

Adonis Lifestyle



"Adonis Index Transformation Interview Dan Richardson: How I did it!"

BEFORE



AFTER



Interview with Dan Richardson

And Determining Life After AI...

This document Copyright 2010 [Adonis Lifestyle](#) LLC.
All Rights Reserved. You have our explicit permission
to distribute this document as long as the document,
remains wholly intact and unchanged.

(In other words, spread the wealth, just don't change the message)

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,

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 4 of 46

Brad Howard: All right guys, welcome once again to your Adonis Lifestyle podcast. And today is going to be a special podcast. We've got Dan Richardson on the phone and obviously I've got John on the phone as well, and we're going to be talking to Dan because he made an amazing transformation. So Dan, I really, really appreciate you being here, man.

Dan Richardson: Yeah, it's good to be with you.

Brad Howard: Yeah, let's just skip the BS. The big thing I want to know is just right off the bat is, why? You literally took it to the house on this one. I mean you entered the last contest. You did really well and then you just ran with it and it happened. So holy cow, by the way, but what happened, what clicked? What was the thing that just all of a sudden you're like, "All right, it's go time."

Dan Richardson: Well, I think there were a couple of different things. I think for a long time I believed that I was just a big guy. I believed that I was big boned and that I could never change, and the last contest when I started to see this progress and then I won the BURN category...I had started watching Jason because I had known that he had won before and watching the progress that he was making and seeing the progress in my journey and I just started to realize that I had the ability to do this. So from the end of the last contest through the summer, I basically maintained. I tried as hard as I thought I could to keep dropping and keep transforming, but I basically just stayed the same until the beginning of this contest.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 5 of 46

And it was Day 5 and this was the crazy thing, I actually wrote this down on Day 5. I kept a log. I basically talk to myself every week telling myself that I could do it. It's a little bit crazy and insane, but on Day 5, Jason, the winner from the last contest started smack talk on the forum and basically just asking who could do it. Who they thought could do it? Who they thought they could win, and all of a sudden, I made this crazy declaration, "I said I'm going to win. I've got this." And he said, "Oh Dan has made the claim. He's going to take it," and then everyone else also piped in, "No, I'm going to take it." And there was just something inside of me and I actually went to bed that night, and as I was lying in bed beside my wife and she was almost asleep and I just said, "Do you know what? I'm going to win. I promise you that I'm going to win. I absolutely know I'm going to win." I couldn't sleep. I woke up in the middle of the night looked at the clock, ready to get to the gym just because I was ready. Essentially, part of it was the competition side of it because now I had made this declaration and I had to back it up, and I just wasn't prepared to lose. That was a big part of it.

Brad Howard: Yeah, I mean one of the big things that we've run into all the time is definiteness of purpose, and once you decide because people never really decide to do things. They kind of have maybe half a foot in and they kind of give themselves a way out, but there just comes a time when people just decide.

Dan Richardson: It is.

Brad Howard: I mean, there have been things like that. It happened for me like that in business and just other things where it's almost like throwing the gauntlet down where you get this feeling in the world where when one decides, I think it's easier at that point because all the decisions make sense.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 6 of 46

Dan Richardson: Well, yeah exactly. I mean, I think in Week 4 or 5, I threw my back out. I don't know, I've got this 80-year-old hip it seems and it just seems to slip out. I was doing bent over flys with 15-pound weights of all things doing triple raises, and I just went to bend over. I was doing a little too fast and threw my back out, and I was out for two weeks. I couldn't work out for one full week, but I was like, "You know what? I've already won this contest." I know that sounds incredibly cocky, but I just believed that I had already won, and so that week I ended up losing four pounds without working out. I just cracked down on my diet and just said, "There's no way that this hip is going to hold me back from reaching my goal of what I've set."

John Barban: That's a great insight because DD did that in the previous contest. One of his major insights was if you're not on your training it doesn't mean you don't have to be on your diet. Like a lot of people when they fall off the training wagon, they fall off the diet wagon immediately. It's like, "Well, I missed my workout, let's eat a pizza."

Dan Richardson: Yeah.

John Barban: It just happens to a lot of people, but he said one of his keys to winning was don't let that happen. Just because you missed a workout doesn't mean you can't still pay attention to the intake and clearly that helped with you too.

Dan Richardson: Well, I mean, you guys always say that diet is 90% of what you do. I don't know if that's the right percentage, but that's what I feel like anyways. Like I said earlier, I've worked out for 10-15 years just slugging away and staying at the size that I

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 7 of 46

was at. When you see in my before pictures, this is what I thought. I thought one day my muscles will pop through my fat.

Brad Howard: Right.

Dan Richardson: That's just ridiculous. That's the most ridiculous thing you could ever think because you work at that for the rest of your life and it will never happen.

Brad Howard: Yeah. It's kind of unfortunate just kind of knowing that. I mean, like me particularly what I believe now is as far as nutrition versus working out, I mean I know for a fact that obviously you can lose tons of weight without working out, but you can't lose any weight unless you don't pay attention to your diet. So the way I look at it, it's a hundred percent nutrition.

Dan Richardson: Yeah, there you go.

Brad Howard: Yeah, I mean it's not an even percentage. I mean it's like a hundred percent nutrition because there's just proof all across the board. I've seen it in studies and I've seen it just in real life that unless you somehow get that under control, it just doesn't happen. And it's because you're going to eat to your activity levels, if unchecked.

Let's talk about some of the things that you had to overcome socially. Let's talk about some of the other people in your life. You were mentioning some things about in the

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 8 of 46

gym, but we also talked about obviously with Thanksgiving. Well, I'm not sure, but it's getting in the holiday season, so you run into family and friends a little bit more kind of what their perspectives had been, are they positive or negative. Let's talk about that for a minute.

Dan Richardson: Yeah, well, with people that I don't know, everything has changed. Everything has changed inside of me. It's the most difficult thing to explain except I'm kind of an introverted type of person. I hate looking stupid, and given my profession, it's kind of weird, but when I get on a stage and I'm talking in front of 200 or 300 people, I kind of light up and that's my thing, But when I'm talking one on one, I hate being awkward so I just try to avoid those situations.

So in the gym that's been my thing throwing in the ear buds and go and do what I'm there to do, but now things have changed where my confidence level has just skyrocketed and I'm starting to see people's reaction to that. Actually you guys mentioned it today I think that you can see the change in people's face. I mean, my face is obviously a lot different, but there's a feeling like you said Brad, less stress and when you said that, I was like, "Exactly, that's exactly it." Like the feeling of (I think Jason said in the last contest) having this part of your life handled is huge. I went out for lunch with someone...(This last week was a total pig out week and I totally destroyed myself, but I'm back on track now)...but we're out for lunch eating and she was talking about being so happy that I wasn't anorexic, and I was like, "What are you talking about anorexic?" She said, "I thought you might take it too far and that you wouldn't be able to recover...that type of thing." And I thought, "What do you mean, I'm in full control of what I'm doing. Is it a little extreme and not sustainable at this level? Probably not."

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 9 of 46

But I explained to her like before walking into a restaurant at close to 250 pounds my thought was, "People are going to look at me. People are judging me. They're critiquing me." And my thought was always thinking about what other people thought about me and I told her when I walk into a room now I'm not thinking, "Now, I got a hot body now. If only I could take my shirt off." I'm not thinking that at all. In fact, I'm not thinking anything about how I look because it's not a concern of mine anymore because I have that area handled. It doesn't matter, and I know how to maintain it. I know how to keep it. I know the sustainability of it, and so that affects everybody else around me because now they have my full attention. I'm not insecure thinking about what they think about me because now I can honest say I actually don't care because it's your opinion versus what I know.

Brad Howard: Right.

Dan Richardson: And so in rooms of people where I don't know anybody, there's almost a magnetic draw or just...attraction. I don't know what it is. In rooms full of people that I do know, I mean this was a dramatic drop for me in three months. I've lost, I don't know what it was, 31 pounds. At that time I was 172.8 when I started, and I ended at 141.2 or something and that's a huge drop.

I kept measuring myself against Jason and saying, "Holy crap, I don't have near as much muscle as I thought I did." And to be honest, I probably could have dropped even further, but I was so spent and drained and mentally shot, and I was like I can't even get anything better than this. But that transformation, like with what I do for a living, standing in front of people talking every week, I literally changed my appearance every single week. So I would show up and they would say, "Oh my goodness, what's wrong

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 10 of 46

with you.” There are people talking about me behind my back and wondering if I’m sick, if I’m okay, whatever, and now that I’ve shown them the pictures, they’re like, “Oh okay, it wasn’t actually as bad as I thought it was.” And now that they know what I’m thinking about doing in the future they’re thinking, “Oh okay, maybe it wasn’t as bad of a thing as I thought.” But it’s just crazy how their perception of me was negative as if being hyper-disciplined and having structure in my life was a bad thing.

Brad Howard: Yeah.

John Barban: And isn’t it odd that they didn’t wonder (Now, take this in the nicest way possible) but that they didn’t say when you were pushing 250 pounds, how come they weren’t saying are you sick then? Or is there something wrong then? Isn’t it odd that people just accept the fact that people gain weight basically throughout their whole lives, but as soon as anyone loses people start wondering what’s up.

Dan Richardson: Well, that’s what I told this couple that I was out with. They said why is it that when someone has an addiction, which I honestly had and I knew I had before I started this process is that I can’t stop freaking eating food and I just love it too much and I’m hooked. It’s just like any other addiction and from my perspective, I said, “Why is it that they’re not considered being sick? Why is that not an addiction, but I’m addicted to losing weight somehow? I don’t understand it, and yeah, it’s weird.”

John Barban: Well, I think the root of it is humans recognize that weight loss isn’t accidental or inadvertent or not on purpose weight loss is associated with disease.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 11 of 46

Dan Richardson: Yeah, exactly.

John Barban: Medically we lose weight in disease states. So when someone goes out of their way to lose weight and it's not a disease in a disease state. Even including anorexia is one of the disease states, and all you think about in your head is, "Well, weight loss typically means sickness." Unless you go out of your way to label it as body building or something, and this just goes back to having an identity for it...you can't even lose weight without an identity to lose it within. So it's like, "Oh they did a contest. Oh, I'm entering some kind of physical event where I have to be in a certain weight class." Unless you assign an identity to your weight loss, it seems as though people can't accept the fact that what we do we just do without an identity. Well, I guess maybe not. I guess this one has the Adonis identity, the contest or whatnot, but if someone just says, "Yeah, I'm going to eat less and lose some weight," other people struggle with that. They are like, "Oh what do you mean? Is it just for a contest? Do you need to make a weight class, that sort of thing?"

Dan Richardson: Well, what's interesting is I didn't advertise that I was in this contest to anybody until I got sick and tired of people talking to me about it and saying, "Are you okay? You need to eat. What's wrong?" So I said, "Okay listen, I'm in a contest and I'm going to win and so leave me alone." And as soon as I told them that I was in a contest, they're like, "Oh okay, so are you going to gain weight afterwards? Are you going to gain it all back, right?" I'm like, "What do you mean I'm going to gain it all back? Why would I choose to pack 30 pounds of fat back on? Like I'm trying to lose it on purpose, why would I gain it back so that you can be happy with my appearance (or like you said before) so that you can be happy with yourself and feel good about where you're currently at so that you don't actually have to change with me?"

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 12 of 46

John Barban: Or so their world view where you used to be the big guy is back.

Dan Richardson: It's restored, yeah.

John Barban: Exactly.

Dan Richardson: That's what people are saying. At the beginning they're saying, "I want Fat-Dan back." I'm like, "Fat-Dan is dead, folks, sorry. He's not coming back. I promise you." And now maybe there's a little bit of animosity or bitterness, I don't know, but it's like, "Okay now, I got to prove to people that I actually know what I'm talking about and that I can keep it off because it's simple science, BMR, eat under BMR, once you're at the weight that you want to be at, you eat at that BMR." I mean it's like so simple, but people don't get it. They think that once I get down. I mean, when they hear I'm at 140 pounds they practically pass out, but they think that now I'm just going to start eating like I did when I was 250 pounds and I'm like that's why everyone else gains their weight back. That's just pure ignorance. You don't understand the process. When you understand the process, it's quite simple actually.

Brad Howard: Yeah.

John Barban: Well it's the difference between following rules and having true understanding. Following rules; if you follow whatever the rule is of the current diet dogma to lose weight, if you don't really understand what you're doing and what it was

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 13 of 46

doing, then you're like, "Okay, the weight is lost. I'll go back to how I used to live." Well, you should be at how big you used to be. People forget that there are three levels of eating or three, I guess, levels of how you're going to be.

- There's the way you lived and ate that made you overweight.
- There's the way you live and eat that helps you cut down or allows you to cut down, which is itself meant to be a short-term thing.
- Then there's the third way to maintain, and that's the part that people leave out.

On the way down, you probably had a pretty good way of guessing or experimenting with what you thought your BMR is and now you experiment eating to it and holding it and you've already done that from the last contest to this contest. You kind of maintained it.

Dan Richardson: Yeah.

Brad Howard: Yeah your goal is to shed off this fat as fast as possible because it's a crappy process. It sucks. It's not easy. I mean it's literally torture. Let's not sugar coat it, it sucks. So why would you intentionally try to lengthen the process. In my perspective, get it off as fast as possible and then people are like, "Well, that's a crash diet. People will just gain it all back." I said, "No, uneducated people gain it all back."

Dan Richardson: You guys talk about this all the time and I had to make a conscious decision of what my goal was and what I was going to do and trust that this 10-15 years, whatever it is that I've had working out and what I've done with Adonis up until now

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 14 of 46

would actually show up in the end, and so what I chose to do is cut really hard. I probably didn't consume as much protein as I needed to build muscle, but I chose to say, "Okay, what I'm going to do is maintain what I've got and cut this fat as fast as I can." And that, in the end, was the end result of what I had, and now it's just a matter of maintaining my weight and maybe eating a slight deficit to keep making sure that I'm cutting fat. But now it's just a matter of eating more, eating more protein and building muscle. So I had to choose, I'm going to cut fat first and then I'm going to build.

You can talk to any other guys in the forum and that's one of the hardest things to get your mind around, and I argued with myself and fought it too like, "What's going on? Is this going to be enough? Is this going to be enough? Is this going to be enough?" And then I just had to make the decision and stick with it and obviously in the end it paid off.

John Barban: And tell me, isn't that a crucial thing to free up your mind space, it makes it less stressful to just have the one target.

Dan Richardson: Yeah, absolutely. Well, I just had to say to myself, "If this isn't enough then that's fine." And I realized that if some other guy got first place, even though I had declared that I was going to win that he freaking earned it because I knew that. I mean, I have my wife in my corner. She is doing her own little mini-contest alongside of me to lose 12 pounds in 12 weeks and she hit it. But having her right beside me pushing me and I'm pushing her to keep moving that was a huge thing, and, yeah, I just had to make that decision and once I made the decision, I had one focus, one goal, and if it was enough, it was. If it wasn't, it wasn't and that was it.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 15 of 46

John Barban: And you don't play mind games with yourself like, "Oh, maybe I should try to do some heavier sets here."

Dan Richardson: Yeah, exactly.

John Barban: You're starting to worry about the whole muscle thing. Yeah, I mean, I'm 100% on board with what Howard says about just get that fat off as fast as possible, and then from there, as you're working out and you can see your muscle finally, it's cool. It's cool when you start building. You're like, "Hey, that is getting bigger. I can see it."

Dan Richardson: Well, I feel huge in the gym right now, and it's weird. Actually, being able to see myself, my body, what it looks like, I can lift heavier because I feel it and see it.

John Barban: That makes sense.

Dan Richardson: But with that, like Jason did this blog early on in the contest or even before this contest and he just said, "The fat loss needs to be a sprint and building muscle is a marathon and treat it like that." And when he said that, I mean, if you're listening to this Jason you'll probably be creeped out how much I actually looked at your profile and pictures, and judged myself accordingly. There was a couple of times I was like, "Oh man, I don't have this in me." But in the end, it ended up being there, but I took what he said to make this a sprint. I was like, "All right, let's do it." And I did whatever I had to do to get that fat off, and yeah, sure, maybe I ate dangerously low on

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 16 of 46

some weeks. I mean, I think in the end I was eating 600-800 calories a day on average over a week. Some days I would eat 400, other days I'd eat 600, other days 800-1000, usually my weekends are higher.

John Barban: (Richard is one of the other contest winners), Richard Lane did somewhere between 12 and 15 days fasting. I've done five. He did 12 or 15.

Dan Richardson: It's 15. Yeah, he did 15, and then 12 and I was like, "Dude, you're a crazy man."

John Barban: Well, I've done five and it's not that big of a deal.

Dan Richardson: Oh I know. You just think it is, though.

John Barban: As weird as it sounds, once you get past like the first two days, it's kind of just cruise control.

Dan Richardson: Yeah, I did a three-day with the last three days before it. I mean I was drained dry of all my fluid. I had no food and I think because it was the end, I felt like I was ready to pass out. I was like, "Okay, I can't do this anymore. Take the picture, send them in. I'm done."

Brad Howard: Sure. I mean I know guys that regularly do seven-day fast every month, like by the end of the month, they just do a seven-day fast and some of them do like

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 17 of 46

eliminate-type fast, but literally they're getting some calories, but it's nothing. I just read a piece of research the other day and in this particular study they had two sets of women, and the two sets of women were both the same size and both same body shape. One set were recovering anorexics and the other were regular, and they were measuring their energy expenditure, basically their metabolisms and stuff like that and they were the same.

John Barban: It still relates to lean body mass.

Brad Howard: Right. After the rebound or whatever it would happen, it bounces back. It's fine.

John Barban: Yeah. The point is it comes back again.

Brad Howard: Pilon had a really interesting comment about it. He says, "It's funny that people often talk about fat magically coming back, but nobody assumed muscle would ever come back"

Dan Richardson: Yeah, I read that.

John Barban: It's like everyone is a doomsdayer on that.

Dan Richardson: I know.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 18 of 46

John Barban: They just want to assume the worst on both sides. The fat will come back, but the muscle will never come back.

Dan Richardson: Well, it's because they have tried to do it and they haven't been able to, so it's obviously not possible.

John Barban: Right. So they have to try to rationalize it somehow.

Dan Richardson: Yeah.

Brad Howard: Yeah, so how scary was it to actually watch yourself shrink in the mirror and go, "Holy cow, I'm not as big as I thought I was."

Dan Richardson: Well, I remember I read back to a blog when I hit 169. I talked to a guy in the gym and he was like, "169, what are you going to do? How low do you want to go or are you done? This is too small." And I'm like, "Well dude." I showed him my stomach. I'm like, "Does it look like I'm finished? I don't know where I'm going to end up." And I really had to convince myself and I actually set the limit. I was like, "Okay, if I'll hit 140, and that's it. I'm not dropping down to the 130s." Obviously, I've got to get bigger in my upper body before I can shed every ounce of fat at one time in my life, but I had to be okay with the fat that I have left on my body and just say, "All right, that's where I'm at." But I didn't really notice that drastic the change. I took my picture every

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 19 of 46

Friday. I was trying to compare them and every week the difference is so slight until I got to the end and I looked back and compared it and I was, "Oh okay."

And I think you guys said this before, it wasn't until the last three days when I noticed it. I mean I just got right shredded up, up to my standards anyways, and it wasn't until then. Even my wife said yesterday, she said after fattening up a little bit over this last week, she was like, "Oh, your face doesn't look as concave and sucked in." I'm like, "Yeah, I got pretty skinny there."

Brad Howard: Yeah.

Dan Richardson: But I felt good, but to me that's competition but that's just not sustainable. If you're listening, you wouldn't believe that, I didn't. When Jason was like, "That's not really sustainable or whatever." I'm like, "Well, why not? Why can't it be?" It's hard to maintain that strict to be that ripped all the time.

Brad Howard: Yeah, if you want to live that life, sure.

Dan Richardson: Yeah.

John Barban: Well, part of getting that lean is there is something to be said for genetic predisposition for how much fat we all carry.

Dan Richardson: Sure, yeah.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 20 of 46

John Barban: There is something to the concept of everyone has got a level that their body is going to sort or hover at, and I don't doubt that we can slowly work our way down to a leaner and leaner bodyfat percentage until the line of effort versus the look converged and you're like, "Okay, that's more effort than I want to put it on a daily basis."

Dan Richardson: Yeah.

John Barban: And it seems as though true ectomorphs literally just don't have as many fat cells available. They're just not there, and when they're eating at BMR, most of the food just goes to fueling cellular processes, muscles and that's it, and there's very little allocated to fat mass and then everyone else falls somewhere along the spectrum of the somatotypes. And let's be clear, there are not just three. There is not just endo, ecto, meso. Everyone have some random mix of the three unless you're a true, true ecto or true, true endo, but they're rare. But true, true ectos literally have less fat cells, there is just not as many on their body. So when they're eating at energy expenditure (at maintenance)...however many calories you seem to be using in a day, each person is going to allocate some of that to fat. Each person's body is going to allocate some of the calories in to maintaining some level of fat mass and everyone, when they're not thinking about it and they're not actively trying to gain or lose or anything, you kind of just default to a certain level.

Now that doesn't mean it's massively overweight. No one is actually genetically predetermined to be huge, but some people will have basically a visible six-pack kind of all the time. Some people will have the outlines of it and some people will be like

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 21 of 46

maybe five weeks away from getting one, like that's kind of the ranges people will sort of end up at and that's more of a concept of striking distance whereas with ectos, there is no striking distance. That's just how they are shaped. They're always like that because their body just doesn't really allocate much of anything into fat cells.

Brad Howard: Yeah Pierre is a perfect example.

John Barban: Yeah, Pierre is always going to be lean because there is just not a lot of fat on him. Did you know there is actually some people who are born with no fat cells?

Dan Richardson: Interesting.

John Barban: And it's dangerous as hell.

Dan Richardson: Oh, really?

John Barban: Well, because if they overeat at all, all of it will just get stored in their liver as fat. They'll get fatty liver disease. It's super, super dangerous for them to eat any fat at all, so they need to be on the strictest of strict diets. It's actually like basically living in a prison because their body has no capabilities to deal with any excess calories and no capabilities to deal with fat in their diet, so it immediately accumulates in their liver because there's nowhere for it to go and they end up with cirrhosis of the liver immediately and all kinds of other complications. So these poor people have to be on the strictest diet in the world.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 22 of 46

Brad Howard: So what are some of the things with strategies that you kind of came across that had really worked for you that maybe you could pass along? Maybe it's a way to deal with being hungry or how you work out, whether you work out during the day or nights, or just some of your preferences of how you went through just this whole contest?

Dan Richardson: My biggest thing was how to lose the fat and so I had to figure out how to eat in a deficit. I had to curb hunger. I probably have totally poisoned myself from Coke Zero, but that was my trick to curb in my hunger. I probably had three to four cans of Coke Zero a day at lunch time. Usually I could manage from breakfast to lunch. At lunch my hunger would kick in or start grumbling and then at about 3 or 4, it will just nail me all the time, and so I had to figure out ways. And then at supper time I had the trick of eating with a smaller plate. Again, I ate whatever I wanted. I wasn't like, "I got to eat clean. I got to eat clean." Whatever I wanted, but I just had to be careful with I wanted. I had to understand that whatever I wanted, and what the caloric intake of that was. So if I want a pizza I could have one piece, which sucks, so I'd make a different choice of something that I could eat more of.

I had stupid things like put your fork down after you take a bite, so you can slow down and enjoy your food. And this is crazy, I brushed my teeth after I ate as a ritual almost to solidify that, "Okay, you're done. That's it." I drank tons of water, like I was on a constant flush and I actually learned to appreciate taking a piss all the time. It felt good to keep the salt intake down and flushed and not be bloated. I think one of the biggest things that I realized towards the end is that it's all about rhythm. You could call it discipline, but it was all about rhythm and repetition. It's actually boring and monotonous

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 23 of 46

day after day, the same in and out, eat at the same time, eat the same thing, drink my water at the exact same time.

I started to figure out a system and a way that my body would actually react and I would know that if I drank water at specific times, I would begin a flush that would last. Yeah, it was annoying. I would be waking up all night long. But, in the morning I knew that I would have lost a pound or two pounds and I could actually start to track it. Sometimes it's just patience. It's so easy to get impatient and to think that it's not happening and that's when you start freaking out and you start thinking, "Okay, I'm not losing fat fast enough. I should switch over and do and start building muscle." And you get caught in this crazy tornado cycle and in the end you don't show up or arrive to where you wanted to arrive because you don't stick with the original plan because didn't have the patience to do it. I mean I struggled with that the whole time and some of my methods are crazy, but some of them are smart. I think rhythm is the smartest things that I've figured out.

Brad Howard: Sure.

John Barban: Yeah, that makes a lot of sense. I mean, let's just disclose this right off the bat. Losing weight isn't easy and it requires a constant attention and effort because we're built to eat to energy expenditure. That's how our satiety hunger system works, and you can attest to this, every day your body is bugging you. It is like, "Eat some more. Eat some more," and that's how we're built and that's also why we say make it a sprint. You don't want to be fighting with that voice forever. You kind of want to get it over with, and I really like what you said about rhythm and no one has ever said it that way, and I think that's something we should talk about more maybe in future posts. I'm going to kind of steal your idea there.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 24 of 46

Dan Richardson: Yeah.

John Barban: But rhythm, that's a great way to say it. Your day has ebbs and flows. Your day has its moments and I did the same thing, and I'm actually currently doing just coming to the end of a cut down. You guys will get to see what it looks like in a few days, but the rhythm, I do the same thing. I have moments where I have certain things have to be there for me to navigate the day without going crazy.

Dan Richardson: Yeah.

John Barban: Like you said rhythm is exactly the way to say it, and there's times where I can cruise through certain chunks of the day and it doesn't bug me, and there are other chunks of the day where that's the part of the day that needs attention, effort, or sometimes I need coddling at that point, whatever, you need support. You have to like treat yourself to something else.

Dan Richardson: Yeah, I mean, I would make bets with Beth, with my wife, and we made money wagers. We wagered on money that I was going to win in this contest. I would say like, "All right, if I eat after tonight, I'll give you a hundred dollars of what I win. It's on." And so she would do the same thing, and like for me, the money motivated me in that instance and I get 2:00-4:00, that was when I needed to be coddled into to, "Oh that's okay, you're going to make it blah, blah, blah," because I start freaking out at that moment.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 25 of 46

Brad Howard: Yeah, I'm the same way. I have my things. I have supplements that I have to have, and not because I feel like they're helping dramatically, but they're just part of my ritual of what I do and it's part of my day and how it goes.

Dan Richardson: Well, you must have said this, "If it is just a placebo effect, if it is just something in your head, so what? If it works." Like yeah, sure you might be wasting \$75, but...

Brad Howard: Not really.

John Barban: If it works, it's not a waste.

Dan Richardson: Exactly. That's what I'm saying. I mean if it works, you're actually not wasting \$75. Could you establish the placebo effect without it? Maybe not.

Brad Howard: Yeah.

John Barban: And I have a guy I've been working with who has lost at least 60 pounds, and one of the things he does, I think it's funny but it's ingenious, he's got about 30 supplements. I'm not kidding. He's got like five different brands of multivitamins. I mean, everything you can think of and he randomly selects like a half a dozen and he just takes them. Every day he picks just five or six different things and he's like, "Today I took a green one, a blue one, this and that." And I laugh and I'm like, "That's awesome." And he's like, "You know what it does for me? It makes me feel like

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 26 of 46

I've ingested something and it makes me feel like I'm doing something towards my weight loss goal and it feels like medicine but it's not really, but the ritual of taking a couple of capsules." Because he always got a fish oil in there and a multivitamin, but none of it is like bad for him, it's all multivitamins, fish oils, just things like that and I guess it sets the tone and the rhythm for his day. It's what kicks him off for the day and since he takes different ones, it's kind of something new everyday. I think it's one of the greatest thing I've ever heard about how to use supplements to help lose weight.

Brad Howard: Yeah, one of the things you said earlier reminded me of some of the things that I do. I wasn't really worried about eating "healthy". I was eating whatever I wanted to eat, just watching portions. I noticed the same thing. When you don't really restrict yourself to like eating "healthy", you get to eat more foods that may curb your hunger better even though they might have higher calorie counts. For instance if I'm really hungry I will have a protein shake, and I'll put a couple of tablespoons of peanut butter in there. So this peanut protein shake is more what I'm craving. It will probably creep up to 600-700 calories, right? But it curbs my hunger all through the day and into the night such that even at night I don't feel like I need to eat a lot, and it works. It's not like I'm snacking celery throughout the day because I've tried that, and it didn't work.

Dan Richardson: Yeah.

John Barban: So you're saying having what is perceived to be a relatively high-calorie protein shake ends up causing you to eat let less calories throughout the entire day.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 27 of 46

Brad Howard: Yeah, but you would have never known that if you didn't try it or have the freedom to try it.

John Barban: Freedom to throw in the peanut butter.

Brad Howard: Yeah, to have that in my arsenal and it was just dumb luck. I mean I didn't know.

Dan Richardson: Well, I think part of it too is figuring out what your weaknesses are and eliminating them. My weakness is peanut butter, and halfway through the contest I had a jar of Crunchy Kraft peanut butter which is my all-time weakness and I ate half of the jar and I was like, "Okay, I'm throwing this out." I walked down to the garbage can and dumped it out. I told my wife, "I just wasted \$5, but it doesn't matter." I'm going to eat this whole thing. This is ridiculous." It's like sitting there with a spoon chewing on peanut butter, but I just had to eliminate that weakness so that when it's between 2 and 4 when I'm actually freaking out and I wanted to just claw my face off, I don't have those foods that I'm weak towards.

John Barban: I call those hot button foods. Everyone's hot button food is different and you can never guess what it is for anybody. They likely have similar properties. They're likely high sugar salt, fat foods, or some combination, but in general it's like peanut butter. I'm amazed that anyone wants to eat peanut butter. I couldn't. I mean it's not for me. Same with chips, I've never purchased a bag of chips. I just don't get people who have to eat chips and cookies. I don't eat cookies.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 28 of 46

Dan Richardson: Yeah, but doughnut, you get it.

John Barban: Yeah, but I'll eat a doughnut or I'll crush a tray of chicken wings, like I have a real hard time avoiding them whereas other people I know are like, "Really, chicken wings. They just don't. It means nothing to them. So that's why I think trying to tell people what to eat and what not to eat is just silly ignorant. It's kind of closed minded because I don't know what the food is that you can't control yourself around. I would never guess it is peanut butter for anybody.

Dan Richardson: Yeah, well, my wife, she just shakes her head. When she would come home after work, I'd be like, "Well, I just ate a sleeve of crackers and half a tub of peanut butter." And she was like, "That's disgusting. Why would you ever do that?" I feel so good though. It was good.

Brad Howard: Yeah, it's like once a week we'll go to the salad joint and it's an all you can eat salad bar and we'd go there. It's kind of fun. It's just something different and I know for a fact that there's no way in the world that I could do that everyday. I will overdo it on salad, and it hurts.

John Barban: Oh, yeah.

Brad Howard: It hurts like hell anytime I try to really overeat vegetables.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 29 of 46

John Barban: I don't even know. I mean this is a whole new topic. I don't understand how veggies eat so many vegetables.

Brad Howard: Yeah...

John Barban: I just don't get it. I don't get how're they're not always in pain.

Dan Richardson: Yeah.

Brad Howard: If that style of eating was mandatory for me to be able to drop, I'd be screwed. That's just point blank. But going back to rhythm, we were talking about some of the ebb and flow, and your rituals. Let's talk about strength, you've mentioned that you felt a little bit stronger now that you can see stuff, but did you notice any type of strength drop as you're going down at any point.

Dan Richardson: Oh yeah.

Brad Howard: Okay, what was that like?

Dan Richardson: Depressing. I experienced quite a dramatic drop and it's dramatic, I don't know. Let's say from shoulder press before (when I was pushing 250 pounds), I was pressing 80 to 90 pounds and now I weigh between 140 and 150. I'm probably pressing in between 60 to 75.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 30 of 46

Brad Howard: Yeah. I'm with you on this because it happened to me with the exact same thing, it felt like that, but once you get to eating back to normal, it comes back to you.

Dan Richardson: Well exactly. When I'm in the gym and I'm just gassed, I can hardly breathe walking across the gym because the day before I'd only eaten 500 calories. I always felt stronger on Monday because on the weekends I had consumed higher calories. I'm actually looking forward to this now with eating maybe a slight deficit, but eating close enough where I can fuel right up and with other supplements that I'll take and it will give me the energy to be able to lift heavy again.

John Barban: Yeah, just eating up to maintenance...

Brad Howard: To maintenance.

John Barban: That makes a big difference on energy in the gym. But the thing is this is why your decision was important. It's like, "No, I'm going to get rid of the fat and I'll accept the fact that some strength will have to go along the way with it, and I think guys misinterpret the kind of lack of push in the gym with like muscle mass just disappearing or something. This gets back in the discussion of what muscle even is and you just have to view it is that your muscles as temporarily slightly less inflated. Since you're running on low calories because you're trying to force your body to burn fat, yeah, you're not going to have your best strength of the year while you're on a cut down. That's just obvious, anyone who's ever cut down knows that.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 31 of 46

Dan Richardson: Yeah, I knew I wasn't going to lose muscle because I was lifting so heavy and so intensely that I was like, "It's impossible." What's funny is how many people tell you that you're losing muscle and what you start to believe it. You think "Well, maybe you're right. I'm weaker". But I look better, and all the bigger guys in the gym were looking at me and saying, "Well, he's looking better, but he looks weaker." I think for a lot of guys, especially it is embarrassing when you're lifting 50s when you used to lift 80s. It's like, "Well, there's the big dude over there." You guys have talked about that. Big weights give you a sense of accomplishment or feeling like you're getting somewhere while you're 100 pounds overweight, but you can lift a lot. It makes you feel good about yourself.

But when you're dropping, everyone is looking at you. I mean I'm getting used to it now. Everyone is like, "What's wrong with you?" But now that I feel good and now that I can actually buy the type of clothes in the gym that would show off muscle rather than big baggy shirts that you're embarrassed to show your fat through type thing. I know that when the summer hits and I've put on a little bit more muscle that people will just feel like, "Oh, he's fine." And maybe they'll actually show a little bit of respect.

Brad Howard: Right.

John Barban: Yeah, I guess that's sort of the question, what now? That's the next step. The next step is now the marathon, as Jason would say, the marathon of building more and more muscle. You're 31, you're still young. You have a long way to go and whatever you can get on your frame while keeping within striking distance that's how it

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 32 of 46

goes from now on. When people ask, "What do I do next?" That's what you do. There's no end now.

Dan Richardson: Well, I'm below my golden ratio numbers. I mean right now I'm supposed to be at 50.9 inches. I don't know what was I in the contest, I'm 46.5 or something. I mean that's depressing when you look at it.

John Barban: How tall are you?

Dan Richardson: I'm 5'10.

John Barban: Yeah, okay. So yeah, you have got room to go. You've got room to build muscle.

Dan Richardson: Well, yeah, I got a lifetime ahead of me. But my wife is like, "Well, you've just got to slap on some muscle now." I'm like, "Slap on muscle? You don't get it." Like if I could slap on 20 pounds and I put on 20 pounds, it might look disgusting. But I've resorted to the fact that I'm probably going to peak at about 160 when I'm where I'm supposed to be. If I can be at a lightweight 155, maybe pushing up into the next weight class 160-ish, I'm happy because I know at that size, I'll be lean and muscular, I'm going to look huge.

John Barban: All right, let me put something into perspective for you. You've seen some pictures of Pilon, right?

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 33 of 46

Dan Richardson: Yeah.

John Barban: We went to a powerlifting show where he pressed pretty good. He was strong and he fasted I think to 169, and competed in a powerlifting show putting up somewhere close to 300 pounds.

Brad Howard: Yeah, under power lifting rules.

John Barban: Under power lifting rules, which means he could probably press 330, like just touch and go in the gym, and you wouldn't think Pilon is under muscled.

Dan Richardson: No,

John Barban: But that just gives you an idea, and he's about your height, so setting a goal, and that's his fasted weight. He's been training pretty seriously his whole life, but what I'm saying is it's unrealistic to be setting your goal at like 195-200, like those are outliers, people that big are outliers. The average Joe in the gym would be like 5'10. Yeah, he should be able to be 210. But that's not how it is.

Dan Richardson: There you go, and I actually like being small now. I mean I've set kind of a clothing goal where I'd like to be in mediums, but I'm in smalls now, and I'm okay with that now. At first, I was like, "Holy crap. I am in a small, like what is going on?" But I actually look good in it and my wife, when I was trying on clothes, she's like,

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 34 of 46

“Whoa, you actually look really good.” I’m like, “Thank you. Thank you.” But I feel so much better. I feel solid even though my hip went out. I feel good. I feel confident. I feel light. I can breathe like you would mention earlier, I feel like I have less stress. And in just my general outlook, even the lady at the gym today, she’s like, “You’re going to put weight on?” “Well, why would I pack on fat? If it’s muscle, sure, give it to me, but that’s going to take awhile and I’m willing to take the time that I need to take.” I mean hopefully I can do it fast, so I can place in the next contest, but we’ll see. I mean I think the beauty of cutting fat that fast and not so much worrying about muscle is now when I focus on my muscle, I think I’m going to be able to stimulate it a little bit quicker than if I had tried to do both at the same time.

Brad Howard: Sure.

Dan Richardson: Maybe I’m wrong, we’ll find out in four months.

Brad Howard: Well, that’s the best thing about it. Pilon, Barban, and I are always throwing things around and comparing notes, and you’re probably bounce back once you hydrate up, get to some type of maintenance calorie, you’ll probably gain 5-7 pounds just from being flushed. Just over Thanksgiving, I ate a lot over Thanksgiving. I didn’t really gain anything in the waist, but I feel like a tank.

Dan Richardson: Yeah.

Brad Howard: No, I’m serious.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 35 of 46

Dan Richardson: Yeah, me too, dude.

Brad Howard: Yeah, you feel like a tank, but it's like you're at the point where you're eating at a deficit so long you didn't realize what that really means, and so you feel great and now you're like a tank. I was like, "Well, damn!" I've got a feeling that you're going to bounce up to all your previous weights within a month. I was pushing 80s with shoulder press. I was down to 70-65 because I had a shoulder that was bothering me and I'm right around there again, with the same thing. It's same thing with bench, I'm right around 300 pounds again, and it sucks because it's going down, but I can always feel the strength that was there. It was like hidden. It's weird. I feel like I can get it, but you're just gassed, and it didn't leave, it's just you didn't have the gas to do it.

John Barban: It's almost like when you're cutting down it feels like you're perpetually running on like a really bad sleep.

Dan Richardson: Yeah, totally.

Brad Howard: Yeah.

John Barban: It's actually something I've been experimenting with right now in the final stages of this little cut down I'm on. I've been eating up closer to maintenance and actually adding in an extra workout to create a bigger deficit. Now, I mean obviously that only works if you're right on the button with calories, which I've trained myself in the

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 36 of 46

last couple of weeks to do, and it feels different. It actually feels different because you get to eat all the way up, but even then you still have to find that happy medium. You just can't keep training and training. But having a day where you just eat right up to maintenance and just do one weight workout, it just feels super powerful.

Dan Richardson: Yeah.

Brad Howard: Yeah, it's definitely different.

John Barban: I mean no wonder we were lifting so much weight back when we were heavier. It is just part of it, you just eat whatever you want, go to the gym and press weight.

Dan Richardson: Yeah, exactly and Jason, I don't know how it looks, but he mentions something about even having extra leverage. I'm like, "Oh God, it makes sense to me." I mean when you're slinging that weight around.

John Barban: Oh, there could be with a fully hydrated muscle. There is a school of thought that a fully hydrated muscle actually has mechanical advantage due to just being bloated. It's like pushing against the full water balloon or a slightly full water balloon, like the fuller one literally has more spring to it, I guess, you could say.

Brad Howard: But there's not even that, but you have to consider the fact that if you're carrying more mass overall, I mean there's inertia with your own body.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 37 of 46

John Barban: Oh yeah.

Brad Howard: It's the same thing with football linemen. Linemen are linemen because that's the way their body shape is. You don't see running backs that are linemen, and you don't see lineman that are running backs, right? I was thinking about this today. So yeah, absolutely, I can see that. But in the same regard it's what do you want to do, where do you want to be? I know I didn't want to be there.

John Barban: Do you want to be that big? And it gets into the whole goal hijacking. It just comes through. It's everything we've ever talked about.

Brad Howard: Absolutely yeah.

Dan Richardson: Yeah.

John Barban: This has been great interview. Do we have much more to cover here?

Brad Howard: Well, let me look at some of these questions. We kind of touched on age and where are you from again? You're from BC, right?

Dan Richardson: Yeah, Mission, British Columbia.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 38 of 46

Brad Howard: Okay.

Dan Richardson: Up in the sticks.

Brad Howard: Got you. I guess, yeah, we kind of covered a lot. So realistically, let's just kind of jump into the closing statements. I mean, what are your biggest insights? If you're going to tell people who're going to look up to you and they're going to look at your pictures and basically voyeur in on what you did and your whole process. What are the things that you would tell them? Put the words on top of the pictures.

Dan Richardson: Yeah, I mean like I told you guys earlier before, I've got nothing new to add to this conversation except to repeat what I've been taught, and I think that's the wisdom. If you want to get anywhere with this, the wisdom that you can glean is just to listen to what you're told and do what you're told and don't argue because the system will prove itself. Don't over complicate it. You can talk to some of the guys who over-complicated it in this contest and over-thought it and over-analyzed it, and it just doesn't work. You've got to choose what you're going to do, keep it simple, declutter and get rid of anything that is going to compete with what your goals are, and then just go for it. If you want it bad enough you will get it. Like I said, on Day 5 I chose to win, and as messed up as that sounds that's what got me to where I am today. I think the rest of the other winners talked about that too. They just knew. You make the choice and you make it happen and if you can keep it simple you have an edge on everyone else.

Brad Howard: Yeah, that's really powerful, and there are two things that you said that John and I talk about it all the time. First, people that tried to wait until Day 1 of the

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 39 of 46

contest to get started didn't build up any momentum beforehand. We're talking about this with the women right now. They keep saying "Well, we're going to wait until January before we get started." We keep saying "It won't work. You're going to lose." I already know. You are going to lose. Because like you were saying you have to get in that rhythm, and it takes time.

Dan Richardson: Yeah, exactly.

Brad Howard: The second thing that you said that is really important is that the person that follows the systems to the T wins and that's what happened. Every single contest it's been that exact thing. You have been in the forum and have seen that every time somebody tries to add or go crazy or do extra stuff, it always backfires. The person who can manage the systems the best always wins.

Dan Richardson: Well, it's proven. This is what I'll tell people in the future; if you think what you've done in the past has gotten you to where you are, then you have to make the decision of where you want to be. If you choose to do what you've always done, you're going to stay exactly the same. You have to change it and so stop trying to think that you have it all figured out. When this system and this process is proven, and just do it. It's that simple.

John Barban: I just wonder why people think I would put a program together that's missing all kind of pieces and they have to fix it somehow.

Dan Richardson: Yeah, I agree.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 40 of 46

John Barban: Should I be insulted or something? Use this system, just follow along and it should get you in shape and people are like, “Well, I’ve got to do this. I’ve got to do more.” I was like, “What makes you think that I will put something out that if you actually needed to do more, why would I build a system that’s just sitting there and it just needs more? I don’t know. And we’ve added components for individual...”

Dan Richardson: The boosters.

John Barban: Yeah, the boosters, like some guys just want to like focus on one muscle group more than the other, but it’s not like I’m saying do them all. It’s not like do the system plus all the boosters, plus everything. Everyone is going to have the thing that they want to do, like some people do cardio, some people like Jason just tosses in an extra workout. Some people had really big legs and they are like, “Do you know what? I don’t need to waste time doing more legs while others wanted to do more legs.” This comes down to the individual training. Since I’m not right in front of you, I can’t assess and be like, “Oh, you need more of this one particular exercise because it just works on your physique.” That’s something you’re going to figure out along the way, and that’s why we have the additional stuff, like the boosters. Other than that, it’s kind of designed to be a stand-alone thing. I just don’t know why people always want to tinker.

Dan Richardson: Well, there’s enough for you to add on, like I chose to do the chest booster so I kind of followed Jason’s lead and worked out on Saturdays as well, so I worked out six days a week. I did the Adonis abs on Monday and Wednesday and that’s it, and then the base workout of Adonis 3.0, and now I move on to MBF and then after that I’ll do ATS and then clusters.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 41 of 46

Brad Howard: You know it's funny I think it's the or Pimp My Ride phenomenon where everybody wants to kind of put their own name on it.

Dan Richardson: Yeah, they think of something else.

John Barban: Well, I think they think that they're somehow going to find some magical combination that I haven't thought of.

Dan Richardson: Yeah.

John Barban: They'd be like, "Oh my God, if you just combine this workout with this other guy's technique and then this and then this, and then all of a sudden it just doubles your growth." I'm just like, "No." Anyone who is well versed in exercise physiology who has bothered to pay attention when they build their workouts is using the same information. We're all functioning off the same education, the same kind of training principles, and then from there it's kind of our own flavor to it. In our particular case, we don't focus on strength. We focus on shape and building muscle into this particular shape. Somebody else might focus on building maximum strength on certain lifts or whatever, but the principles with the way muscles are built and exercise physiology, those aren't changing. You can't trick them.

Dan Richardson: It's because we're all men and we like to rise to the top, and it sucks when someone else figured it out before we do.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 42 of 46

John Barban: I guess so, yeah.

Brad Howard: Yeah, well, it's just a snowflake theory, too. Everybody is bound and determined that their body is different than anybody else and that they are so much different. What people don't realize is that biologically their body is not any different than anybody else's. The real snowflake uniqueness is where you start and what the social constructs are in your life. That's what makes you different. It's the actual embodiment of what you've got going on in your life and the way that's put together. That's what makes you different. The rest of it is about the same. That's where all the additions and all the tweaks and that type of stuff come in. I mean it's just nice to have something you can rely on like a rock. That part is handled.

Dan Richardson: Yeah, totally. I mean I think guys just need to stop lying to themselves, especially with bigger guys. I mean I did it forever, like stop lying to yourself telling yourself that you're different, that you're big-boned, that you're heavier set or whatever. I mean there may be a little bit of truth to something like that, but it gets tiring hearing guys call out a weight that you know is going to be far heavier than what they're going to end up at. Just let go of what that is and just do whatever you need to do to get to whatever weight you're going to end up at, and be okay with it because that's who you really are.

John Barban: Yeah, it's a much different way of looking at it.

Dan Richardson: Yeah.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 43 of 46

John Barban: Like you can't just set a weight and say, "Come hell or high water, that's the weight I have to be."

Dan Richardson: Yeah, it's not going to work. I mean if you're fat you're fat, there's nothing you can do about it. Yeah, that's what I had to realize.

John Barban: Again, on the girl's side, girls have an unrealistically low weight they think they should be. It's like every girl wants to be, not 120, but the number has to be 11-something, so like 119-118. No matter how tall they are, they're all just like that. But that doesn't make any sense, and then same with guys, it's got to be somewhere close to 200, if not over 200 and then...

Dan Richardson: Who cares?

John Barban: Yeah, I know it's weird.

Dan Richardson: My point is who gives a rip how heavy you are? Honestly? No one cares.

John Barban: Well, you've accepted that now, but before. This is the whole like un-programming, like we said, you have to de-program yourself from this belief and all of that. I think part of it is the male "recognizing that you're not a pro athlete". Like pro athletes are 200 pounds and ripped because they are genetic outliers. Just a few

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 44 of 46

thousand out of the hundreds of millions of people in our society, the few thousand that become pro athletes, yes, they are 220 pounds ripped, 6'3. They're outliers. You're not them. Otherwise you'd be on television right now. I think it's every average guy's dissonance that he's not Tom Brady. That's what it is, and they're like, "Well, if I'm not a pro, I can be that big. I can be that strong."

Dan Richardson: Well, who am I if I'm not that?

John Barban: Yeah, and it's an identity crisis. It's all those things, right? Then that's where the 200-pound thing, "Well, if I'm not a pro athlete, I can always be a big guy and all that kind of stuff."

Dan Richardson: Yeah, more power to you if that's you, have fun.

John Barban: But I think that's the sort of the psychological trap that a lot of guys get into with trying to be big.

Brad Howard: It is 200 pounds extra large shirts and Magnum condom. That's what it is.

John Barban: That's a great note to close out on..

Dan Richardson: Yeah.

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 45 of 46

Brad Howard: All right, but John, do you have any other questions or anything like that?

John Barban: No, I mean we've covered so many things. I mean that was great. Thanks for coming on and doing this interview with us, Dan, that's going to help out a lot of guys with hearing some of the stuff, and you said a bunch of stuff that I've never even thought of, so that was really insightful.

Brad Howard: Yeah.

Dan Richardson: I can answer questions and comments or whatever too if anyone has any questions about what exactly I did, but in all reality, if you've asked Jason, all I did was stalk him and creep his profile, so go creep him out a little bit and you can get the same results.

Brad Howard: Well, do that. That's called modeling.

Dan Richardson: Yeah.

Brad Howard: That's what you do?

INTERVIEW WITH DAN RICHARDSON

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 46 of 46

Dan Richardson: That's smart from my perspective. Find out what works and then do it.

Brad Howard: That's just what successful people do. They figure out who else has done it and they're just follow in their footsteps. Success leaves clues, and so that's what you do. "All right, that guy did it. He looked like me, right?" And there you go, and guess what happened? Voila, it's magic.

Dan Richardson: Yeah.

Brad Howard: Well Dan, like I said I really appreciate you being on the call, and for John Barban, I am Brad Howard and that's your Adonis Lifestyle podcast.

Here are a few links for you to check out:

1. [Adonis Lifestyle Podcast \(iTunes subscription link\)](#)
2. [Listen to the audio version of "What If Vs What Is"](#)
3. [Get the body you deserve and invest in the Adonis Index Systems today!](#)