

# WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



## Mike Westerdal of [CriticalBench.com](http://CriticalBench.com) & [Lean Hybrid Muscle](#) Interviews Chandler Marchman

MW: Hey, what's up everybody? This is Mike Westerdal from CriticalBench.com. This is your "[Weekly Muscle Building Expert Interview](#)" series. We've got Chandler Marchman on the line today. He's the local strength and conditioning coach. I'm right over in St. Petersburg, Florida, and he's right across the pond, over in South Tampa. He's the owner of Elite Strength and Conditioning. It's a hardcore gym for athletes and Strongmen. We're going to talk a little bit about that.

Chandler's got a really cool blog. He's doing some really cool things with YouTube videos. And we actually have a mutual friend, Elliott Hulse, that's where we met probably about a month ago. We met-up at like a fitness meeting, kind of brainstorming, talking about training techniques and how to improve our businesses. So, we met there for that first time. I'm looking forward to heading over to his gym and learning some of these sick-assed training methods they got going on over there.

So, welcome to the call, Chandler. It's great to have you.

CM: I appreciate you having me on, buddy.

MW: Cool, man. So, how did you get started in weight training anyway? How did you get interested in it?

CM: You know, I was always the fat, short kid. I wasn't always this big. But, I was the kid that blossomed late and once I discovered that I could respond pretty well and pretty fast to weight training, I just... It got up on me, man, and I got the bug. It's something that changed my life and I've been at it since, for about 10, 15 years now.

So, I started just for sports, but then I realized after baseball ended for me, I was a baseball guy. It worked for me and it allowed me to kind of channel that competitive drive that I lost from being in competitive sports, kind of channeled into that. So, that's where I'm at today.

MW: So, how big were you in high school? What was your height and weight?

CM: Oh, God, man. Let me tell you, I was the fat boy. When I started, I was probably 15 years old. I was literally. I'm about six foot right now. I was probably 5'3", weighed about 150. I was a little creampuff, like I said. It clicked. I got tired of being the fat kid and it really...football and baseball, all that started and I stuck with baseball. It really took my game to another level. But, it really kind of took hold when I got out of sports and was able to devote time to not only the training and right training, but also nutrition and really learning about how the body works and how to optimally get the results you want.

MW: For the people listening that haven't seen your picture, you're pretty build. What are you weighing in at now? You said you're six foot. I guess like 225?

CM: I'm always hovering between 220 and 225. I just finished a little 12 week transformation deal at the gym, a lot of kids went through. I'm off of that now, so I can be a little bit more slack with the diet. So, I'm always a cheeseburger away from 220, 225, depends on what I eat.

MW: Yeah. Well, burgers, that's good for you, red meat. Helps you grow. Yeah, 225 with abs. I've seen, and then strong at the same time. What was the video you just put up where you had the death squat contest?

CM: Yep, yep.

MW: What did you do in that, 35 reps with 365?

CM: Let's see, 335 with the yoke bar...sorry, the spider bar from Elite FTS. Yeah, they had...what was it? Dave Tate had his death squat video and a lot of what I do with YouTube is create a lot of spoof videos. And it was just too irresistible, man. I actually surprised myself and got that many. I was shooting for probably around 25, but I just

kept banging them out and it was pretty cool. I like to think it was something that was pretty cool. I just went with it and it was funny. It got a good response from people.

MW: Yeah, we'll talk more about the videos later, but that was funny. In the video you had that guy in the green suit, was hiding in the back of the truck and he just like jumped out, opened the doors for you and then jumped back in the truck. Like, I don't even know what that is, some gym mascot that just goes around with you and opens doors for you everywhere you go?

CM: One of my workers, it's funny. We get all our guys that work with us to do some funny stuff like that, get them involved.

MW: You guys will know what I'm talking about later when we check out the YouTube channel. I mean, that must have been really good for your self esteem just losing all that weight and getting in good shape. How did that change you as a person, I mean, character and stuff like that? I started off really skinny, kind on the opposite spectrum of you. But, how do you think weight training can benefit younger guys that are getting into it?

CM: You know, it is unbelievable the change. It is literally night and day. It literally changed my identity. I don't like getting into the emotional side of things, but at the same time, I had no self esteem, I didn't get any attention from any ladies. And I sure as Hell didn't get any action on the field. It completely changed the landscape of my life. And from a personal standpoint, it developed a lot of the positive characteristics that I feel are the strong suites of me today: discipline, accountability, I mean, you name it. The successful people in the world, they all have these attributes and it's 100%, I give 100% credit to weight training and really pushing myself through that. It really built me into a stronger person today.

MW: I mean, if you can discipline yourself and stay committed and change your body, there's no reason you can't take those same lessons out of the gym and excel in other aspects of your life, too. That's a huge lesson, for sure.

So, who influenced you? Do you have any experts or coaches or guys that were your go-to guys as you were learning? Who's influenced your training methods the most? Who do you look to in the industry?

CM: You know, I started out really not knowing anything about training. I was literally the guy that just lifted weights and figured out what worked best for me. A lot of it started with just kind of the basic bodybuilding movements. As far as who I really looked up to, in the beginning, obviously, everyone looks up to Arnold. I got Arnold's Encyclopedia from my aunt's boyfriend and it was... I read that... I probably read it three or four times in high school.

I was a bookworm for that and if I wasn't reading that, I was doing pushups, lifting weights, you name it. I was a disciple to that book and it did wonders for me in the beginning. But, when I started to care more about performance, that's when I started to read more about Louie Simmons, what he's doing at Westside Barbell and that really carried me through college.

From there, after I moved to Tampa, I got hooked up with Elliott and Elliott...he had a lot of... I remember one day when I was doing a Strongman training day with him, it was just a God awful workout. It was rough, but it was awesome. We did, I believe, it was 25 stone lifts to a 52" platform with a 330 pound stone. It took literally probably, I'd say, 9 to 10 sets for it. It was just killer.

It kind of got me thinking. You knew how many reps you had to get and having that accountability there really pushed me, I'd say, five sets further than I probably would have gone. And that stood out in my mind. I brought that into my gym literally the day after that I did that workout. It's just been taking off since. Holding kids accountable to a certain number, given a certain percentage, and it's just... It's done wonders for me.

But, as far as people that have really influenced me, that's really it. I've got other guys, Zach Evanish, just because he's crazy and doesn't really follow the rules and just says, "Hey, you can do crazy stuff." But, for the most part, I mean, I found a lot of success with blending in the Westside method with more of just the intensity of what I've learned from Elliott and everyone else. It's really kind of pieced together well now and I like to think I've got a bit of a polished product and we're doing well with it, getting some good results here.

MW: Yeah, that stuff's great. I mean, if you think about it, that's kind of like hybrid where you've got some of the bodybuilding stuff from Arnold, you've got the Strongman functional stuff and the intensity as well as the Strongman training. For you guys that don't know Elliott, he was a pro Strongman. Chandler's competed locally in Strongman as well. I think that workout originally came from Tom Mitchell. It's kind of crazy where if you think about it, if you don't know what's coming up, people kind of pace themselves. But, if you know it doesn't matter how long it takes, but you have to get...how many reps did you say for the stone loading?

CM: Twenty-five, I think.

MW: Twenty-five. That's the whole workout. It's like, if you can do it all in one set, you're done. If it takes you three hours, it takes you three hours. But, there's no holding back. You know what you have to do and you just work your butt off until it's finished. When you just have exercise after exercise and you're not sure what's coming up and stuff and you're not sure if you're going to be tired, people kind of hold back a

little bit and pace themselves and stuff. So, that's definitely really awesome intensity technique to use, for sure.

I can't even do one of those 300 pound stones once. I think I was doing like the 225 one. But, that's no joke. I mean, how long do you think it took you guys to get all that done? Nine sets with like a group of like five or six guys or something?

CM: I'd say it was around five or six guys, Elliott, Pat Wilson, myself and maybe two other guys. But, I mean, I was struggling with it and it was grueling. I was literally, for two days, I mean, I was... I could barely stay awake I was so tired. I was sore. My forearms were chewed up. My chest was all scraped up. It was cool, though. It took some serious testicular fortitude to get through that. It was a grind. It was a great workout, though. It was a great workout.

MW: So, you've talked about some of the guys that influenced you and you've spoken about some of these training methods. How would you explain your training methods overall? Are those the main techniques you use or have you adjusted any of it?

CM: A lot of what I said is pretty much I've taken what's worked. I like to think I want to build a strong, fast, explosive athlete with a little bit of...with some gas tank in him as well. So, I look for the guys that are strongest, powerlifters, Strongmen, and I take how they train, throw them in the pot. I go for the bodybuilders, they guys that are able to gain a lot of weight, throw some of that into the pot and do the same thing for the guys that are just trying to get faster. Go to the sprinters, how do they train? Do that, throw it all together, organize it and it's doing well for me.

But, I've got a lot of intensity in the whole aspect of it. One thing, and I know [Lean Hybrid Muscle](#) has been awesome with this and it's just kind of blowing the top off things, proving all the naysayers wrong. The cardio aspect, first off, it just...you know as well as I do, it blows. No one wants to sit there and do 45 minutes of a jog or anything like that. I always tell people, you don't need that to be lean. If you just want to look good, I mean, Hell I don't want to spend two hours in a gym. I'd much rather do a 45 minute or an hour workout with some intensity and leave feeling like I did something.

Plus, the great part about it is your results are twice as good in probably half the time. It's mindboggling that people will continue to do the same things over and over and over again, get the same results and still follow it. It's just... People amaze me every day. if they would just trust that these principles work, I mean, they work.

MW: It doesn't always carryover jogging five miles and then you bring that over to the football field. It's not the same thing. Or, all of a sudden you're in a fight or an MMA thing. That kind of conditioning is not the same kind of conditioning as like max effort

cardio or things where you're huffing and puffing the whole workout and training really hard, you're burning more calories, you're getting your workout done faster. I just think it's a faster, better approach to things.

So, you do a lot of that kind of training at your gym? Tell us a little bit about your gym? Where is it located? What kind of clients do you have?

CM: For the most part...first off, we've located in South Tampa. It's a small street right behind one of the main streets, 606 South Tampania. It's pretty simple to get there once you've been there before. But, for the most part, we work with all high school developmental athletes, all power athletes and the biggest thing we're doing it just building that foundation for them.

I always said, I want my kids to be at least a year ahead of everyone else that they're competing against. And for the most part, they are. The kids that come in here and really get after it, it's astonishing the results they get.

I remember... I wasn't able to bench press 225 until I was in college. and I've got a 140 pound freshman within probably three or four months upping their bench 50 to 60 pounds just by correcting their form and their training protocol, making sure periodization of what they're doing is spot-on. I mean, it's amazing the results they can get if they just follow something to the 'T' and follow it correctly. It's awesome.

MW: Do you have mostly athletes or do you have any other kids that just want to bulk up?

CM: You know, we do. It's a lot of meat-heads in here, a lot of high school kids as well that just want to be big and pack a little punch. A lot of guys that are kind of washed-up meat-heads, too. And it's a community in here. Everyone works hard. Everyone kind of has each other's back and it's almost like a cult, man. You're either... I want my kids...for it to be painfully obvious to other coaches, for guys in high school, to know who trains at Elite Strength and Conditioning. And so far, it's worked.

MW: That's cool. You've had some pro athletes and stuff, too. But, you have...more enjoyable working with the high school kids?

CM: Oh, yeah, man, they're great. They're awesome.

MW: So, the website, if anybody wants to check that out, it's GoEliteSC.com. You can see some pictures and testimonials, get more information about the gym if you're in the area, so you can stop by for a guest visit.

CM: We have a week free trial for everyone. So, I never want to feel like I'm hamstringing anyone. Sign up for the first day, you don't like the second, then I never

see you again. That doesn't benefit me or anyone else. So, I want people to come in, get results and have it pretty much set up as a result oriented gym instead of just a sales oriented gym.

MW: Right. It's not the best gym for everybody anyways, this is for serious, hardcore people that want to work hard, not people that are lazy and stuff like that. It's not like a Planet Fitness where you can't put more than 225 on the bar. So, it's not for everybody, but if you want some serious results, you're an athlete, you're trying to get explosive, this is the kind of place.

You've got to find these kind of places. You've got to have people that are supportive of you. You can't be at a gym listening to Celine Dion with a bunch of people complaining you're being too loud and stuff. You've got to find the right atmosphere, the other people that are really competitive and pushing you to your limits. You're only going to be as good as the people you surround yourself around.

CM: That's true, man. That's true. I always say, I want my gym to be a safe haven for the people that got kicked out of other gyms for doing what they should have been doing in the first place. We've got a bunch of hard working heathens in there, man. They're getting unbelievable results and far better results than they would be getting anywhere else, as far as the commercial gyms go. It's ridiculous what they do not let people do in some of these.

I remember seeing, what was it, PlanetFitness.com.

MW: Yeah, those are ridiculous.

CM: They have some campaign of if you scream or something, you make any grunting noise...grunting.

MW: Yeah, it's like even a little moan.

CM: Yeah. I mean, they'll kick you out. I've seen a couple of YouTube videos of newscasters doing an interview with people that did get kicked out and it just cracks me up, man. Kids in here, if they want to scream, do whatever. Just come in, work hard, get your results. That's all I ask.

MW: What's a good success story? What's one of the biggest transformations you've seen at your gym?

CM: Gosh, you know, I think...there's a good bunch of them. But, the ones that really have more sentimental value for me... You have your obvious ones that look good, a guy that put on 20 pounds of muscle. But, for me, it's more of the kids that will go from no making a football team one year to making it and just killing it. So, I would say as far

as visually, I got one guy, Justin Wilcox, who is an absolute freak. He did javelin for, I believe it was Freedom High School. One of the high schools. He's been bouncing around. He's all over the place, this crazy guy. We call him Wildboy.

Anyway, the kid is just...he's a phenom. He's 20 years old. He came in here, within six months he's already out-lifting me, which I don't know, I like to think I'm a little strong. But, not anymore. I mean, the kid went from jumping a 46" box to now he's blowing-up a 56" box. I mean, his vertical went from 38" to 44". It's just phenomenal what this kid can do, and he's 20 years old.

He put on probably 15 pounds of muscle. This is all within probably three or four months of being on our program. It's just a testament to what happens when you do what you're supposed to do, you train the way you're supposed to train, eat what you're supposed to eat and you take care of what you're supposed to, out of mind. He made the sacrifices and he did what he had to do.

MW: What's a tip for the listener then if they want some kind of results like this? What is some kind of food strategy, workout strategy, do you have something you can give the listeners to help them try to get something like this? What would be your number one tip to help somebody pack-on muscle that fast?

CM: As far as training goes, keep it simple. Keep with the simple movements. You don't need anything fancy. Anything where you're picking a weight up, typical deadlift, squats, bench press and overhead. That's all we really focus on. We cycle on the percentages with that and that's something that you can get more detail oriented with further on when you get more advanced. But, when you're starting, just focus on the simple movements. Keep it simple, stupid. That's a really simple way to look at it.

People try to make it out to be something it's not. It does not have to be difficult. Don't over-think. I think a lot of people do that. Those are the functional training. All of this got really big probably in the last ten years, and I think it's kind of on its way out, or at least hopefully it is. But, people...it seems like they wanted to make training and getting results something that was more than it had to be.

They wanted something that was kind of gimmicky and kind of sexy to look at, something different. The fact of the matter is, I mean, it's just you don't need that. You don't need it at all. You need the simple movements and that will get you the best results. Plain and simple.

MW: I agree. If I could pick just four exercises to do the rest of my life, I'd probably do bench, squat, deadlift and overhead press, and that's it.

CM: That's all you need. It really is. It's amazing that people kind of ditch what got them results in the first place. In history, I mean, look at the golden age of the bodybuilding. Guys like Arnold and all of them. They did very simple movements. They just did it with insane...intensity they worked-out with was unbelievable. And look at them, they were freaks, but they knew it was going to get them results. You didn't see them do any of the crazy, gimmicky stuff on stability balls and all that. You saw them doing man work. And that's what gave them the physiques that they had, man. They did that, they paired it up with taking care of their bodies.

It's really, when you look at it, it's a no-brainer. It's a simple equation. Eat, sleep, exercise. Do it over again. That's all you need.

MW: A lot of common sense, even with the exercises. It might look like they're doing different exercises, but they're all just variations of the same few main movements.

CM: The same movement patterns, just different medians. That's all it is.

MW: So, we talked about some muscle building here, but with the other athletes at your gym, some of them need quickness or speed training. They need to get that 40-yard dash time down. What kind of training methods or how do you develop speed in the athletes that you work with?

CM: Well, the first thing I tell them is...and like I said, you mentioned they're the high school athletes. They're all in what's called developmental stage. They are in the stage where they need to build that foundation of strength, size and body control. What they don't realize, they see all this Nike Spark stuff and that stuff is great when you already have a good foundation of strength. And even then, that's in conjunction with the strength training that you're going to have to do.

With them, as far as speed goes, I give them this simple equation. Linear speed, it's stride length by stride frequency. The frequency is what coaches seem to be falling in love with, running the agility ladders, doing this, that and the other, thinking that's going to give them the results they want. Yeah, that's going to be great if your feet move really quick. But, if you're not chewing-up that ground, then what are you doing? It's dumfounding that they think that's going to make them faster.

The way I explain it is, you've got to focus on stride length. Stride length will improve with the amount of force you can apply to the ground. How do you do that? You get them stronger. Plain and simple.

You pair that up with the running form, cleaning up an inefficient movements, and making sure they're nice and limber, focus on flexibility as well, because they are athletes. They can't just be muscle bound. They've got to focus on that and it's

amazing the results you can get in a very short period of time, just by doing those couple of things.

It's not something where you need any over speed training. You don't need an over speed treadmill or run downhill.

MW: Or parachutes behind you and some kind of stuff like that.

CM: Oh, God, parachutes and stuff...parachutes are one of the worst things. That's going to pull you straight up. Your running mechanics will be awful on that.

MW: Probably throws off your whole form.

CM: It's amazing some of the things that...these like 'perform better' and some of these big equipment distributors, what they sell. They have a lot of good things, too. But, some of these things are just very gimmicky and they're very eye-catching. They look good...

MW: Yeah, it's like the same problem with the fitness industry with like the stability ball stuff and the bosu ball. They do it for speed and other training things, too. They've got the same problems.

CM: And let me tell you, you train a kid with the Spark stuff versus what we're doing here, Lean Hybrid Muscle, and let me tell you, I'll take my chances on our kids any day of the week. Our kids are going to put the other kids in the ground. They're going to do it quick, fast and in a hurry.

MW: Awesome. So, let's talk about some of these videos you guys have been making. What's your YouTube channel? Everybody's definitely got to go check this out. I can't wait for these new videos to come out, this stuff is great. What is it? [www.YouTube.com/GoEliteSC](http://www.YouTube.com/GoEliteSC) ?

CM: GoEliteSC, yep.

MW: All right, so the latest video, you guys are talking about getting a tramp-stamp or something?

CM: Oh, God. I've got a couple business coaches, one of them being Elliott. The other two, I've got Paul Reddick and Zach Evanish. Well, Paul Reddick comes to Orlando this past Sunday and we're talking and Elliott was...and somehow it got onto the concept of what video we're going to do next. He loves them because I think he has to play it more straight-laced than I think he likes. The ideas, getting us to doing dumb, stupid stuff on camera. It's all fun and games for him. We just want to make people laugh.

But, as far as the tattoo goes, we really like the stuff Dan Kennedy is doing. One of the chapters in his book is about demonstration, I believe. And really, it's kind of being the image of what your business stands for. And we are, Julius and myself, Team Swole Patrol, little shout-out there. We really want to go balls-out with this, man. We want it to be painfully obvious who we are and what we're doing.

So, we said, why not go full jackass and do kind of like Stevo did and get a tattoo of the logo on our ass. So, I'm thinking about it at least. They wanted me to get a tramp-stamp. I said I can't do that.

MW: There's like a beer commercial making fun of some guy that has that. Have you seen that one?

CM: We've got some guys coming here, they'll be doing rollovers or deadlifts or something, we'll see a tramp-stamp and it is just... I mean, it's relentless. They don't hear the end of it. You better have some thick skin.

MW: Well, you guys got to check out this YouTube channel, because it's hard to explain. But basically, they're educating and entertaining at the same time. So, it adds a big, funny humor content while you're getting entertained and learning about strength and conditioning, too. So, this isn't some boring stuff going on. Probably my favorite video is the 'Swole Sister'.

CM: We're going to play off the Chippendales, the Saturday Night Live Chippendale skits. So, it should be entertaining.

MW: I'm a big Saturday Night Live fan, too. So, all that stuff is good. It's like the Jim Carry from In Living Color. What was that character called?

CM: Oh, God.

MW: I can't remember, but it reminds me of that.

CM: There's so much stuff we can get at, it's just like sensory overload. We'll never run out of ideas. We've got an endless supply of stupid stored up in the think-tank. So, we'll always have something to give to everybody.

MW: So, what's 'Team Swole Patrol'?

CM: Oh, God. Julius, my roommate, and I, the huge guy who's next to me in some of my videos, or all of them, really. We went up to New Jersey with Elliott for the "How to Kick Ass" seminar. The whole time we're just thinking, how can we really get an online presence pretty quickly?

So, we really, both of us had a lot of fun in college. We got the most out of it and we really enjoyed the social atmosphere of it and kind of wanted to get back to that. We realized we could do it, we just didn't know quite how. They called us 'Team Jackass' while we were up there. We said, well, there's already a Jackass and we can't really do that. So, why not kind of roll with the whole meat-head thing? We came up with 'Team Swole Patrol'.

It's pretty much the duo of both of us, throwing up two or three videos a week. One is always going to be a skit. Skits are always on Friday. And it's basically us kind of making fun of ourselves and all the meat-heads out there. We're a funny group and it's just a matter of kind of making fun of ourselves and kind of taking light of the situation.

People take everything way too seriously, we feel. And we want to lighten up people's day, and at the very least make them laugh. If we can lighten up your day, 100% what we're doing.

MW: Cool man. What's the craziest thing you've ever seen in the gym, whether it's your gym or another gym?

CM: Oh, God, I wrote an article on this. I forget, I think it was like socially awkward situations.

MW: Oh, yeah, I just put that up today, by the way.

CM: Oh, awesome.

MW: So, check out on [CriticalBench.com](http://CriticalBench.com). We've got Chandler added as an expert author. We've got two articles up by him so far and there's going to be more coming. So, it quickly going to become a fan favorite.

CM: Pretty much, that article, I listed some of the socially awkward positions that people are put in at the gym. For instance, the last gym I worked at, it was a big corporate gym, and just... I mean, I couldn't do it. So, I started mine and it's been great.

But anyway, back to the point. I'll never forget this. There was some chick and she must have just gotten back from the plastic surgeon because she was pretty big up top and she was doing a little CrossFit workout, it seemed. And she was getting pretty intense with it. She must have been at the end. She was doing some burpies, I guess to finish up, and literally, probably around the last three or four...within the last three or four she was doing, one of her girls popped out and instead of stopping, I kid you not, she had to have known, because these were hitting her in the face. She had to have known and she kept on with it.

I honestly...I had to applaud her for the intensity and devotion to getting the results that she was clearly getting. Because I will never forget that. That was by far probably the coolest, yet weirdest thing I had ever seen in a gym. And it sticks out to me today as the moment of all moments. I can never see that again. It will never happen again.

MW: That is in your article. That's number five. It's ridiculous.

So, what do you guys have planned for the future? What are we going to see next from Chandler?

CM: You know, I really want to use the popularity of the videos we're doing to kind of get our training methods out there, and add it with a little bit of humor, too. I never want to be taken so seriously. There's plenty of guys that have a good, strong foundation of knowledge on how to increase your strength and conditioning. But, I want to add my own spin to it with humor as well.

I'm working on a couple of projects right now. I'm helping with, like I said, the [Lean Hybrid Muscle](#), I'm going to be really trying to put out some sweet stuff with that as a bonus, I believe, or whatnot. But, it's a lot of leg work I'm doing right now, just to kind of get my name out there. I'm sure everyone's going to enjoy all the stuff. If anything, it's going to be amusing. But, people will be informed on proper training protocol and basically everything on how to become a bigger, stronger, better athlete, or just be a bigger, stronger meat-head.

So, look-wise, too, you're going to look like a stud when you go through these training methods. We're really just trying to leverage our knowledge to not only reach Hillsboro County and some of the other surrounding counties, but pretty much everywhere. I've gone through a lot the past 15 years of trying to figure out what works best for me and for others, and I don't want to hoard that information. I want to help people out as much as I can. And I think this is the best way to do it. It's the easiest way to reach a broad array of people. And I'm really going to go for it and put in the leg work and do everything I can to help people get the results they want and what they deserve.

MW: That's cool, man. And for you guys, he's got four free gifts that he's giving away on his blog, too. So, in addition to the gym site, Chandler's got [MarchmanStrength.com](#). He's got four things you can get right up there on that site. He's got the 'Meat-Head Meal Plan', 'Eight Rules for Kicking Ass and Taking Names', 'Seven Mistakes Athletes Don't Know They're Making and How to Fix Them', and 'Better Form for a Bigger Bench', which I know all you guys are interested in. So, you can go grab those over at Chandler's blog, read some more of this training information and get entertained at the same time. So, definitely check out that blog.

Wrapping things up, Chandler, is it possible to build muscle and burn fat at the same time?

CM: 100% man. That's what it's all about. Like I said, when you do the... You have Lean Hybrid Muscle, that kind of open minds to everything. I don't care what people say in all these books and all this literature, the proof is in the pudding, man. I mean, if you train heavy, you have the metabolic conditioning and you train with intensity, you're going to get bigger, you're going to put on muscle, you're going to burn fat. It's a no-brainer. If you just kind of devote some time to it and really kind of step up to the ledge and trust what we're doing, you will get the results that you see in all these magazines. Everything you're hoping for, you will achieve.

MW: Definitely, man. It's awesome having you on the call. Thanks for all the support and I'm looking forward to grabbing some training sessions with you, checking out the gym. So, it was great having you on the phone. I think everybody learned a lot. So, thanks a lot for your time, man, and we'll get together real soon.

CM: Absolutely, buddy.

MW: Anything else you wanted to add or anything we left out?

CM: I think we covered it, man. The thing that I can think of is trying to figure out, like I said, from our video this morning, I'm still wrapping my mind around whether or not to grow a mullet or a Fu Manchu or what. But, anyway, no, man, everything's good. I appreciate your time and I just hope the people that are listening can realize, like I said, we've got the ticket for you, you just have to really show some faith in what we're doing, because it's working. It's unbelievable what Mike, what Elliott and myself, what we're doing here. If you just give it a chance, you will be amazed at what can happen if you do.

MW: All right, cool, man, thanks. Anybody's got any questions, I'm sure we're going to have Chandler on again. So, feel free to email questions in, post them on the blog and we'll get them answered next time we get another interview set up for you. So, thanks a lot for listening in, thanks for your time, Chandler, talk to you real soon, man.

CM: All right, appreciate it, buddy.

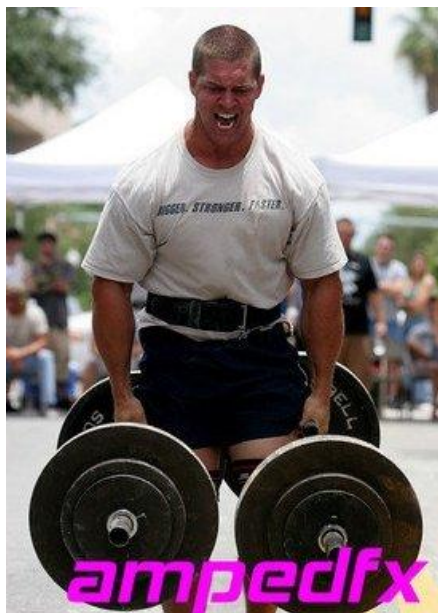
MW: All right, see you.

## About The Author Chandler Marchman

My name is Chandler Marchman. I am an amateur competitive strongman coming to grips with the fact that I'm pretty much a washed up meathead. Given my passion for strength and power development, I have decided to channel my energy into being the No B.S., provocative voice of athletes and meatheads throughout the Universe! My main objective with the entertaining, sometimes inappropriate, yet ALWAYS informative content in this site is to usher in a better, more efficient, and badass way of developing the modern power athlete with the strength, speed and skills of a Gorilla Ninja hopped up on Speed!

Whether you are an Athlete, Personal Trainer, Strength Coach, or a Washed Up Meathead like myself, you know the competitive edge that superior training gives you on the field, court, or in every day life. What my goal is, is to provide you with the knowledge, motivation, and vision you need to reach and exceed what you thought possible.

As always, Hate Me Now....Thank Me Later!



*Chandler*

**Important Chandler Resources:**

Official Web site: <http://www.marchmanstrength.com>

Chandler's Gym: <http://www.goelitesc.com/>

Swole Patrol YouTube Videos: <http://www.youtube.com/goeliteSC>

Recommended Training Program: [Lean Hybrid Muscle](#)

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