



Bud Jeffries: Finding the Physical Expression That Best Suits You



Bud Jeffries is a professional performing strongman who specializes in training in numerous modalities to cover the broadest possibilities of strength, endurance, and movement. Discover how to train your body to be unstoppable.

TOP EMBODIMENT TIP: If you want to stay fully embodied, do something that is so strenuous that nothing else exists in your mind but what's going on, and you will automatically have no choice but to unite everything in your body. When in that moment of absolute effort, then you have full embodiment.

Building a Foundation of Strength: Training for Life

- Train strength in its maximum capacity and on multiple levels to have a body that you can take for a lifetime through anything you want to do.
- When you're training anything, you're actually training everything. No matter what you're doing, every part of the body has to function together: muscular strength, speed, control, endurance. Practice mastery of the body.
- Anything you do that unites the mind and body (whether lifting weights, lifting stones, running, or practicing yoga), is moving meditation because you're fully focused and reaching the point of no thought.

5 Basic Movements: The Framework to Build a Body to Do Anything

1. Deadlift: accentuating the posterior chain; basic hip, back, and hamstring strength
2. Squat: leg-based movement; extending the knees
3. Pressing movement (e.g. 1-arm overhead press)
4. Pulling movement (e.g. dumbbell rows)
5. Abdominal movement (e.g. loaded situp)

Moving with Intention:

- **Your body obeys your mind's commands. You are capable of more than you think.**
- When you lift with intention, you get bigger results.
- It's necessary to train all the strength you can get in every possible range of motion: extended range, full range, partial range, and isometric (non-movement). It's also necessary to train very slowly (to make sure that every piece of that range is as strong as possible), and very quickly (so you can apply it to the real world where movement is usually fast). Training for speed and strength with control- builds speed and strength with control.

Resources:

- ❖ **Website:** [an unconventional life](#)
- ❖ **Social:** Instagram: [@budjeffries](#), Facebook: [Bud Jeffries](#), Twitter: [Bud Jeffries](#)



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Dedicated to exploring inner space™



Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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