Review of ‘Never Enough’

A Behind the Scenes Look at Team Super Training

Product: ‘Never Enough’

Type: DVD

Running Time: 2 hrs. 11 min.

Price at Time of Review: $ 43.95

Where to find: 

http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=2264

Creator of DVD: Mark Bell, AKA “Jack Ass”


You Tube Preview: http://youtube.com/watch?v=BLSNu93UVuY

My thoughts:
Wow, this DVD is packed! The length of this DVD is amazing and shows you just how much information Mark packed into this training DVD.

The focus is on the squat and deadlift. You’ll MANY variations of max effort, dynamic effort and lighter squat / dead workouts.

The workouts are filmed AND Mark gives a voice over to each workout which is the best part of the DVD, and no, it’s not because Mark is saying funny things, he “thinks” he’s being funny! Actually, he is damn funny, but, truly, Mark breaks down the differences of each individual’s technique, which is great for the viewer, because you can see workouts from various body shapes and sizes.

There are MANY variations of each max effort and dynamic effort workout filmed – workouts with bands set up in many ways (reverse bands, doubled bands, bands and chains combined, with gear, without gear) as well as many ways of just straight weight so you can see how to vary your methods if you don’t use bands and chains.

Mistakes are critiqued with methods to improve and avoid these mistakes for increasing your strength and numbers in the squat and DL.

You will also see YOUNG power lifters moving HUGE weights! In addition, the atmosphere of Mark’s gym shows you the essence of developing a GREAT team of workout partners and what it takes to become successful.
BIG bonuses: Chad Aichs, one of the strongest powerlifters in the world is grilled twice during the DVD. Mark asks Chad about how he became so strong in the squat and dead, how he deloads, listens to his body, gives a very in depth instructional on how to correctly box squat as well as how he individualized his own workouts for his own needs, something many people miss the boat on and instead follow everything on the internet.

Set up for chains and bands are explained in depth, as well as how and why these tools are used.

One thing I wish I saw more of was the mini workouts / feeder workouts that these guys use in between all their intense sessions. There are age ranges from teenagers to guys in their 50’s moving mammoth weights and it would be very interesting to see what these guys do to individualize their overall programs more. That stuff always interested me but then again, I understand Mark didn’t create this DVD with solely making me happy 😊

Mark was a member at Westside barbell club for several years and learned a boat load training under Louie.

This has obviously influenced Mark heavily and you’ll see this with the coaching he is able to give to you as you listen as well as to his teammates.

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The variety of ages, experience levels, shapes and sizes gives any viewer the ability to learn from these guys.

If your goal is getting stronger, for powerlifting or for sports, then this is a great buy. There are tons of workouts filmed, as well as one to one instructionals on the lifts.

The best one for me, was with the deadlift, watching all the variations from grip, to back posture, to speed of movement. Even little nuances such as lowering the weight with speed, or slowly, or some of them drop the weight when it reaches knee height.

This is stuff you just can’t learn on your own or from a traditional gym. You learn them from an elite powerlifter with tons of under the bar experience, which is what Mark Bell does amazingly without holding anything back.

One method in particular Mark calls the shotgun deadlift, which is pretty freaky, and helped one young lifter go from a 365 DL to a 650 DL in ONE YEAR! How young? Try 18 years young!

In the end, I gotta say I am psyched to implement the squat techniques since my squat has been very poor since knee surgery, yet looking at the size of the guys in the video and the weights they move, plus all the new methods I can apply, I am ready to rock.

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I wanted to see more supplemental work – things like sled work, glute ham raises, ab work, back work, etc. – these are areas that many power lifters work on to up their lifts, so this will be great to see when Mark does a Bench video.

Although mark does talk a lot about supplemental work and how his guys used extra movements, etc to become stronger, I love seeing those workouts.

If you’re not into strength or powerlifting, then you may not want this DVD. But who the heck doesn’t want to be strong?

Powerlifting has been a huge influence to my personal methods and the methods of my athletes. I will always be in favor of learning powerlifting methods, especially from guys like Mark, the crew of Elite FTS and anyone who has trained extensively under Louie Simmons.

There are some people reading though, who do not squat, bench or dead, and to those people, this DVD would obviously not be suitable for them.

Once again, to get this DVD go to:

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If you’re a strength coach or a strength focused athlete, this is some awesome stuff if you’re willing and ready to make a big change to your squat and deadlift workouts.
For one, I am ready to start adding more band and chain work to my workouts as
powerlifting is becoming more and more intriguing to me, and of course, my quest for
strength will never end 😊

Conclusion: I dig this DVD a lot. It’s like getting some serious consultation time under
one of the best power lifters in the world, you can’t pass it up as a strength athlete!

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audio interrogations and much more, go to

http://UndergroundStrengthCoach.com
You can also contact Mark Bell, aka “Jack Ass” via the Elite FTS Q & A here:

http://asp.elitefts.com/qa/default.asp?a=ask

(simply fill out the form and direct it to Mark Bell!)