The Secret Training Hacks UFC Fighters Don’t Want You to Know | Phil Daru | Ep. 79 Transcript

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Podcast Introduction and Guest Background

Everybody at the UFC level is skillful. Everybody has talent. And the one thing that most of them lack is the confidence to go for those all five rounds, especially in a championship fight.

With these elite athletes, you've had to deal with some serious egos. Yeah. Have you ever had fire a client? Oh yeah, absolutely. From Olympic fields to world stages, Phil Daru, founder of Darue Strong, has trained champions and built resilience through science and discipline.

Get ready for game-changing insights on performance and mindset. It's not like playing a sport, like a football or baseball or something like that. It is so primal.

it does take a shot to your ego. Most of the time, the reason why most fighters lose is because they lost. They lost right before they even got to the fight.

When you have certain fighters that lose, how do you take them? You know, I've been there. I have lost fights. Lost fights that I should have won. What are some of your good habits and bad habits that you've seen with a lot of professional athletes?

Bad habits is… Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata. And like usual, we're bringing experts in health, wellness, beauty, and mindset from all over the world.

Today we have a guest. He's actually local here in South Florida, but this is a guy that you've seen him training some of the top athletes out there. This is an individual who's got formal training in exercise science and also sports medicine.

He's been a fighter himself playing football, but he cracks the code on making sure that players can not only perform at the peak levels but also last a long career doing what they do.

Today we have Phil. Did I say it right? I chopped it up. You said it, right. I hope I can live up to the hype with that one. That was solid. Good intro, good intro.

There you go, there you. Feel like you've done this before. A little bit, a little. But you know, I always chop up people's names, especially when people come with the Italian names or something else.

My name is a bit different. You know, it's French, like the origin is French. But I do have some Scandinavian descent. So I don't know where it comes.

I haven't done the whole, you know the background check or anything like that, but I think I should. My whole thing is Viking, Viking mentality. And that really comes down to like being able to go out there and conquer your fears and all those expectations that you have for yourself.

Absolutely. The Viking thing was more of a Not so much a brand, it evolved into a band, but it was a mindset thing. I love that, love it. So man, hey, pleasure to have you here on the podcast to begin with.

And today I want to really dig deep in what you're doing and how you are really helping people perform. Because you've been doing this for a while already, almost like two decades, right?

Of really help people, coaching, putting them through the process. And we're not talking about just coaching a few

middle school kids or something. We're talking professional athletes that they've made a career out of this.

And when we talk about a careers, careers can be very short or they can very long. It's very dependent on the experts that are helping them through that training process, recovery process and everything else.

So I want to dive deep on it because we do have well over 4,000 doctors that tune into this podcast. that are always helping a lot of their clients, which a lotta their client are professional athletes.

Some are coaches. And yeah, some doctors, they haven't really been exposed to the whole performance industry. So for them, hearing it from someone like yourself allows them to better support these athletes in their practice.

How do you even get into the physical performance, athlete stuff? You obviously were an athlete from a young age, I would assume. Yeah, no I started martial arts at about four years old.

So since I was a kid I've always been physically active. My mother was firefighter actually for Broward. Oh really? Yeah so I didn't tell you that. How many years she do?

I think she was in for about 10. She was an EMT, Paramedic Firefighter back in the day. I can't remember everything because I'm so young. But I remember one thing is like getting her ready for fire school.

I would train her, like, quote unquote, train here. But we would be running together and I will actually be biking. She would pull me on my bike and be yelling at her and coaching her up.

So it all started, if you really want to go back that far, it started back then. And that transitioned into me wanting to be just a better version of myself, improving my strength, power, conditioning.

And then as time went by, I played all sports, played baseball, basketball, but I really took the football. And being in South Florida, that's what we do.

South, Florida is like, it's the hub for football, right? American football and by the time I was about eight years old or seven or eight-years-old, started playing in the leagues and concussions started to run rampant.

The problem there was that back then they didn't teach us how to hit, they just teach you how lead with your head. You know, you fast forward, I get to my college career and you accumulate these concussions.

But you transition. I transitioned into a sport like combat sports with MMA and get even more concussion. So I had to be very cognizant of the way I was treating my body, the where I fuelling my and also hydration was key.

And it ultimately, at the end of day, what stopped my career in MMA was concusions. I went through a training camp and my last fight actually the fight before my Last one we went and we were doing just regular technical sparring and you know, typically it's light You know You're basically drilling my training partner came down did a spinning back kick and I kind of slipped it because I wasn't really too worried about it and he came Down just right on the right spot hit me in the back of the head and i was concussed I finished off the training, but it just didn't feel right.

Like I've been rocked before. You do it in football and everything else. And I went to a neurologist and I was just like, man, I just don't fell right and they ran some tests and he said, listen, if you don' stop by the time you're 50, you gonna have Alzheimer's.

Wow. So at that point, it took me like two weeks to really identify, all right, is this what I want to do? Is this the route that I wanna go? Because I had other things in the works and we can get into that too.

But made the decision because I have a family. I And I knew that I was gonna be able to take it further in the coaching realm. And so that's where it kind of transitioned.

A lot of people ask me all the time, you know, do you miss fighting? Absolutely. Do I miss competing? absolutely.

From Athlete to Coach

and I still compete, but I'm just not willing to put my brain through that type of trauma. Now to go in to the timeline, when did you finish college? Before the fighting or after the fight?

No, so my college career pretty much ended abruptly from a football standpoint. So I ended up getting a partial scholarship to Alabama State University, played there for about two years.

And at that time, my mother developed lupus. Long story short, she got actually thrown from the back of the emergency vehicle performing on a patient and ended up having a whole bunch of issues.

They thought it was myofascial pain syndrome and a little bit of fibromyalgia. for like 10 years. So finally they diagnosed her with lupus while I was in college.

And so that's an autoimmune disease that just runs rampant and can basically deteriorate your body. She couldn't do anything at that point, so no money was coming in.

My father was wheelchair-bound. He got in a bad car accident. So I had to make the decision. And ultimately, my family means more to me than anything.

Yeah. I went to my coach, and I was like, listen, I got to go. What do you mean? Just for the weekend? I'm like no, i got a leave. Well, what can I do?

Unless you can pay me, can't do anything, right? And this was before NIL deals. Right. Left school, went back, got my degree up at Indian River. At that point I was like, I gotta compete still.

I got to do something. And I wasn't Port St. Lucie, of all places. My family moved from Fort Lauderdale to Port Saint Lucies, small town. What year was this?

This was probably 2000. 10, 2009. Yeah, so that was like farmlands and stuff out there. It was. A lot. And it's not like that now. No. But it was back then.

I was, like, man, I have to do something. So I searching around and there was a boxing gym in Vero Beach, but I said, that's too far. And so I found a gym that was owned by an American top team affiliate.

His name was Dean Thomas, and he's a UFC veteran. He's on ESPN now. And he has done tremendous things in the sport. But I remember going up to the gym, as he was actually opening up the door, I ran up on him.

I'm like, yo, man, want to fight. So he kind of looked at me up and down. Now I was like rough around the edges. Man, from Broward. All right, kid, just come in and try out a class.

Now I talked to the gym manager and he told me that Dean was like, get this kid out of here. They're like they got to get him out here, but I ended up doing the class.

I end up liking it, you know, and I had to talk with him and said, listen, at this point, I'm about Roughly 205 pounds. I was probably about the same size I am now and he's like you're gonna have to get down to 155 152 compete at the level that you want to compete and I'm like, bro I have never been I don't think I've been a hundred and fifty five pounds since probably middle so you think it sounds like Ben I gotta do one of those diets.

What is a diet? As a football player, you kind of eat everything. Especially at that age. I'm only 20 years old. And so I was like, I don't think so. So I started fighting at 170 and did fairly well as an amateur.

You know, i was fully locked in at And at the same time, I ended up getting my degree and then also working just

independently. So bringing people and sneaking really people into Gold's Gym and training for $20 a head.

You know, so I was doing the personal training thing on the side. And I also wanted to work with my teammates because they were like, listen, i need to get ready for this fight.

What do I do? You're a trainer. I started training my team mates with me. And that's when I started to develop more the methodology of training that I do today and the protocols that help enhance performance but also reduce the risk of injury because that is key when you're in any type of contact combat sport.

You want to make sure that they stay long term because if you can have more frequency of the training, the better you are going to be. Absolutely. So, yeah, I mean, after about two years, I decided, you know, doing the independent contractor thing, working in other gyms, I ultimately opened up my own spot, which was a small 800 square foot facility.

I won't even call it a facility, it was like a storage closet. But I ended up doing boot camps and working with general population and then some fighters and athletes.

That's cool. And that's when I met my wife. She was the 12 people that started in my gym. That's just one of the 12? One of 12, yeah. So yeah, then fast forward, it kind of grew.

I started to develop a really good coaching sense and being able to train people but not only train them in the right ways to get results but also inspire those individuals and create a community around fitness.

There's a big psychological component. It really is. Especially with people that are fighters, that probably were people who grew up on the street all the time, hanging out.

There's a certain way that you had to connect with them I would assume. You have to and that's where you get the buy-in. A lot of coaches ask me now, I mentor a lot coaches and the biggest thing is creating that buy in and having proper communication skills.

And that comes in time, in experience and also knowing the athlete, knowing a fighter. I think the one thing that separates me from a lot of other coaches and trainers is cause I've been in that situation.

So when I started to work with the higher level guys and girls, they knew that they could connect with me because I'd been there before. I had been through camps, I been to weight cuts and so- They can relate.

They could relate and fast forward I ended up growing that gym from 800 square feet, went to 1900 square then to 11,000. I went from 12 members to 350, and it was a good time.

I think that I grew and cut my teeth on the business side, too, as well, because I had no business sense. The goal was just like I was taking money, putting it in shoeboxes.

My wife was like, maybe you should get a business bank account. In time, I started to develop the understanding. intuitively, I knew how to market. I know how, to bring people to the gym and that was just basically me being authentic.

And then word of mouth spread and this was at the time when Facebook was big, Instagram was starting to come around, but it was all like people putting food pictures up.

It wasn't anything special. So we started to grow there. But then at that point, I was missing something. You know, I training a lot of people, running classes, bringing in coaches.

I had like seven other coaches underneath me. And I really want to work with the high level guys. Fighters at the elite level. And at that point I was like, let me see if I can go back down to Coconut Creek where American Top Team, the HQ is, where all the elites go.

And like I said, I spent time down there. Was this the old facility they had off of Johnson? Yep, exactly. So we would go down with Dean, because Dean is originally from American top team.

We would spar, so I would get to know the guys, get the coaches. At that I point, you know, I asked Dean, I was like, listen, and at this point, he actually ended up being a coach there full time.

So I ask him, you have anybody that you're working with that needs some strength and conditioning? I'm open. It would be ideal for me to come down there.

And he was, like you know what? You may be in luck. The strength conditioning coach is actually leaving. He's like get your resume together, bring it down, see what you can do.

So that day I brought my resume right down there and the first day, I trained Dustin Poirier, Tisha Torres, King Mola Wall, and Hector Lombard. All together in the same group.

I know the Hectors. Yeah, we all know HECTOR. Um, i would say that the diversity of the group was really something special. And it was difficult. But I had confidence in my abilities.

If I was coming in as a fighter, sparring Dustin Poirier, it's gonna be a little bit nervous, obviously. But as coach, I knew that I have something that they didn't have.

I know that knew something they don't know. And so my confidence was way high because I could help them. So that first day I did find out though that communication isn't isn't one track.

You have to be able to maneuver the way you communicate with each individual. Especially with a lot of these professional fighters because a bunch of professional fighter's English is broken up.

There's a lots from Latin American countries. Or no English. Because I used to take care of a of the guys from American Top Team. The first Likwavita was there in Coconut Creek.

So Conan and Roger Krall, all those guys, they used 70 people all the time to care for them. And it was it, was hard to communicate so you had to figure out how to Communicate yeah, yeah truly and and like that's also where I started to learn you know different languages and just little words here and there like even with Russian and Japanese You know the Latin the latin community.

I grew up with you Know so it's not that that wasn't too difficult right Brazilians not too, difficult Portuguese not to do but when you when, you're talking about like And even Italian sometimes can be somewhat hard.

French and Japanese is just crazy. Any Asian language, Mandarin language. It's completely different. And you get different religions too that you're dealing with.

Very true. Because there was a lot of the fighters that they would come in and I didn't know what they were doing. They always had to pray before even doing an IV and whatnot.

So you gotta get used to that and gotta respect it. Oh man, I did consultations for the Dagestanian national MMA community or the MMA team out there. I was 26 years old and they brought me out for 15 days in Chechnya.

In Chechenya, they're predominantly Muslim, right? So great people, great environment inside of where we were at.

Training Elite Fighters and Building Trust

When I got there, I had no idea because at this time I've never really journeyed outside the U. S. other than like Trinidad and Mexico when I was fighting.

Now I'm in a whole different world. I get there and there's like bullet holes in every corner. It's just like, it's very hard nose. But I go to this facility and it is like a world class facility.

Its almost like the UFCPI for Chechnya. And so I got there, and you know, its like five star hotel, everything is accounted for, like you have everything there for you.

You get into the gym. And these guys are training and I don't know if you guys know about the Dagestanian fighters, the Chechen fighters. They're very hard nose, right?

They are no nonsense. they get after it and they do it daily, you know. And I remember the first day I got in there and there sparring in the cage with small gloves and usually you don´t spar with a small glove.

You spar big gloves, boxing gloves. I seen this guy totally lay out his training partner and I look at him like, oh man. He's like no, he's fine. No problem.

So I understood right then and there that these guys are different. The mindset is different, but that 15 days taught me a lot. It really allowed me to evolve as a coach.

And as a person, right? And, as I traveled, I've done roughly 14 different countries, have done seminars in 14 countries. And everybody is really engulfed in learning.

They want to evolve, they want grow, and they love the learning process. I think that's something that we miss here in the U. S., because we have so much here available to us.

So we take it for granted. A lot of the times people here, they just want to be given things, you know what I'm saying? And you go to other countries, it's like, They just wanna be fed that knowledge, right?

So I can only imagine when you got to those other country, how people just are very appreciative when they come there with some of those skill sets that you have.

Appreciated beyond belief. And I get benefit from it too, right? So like I end up learning new things, learning, new cultures, like tasting new food. This is the first time I went to France.

The first thing I ate was escargot. That was the thing, I've never eaten that. I'm here, so I might as well, it was all right. It wasn't great, but I mean, had to do it, man.

But they usually, they treat you really well. And it's one of those things where I'll never forget the times that I had at that in those areas, and I'm still continuing to do that.

The last place I went to was Dubai, which was awesome. You know, the things that they're doing in Dubai. Things that want to in do Dubai is just another level.

I'd love to take a trip out there one day. So let me ask you this, man. When people start thinking about a trainer that is training people in some kind of physical activity, people are always just going straight to the physical portion.

Would you say mindset is one of the top things that you have to focus on with those athletes? Not so much at the elite level. At the lower tier levels, the regional scene, they're trying to figure out who they are.

They're tryna figure what fighter do they wanna be. And so that comes down to getting in the trenches and actually pushing them in a controlled environment, right?

Because most of time when they sparring, there's somewhat in their element. But when we get them out of their element and we push them physiologically, it shows a lot of the character.

And so, for instance, everybody hates the Prowler. The Prawler is a sled, you put weights on it, and it actually has

a disclaimer on this that says Porrowler Flu.

You might get the prowler flu if you do this. And so we usually use that as like a gauge on how well or how much they can push physically, but also mentally.

And my goal is to see how they adapt to those stresses because it's going to have a direct correlation over into the cage at the elite level if they're trying to make it to the UFC or one FC or whatever it is.

So with a lot of these very elite athletes, when you started training them for a big fight, typically what was the time frame that you had before that big fighting?

Typically how many months? Yeah, no, it's not even that long. It would be eight weeks. Well, I would say two months tops would a standard fight camp. So eight week you're looking at the start of a camp, but you have to remember fighters are training year round.

So the training process as a whole, you want to get them generally fit, right? And when we get into camp, then we're going to hone in on the skills that they need to acquire for the actual fight itself.

Whether that be from the skill training, from tactical side to technical side, where the skilled coaches come in. And then, we tie that in with the physical preparation that is correlated over to what they needed to do inside the cage to be successful for fight.

Are you studying the competing fighter of that person? Sometimes. Sometimes I will, sometimes. But if they are a veteran and we just know the game plan that they're gonna do, like how they gonna go and attack the situation, I'm building off of what we've gained in the off season or the Off Camp.

Okay. And so from there, I'm going to improve upon those little markers that I feel need to be brought up so that we can have a strong chain and there's no weak links.

Then from their, let's say for instance, an example would be when Dustin fought Conor for the second time. Not the first time when he fought him back in the day, but the two fights that he had just recently.

We knew that Connor didn't have a large amount of endurance going into the later rounds. We just seen that through experience. But Dustin has a tremendous ability to, well, one, he has genetic makeup, a genetic predisposition to have higher VO2 max, right?

So his ability have conditioning or endurance for the longer duration of time is gonna be on his side. So being able to outlast and move and be dynamic and get away from those power shots that Connor had and then go ahead and do what he does best, which is striking and boxing.

And you've seen what happened there. That was going to give us an edge for the fight. Right. You know, and so if an athlete comes to me and their background, let's just say they have a power based background.

They come from a football background or maybe they play hockey or something like that where they're very explosive. My limiter from them is, from a bio-energetic demand standpoint, is going to be to improve upon their aerobic capacity.

This is gonna set the baseline for all of their energy demands going forward. So if I can increase their robotic capacity, I could have them be able to produce that power for a longer duration of time throughout the entire fight.

meaning that if they have knockout power in the first round, they're gonna have a knock out power on the fifth round. All right, so I'm gonna rock with you on this right now because you're speaking my language when it comes to like VO2 max and understanding that.

So obviously you use a certain type of technology to understand how this person's performing based off data.

Right. Ideally, we would like to get them inside of a lab using a metabolic cart to understand what we're actually utilizing from a substrate utilization standpoint.

Is that something that you guys would frequently do? Yeah. If I can do it, it's tough to give them in the lab all the time. But somebody like a Dustin or a Johanna or somebody that's a high level, We definitely want to.

We need to because we want be as precise as possible. But there's other ways to do it through a field-based test. So the things that we do, especially in a group setting, you can run what's called a beep test, and they do this a lot in Europe with soccer players.

And what it is is just a 20-meter shuttle run. You have a metronome, they go back and forth, basically at the end of it you get to see how long they can maintain this level of speed before they start to get into anaerobic zones.

And so that you throw it into a calculator, you can find out their projected VO2 max. Now that's not the end all be all from a performance standpoint in a sport like combat sports.

The biggest thing that I would see is I want to see the recoverability in between rounds. So one minute, right? How well they can bring down their heart rate in that minute because that is going to give them the ability to reproduce power and energy for all rounds And then also their lactic threshold, right?

Because primarily inside the fight, they're going to be in those threshold zones. And if you think about it in a fight it's different than really any other sport because anxiety is so high.

Now you're gonna have anxiety in soccer match or in football game and stuff like that. But when you are One-on-one combative sport, right? You have to throw in anxiety.

You got to throwing the Surroundings, you know, and the best athletes the most elite athletes know how to block out the noise, alright, so typically and I use heart rate monitoring to do this and if I have full control I'll see you're wearing the whoop right.

Yeah. Is that something that you use technology like that? I I started to use objective indicators like The Whoop, not only to monitor strain levels, but also fatigue management.

So we have objective and subjective indicators for fatigue managements. This helps me with the HRV. It also shows me how well they're sleeping, how much overall strain they are producing in a given day, so that we can keep them in the green zone or at least in yellow zone throughout the entire week.

And our goal is not to dip below that red threshold zone where they're over strained because if you keep doing that consistently. in due time they're gonna either get sick, they gonna get injured, so on and so forth.

Where did you learn this? Did you learned it in school when you were? No, no, honestly I didn't. I was gonna say that, this is something you probably learned out in the field.

Yeah, definitely. You did a lot of research yourself. Research, research and just wanting to be the best coach I could be. There was a time when I started at Top Team, I wasn't in business side of things with my gym, So I really heavily engulfed in obviously marketing and strategy and brand, And then when I got to be able to a full-time coach, it really elevated my ability from a science-based perspective and really got the opportunity to fully study what I needed to study.

And that came down to understanding, you know, obviously individual differences, subjective indicators, like I said, from knowing the athlete, using HRV, but also, that's from an objective standpoint, rate of perceived exertion, how they're feeling, certain things when they wake up in the morning.

That's another reason why you need to have proper communication skills. Because they have to be comfortable enough to tell you that they are fatigued.

And a lot of times with fighters, they'll hard nose, even if they try to suck it up. Like, I'm good, yeah. But that's when I started to use the objective indicators.

I was like, man, they're not going to tell me they feel bad.

Performance Testing and Recovery Data

So I have to put something on them. Or I'll have something that is going give me a direct correlation or an understanding of what's going on physiologically.

But, you know, something like that, Ben, is very forward thinking, especially when you go back to, like, when your first started, to the technology that's available today.

The whoop, the ore ring, VO2 max. At the LiquiVita clinics, we do VO 2 max, RMR. Oh, I gotta get in there. So, comprehensive blood work. We're looking at micronutrient deficiencies.

Yes. When you're lookin' at recovery time as well, how they're sleeping, all of that stuff feeds into their ultimate performance. So you tapping into that, I think that's something very important for other coaches and people that train to also take a consideration.

Is this part of when you're coaching or mentoring other coach, is this something that you bring into them as well too? Absolutely, absolutely. I also lean more towards the biomarkers, too, as well, because we get a deeper dive into their physiology and what's going on.

Creatine kinase levels, looking at interleukin-6 and all these inflammatory markers, first and foremost. Testosterone, cortisol, things like that can be, and I like to use the Dutch test for the cortisol because it gives us a full reading instead of a snapshot.

That's the urine one. Yep. And that will give us a deeper dive into what's going on. We also like to use personality trait tests, right? So I can use a big five factor analysis or I could use even Braverman's test too as well where we're actually looking at neurotransmitter dominance.

And so, looking at that, it's not a full-on, okay, this is what you are, but it does give me an understanding of who the individual is. It does. You know what I did?

I actually just got the results back today. I ended up, I had them on the podcast. They have a facility called Brain Code Centers, and they do neural feedback and brain mapping.

What was the name of the guy? It was two females. Two females? Okay, okay. Angie and Rachel. Cool. And so I got the results today. I actually did a Zoom call with them.

Man, it was dead on. Everything about my sleep and how the brainwaves are. and I told myself, because it's not something that we offer just yet. You know what?

This is something people are going to need. But they brought up with like athletes about TBI. Traumatic brain injury. Like how they can actually see it.

the onset of it, right? And so that goes hand in hand with the supplementation too as well, understanding their diet, their nutrient intake, and then also electrolytes and water intake is key too.

As I do that, I'm gonna sip a Saratoga. Yeah, Sarotoga's gonna have to start paying some money, man. I thought you was already in it. Yeah, so, you know, I think as long as we can get an understanding of the athlete, what's going on with them inside and out, we'll have a better understanding how we program accordingly and get them in the right position to peak at the time.

With combat sports, it's an individualized sport, but it is a team atmosphere, right? So you need to make sure that not only that individual is good, their teammates are good too as well.

And that's why I like to train most of the guys in group settings, because they're pushing each other. They're helping each out. Now, they need each in a lot of ways, right?

You can't, for the most part, you need sparring partners. And, that why, I think, like, gyms like the one in Coconut Creek and even over there in Boca, and I'm just talking in Florida, but there's gyMS all around the world that the reason why most athletes, most fighters are really good is because, And that goes hand in hand with anything, really, at the end of the day.

There was a gym that I, one of my mentors, Louis Simmons, who owned Westside Barbell for a long time. And the biggest thing with West Side Bar Bell, it's a powerlifting gym.

One of biggest or most known strength gyms in the world. The reason why they were so successful is because everyone in there was maniac. Like, they pushed each other.

They were betting on each, putting money down, like seeing who can lift more. And so that atmosphere drives that competitive spirit, and it allowed them to elevate every day.

Wow, that's amazing. When it comes to fighting, man, you win some and you lose some, in any sport. So you being the coach and being part of that journey until the day of the actual competition, When you have certain fighters that lose, how do you take that?

Because sometimes they start questioning themselves, they're questioning their team, their coaches. And there's something that you're going to have to deal with as the coach.

How do handle that. I've been there. Lost fights that I should have won. You just got to take a step back and look at what went wrong either in the fight or in preparation to the fighting.

And if the preparation was solid and there wasn't really any other thing that we could do, you really can't blame yourself on that one. You have to look at the fighter itself, how it unfolded.

If that fighter is just simply better than you, then you gotta chalk it up and live the fights another day. Just know that you have room to grow, to get better.

If there are times where you get caught with a shot, the thing with fighting, it's not like playing a sport like a football or baseball or something like that.

It's so primal and it hits your ego so hard to lose to another man or woman in a one-on-one battle. So you have to look at it like, and that's why I think most fighters are the most, I guess the humblest, but humble individuals that you can be because It really is just you versus that individual and most of the time, the reason why most fighters lose is because they lost.

They lost right before they even got to the fight. And so your mentality needs to be, you know, I'm going in there to win. I am going there, to make sure that I put together the right game plan and I execute on that game And most fighters that lose, they go in there not to lose.

So there's a difference. You wanna go into a fight ready to win, ready take advantage of every opportunity. And if you don't go there and you go, well I'm just gonna be playing it safe.

I don' wanna lose and ultimately you're gonna fail. Because you are not going the extra mile, you aren't putting in the details that are needed to get the job done.

And it's just strategic focus. Being a strategist, being a chess player, not a checkers player. You have to be reactive

at certain points in the fight, but you also need to know, all right, I'm going to do this thing.

If they stop that, then we have other things that we can get to. But for the most part, a lot of fighters go wrong. And this is more from the technical, tactical side.

A lot of fighters go wrong when they feel like something's not gonna work, and so they totally change their game plan in the fight. And the coach is like, what are you doing?

You're not doing the gameplan. It's because they're confident in either their preparation or what they are seeing inside the fighting. So is teaching strategy a big part of the coaching that you do?

And I say that as, man, I remember growing up in the inner city and we'd go play football out on the street. And as kids, you just grab the ball, throw it, whoever's open, and then eventually as you start getting older and you started playing football, it's like, okay, no, we gotta run some plays.

You know, then the strategy's going. It gets to a point where we're in the locker room and we are watching videos of the teams that we going to compete against to see exactly what their strengths are, their weaknesses and everything else.

So how does that take a play with a lot of athletes that you work with when it comes to strategy? Well, for me, you know, I'm on the physical preparation side.

So what I provide is the confidence from a physical standpoint, from my physiological standpoint even, because most fighters, they're more self-conscious of not gassing out in fights, right?

Not having the endurance to go through the entire fight itself, all the rounds. So it's a huge confidence booster when I put them in a controlled environment and they see the numbers go up, because numbers don't lie, right?

So that translates over into getting them into their skills training and then also being able to utilize the physical attributes that they've gained from strength, power, speed, conditioning, overall endurance, and bringing that into the actual technical work.

And so that's where the skills coaches and I come together and find a way to where we can match both the skill acquisition and the physical prep and make a better overall athlete.

Because if you can go in there knowing that you're stronger, you are more powerful, and you have better endurance, it's going to give you that edge. At the elite level, that is the edge you need, is that 1%, or 0.1% really at the end of the day.

everybody at the UFC level is skillful. Everybody has talent, you know what I mean? And the one thing that most of them lack, or I would say a large majority of the lack is the confidence to go for those all five rounds, especially in a championship fight.

The biggest thing, the biggest concern that I get all the time is like, I gotta do a five round fight, gotta get more conditioned, got to do more running, and I got do this and that.

And so that anxiety creeps up. And they're more worried about weight cutting and their conditioning than they are on the actual tactical aspects of the game.

Mindset, Ego, and Handling Losses

Wow. So, you know, one of things that you just talked about is what your focus was on, right? Getting them physically prepared for this fight. Now, there's many other coaches that are involved.

How's the communication of working with these other coaches? Because one of the things, when we talk about

medicine, and the reason why I was so crazy to leave the fire department, it wasn't that rewarding job, because I just kept on seeing our medical system fail people over and over.

People were seeing multiple different doctors, they go to the cardiologist, None of these doctors would communicate. And what would happen is you would get a patient that their health was just continuously failing because the doctors weren't communicating amongst each other.

Yeah, that makes sense. So now with the athletes, you're preparing them, but you got other coaches that are preparing. Are you guys communicating throughout that process?

I would say in a perfect world, everyone needs to communicate from the physical therapist to the chiropractor to doctors to skills coaches and the actual strength and conditioning coaches.

If we're all doing our own separate things, we are going to try to drive them further and deeper into our thing because that's what we most passionate about.

And so what you end up doing is you over training them, over doing certain things. Too much physical therapy, too much strength conditioning, way too sparring.

And so you're digging a deeper hole for that athlete to try to crawl out of. And yes, communication between the entire team is important, but you don't get that all the time.

You got guys in different areas. Some fighters have to travel to multiple different locations to get their training in. That's why a bigger gym where you have all these things in one is going to be way more beneficial for the athlete because it's easy to communicate with an individual that's in the same room or sitting in same building as you.

It's difficult when you get on a call or a Zoom because we're all busy. You see? And you know, egos play a big role in that too, right? Strength and conditioning coaches have ego, skills coaches and doctors have ego.

You have to be humble enough to take advice from all the coaches, all of the team members. And if a doctor's telling me one thing and saying that they need to taper off on certain things or the physical therapist saying they needed to lay low on some of their running that day, then we have listen to that.

We have be confident enough in their abilities. You know, we to have respectful enough of there profession to put it all together. So you mentioned a couple things in the last 30 minutes.

You talked about athletes being humble enough, and then we're talking about the egos with some of the coaches. Now you as a trainer, as coach, I'm more than sure, especially with these elite athletes, you've had to deal with serious egoes, right?

Yeah, yeah. Have you ever had to fire a client? Oh, yeah, absolutely Not so much in the MMA world or in even in combat sports. I guess the most I guess the ones that are the most humble out of all combat sports would be judokas, judo practitioners.

Why is that? I think they come from a humble beginning. There's not a lot of money in judos. They're hard workers, they go in every day, train hard, very little pay.

Most of them are trying to make it to the Olympics. And they've been doing it for years. They've be doing since they were kids. You know, boxing, I would say the highest of the ego, the eyes of ego.

But they're making the most money, you know? And it goes and then you look at the NFL guys and it's even worse. So it really comes down to what are they making?

I think in my personal opinion, it is what they are making. What gets you to the point where you're just like, I've done it a couple of times, I mean, in my career, probably done maybe five or six times.

That's a rough decision for you? Rough decision to a degree, but like if you're not willing to understand what I'm trying to give to you and trusting in the process.

And again, and I give them the benefit of the doubt. So we'll go through it and explain it to them and educate them on certain things. You're not doing it from a place of anger, you're doing.

No, no, it's strategic. It's almost to help them out. You know what I mean? Because we're just going to keep going down this road and it is just not going produce results.

So why waste our time? And I said, listen, if you don't want to buy into the situation, want buy in to the program, By all means, go find somebody else that you think can do a better job.

And typically they come back or they realize that they were wrong or whatever the case. Because it's not just about programming. Across the board, there's a lot of great coaches out there.

But it is really you, it a problem with you. If you feel like that with one coach and another coach, and you're jumping around camps, well then you have to look at yourself.

You have some introspection and know that it might be just you What are some of the biggest habits, good habits and bad habits that you've seen with a lot of professional athletes?

Bad habits is over training, 100%, like doing too much, putting too on their plate, and I do it too as well. And we do that as business owners and entrepreneurs, it's like, we think that we can do so much and it comes down to really just staying focused and being locked in on a particular task for a given amount of time.

If you can that for longer duration of your time, you're gonna be successful in anything that you do. But that would be the one thing that I would say that, I will try to negate when it comes down to getting an athlete prepared for battle is tapering them down a little bit and having them understand that it's okay to take a deload or it is okay just to recover or have a recovery day.

And that's why again I go back to the objective indicators because the tech can be a bad guy. It's not me. It's reading something and it's telling you something.

Don't beat yourself up mentally because you know that you're not physically prepared to do the rigors of training today at least. And don't set yourself for failure trying to keep beating yourself against a brick wall.

We have to make sure that even on the recovery days, it is still a training day. But you are setting yourself-up for future success and furthering your career as you do so.

Phil, I'll be honest with you, man. I was surprised to hear your level of knowledge when it comes to a lot of the different tools, the objective tools.

Because I know a lotta coaches. A lotta the coaches that worked in some of these places that you were at, and great guys, been doin' it for longer than what you and I have been alive, but they always come to me for some other answers, they don't have it the way that you have.

What really got you to really start taking advantage? Because when you first started, a lot of this stuff wasn't available. And the world of biohacking has grown substantially.

Is it you utilizing it for yourself as well? Absolutely. I mean, if I can't be the best version of myself, then I cannot do anything for my fighters or my athletes.

So I think that understanding those methods and some of these protocols that allow me to be most optimized in everyday life, not just in training or in coaching, but just being a better human.

I think that that's something that we miss as people today. But there's so much information out there now. You can dig deeper and deeper, and there is false information that you have to decipher through.

And you also have utilize it on yourself to identify what truly does work. and somewhat anecdotal to a degree, but you can find that out first and foremost on yourself and then go do the research and see what happens.

Because if you look at it, research is 10 years behind anyways. So as I'm doing things in the gym, that's my lab. And then we find out decades later that, oh, this actually does work with a large population, But it's been working for my athletes for 10 plus years.

I think that with me, Getting back to that point, I didn't have the ability to get someone like yourself to help with my athletes. I had to figure it out on my own.

Even down to the physical therapy, where I was like, you know what, the reason why these guys are getting injured is because they don't proper mobility.

They don' have joint prerequisites to be strong in those positions. And so that's when I started to dive deeper into that world because most of my efforts comes from learning how to get stronger, learning to build power and endurance.

And what I found was that if you don't have the physical movement capacity to do these things, then nothing will matter because ultimately you're going to cause injury at some way or shape or form.

And you're not going to give yourself the best opportunity to be successful and to get those adaptations necessary from a physical preparation standpoint in anything that you do, not just in fighting, but like you can walk and step down off a step and tear your ACL.

Because you didn't have the mobility, you didn't have the stability, the proper strength in the surrounding tissue, and so things happen like that. And I think that a lot of non-contact injuries happen because of just not being competent or not identifying the root cause.

So that's where you have to dive a little bit deeper. Now, one of the things that I've noticed with what you're saying here, too, is this is not just a broad blanket approach that you doing.

There's a lot of precision. It's personalized because you talking about not a subjective but also objective data, utilizing wearables, biomarkers, VO2 max.

How important is that personalized data for that individual for the success of their training? I mean, it definitely, when you get to that elite level, It becomes paramount.

Like I think that that's one thing that we are missing. They're doing a better job over at places like the UFC PI, the Performance Institute, where they're going through certain tests and they are constantly reevaluating the athletes, which we need to get that level in all aspects of the game and not just at the PI for the UFC.

It needs to be throughout the entire combat world. boxing is still light years behind where the UFC or the MMA world is going to be because we have better coaches, we had better practitioners coming into the sport.

And it's not because they pay more. It's just because we know that it is gratifying when you work with that type of individual.

Communication, Teamwork, and Coaching Philosophy

Boxing can get there. And I think even with Jiu-Jitsu, because Jui-jitsu is so versatile, you know, everybody does Jujitsu now at this point, and so I that you're getting people like yourself doing Jijitsu or guys with PhDs or MDs.

doing the sport so now they can understand the actual physical attributes that you need to acquire and then what's gonna help them from a Physiological perspective to get them into the best position to just feel good doing a sport, you know, yeah Phil who's your coach?

That's a good question. The coach has to have a coach. I have several coaches. And reading, too, as well. Not just being able to like have like a one-on-one conversation, I also look at people that are no longer here as personal mentors.

You read books, you study. A good thing with me now, at the level that I'm at, is I can communicate and network with high-level individuals. Joe DeFranco comes to mind when it comes down to pure strength training.

Dave Tate, another one. Any West Side system guy, I think that that was one of those things where it allowed me to understand strength as a whole. Because strength is the overlying factor for everything.

If you can build strength, you build bone density, it's gonna get you in a better position to produce force at a faster rate on top of that because that's the sport.

But also protect your body, armor your buddy. From an endurance side, I have guys that I consult with. I mean, Evan Pycon comes to mind when it comes down to the bioenergetics side.

These guys have a deep understanding of that particular field. And I think that the one thing that I could say that you can quote unquote expert me in is understanding how to really evolve a training system and put it in the right practice or in a right place for each individual that comes to the door.

Right. When does learning stop for you? Oh, never stop, I think if you stop learning you die. I say the same thing. It's true. And I'll be learning until the day I die?

I love it. You give me a book, you give a podcast, give an audio book and it's like I'm on vacation. Even when I am on a vacation, my wife gives me crap for it, but I still think that She understands now that I'm on a constant journey to learn.

The cliche words would be like white belt mentality. But I think that as long as you know that you have more to learning, you're going to be in a better position to grow each and every day.

So you know, earlier on in the podcast, you were talking about when you first got into business and you really didn't have like that that business sense.

You're taking the money, putting it in shoe boxes and stuff for a lot of these athletes. That happens with them all the time. What is something that you can tell some of the athletes that are listening to this podcast on what they need to do more on a business acumen side?

Well, know that the sport's not going to last forever. You know, you as an athlete, are not gonna be an athletes forever, so you want to invest. you wanna make sure that you take your money that's you've earned, put it aside, some of it, aside.

So you have future investments, future things that want you to do, You have the money to it. So whether that be a venture like an entrepreneurial venture, opening up your own gym per se, or whatever floats your boat, but I think that understanding how to make money work for you is the most important thing that you could do as an individual in this day and age.

And understanding financials, understanding P&Ls. Understanding, even with taxes too, I know it's crazy nowadays, especially in the US, Just understanding where your money is and how you can utilize that particular, those funds that come in through the skills that you've gained and the notoriety that your gained.

And another thing is like learning how to brand yourself. You've branded something phenomenal, right? You're

nationwide. You know, with my brand, it holds water across all countries.

But it's really identifying yourself and figuring out what is your niche post-athlete world that you're in, because you are not always going to be there.

You can take the skills, you can the training aspect from a I would say being dedicated, being consistent, like you want to succeed in anything that you do and creating a system around that and translate that over into the next possible venture that could do.

And that's one of those things that I always try to instill in at least my young guys. You know, I had a conversation with a fighter, a really known, well-known fighter recently.

And I could see that he was on the tailoring end of his career and like losing fights that shouldn't have lost. You could that physically he just wasn't able to get the job done anymore.

World champion at one point. But I had a conversation with him and I said, what do you wanna do after this? And he had no idea. And that's a problem. You see that with NFL, you see with NBA, especially in combat sports, because in combats sports typically you don't get guys that go through your traditional schooling system.

Most of these guys come from the streets. most of the guys have been fighting all their lives, so they don' have that that mentoring from a from financial side to get them in the right position to, you know, I would say just be secure enough to have money coming in for the rest of their lives.

Right. You can get a big bag. And you've seen with Mike Tyson, and you seen what all these big name fighters, they get so much money at a young age and they don't know what to do with it.

They burn right through it and I'm going to tell you this, what the NIL deals with these kids to as well. It's very scary. That is, if they don't have somebody around them that can monitor their financials.

And financial literacy too, man. Understanding the power of money and what to do with money. But you touched up on something about building your brand, your personal brand.

One of the things I always tell people, Ben, throughout that process, because sometimes you get so deep into that tunnel and you forget about the bigger picture.

And part of that brand, I always tell people three things, visibility, notability, and authority. You want to be visible, right? You wanna be a notable person, meaning that you have certain accomplishments, you're giving back to the community, and then you want to be the authority in your space.

And being the Authority, you bring a certain level of expertise or you're lifting up other experts throughout that process as well too. So very important to do that.

Bill, there's a big movement going on right now with the new administration called the Baja Movement, Make America Healthy Again. What are your thoughts on that?

Well, I mean, it's important. If you look at it, somewhere around 60% of the US population is obese, cardiovascular disease and other autoimmune diseases, things like that.

I think it comes down to understanding your nutrition. It comes to getting physically active. Most Americans aren't physically actively anymore. We're using technology, and technology is a gift and a curse, in my opinion.

You can use it for good, You know, automations and things like that and learning. But if you're not moving, physically moving your body, stimulating, you know stimulating a response to get the heart pumping and working the cardiopulmonary system, cardiovascular system your muscles in general, especially at an older age, You're going to cause yourself a disservice.

You are not going be able to do the things that you want to at an older age. And I see that now, you know, within the U. S., typically. But what I would say is that we need to learn from these other countries, because if you look at blue zones in general, what's the major factor when it comes to blue zone?

Like, What is some of the things from an overall perspective? What are they doing differently? Right. Right? And really, it's low stress, low cortisol environment, right?

and they're moving a lot. They're They're not they non-stop move and you can live up to you know, a hundred plus years They say actually that movement, you, know Exercise and I don't even like using the word exercise movement consistent movement is the most important thing for longevity Yeah, it's it.

It's your honestly. Its your non exercise activity on a constant basis, whether you're cooking or you are walking to the store or even just riding a bike, it's going to stimulate brain activity.

It's gonna stimulate your muscle fibers. Its going allow for more calcium to be built up and be stronger. And it gives you, like I said, armor, not only from a muscle standpoint, but also psychologically too as well.

Biohacking, Longevity, and Daily Habits

it clears your mind. You know, stimulates dopamine responses. And I do, from the biohacking community, I think that that's one thing that they did right was give people more of an understanding on how to optimize just their physical health overall.

And you could do things. I mean, here and there with the cold plunges and things like that, like cold exposure to a degree. Obviously the research is conflicting in a lot of ways, and that is most research anyways.

But I think when I get into an uncomfortable environment, it allows me to adapt to that stimulus. So anything that you do, and I always say this, strength is developed through pain, right?

And pain in certain ways, you have to identify good pain from bad pain. And so if you're looking to adapt and grow and evolve, you have to put yourself through some type of discomfort.

And if it's a cold plunge, if its a ruck, the weighted vest or something like that, do something that's just going to allow you to adopt and overcome a certain circumstance.

Phil, this next question for you, man, is I think I already know the answer. You being a warrior, a Viking, right? A fighter. They say that 70% of the male population of that age that can be enlisted into the military is not fit to be in the US military.

I do believe that. I believe it wholeheartedly. That's why I'm worried about what's going on right now. To me, that's the scary part. Super scary. You know what I am saying?

I mean, look at the police department. It's even worse. And these are guys that are protecting right here. The community. Yeah. We have a system that we're trying to put together for even the Police Department in general to get these guys physically, mentally capable of withstanding what is going to happen on those streets.

Same thing with the military. At that point, you have to be mentally prepared too as well. These kids going in there, they have no idea what they're getting into.

Most of them. And when they get there they find out real quick that is something that they weren't prepared for. So I think it comes down to proper preparation, identifying your limitations.

When it come down anything, not just physical but also psychological. And you have to have better testing procedures and testing protocols to see if they're a good fit for what they are going to go through.

Yeah, we don't have great testing. We don' have a great evaluation process when it comes down to the police department and the military, in my opinion, and based off of experience and who I've talked to.

And we're talking about old school guys, you know, guys that have been in Navy SEALs, special operations, I'll agree. And the scary part, man, is God forbid if there's a draft, you know, and they got to take people that weren't even planning to go to the military.

Yeah. That's 70% of people being unfit like that. You know? God for bid. Because that's how you, some of these other countries, yeah, You look at their men, their young men.

if they have a draft or whatever, they're solid. When I go to these other countries, I'm like, man, how old are you? They're just physically capable, because they do more.

There's a lot more that, and we go Spain and everybody's walking. Everybody's walkin' everywhere. In Europe, everybody walks. There's nobody nobody walks around in the US like that unless you're in New York, you know, but even then it's kind of kind Of crazy.

Yeah, it is. It really is What are some of your daily habits, like biohacking habits? What what are the things that you do want to maintain your health?

I mean meditation has always been something that I believe is is very I guess a cornerstone of my health because I have so much thoughts. I've so many things going on in my brain and allowing me to just de-stress, bring down cortisol, breath work protocols, things like that.

Box breathing has been key for me. Just trying to figure out a proper cadence, proper sleep quality and understanding how to get to sleep faster and in a deeper position.

I've been using brown and white noise before I go to bed a lot. High frequency, like let's say sound waves, 432, just to keep me in that lower. Oh, you're into the bio quantum stuff.

Yeah. That's another level, man. I'm dipping into it right now. It is another level, but it's the future of medicine. And right now, the mass population is not ready for it.

Because when you start talking about it, people start thinking you're a little crazy. But it is the real deal. That bioquantum. I start with myself and I go, okay, it worked for me.

I started dipping into the research and seeing, now we have some significant data to showcase, oh, this works across a full spectrum of people, so it has to have validity.

Yeah. You know, I do like sauna sessions, doing at least… I don't get to it as much as I want to, but two to three sauna session a week I think is optimal.

Sweat rate, especially when you're looking at detoxification, things of that nature. Heat shock proteins and things like that. Increasing hormone levels, and that's something you could talk about primarily, but I think that one of those.

And then just physical activity. Even if I can't get to the gym, I'll do something. If I'm traveling, in a hotel room. But something to get my heart rate up and elevated for a sustainable amount of time.

That way I could stimulate all the things that I need to. And also from a brain perspective, I want to keep my brain constantly working until I try to go to sleep.

Absolutely. So man, you got a lot of cool stuff happening right now. You got the supplement, the training platform. Let's talk about that. Yeah, so the Training Platform, I developed an app for combat sports.

It's called Fight Life app. And it basically took all of my programs and consolidated into the app I wanted to do that because I put out about 15 different programs.

And it was hard for us to really monetize and actually scale that. And also it's hard to people to just kind of figure out which one to do. So I'm like, listen, I am going to throw them all in there and then go through each program every eight weeks, 12 weeks whatever.

Then also we put in skills training too as well because that was one of the factors that I was coming across was that Yeah, okay, I can do the physical preparation, but what do I do for skills training?

And so we put that in there too as well. What does the app consist of? Are there like videos and stuff? Everything. So you have, it's a full breakdown.

You'll have your weekly training, your micro cycles broken down. Each exercise will have a video so it can show you how to actually execute the exercise.

And then the skills training will break down drills that you can do from Muay Thai to Jiu Jitsu to wrestling to just MMA in general.

Fight Life App, Supplements, and Coaching Programs

So it gives you everything that your need. And the next thing is like I'm very focused right now and my passion is coaching coaches. So I've had a mentorship program right around probably five or six years, yeah, right about six year.

Now we've about 5,000 coaches in the mentorship programs around the world. And teaching them the things that I felt were beneficial for me and teaching things didn't work for so that they don't go through those same problems.

So they can learn through my failures and my successes. And then the last thing was just coming out with a product or products that I felt were going to be the best way to get a fighter prepared and to recover.

So I put out a pre and a post workout and the pre workout is a low stem. It has beta alanine in there, it has essential amino acids, and also has some adaptogens too as well.

And you know the the goal was to get them to have the energy enough to Get the job done But not give them too much to where they're getting jittery and all that because we don't want to spike heart rate up too Much especially if you're a tactical operator or a combat sport athlete and then the post workout I would call it more of an intra recovery drink because when I was doing weight cuts for guys I just got sick of piecing all these ingredients together.

In hotel rooms, it would be like a lab setting. I would have like bottles here and there and just like trying to piece it all together and measure and everything else.

And I'm just, like, man, It would great to just have this all in one bottle. That's amazing, because listen, I've been in those rooms and, you know, they got the pickle juice over here for posting away and you got different herbs and stuff that are acting as natural diuretics like the IV treatment you know i was in those rooms because i'm giving the ivs right best hydration well unfortunately with the ufc you can't do iv now i think they they went back to it though so you might be might back in business i don't know if they ever stopped oh that's true too i'll not yeah i wasn't gonna say it but you But it's worked substantially for these guys.

For sure. And you got to look at it like, you know, guys that train multiple times throughout the day, they need to be able to properly fueled and hydrated.

So this formulation allows for you to drink it multiple time throughout today without any negative side effects, right? So it is not going to give you an over amount of certain things.

So really it's just a dextrose powder, carb 10, which is a fast and a slow digestive carbohydrate, essential amino acids again, glutamine for gut health, and then also just anti-inflammatories.

We have tart cherry extract in there too as well. So everything is beneficial. And I think I don't put anything else that doesn't make sense to be in their just for the sake of being in.

So I'm excited about it, you know, and then at the end of the year, because again, I want to elevate my coaches and ascend them to the next level, as we're putting together a certification course, which is going to be three levels.

The first level is gonna go through the basics of combat sport performance. And then you're gonna to go to level two and level three, where you gonna get more into the minute details, biomarkers and things like that.

So it'll take them the the level when they're ready to do so. Amazing. I love that, brother. Thank you. So phil as as we uh wrap up your if there's someone listening or watching the podcast that really resonates with your powerful message today What's that one thing you can leave them off with?

I think the biggest thing is stay consistent stay focused and stay understanding of your purpose a lot of times people misunderstand what their true purpose is and that goes into understanding your why and peeling back the layers of your natural God given talent.

I think everybody has that. And I'm sure everybody that they just need to figure it out. Once they can do that, they find that natural, God-given talent in their overall purpose.

Closing Advice and Final Takeaways

They can develop the skills to take them to the next level. That's what I would say. Brother, it was a pleasure having you on the podcast here. If people want to find you, where do they?

Social media platforms, you know, I got the Instagram Daru strong Twitter is the rule strong or X is through strong and My my youtube fill that Darus strong pretty much everything and the website is Darush on calm So if you want the supplements to rule show nutrition calm very sauce and we'll include all those links down below Yep, appreciate it.

Thank you brother. It was a pleasure my pleasure. Awesome. Yeah Guys, you guys hear me talk about defining your success early on in life. And part of it, he heard Phil, is you have to live your purpose, right?

You have know what your God given purpose is. Sometimes you gotta peel back that onion to figure out what you're purpose. Once you have that purpose, it gives you the ability to truly define what your true definition of success will be.

And then you work towards that. You don't just give it 100%. You give 110% all the way through. Guys, this was a great message. Make sure you subscribe.

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