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System 1

System 2



BYTE Interview

sign alphabets for international correspondence, mathematical symbols, and other special characters. So there were some trade-offs. We didn't want to just keep jamming two of every key on the keyboard, so we decided what the priorities were and ended up being fairly close to the industry standard. We have one Apple key, one Enter key, and two Option keys.

BYTE: The user-interface design seems to have been difficult.

Tesler: That was the hard thing that affected the most people. A lot of software and hardware engineering issues were very difficult, but they affected only a few people. Interface issues affected half the division because Training, Publications, Marketing, and the software person implementing the application all had an opinion. People like us who were overseeing all the applications had opinions, inhibitors on the side had opinions, too. But everybody can

talk about what gate to use in some circuit or what routine to use in some program, but everybody can talk about the user interface. So we had to accommodate all of these things. And it turned out that good ideas and what the priorities were and ended up being fairly close to the industry standard. We have one Apple key, one Enter key, and two Option keys.

BYTE: The user-interface design seems to have been difficult.

Tesler: That was the hard thing that affected the most people. A lot of software and hardware engineering issues were very difficult, but they affected only a few people. Interface issues affected half the division because Training, Publications, Marketing, and the software person implementing the application all had an opinion. People like us who were overseeing all the applications had opinions, inhibitors on the side had opinions, too. But everybody can

way to do it. So sometimes we got the ideas from our user tests, and as soon as we heard the idea we all thought, "Why didn't we think of that?" Then we did it that way.

BYTE: Bruce, could you say something about the software architecture?

Danalis: There's an operating system underneath that we built ourselves because we felt that the ones that were out there didn't quite meet our needs.

BYTE: What does your do that others don't?

Danalis: It's not just what it does, but what it doesn't do. Some other operating systems are basically timesharing systems like Unix that have a lot of features that we don't need, and why take up extra space for that? We wanted a system that the user didn't have to be experienced to understand, and it had to be very reliable. It had to maintain the user's data and keep it there. It also had to

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The RTS implementation is to track eIRM weekly on competition lifts. Squatting 3X a week; 1 comp, 2 sup. Would this be enough to drive the bench or do I need to add BP volume on top of The Press ? S-B2, S-B4). Similar to the experiment Hanley is running on everyone right now. DoubleBreastedAmazon Registered User Posts: 366 Joined: Fri Nov 24, 2017 6:29 pm Location: Portland, OR Age: 36 Contact: Contact DoubleBreastedAmazon #7 Post by DoubleBreastedAmazon » Thu Feb 15, 2018 11:33 am cgeorg wrote: 1 Thu Feb 15, 2018 11:25 am What do the sup lifts look like? Basically this adjusting to hit a target RPE means you shouldn't ever fail a rep since @10 is nearly never prescribed. Yeah I think you'll see that the supplemental squat lifts make up the difference, the total volume including the supplemental lifts is fairly high - at least initially and I have not compared the how the total tonnage would compare to my recent training. For the CGBP (TnG) I will be using the rep scheme of the even numbered supplemental lifts (ex. Cool. It is hard for me to put this idea into words, but I get the impression that the range of weights at which I perform @9-10 is significantly tighter than the range of weights that I can perform @8-9. hegger80 1 BBM Posts: 4 Joined: Wed Feb 14, 2018 7:49 pm #19 Post by hegger80 » Mon Feb 19, 2018 7:02 pm Gotcha, so it's basically a constantly evolving cycle based on that day's RPE. How can I be expected to make gains using less volume and intensity than I have been using for the past few months? Thanks for making it clear, seriously. DoubleBreastedAmazon Registered User Posts: 366 Joined: Fri Nov 24, 2017 6:29 pm Location: Portland, OR Age: 36 Contact: Contact DoubleBreastedAmazon #4 Post by DoubleBreastedAmazon » Thu Feb 15, 2018 11:19 am Murelli wrote: 1 Thu Feb 15, 2018 10:58 am I would just run the program and see where I would end up. cgeorg Registered User Posts: 2368 Joined: Fri Sep 15, 2017 10:33 am Location: Pittsburgh, Pa. 35yo Age: 38 #15 Post by cgeorg » Fri Feb 16, 2018 6:04

am Susans good - post a review when you've done a cycle or two. I'd imagine the 12 weeks is similar in that regard. DoubleBreastedAmazon Registered User Posts: 366 Joined: Fri Nov 24, 2017 6:29 pm Location: Portland, OR Age: 36 Contact: Contact DoubleBreastedAmazon #11 Post by DoubleBreastedAmazon » Thu Feb 15, 2018 7:29 pm thejosef wrote: 1 Thu Feb 15, 2018 12:42 pm Yeah I think you'll see that the supplemental squat lifts make up the difference. hegger80 1 • BBM Posts: 4 Joined: Wed Feb 14, 2018 7:49 pm #17 Post by hegger80 » Mon Feb 19, 2018 6:21 pm So what does BBM suggest you do when you run out your 5's? If I follow BBM's prescription for squat, here is what it would theoretically look like: Week 1 Weight: 255, 200, 200, 200, 200, 200 Reps: 1, 5, 5, 5, 5, 5 RPE: 8, X, X, X, X, X Total Tonnage: 5000 Week 7 Weight: 290, 250, 250, 250, 250 Reps: 1, 4, 4, 4, 4 RPE: 8, X, X, X, X Total Tonnage: 4000 This is assuming a fairly giant gain in my empirical 1RM. In the very best case scenario, assuming (rather unrealistically) that I can put 5#s on my opening single weekly, my final intensity and my final volume is not very impressive. If you don't see an upward trend after 3-4 weeks, there needs to be an adjustment to programming. This is specifically regarding the early weeks in the program. - Thank you all for indulging me! DoubleBreastedAmazon Registered User Posts: 366 Joined: Fri Nov 24, 2017 6:29 pm Location: Portland, OR Age: 36 Contact: Contact DoubleBreastedAmazon #13 Post by DoubleBreastedAmazon » Thu Feb 15, 2018 7:33 pm ChasingCurIs69 wrote: 1 Thu Feb 15, 2018 11:40 am The supplementary squat volume/tonnage would be grouped with the comp squat volume/tonnage when comparing programs, not just the comp squat day for each program. thejosef Registered User Posts: 426 Joined: Tue Jan 23, 2018 12:14 pm Location: Louisiana Age: 39 #9 Post by thejosef » Thu Feb 15, 2018 12:42 pm DoubleBreastedAmazon wrote: 1 Thu Feb 15, 2018 11:33 am It is paid. Manveer M3N4C3 Posts: 2407 Joined: Wed Sep 13, 2017 5:46 pm Location: CA Age: 37 #20 Post by Manveer » Mon Feb 19, 2018 7:32 pm hegger80 wrote: 1 Mon Feb 19, 2018 7:02 pm Gotcha, so it's basically a constantly evolving cycle based on that day's RPE. Murelli Registered User Posts: 1988 Joined: Thu Sep 14, 2017 9:00 am Location: January River, Emberwoodland Age: 33 Contact: #2 Post by Murelli » Thu Feb 15, 2018 10:58 am I would just run the program and see where I would end up. So really there never is a reset. If it existed, it would be pretty easy to map the percent drop from the "standard" RTS one to the "good at volume" one. DoubleBreastedAmazon Registered User Posts: 366 Joined: Fri Nov 24, 2017 6:29 pm Location: Portland, OR Age: 36 Contact: Contact DoubleBreastedAmazon #12 Post by DouilleBreastedAmazon » Thu Feb 15, 2018 7:31 pm Murelli wrote: 1 Thu Feb 15, 2018 1:21 pm Definitely build your own RPE chart and adjust percentages. I've read on another thread that replacing The Press with a BP Variant doesn't increase the pressing volume but it makes it more specific. If the program is working your x5@8 (for example) goes up and that's how progress is made. Training Log: Age: 23 Male Height: 175cm (5ft 9in) BW: 91.2kg (201bs) Currently on a cut (still cutting, aiming @90kg(198lbs)).Weight before The Bridge 1.0: 96.44kg (212.6lbs) Current weight: 91.2kg (201bs) Previous programming: PowerliftingToWin Novice LP (3x/w BP with no Press) Current programming: The Bridge 1.0 (as it is written, on week 8 atm) Next program: The Bridge 2.0 Lifts before The Bridge 1.0. (was just starting to use RPE)SQ: 127.5kg (280lbs) x5 reps @8.5 DL: 145kg (325lbs) x5 reps @9.5 BP: 108.75kg (242.5lbs) x1 @8 Lifts after The Bridge 1.0: (EIRMSs)SQ: 148.75kg (327.5lbs) DL: 180kg (405lbs) BP: 113.75kg (250lbs) My plan is to switch The Press in The Bridge 2.0 with another BP variant so my BP can still progress along side my other 2 lifts (SQ and DL are moving slowly but I haven't seen any improvement in the BP which is to be expected when switching from a program with more BP frequency to a one with less). I'll figure that out and respond shortly, this might be where they make up the bulk of the load.... Warning: Using "The Bridge" may result in significant improvements in all trainable physical characteristics, however this may result in strained friendships, increased social media following, and nefarious accusations. Related to this dilemma, I am curious what other people think about the following idea. Authors: Jordan Feigenbaum, MD and Austin Baraki, MD All training and programming related queries and banter here Moderators: mgil, chromoly, Manveer DoubleBreastedAmazon Registered User Posts: 366 Joined: Fri Nov 24, 2017 6:29 pm Location: Portland, OR Age: 36 Contact: Contact DoubleBreastedAmazon #1 Post by DoubleBreastedAmazon » Thu Feb 15, 2018 10:53 am Hi all, I am getting ready to enter a strength mesocycle and have decided to use a template rather than building my own program this time around. IDK cgeorg wrote: 1 Thu Feb 15, 2018 11:09 am It has been thrown around (and I think @chromoly has brought up that it is the case for her) that women tend to have smaller differences between 1RM and volume rep maxes. I've never done a program working up to a single and then backing off for volume, but it is very appealing to me. damufunman Registered User Posts: 2972 Joined: Tue Sep 19, 2017 6:14 pm Age: 34 #18 Post by damufunman » Mon Feb 19, 2018 6:28 pm hegger80 wrote: 1 Mon Feb 19, 2018 6:21 pm So what does BBM suggest you do when you run out your 5's? I have chosen Barbell Medicine's 12 Strength Template. You always have a forward lean with target weights for each workout. Reasons I do not like The Press:My goals is to be strong as possible on the SQ,DL,BP (My training is solely Powerlifting oriented atm) I don't feel any carryover from The Press and I feel that it's just taking up a pressing slot (and gym time) which can be used more specifically to train the bench if subbed with a more specific ex. The program would like something like this: Weeks 1-4:Mon: CGBP (S-B4) Wed: Comp.BP Fri: Floor Press (S-B1) Weeks 5-8:Mon: TnG BP (S-B4) Wed: Comp.BP Fri: 2ct Pause BP (S-B1) Is this a reasonable way to approach a stalled BP? If indeed that is the case, changing the % load drop to 50-75% of what it should be might get you closer. So if you do 1@8 and then -20% and 5x5, that could go on forever because it's not about the weight going up, it's about the RPE staying @8 for that first rep? It seems people are very upset with Rippetoe's philosophy as compared to BBM's but in PPST he (and Baker) suggest switching to 3's and then to 1's before you fail at the aforementioned 5's and 3's (which requires a bit of RPE on the fly to determine you are about to fail to get a set of 5's or 3's) and then start over at 5's before you fail at the 1's, with a bit more than you started the 5's with before. Hello everyone! I'm trying to improve my BP while running The Bridge 2.0 and I'm looking for advice/guidance. Thanks in advance and good luck with your training. I'm just curious what big huge difference BBM has with how to sustain progress. Maybe this is normal.... Is this a bad idea? Over the first 7 weeks the intensity of the worksets are increased, so that you are eventually performing sets at -15%. My previous rep max at 255#, was sets of 3 @9, so assuming I actually hit 290# @8 250#x3 doesn't seem like it would be sufficiently matched volume improvement. Not intimately familiar with BBM's stuff, but generally with RPE based programs you will work up to the prescribed RPE (increase weight gradually until you reach the correct RPE) and either stay at that weight or adjust weight for the next set. I guess after a while if the weight isn't going up you would know it's not working for you but workout to workout the weight not going up doesn't matter. Yeah, I totally underestimated the contribution of the supplemental lifts, which now that I have calculated it, is huge. I'm trying to run it as written even though 3-0-3 tempo squats are the devil. I can't explain it but I just have some inner negativity towards it. I was intending to move the Comp.BP to the middle of the week and add CGBP (TnG BP) on Mon and keep the Floor Press (2ct Pause BP) on Fri. I've searched the training forums about a similar topic but all I could find were 1 or 2 posts just touching about it without any specific information. Can you link to the program or is it paid? As a side note (personal feelings involved) - Everyone has that one single exercise that they dislike doing and this is mine... My e1RM is steadily rising on all three main lifts.. I am open to other suggestions. It also looks like the program is intentionally built to keep you away from the levels of RPEs you're currently hitting in training. Has anyone heard about a different RPE chart that takes these differences into account? For the competition lifts, they have programmed it so that you start with an opening single @RPE 8 (~90% 1RM) and then do 5 sets of 5 at a 20% reduction from the opening single. See what happens week to week. I might play with that. Maintain your weight and you won't lose muscle mass, and a single @8 should maintain strength. That way I would have 1 overload and 1 underload movement in the same week (is this something to be sought after or volume is volume and doesn't depend of overloads and underloads). For The Bridge 2.0 it was similar with 21~ comp reps a week but a lot more volume from the supplemental lifts. I don't want to waste 12 weeks and it seems likely for me to significantly detrain over this period. If I were to follow this prescription, this would put my workset intensity and total tonnage well below what I have been training with during my recent hypertrophy cycle; this is most pronounced for squat. cgeorg Registered User Posts: 2368 Joined: Fri Sep 15, 2017 10:33 am Location: Pittsburgh, Pa. 35yo Age: 38 #5 Post by cgeorg » Thu Feb 15, 2018 11:25 am What do the sup lifts look like? For additional context, my empirical 1RM on squat is 280#, which I successfully hit the week before my last meet at an easy RPE 9. ChasingCurIs69 Registered User Posts: 1366 Joined: Sun Nov 05, 2017 1:43 am #8 Post by ChasingCurIs69 » Thu Feb 15, 2018 11:40 am The supplementary squat volume/tonnage would be grouped with the comp squat volume/tonnage when comparing programs, not just the comp squat day for each program. Dose: 3x Weekly Side Effects: increased strength, muscle size, work capacity, improved technique, and programming knowledge. cgeorg Registered User Posts: 2368 Joined: Fri Sep 15, 2017 10:33 am Location: Pittsburgh, Pa. 35yo Age: 38 #3 Post by cgeorg » Thu Feb 15, 2018 11:09 am It has been thrown around (and I think @chromoly has brought up that it is the case for her) that women tend to have smaller differences between 1RM and volume rep maxes. Regarding your RPE to 1RM relation, you can always build a custom RPE chart before doing the program to see if you can change the prescribed % and keep the same expected RPE. Track your e1rm. What was your full squat week like during your last cycle? Is it just 1 squat day a week in this template? Anyhow, I really like the design of this program, but I am concerned that were I to implement the prescribed intensity and total volume for the worksets, I would actually end up detraining. It seems like a nicely designed program and I am hoping to make good gains on it, but there is one thing that seems a bit odd to me and I was looking for input from people who have either run the program or have a good amount of intermediate programming experience. I think I know where you are going with this... Add weight when possible. Perhaps, as you mentioned, going from -15% to -10% over the course of the cycle. Man, that's interesting to me. ChasingCurIs69 Registered User Posts: 1366 Joined: Sun Nov 05, 2017 1:43 am #14 Post by ChasingCurIs69 » Thu Feb 15, 2018 8:57 pm Yeah, in The Bridge v2 it's something like 50 reps of hellish squats in one workout, 21 reps of comp squat, and 25 reps of pause squats during the highest volume weeks. Another option is asking the BBM folks directly in their forum if women should use different percentages. Best of luck with the new program! So, I looked at the total squat volume and plugging in conservative weights for week 1 of the program results in a the total tonnage that will be higher than my total squat tonnage from the last week of my recent hypertrophy cycle. Perhaps you'll do better than your estimated 5 lbs. I'm on week 6 now of the BBM 12 week program and I'm really enjoying it. Best of luck with the new program! Murelli Registered User Posts: 1988 Joined: Thu Sep 14, 2017 9:00 am Location: January River, Emberwoodland Age: 33 Contact: #10 Post by Murelli » Thu Feb 15, 2018 1:21 pm Definitely build your own RPE chart and adjust percentages. Enter your e-mail below and instantly receive our training template and 30 page e-book. It did occur to me that this program might be designed to keep fatigue very low, but it seems like there is a balance I would need to strike between stimulating gain and fatigue management that the program as prescribed would not hit - for me.... Good idea, but now that I have looked more carefully at the total tonnage including supplemental lifts and it is a lot more than I had estimated, so I am not concerned about detraining. It is paid. Here is what my first and final week looked like for my last cycle: Week 1 Weight: 260, 205, 205, 205 Reps: 1, 7, 8, 8 RPE: 8.5, 7.5, 7.5, 7.5 Total Tonnage: 4975 Week 6 - last week of the cycle Weight: 265 230 230 230 210 RPE: 9, 8, 9, 9, 9, 8, Reps: 1, 6, 7, 7, 7, 5, Total Tonnage: 7525 - I should note that my RPE on the opening single here was higher than the recent weeks - I think fatigue was setting in at this point and it was starting to affect my performance, so that's fun to see. tdood Registered User Posts: 683 Joined: Fri Sep 15, 2017 5:49 am Location: NJ Age: 38 #6 Post by tdood » Thu Feb 15, 2018 11:28 am I don't think you'll detrain. I'll try to layout my plan and if possible you guys can give me an opinion about it. I was thinking of maybe following the program, but starting with a -15% reduction for the work sets and bringing that up to a -10% reduction for week 7. I had underestimated how huge an effect 5 sets of 10 for the supplemental lifts would have on total tonnage, even with low weights - hahah! Feeling much safer to proceed without modifying the program at all. And programming might not necessarily always be at the same tonnage when going from hypertrophy phases to strength phases, but training volume will increase for both over time. Is it possible that I am a little aberrant relative to the norm in that I can perform higher volume closer to my 1RM without it feeling too difficult?

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