

Kettlebell Secrets Insider Coaching **Case Study: Tristan Phillips**

New York Kettlebell Trainer Corrects Imbalances, Burns Fat, And Puts On Muscle Simultaneously In Himself *And* His Clients

My name is Tristan Phillips. I am a 4th level black belt in Choi Lei Faht Kung fu, an SFG, Original Strength Certified Coach, Primal Move instructor, and owner of Primal Strength New York. When I first got into kettlebells I was immediately hooked. I saw an immediate change in my strength and explosiveness as a fighter. I wish I knew then what I know now though. I was primarily using kettlebells to increase my endurance back then, not realizing that if I had focused on being stronger I would have seen even more improvement in my fighting. You live and you learn though. Since my kung fu days I've traveled all over the country to countless certifications and workshops. I was somewhat obsessed about learning as much as possible.

Anyway, over the past 6 years I've gone from program to program. From kettlebells, to barbells, to calisthenics, always having mediocre results. I'm fairly strong, move really well, and have pretty good endurance. My best results, though, have always come from Geoff Neupert's programming. Since I opened Primal Strength my body has been through the ringer from stress. Not sleeping enough, still trying to "go after it" in my training, teaching 30 something classes a week, fluctuating diet (I'm a stress eater/drinker). Then one day, bam, torn labrum and a de-nervated Teres Minor in my left shoulder. F@#\$ me! Now my stress went through the roof. I couldn't even put my hands on the ground without pain. So my diet tanked, my sleep got worse, and of course, my shoulder got worse. All of this drove me deeper into the Original Strength system. I was told I would need surgery, that I would never press over head again, etc. Fast forward 1.5 years and I'm back to pressing overhead without pain, pullups, hand stand pushups, you name it. I started the journey back with Original Strength which was where I met Geoff Neupert several times. His story about how he rehabbed his broken body struck a cord. So when he launched his *Kettlebell Secrets Insider Coaching* program I was intrigued. His 4 stages to success seemed exactly what I needed. I was tired of being broken and shooting in the dark with my programs.

I can now happily say that after 8 months I am stronger, leaner, and more put together than I have been in years. I've packed on muscle everywhere. My shoulder is no longer a problem at all. The support was great. Geoff was on hand to answer your questions, as well as the other members in the group were consistently interacting and helping each other. Even better is my clients benefited from the program as well. Geoff's style of programming taught me a lot about how to help correct imbalances in my clients while I was helping them burn fat and put on muscle simultaneously. I also learned more about nutrition than I expected. The nutrition guidelines adjusted during the program depending on what the goals each month were. There was so much value packed into this program. I became stronger, leaner, more balanced, and I even became a better coach. What more could you ask for? All while only training about 2 hours a week, with some additional movement/recovery work. I'm looking forward to

getting back to some barbell training now that my body is functioning in a more balanced way again. I will certainly be coming back to Geoff's programs time and time again. There is no one better.