

Statement of Gordon Wayne Watts

I recently saw a public Facebook post by my friend, **April Mathis**, dated **April 02, 2025**, where she told her Facebook followers that she was looking for people who purchased or been given her weightlifting / powerlifting wraps and/or recall her selling them at any time **prior to April 28, 2017**, and would be willing to provide a **written and signed statement** to help her in a lawsuit in which fellow-lifter, John Inzer, has sued her for alleged patent infringement, apparently referring to **"Weightlifting wrap"** Patent No. 9,895,594 (**Current U.S. Class: Complete Cover Or Casing (428/76)**) was filed / applied for on **April 28, 2017** and issued on February 20, 2018 <https://Patents.Justia.com/patent/9895594> by Inzer Advance Designs, Inc. (Longview, TX), and, according to this lookup, "claims the benefit of" U.S. patent application Ser. No. 14/639,267, filed Mar. 5, 2015, which is a continuation of U.S. patent application Ser. No. 13/338,958, filed Dec. 28, 2011, now U.S. Pat. No. 9,011,305 – and apparently related to **"Gripper wraps"** Patent No. 9,731,160 (**Current U.S. Class: Aligned Or Parallel Nonplanarities (428/179)**), which application claims the benefit of U.S. patent application Ser. No. 13/338,958, filed Dec. 28, 2011, according to <https://Patents.Justia.com/patent/9731160>. She and Inzer, in their filed briefs, also both mention **"Weightlifting wrap"** Patent No. D848558 (**Current U.S. Class: Element Or Attachment (D21/694)**), which, according to <https://Patents.Justia.com/patent/D848558> was filed / applied for on **Feb 15, 2018**, and issued on May 14, 2019.

In other words, I understand April's request to be proof, evidence, and/or testimony that she made, sold, or gifted lifting wraps before a certain arbitrary cutoff date in order to be considered "Prior Art," under Federal Law for patents. However, my own independent research has suggested that since Mr. Inzer's Patent No. 9,011,305 was applied for on December 28, 2011, the required date for prior art is **before December 28, 2010, to meet the one-year "grace period" (pre-12/28/2010) needed for April to invalidate the patent as prior art.** Moreover, my own research suggested that evidence and statements from customers or fellow-lifters **from 2011** could show prior use close to Inzer's filing, potentially supporting an inventorship or non-infringement argument, but recollections of use **prior to 12/28/2010 are ideal.** To that end, I shall do my best to provide my best recollection of her having made, sold, and/or given away weightlifting and powerlifting wraps, so far as I can remember:

- 1) In the **mid-1980's**, my father, the late Bobby Watts, had **The American Eagle Gym** in our hometown of Plant City, Florida, and I entered one powerlifting contest, and was an amateur / part-time lifter.
- 2) After our family moved to nearby Lakeland, Florida, I lived with my father for a while and decided to get back into lifting, and – according to my lifting journal – I picked up on **Saturday, 02 October 2010** (with weights in our garage gym) and by **Thursday, 28 October 2010**, later that month, I joined **Deb's Gym**, owned by IPF powerlifting judge, Deb Callahan, which, at the time, was located at 1052 East Memorial Boulevard, Lakeland FL 33801, and within walking distance of where I lived.
- 3) Shortly thereafter (I don't recall the exact time), I met **April Mathis**, a well-known world record holder in the Super-heavyweight class, **who was a regular member of Deb's Gym.**
- 4) According to old email logs from that time, on **Tuesday, 05 October 2010**, I had an email exchange with Nia Shanks, another experienced powerlifter, from whom I'd purchased an online "consult" (plan), which, according to old receipts, I purchased the previous day, **"10/04/2010 (at) 7:47 PM PDT."**
- 5) Other old email records, dated **Tuesday, 28 December 2010**, show an email exchange with experienced powerlifter, Eric Cressey, from whom I'd purchased his "Art of the Deload" and "Show & Go" papers.
- 6) Other old email records **from Thursday, 12/29/2011 to Sunday 1/1/2012**, show an lengthy email exchange between me and my friend, **April Mathis**, in which she asked if I could help her **[[#1]]** make an **e-book**, **[[#2]]** install a **PayPal payment portal**, and **[[#3]]** **insert images into a website and her e-book.**
- 7) I don't recall what, precisely, she'd been selling **circa 2010 – 2012** other than her online advanced powerlifting e-book (i.e., I don't recall her making or selling weightlifting wraps then).
- 8) Although I'm April's friend, I won't make up a story about recollections of lifting wraps, but but based on my having known her for several decades and known her to always be honest and always willing to help others in need (she once bought me lunch and roofing tar when I needed help, and was always willing to help beginners and new lifters at the gym) – and based on the overall context, here, I believe that she probably did, indeed, also manufacture, make, sell, and give away the lifting wraps, too **circa 2010 – 2012**, that she describes in her recent social media posts and her response to the patent lawsuit in question.
- 9) To make this statement, I'm using the format required by Federal Law, specifically, 28 U.S. Code § 1746 - "Unsworn declarations under penalty of perjury": <https://www.Law.Cornell.edu/uscode/text/28/1746>
- 10) While I think this 1-page statement should suffice, I can provide supporting documentation, if needed.
- 11) I declare (or certify, verify, or state) under penalty of perjury that the foregoing is true and correct. Executed on (date: **X Saturday, July 19, 2025**)

12) (Signature: **X**)

Mr. Gordon Wayne Watts
2046 Pleasant Acre Dr.
Plant City, FL 33566-7511

Statement of Gordon Wayne Watts

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Further documentation regarding statement of Gordon Wayne Watts

28 U.S. Code § 1746 - Unsworn declarations under penalty of perjury

* <https://www.Law.Cornell.edu/uscode/text/28/1746>

* <https://www.Congress.gov/94/statute/STATUTE-90/STATUTE-90-Pg2534.pdf>

* <https://www.justice.gov/archives/jm/criminal-resource-manual-1760-perjury-cases-28-usc-1746-unsworn-declarations-under-penalty>

Wherever, under any law of the United States or under any rule, regulation, order, or requirement made pursuant to law, any matter is required or permitted to be supported, evidenced, established, or proved by the sworn declaration, verification, certificate, statement, oath, or affidavit, in writing of the person making the same (other than a deposition, or an oath of office, or an oath required to be taken before a specified official other than a notary public), such matter may, with like force and effect, be supported, evidenced, established, or proved by the unsworn declaration, certificate, verification, or statement, in writing of such person which is subscribed by him, as true under penalty of perjury, and dated, in substantially the following form:

(1) If executed without the United States: “I declare (or certify, verify, or state) under penalty of perjury under the laws of the United States of America that the foregoing is true and correct. Executed on (date).

(Signature)”.

(2) If executed within the United States, its territories, possessions, or commonwealths: “I declare (or certify, verify, or state) under penalty of perjury that the foregoing is true and correct. Executed on (date).

(Signature)”.

Affidavit vs Declaration: Key Legal Document Differences

* <https://www.UpCounsel.com/affidavit-vs-declaration> * <https://Archive.vn/1xqJm>

* <https://Web.Archive.org/web/20250518165449/https://www.UpCounsel.com/affidavit-vs-declaration>

Understand affidavits and declarations: key differences, legal weight, and usage. Learn when to use notarized affidavits or self-authenticating declarations. 6 min read updated on January 13, 2025 – **Key Takeaways:**

*** Affidavits:**

Require notarization and a formal oath.
Hold significant legal weight as verified evidence.
More time-consuming and costly than declarations.

*** Declarations:**

Signed under penalty of perjury without notarization.
Self-authenticating, simpler, and cost-effective.
Widely accepted for straightforward legal matters.

*** Key Differences:**

Affidavits include a notary’s verification, adding formal authentication.
Declarations rely on the declarant’s signature and perjury statement.

*** Legal Use Cases:**

Affidavits suit real estate, family law, and high-stakes cases.
Declarations work for routine corporate filings and simple statements.

*** State & Court Rules:**

Requirements vary by jurisdiction—consult local guidelines.
Federal courts often accept either form under specific rules.

*** Practical Considerations:**

Cost, time, and specific legal mandates dictate document choice.
False statements in both forms are treated as perjury, carrying severe penalties.



inzer in April Mathis's posts, photos, &



FILTERS

POSTS YOU'VE SEEN

MOST RECENT

TAGGED I



You + 6

12 comments



Care



Comment



Send

**April Mathis**

Apr 2 ·

@highlight this is a very important post. I am looking for people that have bought wraps from me, used my wraps, were gifted a pair of my wraps, or just know of me selling wraps at any time prior to April 28, 2017, specifically between 2011 and this date in 2017. If you would be willing to provide a written and signed statement for me for my court case against John Inzer, that would be very helpful. A lot of people on here know I sold some at meets and such prior to any of their patent application dates that would apply. I can provide the framework for the written statement and you can just add in the date and sign your name and add any comments if you would like to make it easier also. You will not have to testify in court, just the written statement that takes a few minutes to do. Please comment or message me if you can do. Thanks.



You, Joe More + 4

16 comments



Care



Comment



Send

**April Mathis**

Feb 11 ·

I have a few powerlifting items to sell. I am posting on here for people I know to have first chance ... See more



HOME LOCATION ABOUT  TRAINERS WOW PRICING [search](#)

Full Name *

Email Address *

Get 2 Free Weeks Now

Power Shop Fitness [Share](#)

Watch on  YouTube

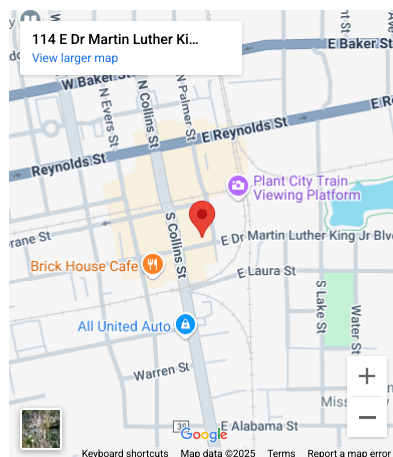
OPEN 24/7 STAFFED M-F 10AM-8PM & SAT 9AM-3PM | NOW ACCEPTING NEW CLIENTS!!!!

RE-OPENING OF THE 24 HOUR DOOR JULY 21, 2020, TUESDAY, AT 8:00 PM
WE WILL BE RE-OPENING THE 24 HOUR DOOR STARTING TUESDAY EVENING, JULY 21, 2020 AT 8:00PM.

ANYONE THAT WANTS KEY CARD ACCESS TO THE "24 HOUR AFTER HOURS DOOR" MUST COME TO THE FRONT DESK DURING OUR BUSINESS HOURS OF 8 AM TO 8 PM (AFTER 7/21 OUR OPENING HOUR WILL BE 10 AM), MONDAY THRU FRIDAY, AND SATURDAY 9 AM TO 3 PM, AND SIGN AN AGREEMENT FORM.

ONCE A MEMBER OF OUR STAFF HAS GONE OVER THE AGREEMENT FORM WITH YOU AND YOU HAVE SIGNED IT, YOUR 24 HOUR KEY CARD WILL BE REINSTATED. IF YOU CHOOSE TO NOT SIGN THE AGREEMENT FORM, YOU WILL BE DENIED USE OF THE GYMS 24 HOUR ACCESS.

FIND US



**114WE MLK BLVD.
PLANT CITY, FL
33563**


COMING FROM THE WEST (TAMPA) ON HWY 92

Come into the downtown area and turn right (south) onto S. Collins Street. Cross the railroad tracks and go to E. Dr. MLK Jr. Blvd. and turn left. Power Shop Fitness is on the left.


COMING FROM WITH EAST (LAKELAND) ON HWY 92

Come into the downtown area. Turn left (south) onto S. Palmer Street. Cross the railroad tracks.

Right before you get to the stop sign there is a city parking lot on the left and Power Shop Fitness is on the right.

COMING FROM THE SOUTH (KEYSVILLE) ON HWY 39 

Come into the downtown area on Hwy 39 (Jim Redman Parkway). Cross the railroad tracks and turn right onto Dr. MLK Jr. Blvd. Power Shop Fitness will be on the left.

COMING FROM THE NORTH (CORK) ON HWY 39 

Come down Hwy 39 (N. Wheeler Street) towards downtown. Cross the railroad tracks and turn left on Dr. MLK Jr. Blvd. Go 3 blocks and Power Shop Fitness is on the left.

ABOUT



Power Shop Fitness has been an establishment in the Plant City area since 1990 and has been owned and operated by the Mays family. The building itself has been in the Mays family for generations.

Back in the 1970's a gym, called Mega's Gym, was opened for the first time. Joe Mega the owner, eventually sold the gym and in the 80's Bobbie Watts purchased it and changed the name. With the name change, it was called the American Eagle Gym. The American Eagle Gym steadily became a growing business in the area. Mr. Watts sold the gym in the late 1980's and the new owner kept the name. However, the new owner ended up closing the business down very unexpectedly in April of 1990. Unfortunately, all the member's found out about the closing as they showed up to workout.

Kirk Mays was the current owner of the building and was just as surprised by the closing as the members of the American Eagle gym. Kirk got in touch with Mr. Watts, asked him about the equipment he owned, and made a deal to purchase the equipment from him. The gym closure only lasted about one week. It was just enough time for Kirk to get equipment back into the gym and get the utilities turned on.



So, on May 5th, 1990, the Power Shop Gym opened. The name was later changed to Power Shop Fitness, in order to better describe the business and it's members.

There were many members from the American Eagle gym who had just joined with yearly memberships when it closed its doors. So, to show the old members of American Eagle Gym that the Power Shop was here to stay, as well as to show good will, Kirk gave those customers a free year membership.

It was this good will, and the good customers of Power Shop Fitness, that has helped the business grow into the successful fitness center that it is today. When the Power Shop started it only occupied one half of the building. Today, the gym encompasses the entire building. Power Shop Fitness has been able to be successful and grow, in a culture of unexpected gym closures, by never acquiring large amounts of debt. At Power Shop, we always keep the equipment and building up to date.

We look forward to many more years with our old and new members and we look forward to helping you meet your goals.

PRICING

YEARLY	MONTHLY	ACH
\$149	\$28	\$19.95
<ul style="list-style-type: none">Family add-on (\$80 per person)	<ul style="list-style-type: none">Family add-on (\$20 per person)	<ul style="list-style-type: none">Family add-on (\$12 per person)

Age to work out is 14 and up. 14-16 must have a signed waiver by legal guardian or parent and parent must be on floor with minor at all times.

16-18 must have signed waiver ban legal guardian or parent. Parent does not have to be there on the premises.

Family add-on must be an immediate family member living in the same house.

Monthly ACH comes out on the 1st of every month.

TRAINERS



SANDRA SWEENEY
Manager

Born and raised in Tarpon Springs FL. She moved to Plant City many years ago. She is married, has a son, and is a grandmother. Sandra started her fitness training at Power Shop Fitness back in 2002. She then started helping us with the cleaning of the gym and then this turned into a great relationship and Sandra became one of our most valued employees. Sandra has many years in the fitness industry and can help you with many questions you might have. She is also the manager of Power Shop Fitness and know a lot of the ins and outs of the fitness industry.



MARCUS DERBY
Trainer

Born and raised in Brandon and then moved to Plant City. Marcus has a wife and 2 sons. Marcus started his fitness training when he was 18 years old. He started training at Power Shop Fitness in 2002. He became a full time employee back in 2015 and started working for us on a more permanent basis in November of 2019. Marcus is a "Certified Personal Trainer" and did his training with Master Trainer Mike Gartz. Come and see Marcus and let him explain how he can help you reach your fitness goals.



WANDA ANDERSON

Front Desk

Wanda has been a member of Power Shop Fitness for over 10 years. She came to us with a purchasing background from "GE Locomotive", working in Erie PA, Greenville SC, Pensacola and Plant City FL. Wanda was born and raised here in Plant City and has extensive family here. You will find you love Wanda as much as we do. She is a very cheerful and personable addition to our PSF family. She has been actively learning about the fitness industry and how to best use her talents here at Power Shop Fitness.

GET YOUR FREE 2 WEEK MEMBERSHIP NOW!

Full Name *

Email Address *

Get 2 Free Weeks Now

WOW



Power Shop Fitness is located in the heart of beautiful, historic downtown Plant City, Florida. Our fitness center is very unique, because it's atmosphere and members are beyond compare. It's a place where you can come and feel comfortable and at home.

Our members are a very diverse group of people here at Power Shop. Our members have a common goal: to better themselves. What we are not here at Power Shop is a "social club". We don't have pizza night, bagel mornings, we don't come to make fashion statements, and our members are people who are serious about physical fitness and health.

We are a real gym, for both men and women, young and old. We have everything available, from free weights, to high tech cardio equipment, and everything in-between. We also have an outside workout area with battle ropes, sandbags, and tires. Additionally, we have all the equipment needed for power lifts and bodybuilders from power racks and dead lift platforms, to heavy weight dumbbells.

At Power Shop Fitness, we have a very experienced staff available to help you in your needs. We have personal trainers here to help you reach your fitness goals, whatever they may be, along with a train who has an onsite fitness lab. If you're serious about bettering yourself, then Power Shop Fitness is where you need to be.

**DON'T BE UPSET BY THE RESULTS
YOU DIDN'T GET WITH THE WORK
YOU DIDN'T DO.**

VISIT US ON FACEBOOK

CONTACT

14 + 5 =

Submit

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LINK: <https://PowerShopFitness.com>

ARCHIVE: <https://Archive.ph/c9s2Q>

ARCHIVE: <https://Web.Archive.org/web/20250616053851/https://powershopfitness.com/>

ARCHIVE: <https://GordonWatts.com/images/AmericanEagleGymHistory.pdf>

ARCHIVE: <https://GordonWayneWatts.com/images/AmericanEagleGymHistory.pdf>

ARCHIVE: <https://ContractWithAmerica2.com/images/AmericanEagleGymHistory.pdf>



hp EliteDesk

COMPOSITIONS

DIET / Exercise Log
DIET / EXERCISE Log

Gordon Wayne Watts
(863) 683-9330
COLLEGE RULED

"Recycle For Our Future"



10 1/4 IN. x 7 7/8 IN.
80 SHEETS
NO. 77480

Roaring Spring • Roaring Spring, PA 16673 • MADE IN USA

...best results
...with complete coverage
...ink, fax, computer
...photocopy corrections

EXTREMELY FLAMMABLE
...FROM FIRE OR FLAME
...FROM CHILDREN
...ALLOW OR INHALE
...personal misuse by
...concentrating and inhaling
...harmful or fatal.

USA INC.
14-464

Florida / it to habilitate
Progressive Insurance
Number: 822-58873

Real Injury Protection
Property Damage / Liability
Insurance
WATTS
Make
Dodge
Model
Contract

Number: 24253
VALID FOR MORE THAN ONE

Contract With America
PART II RTM

LAWMAKERS MADE PROMISES IN 1994... BUT WHAT HAVE WE TO SHOW FOR IT?
Americans of all political stripes demand change—time to revive from...
...like the legendary Pharoah CONTRACT WITH AMERICA

KEY ISSUES:

4 samples: Turner's Jack's
Trump Repp 23 min 8 PRANTS
 Kicks, crawl, Hip extension

Dirt/Excavator Log

Revs
Chin-ups
bent
back
Squats
Barbell
Bench

On
5x5
OR
Lies
Graden begins with

	S	F	T	W	T	M	DATE
1	COURSE						
2	COURSE						
3	COURSE						
4	COURSE						
5	COURSE						
6	COURSE						
7	COURSE						
8	COURSE						

TELEPHONE NUMBERS

9-26-10 (Sun)
 Poveropol Dream
 6-15-2010 (Tues)
 Dream about
 Park Joy +
 Ability to Sax
 Serman

[illegible]

Chuck Alderson
also
Don't know

ProbZurmess: 13mp/5bars

meanings,
↓
affirmation
(?)

[illegible][illegible][illegible][illegible][illegible]

122 cm Two 105-0 - Cross Groups + Glutamine + Cysteine + Serine = 5
 Tumor (22 cm) 160c 300c 15c 60c = 595
 Total: Sum + Cystic + Glut = 105c + 160c + 300c + 15c + 60c = 640c

$$\text{Für } M_{\text{el}} + S_{\text{el}} = (200 + 100) = 250 \text{ so für } 1$$

Chuck Alderman
aka

Dominic Tammaro
suggests 4500

Diet/Exercise/Slip/Stress

calories/day

to go
weight

10:18 PM SAT 02 Oct 2010

8 oz Dr. Pepper 100 calories

10:44 PM - CASHews 160 calories

morning,
↑ afternoon
(?)

slight walk - from 1:55 AM - 8 AM

[03 Oct]

260

1 Tbsp = sugar

15g

4c = 60c

7

7:19 AM - Sun 03 Oct 10: 2 ⁶⁰⁰ ~~assorted~~ Donuts (Publix) + 20z Can (140c)

Also Omelet 2x2 3/4 + Potato Coriander (Tbsp) = 800

11:09 AM = 4 ¹²⁰ ~~grits~~ + cream cheese bagel - Sprite (140c)

3 PM: Gatorade (200c) 5L orange (4c) Tbsp Sugar (60c)

7:58 PM: 6 Tbsp Sugar - Protein + 40 cal. Corn/Cocoa

6 Tbsp x 15g ^{15g} ~~15g~~ = 90g x ^{4c} ~~4c~~ = 360c + 40 = 400c Protein Shake

600 + 140 + 800 + 120 + 300 + 140 + 264 + 400 = 2764

600 740 1540 1660 1960 2100 2364 2764

11:30 PM: (Unbranded) Beverage (800c) + 3 Tbsp Flax Oil (135c) + 1 Protein (170c)

+ Gatorade 5L orange (100c) = 1205c = 2764 + 1205 = 3969 = 4,000 calories

7:26 AM - Mon 04 Oct 10 - 3 Tbsp (9 Tbsp) Flax Oil = 45g x ^{9c} ~~9c~~ = 405 calories

11:50 PM - 1") 3 Tbsp Flax Oil + 1 Protein Shake + 1 Tbsp Rice Powder + 1 Tbsp Sugar

405c + 170c + 60c + 60c = 695 calories

3 PM: 2 bananas (300c) 5:30 PM: 1 cup Coffee + 1 Tbsp Sugar

6:30 AM: Grape Juice (40c) 8 AM: Smitten (240c) (1745 so far)

1:17 PM: 4 Tbsp Flax Oil + 1 Protein Shake + 1 Tbsp Rice Powder + 1 Tbsp Sugar

(540c) (170c) (60c) (60c) = 830c (2575 so far)

11:12 PM: 3 Tbsp Flax Oil + 1 Tbsp Sugar + 1 Protein Shake + 1 Tbsp Rice Powder + 3 Tbsp Glutamine

(405c) (60c) (170c) (5c) (300c) (450c) = 3,525

11:42 PM 3 Tbsp Flax Oil = 405c + 3525 = 3,930 cal. Today

12:20 PM Tue 10-5-10 Cran Grape + Glutamine + Creatine + Sugar = 5

Juice (120c) 160c 300c 15c 60c = 655

Drink: Soy + Creatine + Glutamine + Rice + Chocolate + Sugar + Flax = 1205 sublt

170c 15c 300c 60c 60c 60c 540c = 1860 so far

Fizz Mel + Soda (200 + 100) = 2250 so far

1

"Nia" standard
IRM
method W

General Warmup

135x5 (30 sec)

155x3 (30 sec)

185x2 (30 sec)

225x1 (2 min)

245x1 (2 min)

265x1 (2 min)

285x1 (2 min)

315x1 (3 min)

etc.

I could not max out w/ 225 DL test after warmup.
I suspect Saturdays RDL 175x12 didn't allow me to fully
recover from Tuesday's workout. Plus I moved today's workout to
Monday.

BP:

DBR:

Mon 18 Oct

85x5

60x7

90x5

60x5

95x5

60x5

95x5

60x5

95x5

60x5

DL: 135x5

145x5

155x5

165x5

165x5

(regular: No blocks)

Skipped finishers -
a little too sore.

Thur 21 Oct

Early AM:

Chins/Pullups

1-legged SQ: 8(BW) x 10

25 (hold weight) x 10

30 (hold 2x15 weights) x 10

55 (hold dumb-bell) x 7

55 (") x 10: Almost Failure

MP:

50x5 Easy

55x5 "

60x5 Harder

60x5 "

60x7 (Failure!)

10 (Failure!)

0:0 lbs: 0 leg "BW" Body Weight

Thur 28 Oct PM (GYM)

(THUR 28 OCTOBER 2010)

Sumo

DL: 135x5; 185x3; 225x1; 245x0; 225x0

135 (4" platform) x 36; 135x14/15 (platform blocks)

BP: 95x6.5 DBR: 35x15

DL: 185 (platform) x 0 (Sumo)

185 (knee rack-type pull) x 7

BP: 65x22.5

DL: 135 (on 4" blocks) x 7

DL (Sumo) 135x20

DL (reg) 135x8

DL (rack-pull/Sumo) 135x12

(Home)

DL (rack-pull/Sumo) 135x21

DL (Early AM Friday: Sumo) 135x12

638 - 55 - 225

Sun 31 Oct 2010 Early AM - (skip SQ: Sore)

MP (Supersets w/ Chins/Pullups):

55x5 (Easy)

60x5 (Easy)

65x5

65x5

65x5 1/2

R 65x10 Failure (MP)

8

8

8

8

14

14

14

14

14

14

14

14

14

14

14

13

Failure on R12

11 (Failure) w/ Barbell

UNKNOON. 663

683-9300 CELL (865)
 663-643-9300 812-8788

Chris Lynda
Gmail.com
Dol

Cellulose

Key
Packs

Does anyone
know
Tombabay,
Tr, Com

12-14-18-2889
Tide &
Dobson

33861

897
177 (225)

280
145
145

$$\begin{array}{r} 180 \times 5 \\ 210 \times 3 \end{array}$$

2401

250 x 1

21021
28521

315 x 1

- Advanced Burpees (Burpees w/ 15 sets of 12 w/ 90 sec between)

1983-1984
15 sec cop = 5 min
1 min (with - checks)
1 hour

1:11 PM Begin 1005 CD work

DL-41 Blocks - Cont. 135x6

width: ~~185~~ 315×5 cm 185×5 185×7

$$\text{CANV} = 185 \times 5 \text{ (p.k. board)}$$

Sum - 185 x 5 (part hand)

Defect - 135 x 7

Power \subset pens \neq $B_n' = B_n$
 100×3 100×3 100×3 S_n''

65x8
8x8

2 block @ 3.11 A.M. Temperature
65 x 11.5 (Bulb)

6x17 (")

75x14 (h₁) Chang 10 (h₂)

2017-18

6



85 1.176
 95 51.6 m
 5980 99.96
 8405

SQ: 330 x 1 1/2 Pottols (1/2 way down)

4" Platform: Thu 02 Dec 2010 (DL: 405 (on knees) x 1 millimetre

DL: 225 x 3; 275 x 2; 315 x 1 (225 x 1 225 x 1
 CONV. Sumo x CONV. Sumo

DL + 5" Deficit: 135 x 4; DL conv. floor 135 x 8 speed

BP + 3 boards (4 1/2") 135 x 6; 175 x 1/2; BP: 115 x 5 1/2; 95 x 6/4

SQ: 150 x 5 Almost Pottol 110 x 10; 110 x 20; BP: 95 x 8 SQ: 110 x 8

AT HOME: Front SQ: 95 x 12 (7 pottols between rips) Sat AM (Sat 04 Dec 2010)

a. MP: 85 x 4 1/2; 75 x 3; 90 x 1/2; 70 x 5 (falter); 70 x 5 1/2 (falter)

b. CU: 85 x 8; 85 x 8; 85 x 5; 85 x 12; FP: 70 x 5

DL 120 x 3
 CONV. 140 x 3 > 4 = 3 minutes
 2" 160 x 3 > 4 = 4 min
 Deficit 160 x 3 > 4 = 5 min
 160 x 8 > 4 = 6 min

Thu 09 Dec 2010

DL + 4" 135 x 5; 185 x 3; 215 x 7; 195 x 7

BP: 85 x 10 / 10 / 10 / 10 (sumo black)

DL + 4" Deficit: 135 x 1 (sumo)

DL conv. 225 x 7 (4" black)

DL conv. - floor - 225 x 1/2 / 2 (sumo)

HALTING: DL conv. floor: 135 x 5; DL - HALTING: 135 x 5

BP: 135 x 3; 95 x 3/5; 60 x 20 PU: 20

BP: 95 x 4; 60 x 12 Fri 10 Dec 2010

DL + 4" Deficit: 135 x 5

Halting - Sumo 135 x 5

Sumo DL: 225 x 1 for a few warming sets

SQ: 95 x 2; 115 x 3; 95 x 5 etc. [Go (bad) + 45 (bad)] x (plenty)

Mon 13 Dec 2010: BP: Box x some - 95 x 5;

3 boards BP: 175 x inches; 155 x just miss; - BP (135 x just miss) 145 x 0;

BP: 135 x 1 1/2; BP: 95 x 8 1/2; 105 x 7 1/2; 115 x 3 1/2; 105 x 3 1/2; 95 x 3 1/2

supersot (135 RM) b. BBDB Runs: 55 x 10; 65 x 5; PU: 10; CU: 10 (Back extensions)

95 x 5 1/2; 75 x 6 1/2; 65 x 8 1/2; 1/8 1/2; CU: 10; 65 x 9 1/2; PU: 7; 55 x 11 3/4; 10

CU: 10; 45 x 15; Adv. Burp x 3; 45 x 15 1/2; DB-Pr: 20 x 8/7; Flys: 155 x 5; M

45 x 15; Scorched Earth - centre home w 40 lbs. Tue 14 Dec 2010

BP: 95 x 10; 105 x 1/2 MP: 95 x 0; 45 x 3; 65 x 4/3 1/2; 55 x 6 1/2; DB-Pr: 20 x 5 1/2

DBR 55 x 10; Box - Shungs = 150; Lx Pull downs = 110; + Scorched Earth (SH + BP)

10 RM: BP: 95

① 1 RM Chart

Record Your 1RM if you can do that # reps.

Conversion factor between # Reps & Capacity
1 Rep Max

1RM Chart

Record 1RM (100 A) Practical Approach
to strength training (McGraw-Hill)
Chapter 2: Strength Training and Card-
Training, 1999, p. 52

# Reps	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
Example 1	1.000	1.053	1.067	1.1	1.133	1.167	1.2	1.233	1.267	1.3	1.333	1.367	1.4	1.467	1.5	1.533	1.567	1.6	1.633	1.667	1.7	1.733	1.767	1.8	1.833	1.867	1.9	1.933	1.967	2.0	2.033	2.067	2.1	2.133	2.167	2.2	2.233	2.267	2.3	2.333	2.367	2.4	2.433	2.467	2.5	2.533	2.567	2.6	2.633	2.667	2.7	2.733	2.767	2.8	2.833	2.867	2.9	2.933	2.967	3.0	3.033	3.067	3.1	3.133	3.167	3.2	3.233	3.267	3.3	3.333	3.367	3.4	3.433	3.467	3.5	3.533	3.567	3.6	3.633	3.667	3.7	3.733	3.767	3.8	3.833	3.867	3.9	3.933	3.967	4.0	4.033	4.067	4.1	4.133	4.167	4.2	4.233	4.267	4.3	4.333	4.367	4.4	4.433	4.467	4.5	4.533	4.567	4.6	4.633	4.667	4.7	4.733	4.767	4.8	4.833	4.867	4.9	4.933	4.967	5.0	5.033	5.067	5.1	5.133	5.167	5.2	5.233	5.267	5.3	5.333	5.367	5.4	5.433	5.467	5.5	5.533	5.567	5.6	5.633	5.667	5.7	5.733	5.767	5.8	5.833	5.867	5.9	5.933	5.967	6.0	6.033	6.067	6.1	6.133	6.167	6.2	6.233	6.267	6.3	6.333	6.367	6.4	6.433	6.467	6.5	6.533	6.567	6.6	6.633	6.667	6.7	6.733	6.767	6.8	6.833	6.867	6.9	6.933	6.967	7.0	7.033	7.067	7.1	7.133	7.167	7.2	7.233	7.267	7.3	7.333	7.367	7.4	7.433	7.467	7.5	7.533	7.567	7.6	7.633	7.667	7.7	7.733	7.767	7.8	7.833	7.867	7.9	7.933	7.967	8.0	8.033	8.067	8.1	8.133	8.167	8.2	8.233	8.267	8.3	8.333	8.367	8.4	8.433	8.467	8.5	8.533	8.567	8.6	8.633	8.667	8.7	8.733	8.767	8.8	8.833	8.867	8.9	8.933	8.967	9.0	9.033	9.067	9.1	9.133	9.167	9.2	9.233	9.267	9.3	9.333	9.367	9.4	9.433	9.467	9.5	9.533	9.567	9.6	9.633	9.667	9.7	9.733	9.767	9.8	9.833	9.867	9.9	9.933	9.967	10.0	10.033	10.067	10.1	10.133	10.167	10.2	10.233	10.267	10.3	10.333	10.367	10.4	10.433	10.467	10.5	10.533	10.567	10.6	10.633	10.667	10.7	10.733	10.767	10.8	10.833	10.867	10.9	10.933	10.967	11.0	11.033	11.067	11.1	11.133	11.167	11.2	11.233	11.267	11.3	11.333	11.367	11.4	11.433	11.467	11.5	11.533	11.567	11.6	11.633	11.667	11.7	11.733	11.767	11.8	11.833	11.867	11.9	11.933	11.967	12.0	12.033	12.067	12.1	12.133	12.167	12.2	12.233	12.267	12.3	12.333	12.367	12.4	12.433	12.467	12.5	12.533	12.567	12.6	12.633	12.667	12.7	12.733	12.767	12.8	12.833	12.867	12.9	12.933	12.967	13.0	13.033	13.067	13.1	13.133	13.167	13.2	13.233	13.267	13.3	13.333	13.367	13.4	13.433	13.467	13.5	13.533	13.567	13.6	13.633	13.667	13.7	13.733	13.767	13.8	13.833	13.867	13.9	13.933	13.967	14.0	14.033	14.067	14.1	14.133	14.167	14.2	14.233	14.267	14.3	14.333	14.367	14.4	14.433	14.467	14.5	14.533	14.567	14.6	14.633	14.667	14.7	14.733	14.767	14.8	14.833	14.867	14.9	14.933	14.967	15.0	15.033	15.067	15.1	15.133	15.167	15.2	15.233	15.267	15.3	15.333	15.367	15.4	15.433	15.467	15.5	15.533	15.567	15.6	15.633	15.667	15.7	15.733	15.767	15.8	15.833	15.867	15.9	15.933	15.967	16.0	16.033	16.067	16.1	16.133	16.167	16.2	16.233	16.267	16.3	16.333	16.367	16.4	16.433	16.467	16.5	16.533	16.567	16.6	16.633	16.667	16.7	16.733	16.767	16.8	16.833	16.867	16.9	16.933	16.967	17.0	17.033	17.067	17.1	17.133	17.167	17.2	17.233	17.267	17.3	17.333	17.367	17.4	17.433	17.467	17.5	17.533	17.567	17.6	17.633	17.667	17.7	17.733	17.767	17.8	17.833	17.867	17.9	17.933	17.967	18.0	18.033	18.067	18.1	18.133	18.167	18.2	18.233	18.267	18.3	18.333	18.367	18.4	18.433	18.467	18.5	18.533	18.567	18.6	18.633	18.667	18.7	18.733	18.767	18.8	18.833	18.867	18.9	18.933	18.967	19.0	19.033	19.067	19.1	19.133	19.167	19.2	19.233	19.267	19.3	19.333	19.367	19.4	19.433	19.467	19.5	19.533	19.567	19.6	19.633	19.667	19.7	19.733	19.767	19.8	19.833	19.867	19.9	19.933	19.967	20.0	20.033	20.067	20.1	20.133	20.167	20.2	20.233	20.267	20.3	20.333	20.367	20.4	20.433	20.467	20.5	20.533	20.567	20.6	20.633	20.667	20.7	20.733	20.767	20.8	20.833	20.867	20.9	20.933	20.967	21.0	21.033	21.067	21.1	21.133	21.167	21.2	21.233	21.267	21.3	21.333	21.367	21.4	21.433	21.467	21.5	21.533	21.567	21.6	21.633	21.667	21.7	21.733	21.767	21.8	21.833	21.867	21.9	21.933	21.967	22.0	22.033	22.067	22.1	22.133	22.167	22.2	22.233	22.267	22.3	22.333	22.367	22.4	22.433	22.467	22.5	22.533	22.567	22.6	22.633	22.667	22.7	22.733	22.767	22.8	22.833	22.867	22.9	22.933	22.967	23.0	23.033	23.067	23.1	23.133	23.167	23.2	23.233	23.267	23.3	23.333	23.367	23.4	23.433	23.467	23.5	23.533	23.567	23.6	23.633	23.667	23.7	23.733	23.767	23.8	23.833	23.867	23.9	23.933	23.967	24.0	24.033	24.067	24.1	24.133	24.167	24.2	24.233	24.267	24.3	24.333	24.367	24.4	24.433	24.467	24.5	24.533	24.567	24.6	24.633	24.667	24.7	24.733	24.767	24.8	24.833	24.867	24.9	24.933	24.967	25.0	25.033	25.067	25.1	25.133	25.167	25.2	25.233	25.267	25.3	25.333	25.367	25.4	25.433	25.467	25.5	25.533	25.567	25.6	25.633	25.667	25.7	25.733	25.767	25.8	25.833	25.867	25.9	25.933	25.967	26.0	26.033	26.067	26.1	26.133	26.167	26.2	26.233	26.267	26.3	26.333	26.367	26.4	26.433	26.467	26.5	26.533	26.567	26.6	26.633	26.667	26.7	26.733	26.767	26.8	26.833	26.867	26.9	26.933	26.967	27.0	27.033	27.067	27.1	27.133	27.167	27.2	27.233	27.267	27.3	27.333	27.367	27.4	27.433	27.467	27.5	27.533	27.567	27.6	27.633	27.667	27.7	27.733	27.767	27.8	27.833	27.867	27.9	27.933	27.967	28.0	28.033	28.067	28.1	28.133	28.167	28.2	28.233	28.267	28.3	28.333	28.367	28.4	28.433	28.467	28.5	28.533	28.567	28.6	28.633	28.667	28.7	28.733	28.767	28.8	28.833	28.867	28.9	28.933	28.967	29.0	29.033	29.067	29.1	29.133	29.167	29.2	29.233	29.267	29.3	29.333	29.367	29.4	29.433	29.467	29.5	29.533	29.567	29.6	29.633	29.667	29.7	29.733	29.767	29.8	29.833	29.867	29.9	29.933	29.967	30.0	30.033	30.067	30.1	30.133	30.167	30.2	30.233	30.267	30.3	30.333	30.367	30.4	30.433	30.467	30.5	30.533	30.567	30.6	30.633	30.667	30.7	30.733	30.767	30.8	30.833	30.867	30.9	30.933	30.967	31.0	31.033	31.067	31.1	31.133	31.167	31.2	31.233	31.267	31.3	31.333	31.367	31.4	31.433	31.467	31.5	31.533	31.567	31.6	31.633	31.667	31.7	31.733	31.767	31.8	31.833	31.867	31.9	31.933	31.967	32.0	32.033	32.067	32.1	32.133	32.167	32.2	32.233	32.267	32.3	32.333	32.367	32.4	32.433	32.467	32.5	32.533	32.567	32.6	32.633	32.667	32.7	32.733	32.767	32.8	32.833	32.867	32.9	32.933	32.967	33.0	33.033	33.067	33.1	33.133	33.167	33.2	33.233	33.267	33.3	33.333	33.367	33.4	33.433	33.467	33.5	33.533	33.567	33.6	33.633	33.667	33.7	33.733	33.767	33.8	33.833	33.867	33.9	33.933	33.967	34.0	34.033	34.067	34.1	34.133	34.167	34.2	34.233	34.267	34.3	34.333	34.367	34.4	34.433	34.467	34.5	34.533	34.567	34.6	34.633	34.667	34.7	34.733	34.767	34.8	34.833	34.867	34.9	34.933	34.967	35.0	35.033	35.067	35.1	35.1



FLD Consult: GWW

6 messages

<Gww1210@aol.com>
To: NiaShanks@gmail.com
Cc: Gww1210@aol.com, Gww12102002@yahoo.com, gww1210@gmail.com

Tue, Oct 5, 2010 at 3:57 AM

1) Comment - Nia, I although I have probably learned almost as much as I can from your websites and you answering many questions, I decided to buy the more expensive of your 2 product for at least 2 reasons:

* Even if I learn only a little more (marginal utility), I don't believe the Law of Diminishing Returns will realise here because exercise/health is a very important matter, and a "little more" can be very important. My reach for the "little bit more" here is not unlike the time I (a non-lawyer) nearly won one of the biggest lawsuits in America's history, eventually losing 4-3 in the Fla Supreme Court - which did better than Jeb Bush's similar briefs by the way: Before I even filed one paper, I "studied the masters" -and reviewed every court brief like a policy wonk. I hope that I can be as determined in this (and other) matters as I was in court. *(As an aside, I wonder if this was more of a miracle/fluke than related to my legal skill.)*

* Since I did get a whole bunch of Free Advice and Counseling, in moral terms, I probably should owe you something (besides my own free advice, which may -or may not -outweigh what you've contributed).

2) Question - I don't really need to try and pack on weight to get strong like my bodybuilder friend, Damien Masters, says, do I? (He says that I should eat 4,000 calories per day until I reach 180 lbs, and then cal him back. He's on my Facebook, and he used to be skinny, but I think his well-intended advise is bull-sh-t, and that I should eat only when I'm hungry. --- Am I probably right here?)

It would appear that you don't stuff yourself, and your eating logs appear to be no more than 2 and a half or 3 thousand calories, which implies my friend is probably wrong here.

3) Question - Sorry to ask a personal question, but what was your training during the time you were injured and took off? You did do some maintenance work at least towards the end of your time off, right? (Even though I realise people are different, some things remain the same, and whatever you did during your time off worked, and that is the basis of my curiosity here.)

4) Comment (my final one) - After maybe 1 more week (I'm still a bit sore, but probably uninjured), I plan to begin a routine along these lines: (I had done enough pullups & bodyweight squats to get rather sore, but moreover, on my last workout day, I deadlifted 205x3 with only several weeks light training before that, and my weights are slightly lower to the ground, making them somewhat of a deficit, and that is added to the fact that at about 125 lbs, I'm about 5'8 and a half and have a reach probably no longer than yours.)

- * Warm ups B4 workouts: Jumping Jacks, kicks, crawls, planks, hip extensions, sprints, and/or jump rope.
- * Exercise warm ups: 50% max weight that workout x 8 reps, working up in weight & down in reps - several sets

Day 1: SQ &/or 1-leg split-SQ
Military Press / Chin-ups &/o Pull-ups (alternate)
Finisher(s) (DB Swings &/or Burpees)

Day 2: DL --- I plan to adjust to compensate for my height when making official measurements, but for sets, I hope to vary the height (platform, ground, rack pulls), grip (wide, narrow, alternating, etc.) and stance (regular, sumo)
Bench Press &/or Push-ups / Rows (alternate)
Finishers(s)

Day 3 &/or 4: If I feel good, I may insert a "very light" day some place (remembering your caveat about NOT doing 3 days in a row).

Each exercise: 5 sets of 5 reps, like you said, progressing, for example, 135, 145, 155, 155, 155, and making sure the weight's heavy enough that I can't do any more -- and recording my activities. (I'm afraid to post my workout on my blogspot because of negative peer pressure I might get from 'Nay Sayers' and doubters who say I shouldn't be lifting heavy weights -that light stuff is the way to avoid injury.)

And 4-5 weeks on, and 1 week Deload (in which I would imagine I do bodyweight exercises or the like but no weights)

As an aside, whether it's actual things or my reaction to them, I feel stress is negatively affecting my focus, and thus my performance. Remembering that i butt my nose into very controversial matters at times, this is not to be unexpected.

Thx in advance for your comments & feedback,

Gordon Wayne Watts, editor-in-chief, [The Register](#)



ALWAYS FAITHFUL - To God

-And God bless my friends who made the eagle pic

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Truth is the strongest, most stable force in the Universe

Truth doesn't change because you disbelieve it

TRUTH doesn't bend to the will of tyrants

www.GordonWayneWatts.com / www.GordonWatts.com

Get Truth.

"First, they [Nazis] came for the Jews. I was silent. I was not a Jew. Then they came for the Communists. I was silent. I was not a Communist. Then they came for the trade unionists. I was silent. I was not a trade unionist. Then they came for me. There was no one left to speak for me." (Martin Niemöller, given credit for a quotation in The Harper Religious and Inspirational Quotation Companion, ed. Margaret Pepper (New York: Harper & Row, 1989), 429 -as cited on page 44, note 17, of Religious Cleansing in the American Republic, by Keith A. Fornier, Copyright 1993, by Liberty, Life, and Family Publications.

Some versions have Mr. Niemöller saying: "Then they came for the Catholics, and I didn't speak up, because I was a Protestant"; other versions have him saying that they came for Socialists, Industrialists, schools, the press, and/or the Church; however, it's certain he DID say SOMETHING like this. Actually, they may not have come for the Jews first, as it's more likely they came for the prisoners, mentally handicapped, & other so-called "inferiors" first -as historians tell us -so they could get "practiced up"; however, they did come for them - due to the silence of their neighbors -and due in part to their own silence. So: "Speak up now or forever hold your peace!"-GWW

<Gww1210@aol.com>
To: niashanks@gmail.com

Wed, Oct 6, 2010 at 11:43 AM

Everything you said intuitively 'rings true' except the part about sticking with one type of deadlift at a time.

Question 1 - What would it hurt to do like you did in your last workout and do both rack pulls and then regular deadlifts (I couldn't tell from your training log whether they were regular or sumo)?

Question 2- If I do heavy sets of lifting (5x5 or so like below) and then do a whole bunch of pushups, pullups, and/or sprints (or other like rows & burpees), **will that crowd too much into my workout to allow me to be recovered & fresh next cycle??** EXAMPLE:

MONDAY: SQ &/or 1-leg split-SQ
Military Press / Chin-ups &/o Pull-ups (alternate)
Finisher(s) (DB Swings &/or Burpees)

TUESDAY: Hershel Walker workout

WEDNESDAY: Off - maybe light walking

THURSDAY: DL --- I plan to adjust to compensate for my height when making official measurements, but for sets, I hope to vary the height (platform, ground, rack pulls), grip (wide, narrow, alternating, etc.) and stance (regular, sumo)
Bench Press &/or Push-ups / Rows (alternate)
Finishers(s)

FRIDAY: Hershel Walker workout

SATURDAY & SUNDAY: Off - maybe light walking

If that plan above would prevent enough recovery time, then I would infer/guess that the I make the off days real light assistance work (planks, jumping jacks, or very light weights).

Question 3 - Is that a good guess??

Thx.

In a message dated 10/6/2010 10:29:22 A.M. Eastern Daylight Time, niashanks@gmail.com writes:

2) No, you don't have to eat a ton to get strong. Just make smart food choices and eat when you're hungry. If you want to gain muscle quickly, then yes eating more can and does help. But if your main priority is to get strong, you don't have to overeat.

3) I still used the same exercises but with less weight. I also did more accessory work such as single leg training, bodyweight exercises, etc. The main thing that helped was including deload weeks like we talked about recently.

4) For the deadlifts I would stick with a single variation for at least 4 weeks. Example: 1st month - regular deadlifts, 2nd month - rack pulls. That way you give yourself enough with each exercise to make good progress. Other than that, everything else looks great.

Yes, stress can definitely make it more difficult to recover from tough training. The body recognizes all stress but doesn't distinguish physical stress (like working out) from mental or emotional stress. It just knows it's getting worn down and that can make training and especially recovery tougher. Just do what you can to reduce stress.

I hope that answered all of your questions!

[Quoted text hidden]

<Gww1210@aol.com>
To: niashanks@gmail.com

Thu, Oct 7, 2010 at 4:12 PM

Thx. In case you didn't get the context, when I said I 'studied the masters' in preparing my court briefs, I was comparing the legal experts to you, as a diet & exercise expert.

Two Questions: (1) Deadlift: How are rack pulls performed: Sumo or conventional?

(2) What were you referring to when you said "The other stuff shouldn't interfere too much." -- Which stuff?

PS: (3) Thx 4 the feedback on the # of days. That "rings true."

In a message dated 10/7/2010 11:28:29 A.M. Eastern Daylight Time, niashanks@gmail.com writes:

1) I have been deadlifting for years and am already really strong in the deadlift. Right now I recommend you stick with one version until you greatly increase your strength. Also, I just did one set of regular deadlifts to "keep the groove" of that movement pattern.

2) For Monday if you do 5x5 for squats, military press, and chins, that is all you should do that day, including the finisher if you still have the energy. The other stuff shouldn't interfere too much. Just give it a try and see how your body responds. I would, however, only keep the bodyweight workouts in once per week, not twice. If you aren't getting stronger each week on Monday's and Thursday's workouts, then cut back on the other days.

3) Yes, you are correct. You can try the 2 weight lifting days and 1 bodyweight workout per week and see how your body responds. Like I said, your main priority should be on getting stronger each week or two with the Monday & Thursday gym workouts. If you aren't getting stronger, then definitely make the other days lighter work.

Have a great day!

-Nia

[Quoted text hidden]

<Gww1210@aol.com>

Fri, Oct 8, 2010 at 7:57 PM

To: Gww1210@aol.com
Cc: Gww12102002@yahoo.com, gww1210@gmail.com

In a message dated 10/8/2010 10:48:09 A.M. Eastern Daylight Time, niashanks@gmail.com writes:

- 1) You can do either. I rotate the movements. If you have never done them before, I would definitely recommend starting with conventional rack pulls. Do not go higher than knee cap level.
- 2) The bodyweight workouts is what I was refering to. Your main focus and effort should go into the weight lifting workouts. If anything else you are doing interferes with those workouts, then you will need to cut back on the extra (bodyweight workouts) stuff.

Have a great day!
Nia

[Quoted text hidden]

----- Forwarded message -----

From: Nia Shanks <niashanks@gmail.com>

To: Gww1210@aol.com

Cc:

Bcc:

Date: Fri, 8 Oct 2010 09:38:53 -0500

Subject: Re: FLD Consult: GWW

1) You can do either. I rotate the movements. If you have never done them before, I would definitely recommend starting with conventional rack pulls. Do not go higher than knee cap level.

2) The bodyweight workouts is what I was refering to. Your main focus and effort should go into the weight lifting workouts. If anything else you are doing interferes with those workouts, then you will need to cut back on the extra (bodyweight workouts) stuff.

Have a great day!
Nia

[Quoted text hidden]

Gordon Watts <gww1210@gmail.com> Mon, Jul 14, 2025 at 3:06 AM
To: Gordon Watts <gww1210@gmail.com>
Cc: Gww1210@aol.com <gww1210@aol.com>
Bcc: Gww12102002@yahoo.com <gww12102002@yahoo.com>, Gordon Watts <gordon@gordonwaynewatts.com>, Gordon Watts <gordon@gordonwatts.com>, Gordon Watts <Gordon@contractwithamerica2.com>, Gordon@thirstforjustice.net, Thirstforjustice777 <thirstforjustice777@gmail.com>, Bobby Watts <BobbyFWatts@gmail.com>

This shows I was at Debs Gym around the time April was selling lifting wraps, supporting her recollections.

Gordon Wayne Watts, editor-in-chief, [The Register](http://www.GordonWayneWatts.com)
www.GordonWayneWatts.com / www.GordonWatts.com

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<https://ContractWithAmerica2.com>

ALWAYS FAITHFUL - To God

BS, The Florida State University, double major with honours: Biological & Chemical Sciences

AS, United Electronics Institute, VALEDICTORIAN

* <https://GordonWatts.com/education>

* <https://GordonWayneWatts.com/education>

2046 Pleasant Acre Drive, Plant City, FL 33801-2113

Home: (863) 687-6141 ; Cell: (863) 688-9880




See also: http://Gordon_Watts.Tripod.com/consumer.html

Gww1210@aol.com ; Gww1210@Gmail.com

[Quoted text hidden]

[Quoted text hidden]

5 attachments

-  **gordon-eagle.jpg**
18 KB
-  **Screenshot_20250714-025624.png**
110 KB
-  **Screenshot_20250714-025553.png**
135 KB
-  **Screenshot_20250714-025605.png**
135 KB
-  **NiaShankdConsult_GWW.pdf**
77 KB

Mail Delivery Subsystem <mailer-daemon@googlemail.com>
To: gww1210@gmail.com

Mon, Jul 14, 2025 at 3:06 AM



Address not found

Your message wasn't delivered to **gww12102002@yahoo.com** because the address couldn't be found, or is unable to receive mail.

The response from the remote server was:

554 30 Sorry, your message to gww12102002@yahoo.com cannot be delivered. This mailbox is disabled (554.30).



Thx Eric + here's why I used the 4" cheat blocks to compare...

3 messages

Gww1210@aol.com <Gww1210@aol.com>

To: ec@ericcressey.com, ericcressey@hotmail.com

Cc: Gww1210@aol.com, Gww12102002@yahoo.com, gww1210@gmail.com

Tue, Dec 28, 2010 at 9:11 AM

Thx 4 your 2 replies so far, Eric - I'm going to try my best to make the 'vegan' thing work (your last reply), and I'm taking careful note of your >90% singles loading (your reply here).

I apologize for the brain-loading my last email will give you, but I seem to have done the seemingly impossible: Train to failure, and yet set impressive PR's for a beginner in the 4" cheat deadlift. **I forgot to mention my reasoning for using the 4" cheat blocks for comparison/contrast - LOL - sorry:**

Since your friend Nia Shanks is about the same body weight as myself, and only 4" shorter than me -and by incredible coincidence, with about the same reach as well, I decided that the 4" cheat blocks would be a fair 'gym lift' comparison to let me see if I could lift the same weight the same distance as a similar, but more experienced lifter, and that is why I am so surprised that she took 8-9 months to make the same 225 to 275 jump I made in slightly over 2 months' time. (The fact I'm a guy can't fully account for my impressive progress -especially since the difference between men and women is smaller in the lower weight classes -and Nia had tons more experience than going into her recent training log, which she did in 2008. That is why I think my 'train to failure' method might have some merit.)

Since I'm a new lifter, I strongly subscribe to the philosophy that I "should" "blindly copy" other peoples' routines (yours, Nia's, whomever's) until I get the hang of it. OK, I really scorched my body, and am deloading for about 7-10 days, hoping that will be enough. And, I'm really confused about the mystery I describe above & in my last email.

In a message dated 12/28/2010 8:40:26 A.M. Eastern Standard Time, ec@ericcressey.com writes:

My struggles took place when I was 21-22 years old, and my improvements came when I ditched the 4-8 rep "strength" work and stuck to sets of 3 and below. And, more specifically, I started doing more singles over 90% of my 1RM.

Best,

EC

On Tue, Dec 28, 2010 at 3:11 AM, <Gww1210@aol.com> wrote:

Thx again for the 3 big, expensive products I have purchased so far from you.

Eric, here is a copy to your Hotmail account - you know, and extra copy to make sure I don't put all my eggs in 1 basket. The 1st (green) email was about trouble making payment, and the 2nd (dark blue) email was an update that I'd found another method of payment, but clarification on something that I hope is helpful to your health and that of your clients.

One big question about <http://ericcressey.com/five-reasons-you-arent-getting-stronger> - if you don't mind: What were the details on that episode when you "spent about 14 months trying to go from a 225-pound bench to 230."

I.e., what was your weight, height, arm length (reach), and age during this 14-month period --and more importantly, what sets/rep scheme did you initially use that let you down, and then what sets/rep scheme did you change to that got you improvements. THX!

Merry Christmas, and a Happy New Year!

In a message dated 12/28/2010 2:57:04 A.M. Eastern Standard Time, Gww1210@aol.com writes:

Eric, please disregard my 'financial' plea below - I found an 'emergency' credit card, and got it to work.

However, one thing is heavy on my spirit:

Obviously, I think you're one REAL smart expert in the field, or else I would not have purchased three of your products (Art of Deload; Show & Go MAIN + Show & Go NUTRITION)..., but after reviewing the protein suggestions for the nutrition paper you included, I see "no" vegan alternatives for protein (e.g., soy burgers, soy milk, soy protein powder, glutamine or BCAA powders, bananas, rice, beans, etc.).

Not only do vegans have lower cancer rates (see my research), I want to clarify one the 3 vegan athletes I mentioned below:

1) Your friend Nia Shanks is not only a world record holder, but her lifts are not shabby either (she actually deserves the world record she was awarded) -and I am ashamed to say, but I have not matched all her lifts yet, and this is even with my being in her weight class -AND with my having made height/reach corrections for the deadlift. NIA IS A VEGAN.

2) Although I have gaping deficiencies in my lifts (that's 1 reason I bought your product), I was still able to get by 4" block deadlift from 225x1 to 275x2 in about 2 months time, which, if I am reading Nia's log correctly, is about 3-5 times faster than her own improvement for the deadlift for approx. the same range of pounds -about 225-240 to about 275. --she is a very accomplished and intelligent athlete -I am very surprised I beat her that badly at anything -let alone beat her at all. I AM A VEGAN. (My crazy vegan ways did something good -or at least weren't fatal -not yet anyway.)

3) I confirmed my recollection below: Carl Lewis is not only a multiple-Gold medal Olympian, CARL LEWIS IS A VEGAN.

There must be something to that 'vegan' craziness.

(-:/

4) Linear Regression analyses of countries reveals that the more vegan, the less of MANY diseases, with p-values of like 0.0001 or less, it is not by chance, and R-values of like 0.75 or so, it is VERY correlated, more so than smoking-and-lung cancer, I'd guess.

OK, I'm not trying to offend or insult you by offering what may be some slight disagreement here -just trying to help out my new friends, Eric Cressey and company, since y'all are true genuine researchers in health and athletics.

Best regards, and thanks once again for your products and time,

Gordon Wayne Watts
Lakeland, FL

In a message dated 12/28/2010 1:52:13 A.M. Eastern Standard Time, Gww1210@aol.com writes:

Eric, you remember me - a recent satisfied customer of your Art of the Deload paper.

I just attempted to purchase the Show & Go for 127, and I had more than enough money in my bank account, but it declined for reasons unknown.

FYI, I think the problem is not on your end, as a few Amazon.com book orders declined too, but the money IS in the account, and I am writing you to ask if you would hold the price until I get my bank to comply with the Available Balance -and my recent HUGE bank deposit.

To verify my tall tale, please see the JPG image, a scanned image of the deposit slip with the current and available balances.

PS: See my recent research about vegan dietary advantages - many famous athletes (incl. your friend Nia Shanks AND Olympian Carl Lewis -and even non-famous novice, Gordon Watts, me) believe vegan diets improve performance -and save/lengthen lives. It's at the 'health' link of my personal pages, a free gift to you.

Gordon Wayne Watts
Lakeland, FL

In a message dated 12/26/2010 9:59:22 P.M. Eastern Standard Time, ec@ericcressey.com writes:

Hi GORDON,

With 2010 winding down, I thought I'd use this last week of the year to direct you to some of the most popular content of the past 12 months at EricCressey.com, as this "series" was quite popular last year. Today, we start with the most popular articles of the year; these are the pieces that received the most traffic, according to my hosting statistics.

5 Reasons You Aren't Getting Stronger - This post came during the launch week of **Show and Go: High Performance Training to Look, Feel, and Move Better**. With some of the unique programming strategies outlined in Show and Go, it seemed like a good opportunity to outline some of the common mistakes folks make that I really sought to avoid when writing the program.

How to Find Your Fitness Niche - The popularity of this post surprised me. I suppose it means that I have more fitness professionals (and aspiring fitness professionals) reading my blog than I'd previously thought. This piece discusses how I "fell" into my baseball training niche.

Make My Kid Run Faster - Apparently, I'm not the only one who has to deal with the occasional crazy father who tells me how to train his kid!

Clearing Up the Rotator Cuff Controversy - This post discusses my approach to structuring rotator cuff exercises throughout the training week.

The Fascial Knock on Distance Running for Pitchers - This was a fun article to write because it combined a review (of Thomas Myers' presentation at Perform Better) with a summary of my own experiences training pitchers. It's always great to take the perspective of another and see how it meshes with your own philosophy - whether it confirms or refutes what you're doing.

High Performance Training without the Equipment (Installment 1) - I'm glad that I checked back on my statistics to find that this was so popular, as I haven't gotten around to writing any subsequent installments. I'll pick it up soon.

I'll be back soon with more of "The Best of 2010" at EricCressey.com.

So, long-story-short, if I work up to my 'daily max' each day in each exercise -and then make sure to get at least the 'required' number of >90%-1RM 'work-sets' (as I think you're saying in your program), then I will see about as much strength gain as is possible in that workout week?

I don't mean to overload you with questions, but I still don't know why I could do 4 sets of 10 with almost 90% of my 1RM below, and I am freaked out by the major discrepancy here. Could you offer your thoughts here on what happened? (I should either be "unable" to do more than 3-5 reps at that weight -or maybe my 1RM is greater but limited by something, like maybe a sticking point at getting the weight off the floor. Is that what happened??)

Also, while I've studied 'recovery' and 'active recovery' ad nauseam (and even google-searched your websites for this), I would still appreciate any tips or thoughts you have here. Any thoughts here?

In a message dated 12/29/2010 8:59:59 A.M. Eastern Standard Time, ec@ericcressey.com writes:

Straight-up tough love here, because I think you could really use it.

You are not strong - yet! All the worries about optimizing recovery (or anything else, for that matter) are really just a lot of wasted effort at this point. The CNS concerns really aren't significant because at your level of strength doesn't suggest that you are really neurally efficient at all, so you will get stronger in every successive session simply because you are getting more and more "familiar" with the movement.

Stick to the program and be consistent; you'll make progress on as little as 40% of 1RM in your first 3-4 months of training, and 70% of 1RM for the 6-12 months thereafter.

Best,

EC

PS - Please just email me at this address (not both) with questions.

[Quoted text hidden]



Re: Receipt for your ClickBank Order #TJX2EP7W

Inbox



Gww1210... 10/5/2010
to Gww12102002... ^



From Gww1210@aol.com
To Gww12102002@yahoo.com
Cc gww1210@gmail.com
Date Oct 5, 2010, 12:33 AM
[View security details](#)



Reply



Reply all



Forward



99+





This email confirms that you made a purchase from ClickBank.com. This transaction will appear on your statement as "CLICKBANK" or "CLKBANK*COM." ClickBank is the Internet's largest retailer of digital products. Please review the following information and keep this email for future reference. Thank you for your order.

PURCHASE INFORMATION

Order Number: TJX2EP7W
Order Date: 10/04/2010 7:47 PM PDT
Customer Name: GORDON W WATTS
Customer Email: gww1210@aol.com

Product: Fat Loss Detour Platinum Package
Product ID: 2
Vendor's Site: <http://www.FatLossDetour.com/sales-copy/>



Reply



Reply all



Forward



99+





Total: \$7,500

TECHNICAL SUPPORT

If this was a digital product and for some reason you did not receive access to the product after payment, please try again by following this link now:

<http://clickbank.com/goto/?4caa91c1TJX2EP7W>

If you need technical support for your product please contact the vendor of the product directly by sending an email message to the address below or visiting their customer service website:

Vendor Email: nia85@comcast.net

Remember, the vendor is an expert on the product and can give you personalized customer service. Please be patient and allow the vendor two business days to respond.



Reply



Reply all



Forward



99+



**I made a small typo, April: You don't right-click the doc, but instead....**

4 messages

Gww1210@aol.com <Gww1210@aol.com>
 To: amathis01@gmail.com
 Cc: INFO@mathistrainingsolutions.com, FoodExpressGA@gmail.com

Sun, Jan 1, 2012 at 10:23 AM

I made a small, but important, typo...

When you use Open Office (which is like Microsoft Word, but free), you don't right-click the document, but instead go to the top of the page, where the controls are and there you use "Edit" and "Insert" and select "picture," etc... --- sorry for the typo -- the rest of my instructions look correct -- let me know if you still need any help.

In a message dated 1/1/2012 9:54:27 A.M. Eastern Standard Time, Gww1210@aol.com writes:

In a message dated 1/1/2012 12:31:54 A.M. Eastern Standard Time, amathis01@gmail.com writes:

How to make an image for the e-book. For example, look at this website: <http://www.criticalbench.com/>. Look at the first thing under "recent posts" on the home page. See the image of the e-book thing. That's what I'm talking about. How do you make that?

Like THIS -- see the email attachment...

when you copy and paste an image into Microsoft Paint (START--> All Programs --> Accessories --> Microsoft Paint) or Adobe Photoshop (don't use this, as it's NOT free like Paint), you can manipulate it like you want, and then either right-click the Microsoft Word document and select:

Insert --> Picture --> from file (and then browse your computer to find it) or, alternatively, you can go to the picture and Edit --> Select All --->

and then, once you've selected all (or part) go Edit-->Copy

and then go to your document and go to Edit--> Paste (into where you want the image)

Then, after you've got it where you want, you go to Print, and 'print' it to DoPDF (which you'd have to download -- it's free) -- or use any number o other online free programs to convert *.doc files to *.pdf files.

See the email attachment for my example of how to make an e-book -- it's short, only 2 pages long, and shows you an example of all of what you want to do -- ps: I saw your mention of my website. It looks good.

-April

On Sun, Jan 1, 2012 at 12:04 AM, <Gww1210@aol.com> wrote:
 what again is it you're trying to do with your image (I couldn't quite get the gist of your last sentence) -- tell me again, and I'll see if i can figure out how to do it.

In a message dated 12/31/2011 11:31:43 P.M. Eastern Standard Time, amathis01@gmail.com writes:

I figured out how to do the first part and published it and everything. I watched a few youtube videos and it showed me. However, I still don't know how to get the image like alot of them do up on the website. There was one site that did for free, but it also showed every other page of it, so you can't really sell it at all then. I found out how to embed an image with the code but don't know hw to make that image of just the first page without the rest of it showing.

-April

On Sat, Dec 31, 2011 at 3:37 PM, <Gww1210@aol.com> wrote:

Regarding your question about how to make an e-book, April, I will bunt, and ask for help from my Facebook friend, Nia Shanks, who is another veteran power lifter, and who also is only 1 of 2 trainers who have ever sold me an e-book online. (The other is Eric Cressey, also an expert powerlifter and who also trains professional ball players.) Her website is www.NiaShanks.com

Nia, my friend below asking for my help is April Mathis, a RAW powerlifter who is presently ranked World's Strongest Woman in the SHW division, and who used to train in Lakeland at my gym.

In a message dated 12/31/2011 2:17:48 P.M. Eastern Standard Time, amathis01@gmail.com writes:

What I meant by later is that I changed it on the paypal links, as I did them after i made those first website links. The website stuff i will put on the next update.

if you need help making the other links open up in a new window, let me know.

Do you know anything about making an e-book?

Even though I think Nia would certainly know, nonetheless, I will weigh in with free advice from *my* personal experiences: You could write an e-book in Microsoft Word (or Open Office, a free program), and then use some program like DoPDF to convert it to PDF -- and that would be FREE --and you could then sell or publish it -- that's what I would do (myself), but I'm just a dumb country hick, and neither my college degree nor any professional experience is not specifically in that area.

I'm trying to learn about that right now and see how to publish it for free online.ia

I bunted -- and Nia is on www.Facebook.com/NiaShanks and, besides knowing more about e-books than me, Nia also has an online business similar to what you are trying to do. (Or, are now doing, actually: www.MathisTrainingSolutions.com)

-April

On Fri, Dec 30, 2011 at 8:40 PM, <Gww1210@aol.com> wrote:

In a message dated 12/30/2011 5:03:46 P.M. Eastern Standard Time, amathis01@gmail.com writes:

I think i changed that later with the paypal links

I just checked, and yeah, you got it working with the pay pal link -- it opens up in a new window, but the other links don't ... (you must be getting tired -- you said you changed that late? didn't u mean that you "will" change that later :)

and stuff just not the website links. I will do that soon.

cool

I published a new update. I will fix the websites and add yours on it with the next update (sorry I forgot before clicking the publish button).

well, u can catch it next time...

-April

On Fri, Dec 30, 2011 at 8:39 AM, <Gww1210@aol.com> wrote:

Cool :)

Hey, I just noticed something that may be a little bit of a problem for your website visitors... when they click on a link, it open up, and they leave your page ... no biggie, but I've learned a little trick to make the link open up in a new window, while keeping my website still open in a browser window --- that way they don't have to navigate back -- see my HTML source code for the trick...

Here's an example:

```
<a href="http://StarTrekNewVoyages.com" target="_blank">
StarTrekNewVoyages.com - opens up in a new window, leaving my page open in the original browser window
</a><p>
```

```
<a href="http://StarTrekNewVoyages.com">
StarTrekNewVoyages.com - makes the person leave my page & goes to the new page
</a><p>
```

You have to add this little extra part to make it do that: target="_blank"

In a message dated 12/29/2011 6:58:53 P.M. Eastern Standard Time, amathis01@gmail.com writes:

That's fine if you want to either way Gordon. It's your website. It really doesn't matter to me if I agree with you on everything just because it's in that section.

-April

On Thu, Dec 29, 2011 at 5:53 AM, <Gww1210@aol.com> wrote:

cool -- I was thinking about your choices and thought that 2 'good' areas of my website that might be useful or look good would be:

1) The new 'April Mathis' section; (doy! Do ya think?)

and

2) The 'Heath / Exercise / Diet' section (but you might wanna comment that you slightly disagree with some things there, and see meat as a bit more necessary, but for someone that has cancer, MY research IS the silver bullet with buck-kicking powers to FIX, REMOVE, and KILL cancer dead in its tracks -- trust me -- I don't have

cancer, and it's not by random chance either -- *PS: I think processed supermarket milk is MUCH more poisonous than meat any day -- but I don't know enough about "raw" milk to comment -- only that it's somewhat better for you.*

Lastly, should you want to offer any more comments, you could do like you did with the link on your other (food delivery) job, and mention that some things on my website are unrelated to health and exercise, but are still an interesting read by an intelligent friend with whom you usually agree.

In a message dated 12/28/2011 1:28:53 P.M. Eastern Standard Time, amathis01@gmail.com writes:

ok. I'll see how it looks. I am adding 2 friends to the site in the next few days. When I do that, I will add your site too.

-April

Gordon Wayne Watts, *editor-in-chief, The Register*

www.GordonWayneWatts.com / www.GordonWatts.com

ALWAYS FAITHFUL - To God

BS, The Florida State University, Biological & Chemical Sciences
AS, United Electronics Institute

821 Alicia Road, Lakeland, FL 33801-2113

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See also: http://Gordon_Watts.Tripod.com/consumer.html

Gww1210@aol.com ; Gww12102002@Yahoo.com

Truth is the strongest, most stable force in the Universe

Truth doesn't change because you disbelieve it

Truth doesn't bend to the will of humans

<http://GordonWayneWatts.com> / <http://GordonWatts.com>

Get Truth

"First, they [Nazis] came for the Jews. I was silent. I was not a Jew. Then they came for the Communists. I was silent. I was not a Communist. Then they came for the trade unionists. I was silent. I was not a trade unionist. Then they came for me. There was no one left to speak for me." (Martin Niemöller, given credit for a quotation in The Harper Religious and Inspirational Quotation Companion, ed. Margaret Pepper (New York: Harper & Row, 1989), 429 -as cited on page 44, note 17, of Religious Cleansing in the American Republic, by Keith A. Fornier, Copyright 1993, by Liberty, Life, and Family Publications.

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 another-copy-Gordons-First-e-book.pdf
1043K

Gww1210@aol.com <Gww1210@aol.com>
To: amathis01@gmail.com

Mon, Jan 2, 2012 at 2:06 PM

Cool -- I saw your link to my website -- looks OK so far.

So, you now know how to make PDF's and also make all your links open in new windows, and then somehow sell or market your PDF lifting plans?

In a message dated 1/1/2012 11:18:32 P.M. Eastern Standard Time, amathis01@gmail.com writes:

Ok I get it thanks. I put one link to your website for now. I haven't changed them to show up in another window yet. I will soon.

-April

[Quoted text hidden]

Gww1210@aol.com <Gww1210@aol.com>
To: amathis01@gmail.com

Mon, Jan 2, 2012 at 11:38 PM

So, in other words, you made the PDF like I suggested, inserting your plan & logo in it instead, and sold it using the pay-pal option, and it was done, huh...? 2 questions, if you don't mind...

1) Could you send me a 'blank' or generic PDF just (out of morbid curiosity) so I can see what kind of design you used & such.

2) I am helping a school friend with a website (he wants to sell perfume oils & such), but he hates pay pal for some reason (too much trouble, I'm guessing), and he would prefer people to send him (I'm guessing) money orders or something. What is another way to do payments if you don't use pay pal or credit cards (which is even more involved)? -- if you know.

Thx!

In a message dated 1/2/2012 11:33:37 P.M. Eastern Standard Time, amathis01@gmail.com writes:

yeah, i sold one so far yesterday and it worked fine.

-April

[Quoted text hidden]

[Quoted text hidden]

[Quoted text hidden]

Gww1210@aol.com <Gww1210@aol.com>
To: Gww1210@aol.com
Cc: Gww12102002@yahoo.com, gww1210@gmail.com

Tue, Jan 3, 2012 at 3:41 AM

----- Forwarded message -----

From: April Mathis <amathis01@gmail.com>

To: Gww1210@aol.com

Cc:

Bcc:

Date: Tue, 3 Jan 2012 01:12:15 -0500

Subject: Re: I made a small typo, April: You don't right-click the doc, but instead....

Here I'll just show you one of the ones I made. It's attached. The password to open is: phase1

Just don't share it with other people.

I know how you said to make an image. I can do it. I just don't feel like it right now. It's good enough for now. I might do it later sometime.

-April

On Tue, Jan 3, 2012 at 12:55 AM, <Gww1210@aol.com> wrote:

You were able to find a program to convert Word documents to PDF's then, I guess...

Yeah, I'd still like to take a look -- Also if you like, I'll paste it into Word, add your picture or a logo or something, and then turn it back to PDF, if you'd like -- and then when you see how it looks, you can use the image files for all the rest & do it yourself once you get the hang of it.

Would you like me to slap on an image or something?

In a message dated 1/3/2012 12:52:20 A.M. Eastern Standard Time, amathis01@gmail.com writes:

I didn't put a logo right now.. I have it written out and put paypal button. I already made the .pdf file before i downloaded a free trial thing to add security features to it. It just opens in adobe when i send it. It won't show you anything else just adobe read-only file. **I can still send you a copy if you want, but that's all it's gonna show.**
Cash, check or money order through the mail is the only way without using pay pal or credit or debit card. The only other ways to send money are wiring through bank account (he probably doesn't want to give out his account number to other people) or through western union or similar money service.

The bad things about pay pal or other credit card service is they charge you a fee for using them. And it's trackable income. So you could be audited for it, even though most people don't claim it and nothing happens to them. Or if he has to pay something like child support or alimony, or has some kind of debt (credit card, irs, etc.), that income could be tracked and taken from him if it's in a bank account.

-April

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Ok i get it thanks. I put one link to your website for now. I haven't changed them to show up in another window yet. I will soon.

-April

On Sun, Jan 1, 2012 at 10:23 AM, <Gww1210@aol.com> wrote:

I made a small, but important, typo...

When you use Open Office (which is like Microsoft Word, but free), you don't right-click the document, but instead go to the top of the page, where the controls are and there you use "Edit" and "Insert" and select "picture," etc... --sorry for the typo -- the rest of my instructions look correct -- let me know if you still need any help.

In a message dated 1/1/2012 9:54:27 A.M. Eastern Standard Time, Gww1210@aol.com writes:

In a message dated 1/1/2012 12:31:54 A.M. Eastern Standard Time, amathis01@gmail.com writes:

How to make an image for the e-book. For example, look at this website: <http://www.criticalbench.com/>. Look at the first thing under "recent posts" on the home page. See the image of the e-book thing. That's what I'm talking about. How do you make that?

Like THIS -- see the email attachment...

when you copy and paste an image into Microsoft Paint (START--> All Programs --> Accessories --> Microsoft Paint) or Adobe Photoshop (don't use this, as it's NOT free like Paint), you can manipulate it like you want, and then either right-click the Microsoft Word document and select:

Insert --> Picture --> from file (and then browse your computer to find it) or, alternatively, you can go to the picture and Edit --> Select All --->

and then, once you've selected all (or part) go Edit-->Copy

and then go to your document and go to Edit--> Paste (into where you want the image)

Then, after you've got it where you want, you go to Print, and 'print' it to DoPDF (which you'd have to download -- it's free) -- or use any number o other online free programs to convert *.doc files to *.pdf files.

See the email attachment for my example of how to make an e-book -- it's short, only 2 pages long, and shows you an example of all of what you want to do -- ps: I saw your mention of my website. It looks good.

-April

On Sun, Jan 1, 2012 at 12:04 AM, <Gww1210@aol.com> wrote:

what again is it you're trying to do with your image (I couldn't quite get the gist of your last sentence) -- tell me again, and I'll see if i can figure out how to do it.

In a message dated 12/31/2011 11:31:43 P.M. Eastern Standard Time, amathis01@gmail.com writes:

I figured out how to do the first part and published it and everything. I watched a few youtube videos and it showed me. However, I still don't know how to get the image like alot of them do up on the website. There was one site that did for free, but it also showed every other page of it, so you can't really sell it at all then. I found out how to embed an image with the code but don't know hw to make that image of just the first page without the rest of it showing.

-April

On Sat, Dec 31, 2011 at 3:37 PM, <Gww1210@aol.com> wrote:

Regarding your question about how to make an e-book, April, I will bunt, and ask for help from my Facebook friend, Nia Shanks, who is another veteran power lifter, and who also is only 1 of 2 trainers who have ever sold me an e-book online. (The other is Eric Cressey, also an expert powerlifter and who also trains professional ball players.) Her website is www.NiaShanks.com

Nia, my friend below asking for my help is April Mathis, a RAW powerlifter who is presently ranked World's Strongest Woman in the SHW division, and who used to train in Lakeland at my gym.

In a message dated 12/31/2011 2:17:48 P.M. Eastern Standard Time, amathis01@gmail.com writes:

What I meant by later is that I changed it on the paypal links, as I did them after i made those first website links. The website stuff i will put on the next update.

if you need help making the other links open up in a new window, let me know.

Do you know anything about making an e-book?

Even though I think Nia would certainly know, nonetheless, I will weigh in with free advice from *my* personal experiences: You could write an e-book in Microsoft Word (or Open Office, a free program), and then use some program like DoPDF to convert it to PDF -- and that would be FREE --and you could then sell or publish it -- that's what I would do (myself), but I'm just a dumb country hick, and neither my college degree nor any professional experience is not specifically in that area.

I'm trying to learn about that right now and see how to publish it for free online.ia

I bunted -- and Nia is on www.Facebook.com/NiaShanks and, besides knowing more about e-books than me, Nia also has an online business similar to what you are trying to do. (Or, are now doing, actually: www.MathisTrainingSolutions.com)

-April

On Fri, Dec 30, 2011 at 8:40 PM, <Gww1210@aol.com> wrote:

In a message dated 12/30/2011 5:03:46 P.M. Eastern Standard Time, amathis01@gmail.com writes:

I think i changed that later with the paypal links

I just checked, and yeah, you got it working with the pay pal link -- it opens up in a new window, but the other links don't ... (you must be getting tired -- you said you changed that late? didn't u mean that you "will" change that later :)

and stuff just not the website links. I will do that soon.

cool

I published a new update. I will fix the websites and add yours on it with the next update (sorry I forgot before clicking the publish button).

well, u can catch it next time...

-April

On Fri, Dec 30, 2011 at 8:39 AM, <Gww1210@aol.com> wrote:

Cool :)

Hey, I just noticed something that may be a little bit of a problem for your website visitors... when they click on a link, it open up, and they leave your page ... no biggie, but I've learned a little trick to make the link open up in a new window, while keeping my website still open in a browser window --- that way they don't have to navigate back -- see my HTML source code for the trick...

Here's an example:

StarTrekNewVoyages.com - opens up in a new window, leaving my page open in the original browser window
<p>

StarTrekNewVoyages.com - makes the person leave my page & goes to the new page
<p>

You have to add this little extra part to make it do that: target="_blank"

In a message dated 12/29/2011 6:58:53 P.M. Eastern Standard Time, amathis01@gmail.com writes:

That's fine if you want to either way Gordon. It's your website. It really doesn't matter to me if I agree with you on everything just because it's in that section.

-April

On Thu, Dec 29, 2011 at 5:53 AM, <Gww1210@aol.com> wrote:

cool -- I was thinking about your choices and thought that 2 'good' areas of my website that might be useful or look good would be:

- 1) The new 'April Mathis' section; (doy! Do ya think?)
and
2) The 'Heath / Exercise / Diet' section (but you might wanna comment that you slightly disagree with some things there, and see meat as a bit more necessary, but for someone that has cancer, MY research IS the silver bullet with buck-kicking powers to FIX, REMOVE, and KILL cancer dead in its tracks -- trust me -- I don't have cancer, and it's not by random chance either -- PS: I think processed supermarket milk is MUCH more poisonous than meat any day -- but I don't know enough about "raw" milk to comment -- only that it's somewhat better for you.

Lastly, should you want to offer any more comments, you could do like you did with the link on your other (food delivery) job, and mention that some things on my website are unrelated to health and exercise, but are still an interesting read by an intelligent friend with whom you usually agree.

In a message dated 12/28/2011 1:28:53 P.M. Eastern Standard Time, amathis01@gmail.com writes:

ok. I'll see how it looks. I am adding 2 friends to the site in the next few days. When I do that, I will add your site too.

-April

Gordon Wayne Watts, *editor-in-chief, The Register*
www.GordonWayneWatts.com / www.GordonWatts.com

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