

# DUNGEON STRENGTH INSIDER NEWSLETTER

MARCH 2013



## IN THIS ISSUE:

**Dungeon Success Stories:**  
Starting the year off right,  
an All-Conference STAR,  
and a BBaller from Eagan  
who's put on 10 pounds  
in less than 8 weeks!

**The Dungeon on Youtube**

**Dungeon "Results for  
Adults" trainee of the  
month**

**Nutrition tips, updates,  
Monthly Motivator, and  
more...**

**SPOTLIGHT:** ST PAUL  
POLAR'S sprinter Gabe  
Belmares EARNs his first  
Athlete of the Month award

**DUNGEON**  
STRENGTH & CONDITIONING

## ***PROGRESS, not perfection.***

Seeing as it's the first insider newsletter to feature anything regarding our adult programs, I feel like it's a good time to introduce a concept that applies to everyone, rather than just our (hyper-successful) competitive athletes :)

Whether you're an overweight 50 year old looking to lose weight, or an 18 year old athlete looking to dominate at the next level, the mantra "Progress, not perfection," can be a lifesaver.

A lot of us tend to get into this cycle of hyper-compliance, burnout, giving up, and frustration (with both yourself and your results), followed by a return to hyper-compliance after that frustration hits the boiling point.

Think about it:

"I'm fat. I'll diet and exercise and fix it = 150% healthy diet no carbs, no nasty food, all veggies, work out 18 times a week for 12 hours a day, etc. etc. etc...."

2 weeks later?

"This sucks. I want a donut."

Then it all goes downhill because of one bad meal, one bad day, one bad workout, whatever it may be.

It's because of chasing perfection, rather than progress.

As much as every football player I work with would like, they aren't gonna bench 500 pounds overnight!

It doesn't work that way.

If you bench 200 and you want to bench 400, well you better bench 205 first, huh?

If you weigh 250 and want to weigh 150, 249 is the first step.

If you haven't lost 1000 pounds after two weeks, it's not the end of the world--what PROGRESS have you made?

Are you moving better? Do your joints feel better? Have you made a positive change in one or two of your eating habits?

As an athlete -- are you a little more flexible? Have you got rid of bumps or bruises? Made a positive habit change? Added 5 pounds to the bar, or 1 rep to a lift?

Great! You're moving in the right direction!!!

My athletes can sometimes get so wrapped up in a number, in fact one of them recently fell short of a goal of squatting 500 pounds by his 16th birthday.

We only got him to 475.

A year ago 315 was still a "dream" number for him.

Think we should be happy with the progress?

Keep moving the chains and pounding away. Sooner or later you'll put it in the end zone.

Unapologetically dedicated to your MASSIVE success,  
G.R. Hoff  
Owner and Founder  
Dungeon Strength & Conditioning



## **MARCH ATHLETE OF THE MONTH: GABE BELMARES**

*Gabe Belmares is a 17 year old senior sprinter (and, by the looks of it this year, a long jumper).*

*A joy to coach, he's been the emotional leader of our main group of athletes for the better part of the past year -- always putting the success of the other kids in the program above himself.*

*He's a motivator, a "coach on the field" (he frequently helps out new athletes with mastering unfamiliar movements and pushing through our more grueling sessions), and frankly, is at the top of the list of the athletes I've enjoyed coaching and watching grow the most over the course of my career in athletic performance.*

*The thing about Gabe is that he isn't the most physically gifted or talented kid I've worked with. Not even close :)*

*He's heard me say this about him, but he's got to work twice as hard as everyone else to even have a chance to compete with the "big boys".*

### **But he BRINGS IT.**

*Gabe has absolutely worked his TAIL off since he became a part of the family: despite being a pretty small framed kid (as far as a lifter is concerned-- this typically leads to smaller and slower gains in brute strength than larger athletes), Gabe has put INSANE amounts of weight on his main lifts.*

*He frequently moves weight around in typical workout that would have been an all out max attempt a year ago.*

*Gabe is also our resident king of bodyweight movements, as you'll see in our Dungeon on Youtube section this month :)*

*(some of you may have already seen his strict muscle-up escapades, or maybe his impressive weighted dips and ridiculous rope climbs that he'll throw on to a session just for kicks)*

*As great as all of his gains in strength, speed, and explosiveness have been, what impresses me most about Gabe is his character.*

*He's ALWAYS ready to go to work. Yes, he has to work harder than others for the same "gains", has to pay more attention to his nutrition, take better care of his body, and make more sacrifices, but he has NEVER complained about it.*

*He just shows up. Ready to work. Ready to motivate. Ready to LEAD... which "leads" us to what really impresses me most about Gabe (and says the most about his character):*

*Gabe has enlisted in the U.S. Army with the goal of becoming an Army Ranger, and while the rest of us are enjoying our summers or getting ready for another football, basketball, or hockey season, Gabe will be going through one of the most grueling tests that exists in the modern world: Ranger School.*

*Just look it up!*

*A ridiculously low percentage of attendees to Ranger School even make it through the first two DAYS, let alone the entire process!*

*Think Gabe will make it?*

*You bet your a\*\* he will. And he'll make one of heck of a leader of the men and women who defend our country. If there's one thing I know about Gabe, the word "QUIT" isn't in his vocabulary.*

*Proud of you, bud. Keep it up!*

# The Dungeon on



Gabe's First Strict Muscle Up | Dungeon Strength & Conditioning | Minn...

Gabe's first muscle ups:

<http://www.youtube.com/watch?v=L9fLbv2w0iM>



MN Military Training | Gabe hits weighted ring dips for 10

Weighted ring dips (Gabe doing more WORK)

<http://www.youtube.com/watch?v=44ZkuzxKkAI&list=UU5pQXrKjPio7ocv5jVh7hgg>



Tess hits a box squat PR of 270 lbs... she's recently hit 295 -- I guess that's for next month's newsletter!

[http://www.youtube.com/watch?v=b1QIN\\_V4Hzs&list=UU5pQXrKjPio7ocv5jVh7hgg](http://www.youtube.com/watch?v=b1QIN_V4Hzs&list=UU5pQXrKjPio7ocv5jVh7hgg)



# DUNGEON SUCCESS STORIES

## Dungeon Results for Adults “Athlete” of the Month:

Jamie “Lady J” Owens

Lady J has worked her tail off in the Dungeon for about 8 weeks now, and now after having been stuck in a weight loss plateau for literally the past 6 years, she’s now plowed through it and has dropped at least 10 pounds (that was the last count) and has reached her first “mini-goal” as a part of our adults program.

This is just the beginning, keep it up Lady J!

## Basketball player gains 10+ pounds in 8 weeks:

Venkat “V” Valluri has gone from skinny and weak to... not sooo skinny and “approaching STRONG” :)

On a serious note, V has really taken care of his nutrition putting on over 10 pounds of solid muscle and has DRASTICALLY improved his strength. He couldn’t squat the bar properly when he started and just this week did multiple sets of 175 pounds with a slow, controlled descent + a pause in the bottom -- basically the most difficult variation of squat you can do. Long story short, V’s killing it!

**Congrats to sophomore Becca Zarembinski** for being named All-Conference this season for her EXCELLENT performance as a forward for Hill-Murray this season.

## Tess throws a PR (personal record) on day 1

You’ve probably heard or seen about Tess’ major work and success in the weight room over the course of this offseason (this 16 year old girl has squatted 295 pounds in training), and she’s started off her season with a BANG--throwing for a personal record in her first meet of the season.

This is a HUGE accomplishment considering the fact that, typically, track and field athletes will start a new year a little worse off than their best of the previous season, when they were peaked and (theoretically) primed for competition. Tess’ physical improvements (including about a 200 pound boost to her squat) have allowed her to leapfrog much of her competition, and I can’t wait to see what kind of damage she does at the end of this year!

## DUNGEON S&C INFO

CONTACT: G.R. Hoff

Call 612-807-1101 or email [grhoff@dungeonstrength.com](mailto:grhoff@dungeonstrength.com) for questions, suggestions, and any and all other info.

## GYM LOCATION:

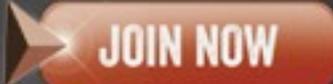
We train out of the Press Gym in Shoreview, find us at:

173 W County RD E  
Shoreview, MN 55126

For inquiries on training programs, availability, and other services, please contact G.R. using the info above.

*This month’s sponsors: Unbeatable Mind Academy*



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## **NUTRITION TIP OF THE MONTH: FROM THE WEB, CLEAN COOKING BASICS FROM BIG TOM LANGTON OF GABRIELLE FITNESS**

*One of the things I pride myself in is going to the best to get the best results I can for my clients-- this month, it's deferring to one of my great friends, nutrition and fat loss expert Tom Langton of Gabrielle Fitness & Performance waaay out Northeast in the Dirty Jersey :)*

Today I'm sharing two of Tom's videos that pack a punch for both athletes and adults working to improve nutrition habits AND their results-- BOOM!

PS: Tom was my swim buddy in one of our tougher challenges at our Navy Seal simulated Hell Day last summer...

We had to carry each other, drag each other through the sand, and all sorts of other hellish stuff.

Big Tom is 6'9 and 290 lbs...

I was not a happy camper that day!

PS: How can a fat loss expert be 290 pounds? He used to weigh over 400 pounds and is now under 14% body fat (as a naturally big framed guy). Tom knows his stuff!



Fat Loss Tip | Cooking Breakfast with Coach Tom | Fat Burning Meals

<http://www.youtube.com/watch?v=JkBmfK6RrUE&NR=1&feature=endscreen>



Eat Clean: Cooking Basics | Gabrielle Fitness | Summit | Berkeley Height...

<http://www.youtube.com/watch?v=5JrNrv0PYjg>

## **ASK THE DUNGEON**

Have a training or nutrition question that you need answered?

E-mail [grhoff@dungeonstrength.com](mailto:grhoff@dungeonstrength.com) and have the chance to see YOUR question here in our next issue.

## MONTHLY MOTIVATOR: (MORE) SETTING (AND CRUSHING) YOUR GOALS

*Who aims at excellence will be above mediocrity; who aims at mediocrity will be far short of it.*

*-Burmese Saying*

### **Remember that progress not perfection talk earlier?**

One of the things I harp on with all of our clients, athletes and adults, group and 1 on 1, short, tall, fat, jacked, or skinny, is to set a goal, and set it high....

Then start working your a\*\* off to get there!

I mentioned one of our athletes in the progress not perfection talk earlier who fell short of squatting 500 pounds by his 16th birthday... he only squatted 475.

He would likely be the strongest athlete in hundreds and hundreds of weight rooms across the country... as a (as of yesterday) 16 year old!

Tess and I want to see her make the state competition this season--and I think she can do it! But what if she doesn't make it? Would the season be a failure? Heck no! She's already improved on last season, and will continue to improve through out the year. What I can tell you is this, though, by shooting for state, rather than shooting for something small like not getting last at every meet, she's going to end up a lot higher than she would have otherwise.

What about you and your goals? Shoot for something -- something GREAT -- and make it happen! If you fall short you'll still be better than 99% of the rest of the world.

***If you just do ONE thing EVERY. SINGLE. DAY. to get better, to move closer to whatever it is you want to accomplish, you'll end up successful... do it!***

*This newsletter is for YOU, the Dungeon Family--what do you want to see in it? This is and will always be a work in progress towards making this as useful as possible in helping YOU or your young athlete succeed. Email us at [grhoff@dungeonstrength.com](mailto:grhoff@dungeonstrength.com) for any and all suggestions and constructive criticism. Thanks again for helping us get closer to becoming the #1 name in helping young athletes succeed!*

Having trouble getting those referral rewards?

I've attached a two-week free trial coupon for you to give to one of your friends/coworkers/parents to get you started. Good luck!

.....

**DUNGEON STRENGTH REFERRAL COUPON  
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Call 612-807-1101 to redeem

COUPON # 000498

# ATTENTION ADULTS, PARENTS, AND ATHLETES

Let's do something AWESOME!!!



<http://www.warriordash.com/register.php?loc=Minnesota&yr=2013>

Our Athlete of the Month just let me know about a Warrior Dash he's signed up for on June 29th in Hastings -- it looks like it's a 3.02 mile course with all kinds of obstacles and fun goodies.

I know some of our adults have mentioned wanting to do a 5K as a goal, well how about this: let's step it up a notch and do THIS together! We'll crush this as a team and finish something that a few months ago some of you probably thought would be impossible.

***It's to put your badass hat on!***

It looks like it's a \$60 registration until April 3rd, let's commit and do this!

This kind of challenge is much more about mental toughness (and doing something awesome) than anything else, and **hey, you're gonna have like the best trainer ever helping you get ready for this, right? ;)**

With the weather getting better--I'm pumped about this--let's go!

***Parents interested in hitting this up but not being a full fledged member at this point -- I'm already working out how to do a low cost option of "Warrior Training" to make sure you guys are ready to crush this with 1 or 2 training days with us per week.***

I expect 90% of my bootcampers to be in on this -- this is a great opportunity to put our training to good use :)

**So what'dya think? Are you in? Let me know we'll make it happen!!!**

<http://www.warriordash.com/register.php?loc=Minnesota&yr=2013>