other base lines. I was also kind of distracted, maybe even discouraged by some other opinions on the bodybuilding forums, because they all talk about how it's not applicable to normal guys and only for guys on drugs, but I felt safer just sticking with the Adonis concept. Going into the show I felt confident. I had symmetry. The Adonis system is looks-based training and not

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performance, and when you go into the show, it is all looks. That's what they judged you on and that's something I'm looking forward to in this open next year in January you've go, but that's about it. I don't know if you have anything else from that question.

John Barban: Oh no, that's good and I like how you said. There's a key thing you've said there is browsing around on the bodybuilding forums. And even yourself, when you read the advice there and then you choose to follow our systems, it is a bit of a risk. It's a leap of faith because it doesn't quite sound like what we would hear on those forums, but like you said a lot of that information is for guys running various type of drugs and I don't doubt at all that it's likely that what they say there and what they do there probably works better for guys running drugs. Like maybe our system wouldn't work that well or maybe there's something that's better. If you have some tests, if you have some insulin, if you have some GH, if you're running that stuff, maybe our systems don't work. I mean they would probably did work, but maybe the way those guys do it works better, right?

Allen Elliot: Yeah.

John Barban: So I see what you're saying. It's like you're like, "Well, I'm not doing any. I'm not really working out the way they say." So I mean that's interesting that you'd be kind of sitting there and going, "Well, I've got to make a choice here."

Allen Elliot: Yeah, the Adonis Effect is more geared towards natural bodybuilding because that is the most and purest form of bodybuilding competition through this day. And you can even look in that forum and you can see bodybuilding is the only sport

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where they have a natural category and then the drug. You won't see like drug basketball and natural basketball category, so it can be confusing.

John Barban: Yeah, that's a really good point. Could you imagine? We're going to the All-Drug football game versus the Non-Drug football game.

Brad Howard: Nobody would go to the non-drug football game.

John Barban: It wouldn't as much fun, right?

Brad Howard: I wouldn't go. I was reading this the other day, that ever since the big steroid hoopla came out with sports, attendance has been up ever since then. So it's like people know that people are on steroids, so they know that they're going to go and see freaks of nature, so they want to go and see it now.

John Barban: Well, I mean, that's why you go the circus, right? You see the freaks. You don't want to go see the regular stuff.

Brad Howard: Yeah, that was pretty interesting to me that after the whole steroid thing broke out in sports and people are making a big deal out of it that people will become snobby and like, "Oh, I'm not going to watch," and so attendance would actually go down because people were disappointed, but that weren't the case at all. It was actually the other day around.

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John Barban: Oh yeah, so well, that makes perfect sense. It's the spectacle, right? So Allen, how did the show go for you? Walk us through like the day of the show.

Allen Elliot: Yeah.

John Barban: And you know what? Also walk us through your prep towards the end, just the last few days.

Allen Elliot: Okay, great. Yeah, the show went well. The first thing was obviously deciding on the date for the show. That was only when I was available to do it in the summer and I felt that 90 days gave me a lot of free time to make a lot of mistakes. I made a lot of mistakes in my first months. I listened to a lot of advice.

Getting ready for the show was as much physical and mental. There are a lot of times when you have to eat at maintenance or below maintenance. And then sometimes just to be honest with you all I would binge.

I chose to come in the middleweight category, the competition on that starts at 176. I had a background in collegiate wrestling so at wrestled at 174 in college, so I knew that I could get pretty leaned out at 176. But I haven't been at that competing weight in almost two years so, so even with that, beyond that weight was stressed.

Like I said, I ran Rage. Rage is great because it helped my muscle endurance and that's very important when you're on stage and you have to pose. Most people think you can just go on stage and pose like a few poses out, but your whole body is tight the whole time.

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You're tight. You're compact and you don't want to relax because you don't know when any of those judges are looking at you, so running the Rage was vital for helping in my muscular endurance as well as my posing routines and I just prepared for that about two days out, just to kind of get rid of any fatigue or any lactic acid that might have built up.

And then two days after that I kind of went on a water-deplete, very little water. I just ate Jell-O just for substance and I weighed in. I weighed in the day of the show and after that I went home and ate regular because I have to worry about staying at that competing weight. So I weighed in at 175, came in the next morning, probably I got 177, still no water or very little to keep my electrolytes. I was also drinking Pedialyte backstage. I wasn't really on my feet that much just because you don't want to over pump your leg because everything have to be tight when you go on out at that stage .I felt that knowing my body had starchy carbs kind of helped fill me back out, so I might have been tighter on the Friday, but then on Saturday, I was able to fill that out, but you don't want to spill over because there was a risk you got to it on eating those starchy carbs so heavy in the morning.

John Barban: Oh, and spill over, for guys who don't know that, that just means putting back carbs after not eating them for a while and then spilling over meaning it smoothes out your look and kind of wrecks all your definition. So that's basically when people carb deplete and then reload. For some reason some guys, it works fine for bloating the muscle up, and for other guys it actually somehow does a subcutaneous thing under the skin where they just look kind of smooth and watery. And I know Pilon tried that during one of his shows and it actually flattened him out and it's just person to person. I don't know if there is like a specific rule. It's just for some people it either works or it doesn't, and I guess the problem is for first timers, they end up finding at their first show if they spill over or not, and then the unfortunate thing is the day of the show they might look

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smooth and then they wake up Sunday morning in good enough shape to win, and I'm like, "Oh man, I missed it by 12 hours."

Yeah, all right, so go ahead.

Brad Howard: It's just interesting to hear that the endurance part of it and actually using Rage to actually help out with the endurance of being on stage and things like that. I never would have thought of that.

John Barban: Yeah. Like you said, I wouldn't have considered how much of a grind it is up there and like you said, you don't know when the judges are looking. So you want to be as tight as possible. I've been to shows, and tell me this, guys in the crowd like your buddies are shouting, like, "Keep the legs tight, keep the abs tight like all the time."

Allen Elliot: Oh yeah.

John Barban: Yeah.

Allen Elliot: It was crazy.

John Barban: Yeah.

Allen Elliot: They are just calling out positions.

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John Barban: Yeah, people don't realize how vocal your training partners are in the crowd. Everyone is yelling like, "Tighten up the legs, tighten up the abs, tighten up something," because if you're up there and you're like you're huffing and puffing, you're tired, but if you let it go smooth, then you don't look like anything until you tighten back up.

Brad Howard: Yeah, it sounds the like The Price is Right.

John Barban: It is. A bodybuilding show is just like that with the entire crowd because every one in the crowd is just like is the posse and the partners of somebody on stage. Because when you're on stage, you don't know what you look like. Like there's no mirror, you're just hoping you're in proper position, right? And so your buddies in the crowd can tell. They're like, "Oh no, you're letting your legs go too lax. Tighten them up. You're letting your abs go too lax." Oh, explain to us how you learned how to pose.

Allen Elliot: Oh yeah, that's a great point. About two weeks out from the show, again, my friend Michelle, she helped me out. She took me or provided me some posing workshop and I partnered up with a natural pro body builder, his name is Rodney Helaire. His website is ArchFitness.com. He's out in Savannah, Georgia, so he came up to the middle Georgia area and hosted a posing workshop. We went over all the mandatory poses. He explained to us the posing round, and then he gave us some tips and guidance as far as how to practice.

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So I took those tips home from that posing workshop and I had developed the routine. I would do the Adonis Effect workout in the morning and then when I got home after work I will either take a break, maybe 30 minutes I would chill out, and then I'll do a pre-pump up and then I hit my posing routines very consistently, maybe 30 to 45 minutes just in front of the mirror flexing, holding all the poses and about two weeks away from the show, I weaned off of the mirror because it's then like John and Brad said there's no mirror on stage so you don't know what you're doing. So I just kind of weaned off of the mirror so you wouldn't be looking for it on stage. That was the biggest change I made in my posing preps.

John Barban: You have to get to the point where you know what it looks like without looking at it.

Allen Elliot: Yeah, that mind-muscle connection really enhanced it, and I felt like it even enhanced my workout charge. When I'm going through the week, I'm rotating this Adonis workout, it's heavy shoulders and it's all focused on visualizing that my shoulders are going to look like, and my back is going to look like with curls, just visualizing that and then remembering what the poses actually feel like with that mind-muscle connection when you do this training and doing that posing prep.

John Barban: And that's an interesting thing in the podcast I did with my buddy, Dr. Geoff Dover. He said that there's research on being able to train the muscles you can see better than the muscles you can't see, because you can create that mind-muscle connection by seeing it in the mirror. So it seems as though when you're looking at yourself doing curls, just anything you can see in the mirror, you seem to be able to flex that muscle better than for instance just doing back like lat pull downs because you

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can't see it. So I try to tell guys to put your awareness in the muscles. So try to think from the muscle. Think of what it feels like. It's the same thing that you were saying, like make that connection. Think of what the muscle feels like and then feel it contracting.

When I was on the powerlifting team, they taught me to not squat facing the mirror, but squat facing back into the gym and just feel your legs. Don't look, feel. And I was like, "Yeah." And over time you learn to know what it feels like and ironically you need to see the muscle to make the connection, but then you need to be able to do it without looking at it, like what you were saying, no mirror, just on stage.

Allen Elliot: Yeah.

John Barban: Those are some pretty good points. Okay, and so you ran Rage up before the show, and again, like you said that was in the summer, and you had an interesting point about entering our contest. Obviously, you ended up on the watch list because your before was pretty good too. I mean, your final look is great and you will be great in the open, but again this was a Transformation contest and you went from looking great to looking great. Explain what you did for that.

Allen Elliot: Yeah, I had always wanted. I've been in contact with Brad through Twitter and Facebook, but just as a token of my appreciation, I felt like I was obligated to enter the Transformation contest. I knew going in that I always have that and I always agreed with you guys a lot about staying within striking distance. So even after the show I

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didn't go completely crazy. I probably fluctuated from 176. I went always back up to 180s, 190, 195 and then I kind of tailored back down.

But when I heard of the announcement of the Adonis Transformation contest, I felt really confident in being able to really just focus on AI. I didn't have to worry about the poses anymore. I could focus solely on the workout and tailor in what my shoulder-to-waist ratio would be. One thing I did realize though is that I began to hit a lower limit in my waist. It wasn't going to go below 30 inches, but my actual water weight keeps dropping, which would kind of hurt my shoulders. My shoulders could go down lower than I wanted to and my waist stayed the same.

The first two months of just hitting the gym and getting ready, the last month was all water management. What volume I'm always the best at, what body weight are my shoulders must be filled out because my waist was pretty much intact. So from there I took the same philosophy and ran Rage again two weeks out from the end of the Transformation contest. I figured it would hit again on my shoulders. I started out at 48.75 and I lost an inch and a quarter about two weeks before the show, but the interesting thing to know is my competing weight in July was 176, but my weight, as I said for the contest was 182, so I'm actually close to my AI heavier weight than I was at that lower weight.

John Barban: Interesting.

Allen Elliot: Those are some of the things that I experienced. I kind of charted it, my calorie count. I kind of ate the same thing, I ate pretty clean. I got it down hard (during the week), ran on Friday and just kind of relaxed on Saturdays and Sundays, but my cardio increased a little bit and I believe that probably is what hurt my shoulder a lot,

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maybe the cardio because I was training for a military PT test, so I had to keep running, but I felt that the Adonis workouts is what sustained that than I would have taken a hit a huge lot on my shoulders.

John Barban: That's interesting. You had two things running there. How much extra cardio were you adding because most guys don't really know what to do there?

Allen Elliot: I would say I'm kind of a freak because my goal was always to be flexing. I never really wanted to be a massive guy. I was just kind of going for what Rex had talked about, the Hollywood look, where you can look good all the time 24/7. But to be totally honest with you I was running probably two to three days a week in excess of five miles so that's why my calorie count was higher. Just to tell you why I was doing that, I was training for my Air Force PT test. It's a 1.5 mile run, but I had to get my cardio aerobic threshold above that so I had to run extra and then on top, I would do speed drill workouts. So I was doing my cardio.

John Barban: Right, so you have a lot of an extra cardio that a lot of guys probably wouldn't be aware of or think of doing.

Allen Elliot: Yeah, totally unnecessary, but...

John Barban: Totally unnecessary for the look you're saying.

Allen Elliot: Yes, yes.

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John Barban: But you had to do it. You just do what you've got to do, right?

Brad Howard: Yeah, so let's talk with kind of how you ate. I mean, you said you're eating clean, but overall what were some of the things that you found that helped you out? I mean, obviously you talked about that you binged a couple of times.

Allen Elliot: Yeah.

Brad Howard: I mean, that's nothing new, but what was some of the protective measures that you found for yourself that kind of worked? Maybe some of the mindset tweaks that you did, or some of the foods that you had to keep out of the house?

Allen Elliot: Absolutely. My binging heavily changed while getting ready to doing my body building a lot and one of the triggers I found there was either not drinking enough water, so my goal was to drink a gallon of water a day, but at night time I felt like I would binge. So it's either A, I didn't drink enough water during the day, or B, I maybe missed a meal somewhere and my body was craving something that I am missing up on my vitamin or nutrient standpoint and what I felt that helped compensate that was getting a sugar-free Jell-O because at night time, you're not going to try to get a meal or so rather than reaching for carbs when you are like having sweets, you just pop the Jell-O. It's water, only 10 calories. It pretty much came down to, if it wasn't in the house, I wasn't going to eat it.

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Brad Howard: Right.

Allen Elliot: And throughout the week, again Monday through Friday is when I went hard and Saturdays and Sundays I would ease up. Throughout the week, Monday through Fridays, I would have a workout from maybe seven to eight and I felt better if I do not eat at least 90 minutes or two hours after I do that. I felt like even my blood level was up or maybe my just human growth hormone was elevated, so I was trying to melt that fat burning, and then I come in and maybe do a light protein shake, maybe some oatmeal with some egg whites and then for lunch time I would carb up with more Jell-O or some like flat bread or some tortilla wraps, but everything was high fiber. I was trying to shoot for at least 20-30 grams of fiber.

On my leg days I would always carb up in the afternoon, but if it was just a traditional just upper body, I would carb down so I would eat oatmeal twice on that day because I felt like more sustained and then if it was just a regular lift, and it wasn't leg and I wasn't doing cardio, I would eat something maybe like salad with egg whites closer to seven to nine and I'll try to let that be my last meal. My snacks throughout the day would be just like Quaker rice cakes with 100-calorie pack.

And about six to ten weeks out from the actual show, I did this twice from the bodybuilding show and from the Adonis Transformation contest, I eliminated all fruits, dairies, cheese, milk. My cousin was telling me that cheese, dairy, yoghurt, fruits, they will help sustain you in between bodybuilder shows when you actually are trying to peak to look your best. That stuff is going to keep you smooth. You'll be big, but you will be dry and hard. So with only six to ten weeks out and that really helped get all that water

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and stuff out. It helped you get ripped, and then if you want to run a diuretic that was completely optional. It's just depending on how you look.

John Barban: Yeah, that's interesting. Everyone else had some kind of similar thing where they tightened it up towards the ending, and then a lot of guys had a similar thing where their diet was a job, so to speak, from Monday to Friday. That's where like the heavy lifting for the diet was done and everyone seemed to loosen up on the weekends too. It seems to be a consistent thread.

Allen Elliot: Yeah.

John Barban: You've got to stay sane, right? You can't be seven days a week, much less for 12 weeks.

Allen Elliot: Oh, no way.

John Barban: Yeah, I don't know how anyone would actually do that every single day. I had a couple of buddies who body built and they did a couple of shows and every now and then, he would just be like, "I'm ordering an entire pizza right now." I'm like, "Really?" He said, "Yeah, I just have to do it." I'm like, "Oh, all right because if you have to, you have to."

Brad Howard: How about I help you out with those calories, I'll take two slices up front.

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John Barban: Yeah, this isn't for me, this is for you.

Brad Howard: This is for you, bud. That's funny. Yeah, I remember we used to, way back in the gym biz, we would have a member appreciation days and stuff like that and it was always easy to get pizza because pizza is very cheap to make, so the local pizza joints would just give it to us, all right, in order to get it in there for advertising. We'd have like 20 pizzas in there, man, and people would be passing by and all pissed off at us because we've got pizza in the gym and everybody is like, "Man, I'm trying to cut up. This sucks."

John Barban: It's so tempting.

Brad Howard: Oh, it was awful. I was like, "We are totally just wrecking these guy's days." Because they come in and want some type of sanctuary from the day and they get some stuff done and now the next thing you know, there are just loads of pizza in front of them. It was great, but oh man.

So what was the biggest, I don't want to say problem but challenge? Was it more building muscle or was it dropping fat?

Allen Elliot: It was dropping fat, mainly around my waist line.

Brad Howard: Okay, where did that get up to?

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Allen Elliot: My waist line?

Brad Howard: Yeah.

Allen Elliot: It probably started off at about 34, and then I was able to get back for me the striking distance is 32 and I realized that at 30 inches is when my waist pretty much I'm not going to lose any more there. I liked to plan my meals and used Brad Pilon's Eat Stop Eat philosophy, that kind of helped carry over that caloric deficit where you know fat burning was taking place.

Brad Howard: Right. So at what point did you notice that your waist measurement kind of detached from the amount of weight that you had lost?

Allen Elliot: Okay, I figured the question. I find, and this is back in striking distance, like for me, I try to walk around 190. Anything over 190 is when I start to kind of really let myself go, but somewhere in that 185-188 window is when the waistline really starts to detach and you start to look sharp, and a good example is you could look good in the morning, but by afternoon you could just become smooth out again. But when I was getting down into the lower 180s, I look great in the morning and then I still look good in the afternoon. So I knew that's when it started to come together for me.

John Barban: And then there's not really a fluctuation on the scale at that point between the two looks.

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Allen Elliot: Oh no, we're talking maybe less than one pound difference, morning and night.

Brad Howard: Yeah, that's kind of what I'm looking for is because what we're finding is like there is a certain point where that five pounds per inch of waist for a lot of guys, but there's a certain like waist level where that completely becomes irrelevant and we're trying to figure out what that point is because you get to a point where your waist gets to... let's say my waist is 32 right now, and anything below 32. So if I wanted to get down to a 31 it wouldn't be another five pounds, it might only be another two pounds or something like that.

Allen Elliot: Yeah.

Brad Howard: So that's kind of what I was looking for is that what point did that start to happen for you?

John Barban: How tall are you?

Allen Elliot: I'm 5'11.

John Barban: Yeah, so your goal waist is somewhere between 30 and 31 or something?

Allen Elliot: Yeah, probably about there.

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Brad Howard: Yeah, about 31. Yeah, you're the same height as me. So yes, so probably right at 32, if I'm listening to you correctly, right at 32 is right when it kind of started to detach and maybe an inch above what your golden waist would be where that math kind of comes apart.

Allen Elliot: Yeah, that's true.

Brad Howard: So what we're trying to do is trying to kind of future project for guys so they understand what they're getting ready to get into. Because it's kind of scary, I mean, heck it's scary enough when you're sitting there at 190 and then you drop down to 180 and you're like, "Holy shit, man. My waist isn't there yet. I got another two inches to go. Does that mean I got another ten pounds? Does that mean I'm going to rock into 160s?"

John Barban: Sorry, I don't know if you've already said it, but when your waist is getting that tight and you're like, okay, there's just nowhere else to go on the waist and you don't want to take a hit on the shoulders, what do you do to try to keep the mass in your shoulders while you've got your waist down?

Allen Elliot: Yeah, it really just came back down to water management because water could make or break your look. Water management became really important. So I would weigh myself in the morning and I weigh myself in the afternoon, and then I'll just look at myself in the mirror. It's going back to that mind muscle connection, like you get so involved in the posing, but just that I could just look at myself and can view them a

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pound or half of pound of where I weigh before I even step on the scale. It even turned into a game. So then I would use that number, like assessment on the scale was 186 and then I think about how much water did you drink today, and that's kind of what I did to stay within maintenance. So I said, "Okay, I look good now. I'm at 184 and I know my waist isn't going to go down anymore," and listen, this is part of the answer, "how low can I go in my actual weight poundage without taking that hit on my shoulders knowing that my weight wasn't going to change." Does that make sense?

John Barban: That makes perfect sense because like we just said the waist detaches from the weight. When you know that you can't actually make the waist any better here or smaller, all you know is all it's going to do is destroy the shoulder mass by trying to go any lower.

Allen Elliot: Exactly, and that's why I chose to go weigh in heavier at 182, six pounds heavier than my bodybuilding competition weight because I knew if I had lost this six pounds I was taking a gamble. I knew I wasn't going to lose it on my waist, but I'll probably lose it on my shoulders, so I just chose to stay big.

Brad Howard: No I was going to ask, what are the kinds of insights that you have, I mean, just as far as your personal life and things like that? Has anything changed either with the way you view yourself or even with some of the things that other may have said, both positive and negative, some of those hurdles that you had to overcome socially?

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Allen Elliot: Yeah, that was a really good question. I had a confidence in the workout and my personal self-esteem, but I was really over-conscious about how my friends and families would react to me doing a bodybuilding show, just because you've got different mindset and philosophies out there. But I was like, "Man, I'm going to go ahead and do it." But I really just kind of kept it close to me all the way to maybe a handful of friends who I knew wouldn't like blab and I didn't put it in on Facebook, and I just told to friends and families and then after going through the show, I really wished I would have chosen more people or told more people. But then after a while, I released some photos on Facebook and I kind of told people about the competition and that really was kind of like coming out of my shell because I got a lot of props. You always have haters because you've put in the work, they didn't and they're just hating on you. But I got a lot of positive feedbacks and maybe some unwanted attention.

Brad Howard: Yeah.

Allen Elliot: So it's been fun, man. It's great. I had a total transformation. That's how you sum it up.

John Barban: Okay, and walk us through. How did you train before us?

Allen Elliot: Growing up in high school, middle school, I kind of started lifting weights and it was all geared towards performance, athletic performance, and I guess the big philosophy back then was bigger, faster, and stronger and you just keep growing up. It was like, "Oh, I can bench more than you. I can squat more than you." Well, what was the goal? The goal is just to be able to go to the gym and lift more weights. It wasn't

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the health, but for performance sport. I was really frustrated with it because I wasn't always like the biggest and strongest, but I felt like I looked better than most. I watched what I ate and I really enjoyed the workout. It was beyond performance sport, but I actually enjoyed lifting weights.

And after kind of stepping out of that athletic realm, I kind of got distracted there even doing standard work. I was like, "Why am I going to the gym? Now why? What am I trying to achieve?" I even thought it might be cool to start deadlifting. So at the end of December of 2009, I was deadlifting really heavy, but I had poor technique so I actually hurt my back, and that's when I stumbled upon FitnessBlackBook.com because I really like their philosophy "You don't have to come in and lift the house to look good. If you want to train, this is how you train." And then that's when I found you guys with Adonis Effect. Now, it just makes sense. This is the ultimate goal to reach forward. You're going to look your best and everything else is a byproduct. You're going to have the health, stamina, and strength. This is actually a measurable goal. You can walk in the gym and ask anybody, "Why are you in here? Or what's your goal?" But they can't tell you.

If you ask me, I'll say, "Hey, I'm shooting for 1.6. This is my shoulder measurement. This is my waist measurement and this is the workout I'm doing today." So it just gave me a definite purpose and something to shoot for. It's kind of like a lifestyle, the Adonis Lifestyle.

Brad Howard: Yeah, you know it is funny is that Mark Twain said, "There are two reasons a man will do something, the reason he'll tell you he did it and the real reason."

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John Barban: That's awesome. I like that, and most guys in the gym aren't telling you.

Brad Howard: Yeah, they're not going to tell you that. They're not going to say, "Yeah, I'm doing it to look good." They're like, "Oh yeah, I'm working to peak my bicep."

John Barban: Just call it the collective fitness industry. Everybody who is working out is bluff. We're like, "I know why you're here, and it's not to be able to do curl standing on a Swiss ball. Functional training is a load of BS. You're here because you want to look good that's why."

Brad Howard: And you know what the best part about it? I think you said it best too, John, back when you were in Florida. Didn't you have some input with the guys on the basketball team back when they won the national title or whatever?

John Barban: Oh, yeah, yeah, in the beach workout.

Brad Howard: Yeah.

John Barban: Oh this is great. For the Florida Gators basketball team, their team trainer had a bunch of functional stuff he wanted them to do, which makes perfect sense for top level basketball team because they need to be functional. It's not about looking good. It's about being functional and they hated the functional training, right? And so what he did was he treated them to a bicep and chest workout, if they got through their functional training. So they call it the beach.

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He had to cut a deal with his players. He's like, "Look, if you guys get through the functional training half, you can do your biceps and chest and shoulder workout." And that's when they perked right up because they're like, "No, no, no, we want big arms and big chest. We don't care about like all the jump training and all the agility training." Because that stuff doesn't make you look any better. It just makes you perform better and they're like, "I want to look good." Because you've got to remember these are still 18-year-old guys or 19-year-olds, they want to be the man. They want to look good. They don't care if they're functional, and so even them, and the trainer knew it. He was like, "Oh man, they just want to look better. So I'll let them do the body building." But he's like, "For me, I get paid to make them perform." But even then they get the difference. They're like, "Yeah, I'm a top-level athlete, but I don't care. I want to look good."

Brad Howard: That's kind of the funny dichotomy is that the people that are supposed to be doing that stuff don't want to do it. They'd rather do the stuff like what we're talking about, the people that actually need to functional training don't want to do it.

John Barban: Yeah, exactly. Why is the average gym rat doing functional training? What are you doing? For what? Your rec softball league? Like, come on, seriously.

Brad Howard: Yeah, it's just funny, man.

John Barban: Anyways, that's enough for ripping on functional training. So Allen, where are you headed from here on in? What program are you following? Like where

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are you in the program or what you are doing? And I'm assuming you're doing the open, right?

Allen Elliot: Oh totally, I'm hitting to win it.

John Barban: Yeah.

Allen Elliot: I took Thanksgiving off. I ate good. I was home for the holidays so I didn't want to skip that. And I'm getting back into it, I'm in week two of the Adonis Strength Endurance and now, I'm not as heavy cardio because I took my military PT test. That's water under the bridge. So now I'm going to really focus more on the actual lifts and less cardio, and right now I'm kind of running two day split, like Saturdays and Wednesdays, so I lift at Monday and Tuesday. I'll take the day off and I'll come back in on Thursday and Friday and I might do a bit of cardio just so I don't go Saturday or Sunday dormant, completely no activity.

John Barban: And so you're just going to run 3.0 from now until the show?

Allen Elliot: Yeah.

John Barban: Okay.

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Allen Elliot: And if I have to change to gain and climb over, maybe within the last two weeks and maybe I will be just off load whatever where I'm at and run Rage and then tighten up.

John Barban: Which Rage do you do? The pyramids or do you do different ones?

Allen Elliot: I only got into the pyramids. I haven't even touched the Fibonacci or there's another one, right?

John Barban: Oh no, the Fibonacci pyramids are that one, but the Progressive Supersets are the next one.

Allen Elliot: Yeah, I have not gotten to those yet. I might switch off and do that.

John Barban: Yeah. I think for glycogen depletion, that one will hit you even harder.

Allen Elliot: Okay.

Brad Howard: Yeah, I think at times that's nasty too.

John Barban: Yeah, I don't know which one is, but I think that Progressive is the worse.

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Brad Howard: Yeah.

John Barban: By worse, I mean probably the best. I don't know on what the word is.

Brad Howard: Worse is good.

John Barban: Yeah.

Brad Howard: Well, that's funny. Yeah, like I said, have you got anything else? I guess we pretty much come to the end of this thing. I mean we could drag this thing out and kind of add in some stuff.

John Barban: No, that's pretty good. I mean, those are pretty good insights, I guess. Allen, do you have any tip or two for everyone that you'll be competing against or for guys getting ready with a mistake that you made at your show that you maybe learned to correct for the Adonis Transformation that you would pass along to everyone else?

Allen Elliot: Yeah, as far as the mistakes go, you just make them as early possible so you have time to recover. Always have a good attitude and a good work ethic, but if you're getting started, you probably want to have an accountability partner. Somebody who knows that's going to be at the gym or somebody who is going to keep you accountable to your goals, and even your diet. The diet is everything because that's going to determine the majority of how you look.

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The only other thing I would recommend is if it's not in the house, you probably won't eat it and just depending on your lifestyle that might be easy or hard for you, but just have a contingency plan like what kind of worked for me again was one of the reason for a quick snack late at night, you can have a snack there that's not going to set you back as far as.

John Barban: So instead of cookies, just have some apples around and at least you know when you have that craving you'll just grab an apple instead.

Allen Elliot: Exactly.

John Barban: That's a good advice.

Brad Howard: All right, guys.

Allen Elliot: Thanks for having me.

Brad Howard: Yeah, no problem, man. All right guys. Well, for John Barban, I'm Brad Howard and that's your Adonis Lifestyle podcast.

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