

Episode 23: Randy's Radical Claim



**Randy's Chinning Station
(A.K.A: "Geezer Rack")**

Tamas: Did you just say “grinded it down?”

Randy: Grinded it, you know I’m very good with my english, I’m a writer so I can make up words.

Announcer: Welcome to the world of Muscle, Smoke and Mirrors, where it’s all about muscle, health, history, training, nutrition, bodybuilding and state of mind.

Tamas: Hey listener, you're back with another episode of the World of Muscle. I’m your host Tamas and on the other line, I have Randy.

Randy: Morning Tamas.

Tamas: How’s it going?

Randy: Good.

Tamas: This is episode 23. We are going to take you to task about your radical claim.

Randy: Shooting my yap off about my chinning system.

Tamas: Yes. Has it arrived now?

Randy: It has arrived. It’s not quite up. It has been up for testing, it’s going up today. I may, just may have outdone it myself on this one. I’ve always been into pull downs and chin ups and don’t care about the argument about which is better. Obviously pulldowns are a lot better for those who can’t even do a chin up but with chinning chins you’ve got neutral grips.

You’ve got the wide grip pronated you know like standard lat bar that... which bends down at the end right? And I used to... I like doing pulldowns err pull ups with an easy bar. You know the standard straight bar where you do an underhand grip. For a lot of times it can be stressful in the inner elbow when you get, if you’re adding weight to yourself or pulling down a lot of weight, so I would always use, you know those E-Z bar

attachments? Did you ever have one of those... E-Z curling bar, you can get them as an attachment where you can rotate that bar so your hand isn't totally supinated. It's slightly pronated. It takes stress off that.

Then, there's the issue of widths, everybody's wider, narrower or some people like a narrow grip, wide grip, So I wanted to make something, I have this stainless steel, geezer rack I call it. It's a rack I use for older clients to do progressive push ups, squats, calf raises and all that stuff. It's got a chinning bar system on it but it's just so standard. 2 chin bars that move or anything like that. so I'm replacing it with this system where I can adjust the width of my grips and I can adjust the angle at which I have hand placements.

So I have all these, I have a 4 different levers on it and each handle's on a slider that can move in and tighten at any width and I've always searched for the ultimate underhand chinning grip that doesn't stress that inner elbow but you still need that supination right? If you start to pronate too much or you start bringing the brachioradialis too much, the more supination you get the more biceps you get and I found with these bars is you nearly bend down in the middle and you can kinda roll your baby finger if you do an underhand chin up you know your baby fingers can be matching each other right?

Tamas: Yes.

Randy: In a certain distance apart. Whatever distance apart you like, but picture the baby finger just kinda rolling over the edge of a bend in the bar and you can even grab them, entire bend if you want to for different group altogether. I found this as a really really great grip for the chin ups. I can actually turn the angle to pronate or supinate as much as I want, so I can turn these into a totally neutral grip, you know palms facing each other at different widths or that supinated underhand grip where baby finger over the edge any way I want. Plus I put an extra set of permanent neutral trip handles slightly angled up because that's a good feel so they're permanent. All I can do with those is change the width.

Tamas: So are the adjustable ones, do they lock in? Like, can you tighten

them to stay in one position?

Randy: Oh yeah you don't want that moving around when you're doing a chin right cause it throws you off especially the widths.

Tamas: Yeah. So you set it the way you want it, then you can tighten it?

Randy: Yeah. We took wrenches like we tapped holes through their sliders, the parts that move and we welded wrenches on to the bolt and then just cut the other end of the wrench off and grinded it down so they're levers. They're just levers, 4 levers on it to tighten and loosen and move all my grips and widths and angles right?

Tamas: Did you just say "grinded it down"?

Randy: Grinded it, yeah I'm very good with my english 'cause I'm a writer so I can make up words. I'm speaking gooder

Tamas: Exactly. Instead of using the one that everyone else uses.

Randy: Actually Tamas is my proofer, one of my proofers so he's qualified to correct me at anytime.

Tamas: Just for the record, it's ground it down.

Randy: Ground down. Danke, danke. Okay. Anyway, on this system I also want him to make... my welder's name is Rick Goose, he's a, he's a, he's very talented back in school he won some national awards in weldings. He knows, we're doing this without drawing anything. Once he knows exactly what I want he's really good at putting it together.

I also have Tom Barton's MAG grip bars, pull down bars, maximum advantage grip and we're gonna have some pictures of those. These are awesome pull down bars. They're just like jumping up on rafters above the basement, you know you grab like 2x6 and pull up like a neutral grip, your fingers are wrapped over the top... it's kind of like that and he's got like 5 or

6 different bars or neutral grips, supinated grip, pronated grip, narrow and wide grip. They're fantastic bars and they can also make great chinning bars. I got my welder to put this little attachment that goes on this bar as well. I can put any of his MAG bars on and clamp them on and they'll also become chin bars. We'll show a picture of one of them up here as well.

Tamas: I'm curious to see them already.

Randy: I've shown you the MAG grip bar.

Tamas: I have. I've seen the MAG grip but I'm trying to figure out or picture how it fits on this new contraption.

Randy: It comes off very easily like, one second is on, one second is off.

Tamas: Cool.

Randy: It's not like this big thing about having to take time to set it all up and this station has every type of chinning you can think of.

Tamas: Okay. So I'm looking forward to seeing the new contraption cause all this stuff, this radical claim you're making is pretty radical. I've got to see it with my own eyes.

Randy: So you'll come up on Sunday and shoot some pictures for us then?

Tamas: I might do that. Yes.

Randy: Okay. You can actually try it out.

Tamas: Yeah.

Randy: Now Tom Barton is at maxagrip.com, we'll have that at the bottom of the podcast.

Tamas: It's "m-a-x-a" maxagrip.com?

Randy: Yeah, you have that in front of you there?

Tamas: I do.

Randy: He's down in Ohio and I like him very much, a good guy and he's actually made some prototypes for me, for my pecs that I'm working on for the past 8 years and I still haven't finished but Tom makes all his own stuff in the USA and that's one thing I do like and I might as well make mention while we're on the kind of the back theme, Rob Saar who I believe is in California. He is at IPR fitness. He has sent me some of his neutral grip handles and these are really cool. A wrist, they go over your wrists, they hook up to a cable machine right?

So they go over your wrist and you can actually put a halfway on your wrist and hand and do one of my favorite exercises for the back and it almost, even though it's not officially a direct resistance, a direct resistance that you've been on at the bottom of the elbow right? But when you do stiff arms you typically have to go through 2 joints: the wrist and the elbow but with this strap on the wrist and your hand it feels awesome. It feels like you just get direct pull in the back. He also sent me these, this is kinda funny too, he sent me these ankle foot straps for the glutes. They actually are the best ones I've ever used because they don't slide up your ankle when I first got them.

Tamas: I know those ones when you just try to do anything and they're just bam! Right up to your knee.

Randy: Yeah. When I first got them I couldn't see what I've got so I was heaving them around and I had them on my elbow, I put them in my elbow, so I'm downstairs with it on my cable machine and I'm doing this up pretty good one arm pull over with it off my elbows with the direct resistance right?

Tamas: Yeah.

Randy: Then I realize, shit these things go on your feet. It actually was a great, I don't usually, never did glute kickbacks but I did them and the way I was doing them was with a good bend in my waist, it really did hit the

hamstring and the glutes so he's made some good straps and he's working on some other stuff I think he's talking about sending up for me to try but he is at IPR fitness and we'll put the.... I think we got, you said we got some film of that.

Tamas: That we do. I recorded it the last time I was over or 3 times ago.

Randy: Here's another guy who makes his own stuff right in the states. I like that. He doesn't farm it off overseas and stuff so I wanna support that.

Tamas: For the extra profit.

Randy: Yeah. Something like you and I would do. But I mean I like to promote these guys because they do their own work.

Tamas: The website is iprfitness.com

Randy: Yeah.

Tamas: Okay, so have you used the chin bar yet?

Randy: I've used a variation of it, because I have an assist chin-dip, you know the one you didn't want to buy?

Tamas: Yup.

Randy: Well, I rotate, it had 3 different handles on there, it's a good piece and I made my welder fix it so I can rotate the one set of handles, they give me a very close to what I have freestyle now. But on the assist chin I can't adjust the width but I do have the hand orientation that can be moved around in 4 different angles and have that bending down with the baby finger goes under and yeah I like it a lot. Like I said, I like it when I'm doing chins, I like feeling it, getting the biceps in as much as those stressing the elbows and feeling the back. Like I said, I like pull downs and I like pull ups but I said a lot of people really struggle with chin ups and then the form starts to go then the back starts to round. Don Howorth used to like when he said you're

gonna do a pull up, he would have a wide grip you know, with the bends at the ends, and he would pull his chest right up to, it's one thing to just pop your chin over the bar, it's another thing to arch your chest up high, pull that bar, pull your chest right up to the bar.

Tamas: Yeah. The only requirement is extremely wide clavicles that he has.

Randy: Yeah. Well, it's a tough chin like I mean once upon a time...

Tamas: There's a picture of them, there's a famous picture of them actually doing it. I'll find it somewhere put it in the shownotes.

Randy: At one time, I could do 20 wide grips chins to the front or the back. Now I couldn't touch everyone to my chest. As much as I can do them I still like pull downs as well because you can adjust the weight just right so you can get the feel so I know everyone likes movements where you body moves through the plane but with these MAG bars and the different lat machines and friction free stuff I'm still a big fan of pull ups especially if people struggle to do chin ups and they get pretty sloppy.

Tamas: Oh, yeah.

Randy: Whatever one you can do, if you're strong to do the chins, by all means it's a great exercise, minimum amount of tools: dip bars and chin bars you know and it doesn't take a whole lot of room, and they're all great exercises.

Tamas: Exactly, and it's the natural way of doing things anyway.

Randy: Maybe in another show, we'll talk about Tim Fitzpatrick's Tgrip.com, his neutral grip and angled grip barbells that I picked up a few years ago.

Tamas: Yup.

Randy: I've written reviews about, when I wasn't writing Muscle, Smoke &

Mirrors, those two years between 2012 and 2014. I was writing reviews for these guys because I really like their equipment, top quality stuff.

Tamas: Yes and they are. They feel very natural, I've tried a whole bunch of them that you have and they felt really good.

Randy: Yes. Especially when you're dealing with people with all different injuries, right, there are guys with... Boyer Coe put me onto these neutral grip bars, because his shoulders over the years have been hurting him so he can only bench with that neutral grip so I looked into the bars and I ended up picking all 3 of the guy's bars but we'll talk about that in another show.

Tamas: That'll be in a different show. I think we're done for today. Is there anything new since last time? Beside the chin bar arriving?

Randy: Oh. I have an idea, my next project but I'll keep that... get my welder on another project. I'm gonna modify, DARE to modify a hammer strength machine without Gary Jones killing me.

Tamas: Okay.

Randy: The books are picking up and things are good there. The reviews are awesome.

Tamas: Yeah, the reviews are coming in. Thank you for those, listener.

Randy: Yup and we're offering should we talk about the free chapters for those who have not read the book?

Tamas: Okay, so outside of the prologue, we're also giving away the first chapter of the book.

Randy: For those who have not read it, we're also gonna do this for Volume I and II. There's so many out there who have read the first 2 volumes and we're gonna have the Volume I, we're gonna have the Preface and the Introduction and a chapter there with the covers. For Volume II, we're gonna

have the covers and one of the two Prologues or both and another chapter in there. For free promotion to read the book and entice you to go further.

Tamas: And on top of that, what I'm working at on, is getting a bundle deal going for all 3 books.

Randy: Yep.

Tamas: Where we can offer free shipping and a little bit of price break before we break our bank.

Randy: Yes folks. That shipping offer is the crucial killer. Shipping is the toughest thing.

Tamas: Alright. Thanks for the chat Randy. Talk to you later.

Randy: Yup.

Announcer: Thank you for listening to the world of Muscle, Smoke & Mirrors. We hope you've enjoyed the content of this episode. We're looking forward for sharing more next time.