



DAN JOHN

CAN YOU GO?

*Assessments and Program Design
for the Active Athlete...
and Everybody Else*

Foreword by Chad Harbach

NYT Best Selling Author of The Art of Fielding

Dan John

Can You Go?: Assessments and Program Design for the Active Athlete...and Everybody Else



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Training people in sport as a coach or in fitness as a personal trainer is obviously rewarding work. When we find a mobility issue, let's concentrate on mobility work. You can find countless books on exercise and diet, hundreds of machines, devices and gimmicks to teach people, and new gadgets and gizmos are popping up with every passing day. answers this issue: What do we have to do next? IS IT POSSIBLE TO Go? For the overall performance athlete, sometimes assessment can be the brief, brutal and harsh query, "Is it possible to go? But there's a problem: What do we do next? The same holds true for both body composition and strength-we focus on what we have to do, not what you want to do. Appropriate assessment leads to an appropriate answer." Lessons from this frankness can be learned by both coach and the trainer The deconditioned and the elite share the same basic human body. Our job would be to enhance efficiency and quality of life with every training situation.



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This Assessment, Tools, and System CAN MAKE You a Better Coach This is a book that's sharp, clear, new information about how to make a bigger impact on individuals you personal train or coach. It's hard to adequately describe just how much clearer and more intelligent than what you normally can find in medical and fitness space. It starts with the 1-2-3-4 assessment, which is the simplest and easiest to make use of assessment I've ever seen in 11 years of being a personal trainer. From there, it walks you through how to divide people up by their requirements in three areas: Strength, mobility, and body composition. Based on your clients requirements in those three areas, you classify them into among seven types. Dan has seen it all, and, rather than turning into a curmudgeon bound to his personal dogma, has the rare present of separating wheat from chaff in utterly understandable, persuasive, and entertaining prose. Filled with very usefull facts Dan John is a legend, his information is straight foreward and very simple." Gee, who knows that situation. You get an incredible discussion on what much (volume, intensity, hard workouts) you ought to have your client do, and how to know what's enough. The parts about how exactly to adhere to your program for decades is worth it's weight in precious metal.. some are ageing but still competent athletes who can do a lot more, but possess no time to waste . Besides those two total programs, you can find other workout programs sprinkled throughout the book to highlight particular points or concentrate on what you'd perform with a specific athlete. No fads here - only a great combo of some incredibly simple, old suggestions on what and how to teach for various goals and trainee types, as well as some equally basic but creative newer tips, coupled with a treasure of tips and tactics for assessing the client/trainee and the programs prescribed for them - stuff trainers can use immediately. His earlier work, Intervention, and may You Go? The genius behind Dan John is that he helps it be . Are you a professional trainer? Learn or suffer. The brightest brain & most insightful writer in weight training is a man who operates mostly out of a garage gym in Utah - Dan John. I examine all Dan's books, which also biases me. And Dan and I wrote that additional book collectively, which also biases me.. It had been money well spent, and I'd definitely recommend anyone who's serious about his / her fitness to read Can You Go. Manifesto for a Training a Fitter General Population Let's say you have Joe and Josie Suburbanitza, both 40, both overfat and office-worker weak, come for you for training. Joe wants to "get in shape," and Josie wants to fit in her skinny jeans "without bulking up. From there, you get five tools to impact your client's outcomes, from workout to food to mindset to community. This book tells you how exactly to (a) get Joe searching and feeling such as a man again and able to carry a few bags of concrete out of Home Depot without any wheeled apparatus, also to have Josie following him to the automobile with one sack of her own, wearing the hell out of her skinny jeans. Or you could (b) put them on Bosu balls and have them doing crappy bodyweight lunges and downward dog and whatnot until they realize they're still fat and weak as kittens, followed immediately by the realization that you are not worth enough time or cash. Dan's way gets you to (a) as efficiently as possible. Full disclosure: Dan quotations me several times in the publication, which totally biases me. The Venn Diagram of the seven categories is worth the complete price of the book. The lessons here ought to be mandatory reading - and could be the only important reading - for trainers who work with almost all trainees, those who have even more general types of goals - look better, feel much better, move better, live a far more active but non-competitive life better - which is the overwhelming majority - the majority of whom are on inefficient and temporary "programs" with the latest bright shiny advertising fad. There exists a lot of "perform this. Some customers cannot sit on the floor and operate without spotters . Do you train (yourself) for strength or efficiency? . These programs take it out theory and you get to observe all the points used. . His

conversational tone makes reading the materials a pleasure. and most are somewhere among. Dan comes with an ingenious means of sorting who Requirements what type of training - and, because the publication stresses, what they want is not always the same is certainly what they need, or think they want. A must read Needed reading for coaches, trainers, and trainees I'm a huge lover of Dan John's writings. If you train athletes for performance in a particular sport - rock climbers, runners, ballers, competitive lifters, golfers, or whatever - this is simply not the how-to manual for that purpose, although it still has plenty of material you may use. If, however, you train any "civilians" who fundamentally need to become much less of a inactive and more physically fit human beings generally, you'll miss a lot and waste lots of time if you miss this terrific book. His sensible, funny and downright honest approach puts him near the top of my reading list. Strongly suggested...And if you're a regular workout guy or girl, or an aging athlete, that at any point ends up "getting your own coach", then this book is even more important, because you can download this coaching system into your mind and run yourself through it. .Are you over 26 and trying to stay "in the overall game"? If yes, you then have to read this reserve. This text gives you a obvious roadmap for assisting you or your customer find the best way to their goals in a practical manner. Dan's 1-2-3-4 assessment will tell you exactly how to get from A to B by giving you the tools to more sharply define where you are now, your "A". This tool allowed myself to faithfully evaluate my current A, and convinced me personally to do what I have to do (a great deal of mobility and fat loss) instead of what I WANT to (just get stronger). If you are over 26 years old, or in the event that you train people who are, this is a tool that you CANNOT live without. As an individual trainer, it's an amazing way to see, immediately, what you should put into each person's specific program. Definitely helped me become a better coach. Not just one of the better resources. This book contains little information about training. I know that the writer is educated and a good coach, but this reserve lacks any fresh or detailed information regarding resistance training. There are several better books available such as for example those by Rippetoe, Pavel, and several others. Too much fluff and inadequate to dig into. Five Stars Great insight from a highly experienced and knowledgeable coach Five Stars The way Dan explains things is why is him unique. Section of your job is to help them type that out. Dan John has a gift for providing his readers clarity in training ideas in an enjoyable and entertaining way. .Of all books I've read on the main topics throwing and strength training, Can You Go includes the best, and Simplest, assessment tool for the trainee."The two amazing things you enter this book:1) The IS IT POSSIBLE TO Go system is brilliantly and outlined2. should be on the bookshelf of each fitness professional for me. Wonderful information and I highly recommend it.) Anecdotes and stories connect the dots in ways that's amazingly fun to read, and illustrate the decades and decades of knowledge upon which the system was builtI would recommend this book for anyone who instructors or personal trains. You get to see two programs outlined in entirety: "Classic Conditioning in 10 Moves" and a sophisticated program for throwers. Also, I'm sure he's sending me a review copy of this publication (which would also bias me), but I *couldn't wait* and bought it myself in Kindle and Audible your day it popped up on Amazon. The genius behind Dan John is that he helps it be seem so simple. I've seen him speak in person and read the majority of his books and he such a personable, knowledgeable guy that knows how to relay training details to all or any levels of experience. Great piece of work Dan John is a superb writer and tale teller. You can't fail with any of his books. Dan John's Best UNDOUBTEDLY! Great Another Great book from Great coach!



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