



ANDY PETRANEK

STEPPING UP

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**A newsletter, written with joy, for the curious, adventurous,
and modern day action-takers of the world.**

Hey <<First Name>>,

The start of this month came quickly, perhaps because of the start of baseball season and spending lots of time assistant coaching my son's PONY baseball team, the White Sox. I've been reading like a madman, finishing the Chronicles of Narnia, and now moving on to some other awesome works of fiction (thanks, JW).

I've included a wide variety of topics in the newsletter this month including a new app that is helping me completely transform my relationship with email.

Hope you find at least one nugget that proves useful or fun in your life!

Andy

ps - If you think a friend might get something useful out of the newsletter, please do me (and them) a favor and forward it to them! Thanks!



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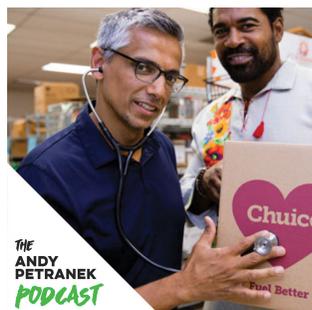


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What I'm Learning



Dr. Sujit Sharma, a 20-year pediatric ER doctor, was a [guest on my podcast](#) last month during which we talked about many of the changes (for the worse) he's seen in the health and well-being of children in the greater Atlanta area.

In addition, for the past 4 years, he's been the CEO for a small company that has created and launched a completely new type of healthy, plant-based, convenient and delicious product that can't decide

It's called "[Chalice](#)" and believe me, you've never tried anything like it - ever. I thought I had, and was surprised after my first swig to find that I couldn't have been more wrong. Not only did I get juice, I also got a mouthful of finely chopped vegetables, fruits, herbs, nuts, and seeds. It was an experience unlike any I've had before - and it really was good. As Sujit says himself, "It's awkwardly delicious."

If you're interested in giving it a try, Sujit is offering all readers of this newsletter a **10% discount on your first order**. Use the code: 'Andy10' when you check out... and please let me know what you think!



A little secret about me... I'm obsessed with effectiveness and efficiency. The more efficient I can be with my time, so long as it's effective, the better, especially when it comes to working out. So when I read the title of Dr. Martin Gibala's book, "[The One Minute Workout](#)", I knew had to have a copy. I enjoyed reading it so much that I invited him to be a [guest on my podcast](#).

Dr. Gibala is an exercise physiologist who studies all forms of exercise, but especially high-intensity interval training (HIIT). Over the past decade, his work has been centered around figuring out how little you need to work out to still give you the results you would get from working out a moderate pace three times each week for 50 minutes. His answer - a measly 1 minute, three times a week! But there are specific requirements for that one minute - to get a better understanding of the rules are, you have to [listen in!](#)

What I'm Watching



I love watching surfing videos - especially big wave surfing. It's one of those things for me that I've never been able to turn away from. If a surfing compilation video is on in a restaurant, you can bet that I will position myself so that I can see it and at least glance at it every few

minutes. This video is from a MASSIVE wave in Portugal - a break in a small town called Nazare. The guys that surf and jet ski here are incredible watermen who have nerves of steel. Are they afraid? You betcha. But they drop in in spite of their fear. Pure, raw, courage. Perhaps that's why I'm drawn to it so strongly.

This video shows that things don't always go as planned. Even with decades of experience, surfers don't know how any particular day or wave is going to play out. Watch this incredible drone-filmed video of a dramatic rescue that goes bad, and how both the surfer and rescuer come out battered but unscathed.



lessons with “Coach Joe” who has him working on an 8-step swing process that includes - load, stride, settle, hip release, **arm-fart**, clear hips, throw the barrel, and extension. Yes, you read that right - “arm fart”!!

He's got Dasher practicing at home in front of the mirror and studying video of the best, small hitters in MLB to see how they do it... guys like Jose Altuve, Dustin Pedroia, Ichiro Suzuki, Justin Turner, and Jose Ramirez. Even though the hitters in the video above aren't all little guys, it's super fun to watch the similarities in their incredible swings. And, by the way, whether you're a baseball player, golfer, tennis player, martial artist, or soccer player... it's all about the hips.

Quotes of the Month

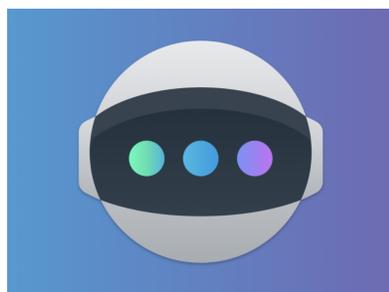
“Life is a matter of luck and the odds in favor of success are in no way enhanced by extreme caution.”

~ Erich Topp, German U-Boat commander and ace submarine commander

“Fear is imagination undirected.”

~ Tony Robbins

New APP I'm Loving



Best two words to describe it - *accidental surprise!* No, I wasn't looking for a different email app... I just stumbled across Astro after becoming frustrated by both the native Apple email app (general lack of features) AND the Gmail app (which won't allow you to place your signature above quoted text.)

While perusing the App Store, I noticed something new called [Astro Mail](#). It promised to reinvent my inbox and calendar using artificial intelligence while integrating with Slack and Alexa. Much to my shock and amazement, it completely delivered on its promise... and then some!

The most significant feature (it has many more than what I'm writing about) for me has been the way it brakes my inbox up into two parts it calls "priority" and "other." In the priority inbox, I get emails from actual people (that it identifies automatically), VIP's, or from whatever source I say I should. The rest goes into my “other” inbox. If it messes it up, it's super easy to change so that it learns what I want as a priority and makes suggestions based on what it's learning.

And the brilliant thing - I only get notifications for emails in my priority inbox. So, I am aware of far fewer emails each day, and that is clearing up my brain - helping me focus on the things that are really important, and to let everything else go.

It's hard to describe in words the impact of that subtle shift... it's massive, and it continues to have a huge impact. I liked the app so much that I also downloaded the

Workouts I'm Doing



I've been producing a series of workout videos for over a year now - ["Room Workouts"](#). They require no equipment, are less than 15 minutes long each, and are follow along videos that can be done in the comfort of your own living room (or hotel room). I've compiled over 20 of them now... and have really had a great time making them.

This workout is one of my favorites that I'll do when I'm in a pinch. You can try it as written or modify as you see fit to hit whatever part of your body you're going for (try subbing the squats for sit-ups - even if you're good at them, if you go fast enough, they'll get hard as you approach 100). Let me know how you do!

Parting Thoughts



Every year for the past seven, I've participated in the [CrossFit Open](#). For those of you that don't know, it's series of 5 workouts that are announced once-a-week for 5-weeks during February and March. Anyone in the world that enters completes each workout, enters their score on the worldwide leaderboard, where athletes are ranked based on their performance. When it's all said and done, CrossFit has a global ranking of athletes, and individuals like me know where they stack up.

I've found this to be incredibly useful over the years to provide myself with context, connection to others (and the fun that that brings), and a reality check on a global playing field.

But this year, something strange happened to me with the announcement of the 4th workout. It was so far removed from what my body truly needs, and so much more difficult than what I would consider "functional fitness" for me, that I decided, *enough!* It's not that I wasn't capable of doing a workout with 45 reps of 225-pound deadlifts and handstand push-ups. It was that I knew, from experience, the sort painful impact that would have on my body and how unnecessary that is for me at this point in my training. For me, the risk outweighed the benefits, and I had the wherewithal to just stop.

I'm telling you this not to suggest that that would be the right thing for you (or anyone else for that matter). But rather, to remind you to that attentiveness and vigilance IS your responsibility. You can change course at any moment. In some cases, practicing your resolve, perseverance and commitment could dictate the proper course of action, and in others, perhaps stopping, checking in, and changing course

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- Is your workout program giving you the results you want and need?
- Do you really need more _____ (strength, endurance, stamina, power, flexibility, etc)?
- What do you think would give you the best bang for the buck if you pursued it for 3 years? For many of you, I'll be the answer is connected to flexibility and mobility.
- For those of you that already practice yoga 5 times per week or are naturally flexible, do you really need to be *more* flexible, or would a little more strength be helpful in the long run?
- How are *you* benefiting from the workout you're doing?
- Could you be doing a little less of what you're already good at, without losing much, to give you more of what you truly need?
- Is your training putting you in the company of the people you want to be around?

Sometimes we need to bump up against something that causes us to question what we're doing. Sometimes it's an injury, while others, it's a sign or an inner knowing.

Here's the big question: **When that moment comes, will you be listening, paying attention, and willing to change course?** I hope for your sake the answer is "yes" to all three.

Have a great month!

Andy

PS - *Thanks so much for being a subscriber. If you read something that you think might be of value to a friend, please forward it to them. Thanks!*

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