

THE WEIGHT OF WATER by John Brookfield

In this article I would like to introduce you to my Weight of Water System. The Weight of Water is one of the systems and concepts to God's Athletic Academy. God's Athletic Academy is a complete training system I have put together which uses biblical principles of wisdom. These biblical wisdom principles teach you to succeed, persevere and stay on task during storms and difficulties that come along in life. God's Athletic Academy combines the physical, mental and spiritual together and enhances ones physical conditioning, mental conditioning and biblical wisdom all at the same time as you do the workouts and drills.

The Weight of Water is a vast system with many workouts and drills that vary in difficulty. Even though there are many levels of difficulty to the system, even the easiest and basics are very difficult and tiring. Some who have done the training have called it downright maddening. The reason for this is that the person doing does not really know how long the workout or drill will take. As you tire physically and mentally it often appears you are getting nowhere visually. When someone visually can't see the end in sight and they are quickly fatiguing physically and mentally they most often lose hope. Also, with the Weight of Water you have probably already figured out that clock watching does not help especially since you are not going by a clock.

The Weight of Water system as you will see simulates real life endeavors we often encounter where you simply have to stay on task and persevere not knowing how long it will take or what you will encounter along the way. The difference between success and failure is our ability to persevere and concentrate on the destination instead of give into the storms or obstacles in our path. All of God's Athletic Academy training develops tremendous levels of physical and mental strength and endurance while increasing your wisdom of God's principles and lessons. This is why these methods are so effective because you develop in every aspect which in return will give you the ability to sustain and succeed in anything you choose to do.

As I mentioned before the Weight of Water System is extremely progressive with different levels of difficulty as well as countless workouts and drills. The drill we will look at today is somewhat of an intermediate level. However, this drill can be done by pretty much anyone. The difference is with this method it's how long you can last that changes the levels of difficulty. There is no other type of training you will ever encounter that does what this drill will do. In this method as you fatigue physically and mentally the load or difficulty of the drill also increases. The longer you last and get more fatigued the more stress you will encounter both physically and mentally. Also, unlike other training methods with this method, there is no time to relax or lessen the load at all; it is total time under tension where there is no leverage, momentum or gravity to use to your advantage.

Only in real life situations would you ever encounter this type of situation. For example, certain stresses in life continue to magnify and increase as your ability to resist the stress diminishes. The result of this type of situation either forces the person to either give up and lose hope or hold on and sustain until the storm ends. We either become the victim of the trial or come out with more wisdom and strength as a result of the trial. This is what God's Athletic Academy teaches, however it is based on God's principles of wisdom which truly teaches us to succeed and learn no matter what the trial or storm is.

Let's take a look at the Weight of Water drill. Many of the Weight of Water methods simple require you using your own body weight as the resistance. This drill requires your own body weight, but also brings in another element to heighten the fatigue level over time. In this drill we will be using the basic push up position throughout the entire exercise. I say push up, however you may find yourself raising a little higher than the standard push up position into more of a bear crawl looking position. In fact either will work, however something in between will probably be right for most people.

To implement this method you will need several different things to get started, but I can assure you it will be well worth your effort and once you understand the set up it will be much easier to implement the drill next time. I personally use two long wooden support beams which are several feet taller than myself. As long as your beams are wide enough to comfortably put your feet on they are fine. You will also need a small barrel or an old milk can which I personally use. The milk can I have holds twelve gallons of water. You will need four tall cinder or cement blocks which will elevate your beams off the ground into a platform. You will also need a couple of five gallon buckets and a chain or a strap to use as a support. Last but not least you will need a small cup which can vary in size. I use different size cups for the Weight of Water drills, however on this method I usually use a cup that holds three and a half ounces.

After you have these materials you are ready to start your learning experience. Start by placing your wooden beams on top of the cinder blocks which will elevate the entire platform. Also, place your beams on the blocks with the blocks being wide enough apart so that your hands and feet are wide enough apart as if you were doing a standard push up hold position. Fill both your five gallon buckets full of water where they are almost full to the top. Place both buckets on top of your support beams at one end with one on each support beam. You will also need to have your cup on top of the platform next to the

buckets. Your barrel or milk can will be in the middle of the support beams underneath your chest when you get up on the beams in the push up position.

From here you simply attach your chain or straps to the barrel or milk can and then over the top of your back which will cause the barrel to elevate off the ground once you are up on the beams in the push up position. If the barrel is not off the ground when you are in the push up position you will either need to elevate your platform higher off the ground or fix your chain or strap so that it is shorter and keeps the barrel off the ground while you are in the push up position. If using chains as the attachment you may want to use a pad or wrap the chain in a towel as it goes over your back to avoid the chain cutting a bit into your back. You may also want to adjust the position of the chain on your back to find a comfortable spot. I like to have the chain about three quarters up my back for this drill.

With everything set and the chain over your back and the barrel off the ground with you on the platform in the push up position we you are ready to start. To start simply grasp the cup with your right hand while holding your position with both feet on the platform and your left arm holding your position in a one arm push up hold. Dip the cup into the five gallon bucket of water to the right next to your right hand. Now pour the cup of water into the barrel that is hanging under your chest and off the ground. Once you pour the cup of water into the barrel you place the cup on the platform and now put your right arm down on the platform and grab the cup with your left hand. Now while your right arm is holding the one arm push up position you dip the cup into the opposite water bucket next to you left hand. Now while holding this position you pour the cup in your left hand into the barrel underneath you.

From here the concept gets quite simple, however the drill gets more and more difficult. You simply go back and forth by holding your position with one arm down on the platform while you take the cup in your opposite hand and pour the water into the barrel which you are supporting off the ground. Continue going back and forth side to side pouring the cups of water into the barrel. Be sure to only pour one cup of water at a time on each side and don't try to pour several cups back to back while in that position. This is important because you need to keep the water levels equal in each bucket as the water levels start to go down.

What of course is happening to you as you continue to pour the cups of water into the barrel is that you are now holding up more and more weight of water. As you fatigue physically and mentally, the load increases without any opportunity for you to rest or take a break. The drill is complete time under tension and gets harder and harder as you continue to pour the cups of water into the barrel that you are supporting off the ground. The pouring of the water from the cup into the barrel also keeps you under control as you try to avoid spilling much water even though spilling a bit of water is fine and because you have your hands and feet on wooden beams you don't experience any slick or slippery surface if any water does get on the platform.

Your goal is of course to complete the task of transferring all of the water from the two five gallon buckets into the barrel without stopping and getting off the platform. This will be extremely hard and I tip my hat you if you succeed. If you can't make it of course move as much water from the buckets into the barrel as possible without stopping or getting down. Of course with any training push yourself, but also think safety as well. If you fatigue and can't hold any longer or you feel like you may buckle or cave in simply step down off the platform and let the bucket sit on the ground as you slide your chain or strap harness off.

Let's do some simple math in how the workload increases as you continue and what you are dealing with. One US gallon weighs 8.34 pounds so after you move five gallons for example you have about rounded off about forty two pounds you are holding up. If you transfer the total ten gallons from both buckets into the barrel you are holding about eighty four pounds off the ground in your push up position. However, let's look a bit farther and we will see we are also holding the weight of the chain and the barrel or milk can. For example, when I complete this workout I am holding up about eighty-four pounds of water, a milk can weighing around twenty pounds and a ten pound piece of chain. My grand total is about 114 lbs. when I complete the task, however let's look a little farther into what's happening. To complete this workout you have to be holding yourself and your extra load up with one arm at a time over and over as you transfer the water from the buckets to the barrel. This of course is also done over and over as you continue to tire and fatigue physically and mentally even though your work load increases. This plays absolute havoc with your mind and body as you resist the urge to give up.

Once again this is what the Weight of Water system and God's Athletic Academy is all about. You must stay on task and work through physical and mental discomfort as you move towards your destination and learn to ignore the road blocks and obstacles along the way. As we touched on earlier to be successful in life you must move forward on the task often times not knowing what you will encounter and how long it will take last. With this being said you probably noticed I did not mention or estimate how long it would take to move the ten gallons of water to the barrel using a three and half ounce cup. I do know about how long it will take and about how long it takes me, however this is part of the training that you must encounter and deal with so you will have to find out for yourself. This will also hopefully teach you to persevere as you move cup after cup of water even though the water level visually seems not to be going down as you fatigue in every way.

In closing please remember the goal is to improve and continue to push yourself. You may find that at first you fatigue very quickly and your own body weight and a little bit of water forces you to quite, but strive to improve each time you do this drill and sustain longer and transfer more and more water. Remember because you remain on the platform holding the barrel and water at all times stalling out does not help because you are always in a state of time under tension. I suggest a steady pace and staying on task as you transfer each cup of water. On occasion I use a larger barrel that holds much more water and my goal is to simply go as long as possible before I have to give in. Another way of doing this style is to simply use a very small cup to transfer the water. Even a bottle cap could be used if you like which really works you mentally as you basically see no change in the water level as you continue to transfer the water and experience the Weight of Water.