

# Self-Awareness

by Shawn Moody

I am writing this article because after 33 years, I've discovered a very vital thing in life.... Be your own man (or women).

Let me explain. I've been training since the young age of 13. I purchased my first muscle magazine back in 1983 reading the articles and trying my best to duplicate the workouts on my DP Gympack located in my family's garage. There were days when I would awake at 5:00am before school and turn on the small heater in the garage and work out, trying to obtain the quads of Tom Platz and the biceps of Lee Haney. I'm not sure why I did this? Something inside me just said, "this is the right thing to do".

Over the years my training progressed and I never quit. I moved onto college to play football and gained an understanding of how my training transferred to the field. My focus was on what I could do to keep myself on the field and perform better than others. Again there were times when a small group of us would arise at 5:00am to do plyometric and agility work in the wrestling room before classes that day. There were times when we would be in the weight room late on a Sunday night getting our training in for the day. And once again I wasn't sure why we did this?

Something inside me just said, "this is the right thing to do".

As my college career came to an end I wasn't some "All-American", but I did earn a chance to display my football skills at a scout camp in Atlanta, GA. I soon discovered that there isn't a big demand for a 5'8" free safety in the NFL or CFL regardless of your 40 time and vertical jump. But at this junction of my life I was in extremely great shape, I could move fluently, dunk a tennis ball and very strong in the weight room. This is when things went for a turn. I graduated.

When I graduated college I continued to train, but primarily with weights. I soon found myself in the power-lifting arena. Squat, Bench and Deadlift. My training focused around these three lifts while trying to up my calories and get as big as I could. I remember telling some friends that I would pass on their mountain bike ride because I had to train legs the next day. I'm not sure what the hell I was thinking? Over the years I transformed my 185lb defensive back body into 230lbs. Sure I was strong as shit....in those three movements. My problem existed in the fact that inside I still felt like that 185lb football player.

My wake up call came when I was asked to play in a flag football league with some friends. I said sure I played in college, playing with a bunch of nobodies shouldn't pose a problem. To my surprise I found myself playing both offensive and defensive lines banging bodies with men that looked like they had to be stuffed into their Under Armour. I couldn't believe this. Then came the play that changed my outlook. I was chasing after the opposing teams quarterback and pulled my oblique muscles on one side of my body. I had no torso rotation. This was ridiculous. I knew I needed to change things up because I wasn't the 185lb d-back that I once was.

I was researching some S&C coaches on the web that had a focus towards sports and performance. I discovered John Davies. I read some things about him and liked what I had researched. I purchased his book "Renegade Training for Football". It was

a great book and helped me recall some training techniques that I utilized in the past. I had a few questions and thought I would email him just to see what happened. Sure enough he responded. We communicated via email as he answered any questions that I might have had. Now I'm a Renegade Certified Coach. I've met a dynamic group of people that not only believe in top performance but also on the quality of life and helping to make a difference in people's lives.

I still weigh around 225lbs, but I can move like I once did from utilizing Renegade concepts.

I just recently jumped onto a 48" box in my plyometric training and I can still handle the loads that I used during my power-lifting days.

It took me some time, but I finally figured out how to be my own man. To become self-aware. I train my ass off everyday knowing if I have to "bring it", I can. There are people that daily question me about why I do what I do and why I train so hard. My answer to them is;

I'm not sure why I do this? Something inside me just says, "this is the right thing to do"