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Okay, guys, we're here today with Luis Silva, a huge honor for me. Guys, he's the most legendary powerlifting coach in the world. I'm here at his gym, the Westside Barbell. So can you show around a little bit about the gym? So, yeah, that's right. So, Luis, how many world records you have made here from this gym? We've had almost 140 all-time world records out of this gym, male and female. Out of this place? At this gym right here. No, that's amazing. For how many years have you been doing powerlifting? I started powerlifting in 1966. I got it. And for how many years you were competing? I was top 10 in the world for 34 years. Yes, that's right. So, guys, he was top 10 in the world for 34 years, and you kept competing until you were like 50. Yeah, I mean, I went to the nationals in 1971, and I won the nationals in 2002. That's amazing. That's a long time. And competing as a dude, so you were competing against the young guys. Oh, yeah. When I was young, I wanted to beat old men, and when I got older, I wanted to beat young men. I got it. Because they're angry. Oh, that's amazing. So, Luis, one thing that I learned a lot talking to you today was how much science you know behind the fundamentals of powerlifting and how you can apply the powerlifting for different sports and even martial arts and this and that. So, how do you do it? Like, if one jiu-jitsu athlete steps here, if one MMA athlete steps here, if one football athlete steps here, you pretty much can give them the best conditioning workouts. How do you do that? What's the secret behind it? Well, powerlifting is basic lifting. It's just basic lifting is all it is. You know, squat bench, deadlift, a lot of rolling, a lot of curls. It's basic, and then what I do for different sports, I break it down. Like MMA, I was talking a while ago about five-minute squats, squat for five minutes, walk in good mornings, power clean, and do a hand clean and a push press, set it down, and then go every 20 seconds for 10 minutes. Those are some of my favorite ones right there. And pull heavy sleds and use your upper body for sleds. A lot of whirlbarrows will go at basically a 440 or a 880 with a weight, try to break a record for time pushing a whirlbarrow. That's a fighter, because you've got that thing in your hands, gotta balance it, and that's very, very good. They love that. I got it. Andy, you were telling us as well, like how your style, you mix up like the Russian style, the Chinese style, the Bulgarian style, so how's that? How did you create your system? Because your system is the best system in the world, so how were you able to create this system? Well, the conjugate system was invented in 1972, but I was doing the conjugate system since 1972. Fighting is a conjugate system, constantly switching from one thing to another. People think it's changing exercise. It's changing volume, changing intensity, or for example, one rep max, changing velocity. It's changing many, many things. Things have to change all the time. If you don't change, you're suffering from all the accommodation. And once you do that, you make no more progress. You just can't. You have to constantly change things, or you'll become stale. And running is called the speed barrier. If you just run all the time, you can't run any faster. You have to stop running and do jumping weight training and so forth. And that's what will make you run faster in the end. I got it. And one thing that when I was competing in Jiu-Jitsu, everybody would ask me, how often do you do strength and conditioning? In my case, I would do it two or three times per week. But one thing that caught my attention was how you have this schedule for very well-made, like you were talking about how the very heavy training you guys do with 72 hours in between, right? So can you talk a little bit more about schedule and training? Well, this is based off the conjugate system that they developed in 1972 in Russia in the 9ML club. They experimented with people and they felt that you can do an extreme workout, high volume or high intensity every 72 hours, small workouts every 12 to 24. And so they did the research and also the greatest lifters in the world and track and field. So I just do what they did and it works. No, that's amazing. Yeah, so guys, we just shot an entire instruction with Luis Simon about the fundamentals of power lifting for effectivestrengthandcondition.com and bjjfanatics.com. So it's gonna be over there soon. So maybe by the time you're watching, it's already there. So make sure to check that out. And thanks so much. Thank you. It was amazing. It was one

of my favorite days ever. I love learning from the legends and the best coaches and the like. So I really appreciate you guys coming in. Thank you. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed. bjjfanatics.com. Use the promo code YouTubeFaria to get 10% off any instructional video. Improve your jujitsu faster.