



## SUMMARY KEYWORDS

people, cookie, workout, athletes, crossfit games, crumble, talking, matt, palooza, competition, podcast, dalen, listening, bike, barbell, lifting, crossfit, kettlebells, ankle, year

## SPEAKERS

Dallin, Micah

### Micah 00:00

So I get in last night from Colorado and it's a very like long flight, right? It's it's like three hours from Colorado. Well, from where I was in Colorado to Atlanta and then from Atlanta to Birmingham and you have a layover and people were yelling at you about your mask, and you're just like, I'm over this junk over it, right? Yes. Do you ever want to see the butthole of humanity go through an airport. Just people are not nice. Might just be nice people. Anyways, that's not the story. Nor is it the moral of the story, but so I get home it's a little after midnight. I was shocked that I got a text message from you. Not gonna lie. I was like, I was like, this guy better be dying because he CrossFit Games champions don't go to bed at midnight. Yes. Now that is the moral of the story. But no, here's, here's it, here's, here's where I wanted to get to. So I get home. Obviously, my wife's asleep. And I go in the kitchen to give me some water. And I and I noticed on the on the counter was like some like some smudges. So we got we got new countertops, and they're nice and white. And I'm, I just like white countertops. Like I'm one of those people. Some people can like, Oh, my God, you want me like white. So there was some smudges on the counter. And I was like, God, eff it, I just get it in the morning, whatever. Not a big deal. It's late. And then like this thing kicked in. And it's weird, because on vacation, you know, coming off vacation. Usually you're, I'm like I say I'm lazy. Because I mean, I still like work out and things. But you know, you're just taking time to relax, right? Taking time to be with family. That's what that trip was about. And I said, You know what, no, I'm gonna, I'm gonna get this paper towel. And I'm going to get these spots off right now. And it's going to take an extra three to four to five minutes, but I'm going to do it. Yeah, I'm tired, but I'm gonna do it. And as I was doing this, you know, I started to think about that saying how you do anything, is how you do everything. And things that are important to me in my life is that things are nice and tidy things that are clean things that are put back where you found them. Not not because you were taught that in kindergarten, it's like, because we know as human beings that order is better than chaos. We can, like agree on that is when given the two options of order and chaos, which would you pick? Most people I would argue pick order, it's, it leads to more productive societies, right. And the reason that I bring all of this up, is because when I look at you, Dalen and as I've gotten to know you a lot better. That's what I see in you is how you do anything is how you do

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everything. And, you know, for the look for the folks listening, I got to spend a weekend with Dallas and we shared an Airbnb. Sleepover sleepover with slept in beanbags or real right next to each other, or what do you call those things? You get them? Sleeping bags? Jeez, that was it's early folks. Still getting the caffeine in my system. But the point is this, how you do anything is how you do everything. And I used to hate that I used to hate that saying I'm like, Ah, that's BS like, No, it's not. But it is. Because I think it's a transcendent mindset that it doesn't matter who you are, where you are. The circumstances of what you're doing. Like, this is not what I do, but who I am. And when I look at someone like you, that's what I see. And I think it's so cool. As I've gotten to know you better, that you're you're not faking it till you make it you're you're you're not getting by you're someone that actually embodies, in my opinion, what it takes from a mental standpoint, and certainly, you've got the physical attributes to be someone that can win the CrossFit Games someday. And I think that's cool as shit. Because I don't see that in a ton of people you know, and granted, I haven't been around every Games athlete on planet Earth, but I've been around quite a few and you don't always get that but to me, you seem like a man on a mission and I just thought that was a that was relevant this morning as we started is how you do anything is how you do everything. Man, that's just that's just what I see in you.

**Dallin 04:25**

Well, I appreciate that. That's a big compliment. Especially coming from mica

**Micah 04:30**

I don't know what that means but go ahead we're having a connection again. So prior to prior to recording it like puts us in this waiting room guys. So we're in this waiting room. You know it's got colors coloring on the wall and nice pictures at the like it's a doctor's office. And, and Dallin jumps on right as I take my first sip of coffee and look for those that drink coffee. You know, it's like that first sip feeling you just, it's it's pure, euphoric, and Dallin. I got to look at each other's eyes and look into each other's eyes in a very interesting way, but Okay, enough of all that, man, how are you doing? First of all, let's just start there. Like

**Dallin 05:18**

how's it how's life? I'm doing great. Like I, I remind myself, not remind myself just take the time to think about like, I am very happy when I'm doing. I'm living in the good old days as some people have told me to make sure I pay attention to that so I don't they don't fly by but I'm doing great. How are you?

**Micah 05:41**

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I'm really well tired as hell. But um, but I'm yeah, I'm here. How's your how's your ankle? So obviously, you had the spill at water palooza. I mean, like I like literally, I jumped off the couch. My wife's Twizzlers when everywhere. Oh my god. So how like, like, it's a healing like

**Dallin 06:01**

I'm making very fast progress. It's really frustrating. I am sick of doing all the exercises Matt sister Nicole has me doing they're getting very old. But they're working. And I have a really like a huge team down here that's helping me out. And just Yeah, I mean, we're working on it every day. That's like 90 minutes to two hours of work on it. And it's getting better like I can squat. The only thing I'm not doing right now like I got the power like heavy power cleans yesterday. still felt a little uncomfortable but no like running jumping. Anything too explosive. But yeah.

**Micah 06:45**

So for folks, listen, what we're talking about is there is a workout at water Palooza right called the bayside chipper. Is that the workout? Yep. Okay, so it's these box front rack box step overs with with kettlebells stupid Yes. Okay. Tissue Yes. Okay, so So why is that because don't you guys usually just hold them in your hands right when you're going over? Yeah, well,

**Dallin 07:08**

first of all, one kettlebells are they never have a clear like kettlebell deadlifts I think, okay, kettlebell snatches. But like a lot of kettlebell movements do not have a set like range of motion standard, whatever you want to call it, like your throat kettlebell swings half of the people do and with the head like forward half of them are. They have that front rack issue with the games in 2019. So much confusion on our workout with the kettlebells. And not even with the kettlebells judges didn't know when we're flipping boxes. But fatigued front rack heavy kettlebell stepovers in the middle of a competition on soft boxes, we get stuck, we throw in the dark with confusion, like, I don't know. And maybe that's because I fell and busted my ankle. But other people who completed them just fine. We're like, Yeah, that's pretty dumb movement, a little sketchy. But maybe I maybe I just need to work on step overs, you know,

**Micah 08:16**

was that the first time that that showed up? In competition, that specific version of that movement? And what I mean by version is that I know, there's obviously been kettlebells kettlebells in the front rack doing step overs, because I feel like when I've normally seen them, and I've done them, they've I've just held them by my sides.

**Dallin 08:33**

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Yeah, I've never seen that. And like Matt's programmed, like, I don't know, like front rack barbells step ups. Yeah, which I think is a great strength tool. But like step overs, as soon as it step overs, I'm holding the weight in my hands down by my thighs or whatever, because I just don't feel safe doing that. Maybe I guess I have to suck it up if that's a thing now. So,

**Micah 09:00**

do you know who Danny Horan is? Or Haoran I'm not exactly yeah. Okay.

**Dallin 09:07**

She's like Remar, right? Yeah, yeah, no, I know. So,

**Micah 09:15**

I spoke with her a couple days ago. And she was saying that. And granted, this wasn't in the middle of a competition, but she said that she had a bad bad ankle sprain one year, right before ecc. And you know, I listened to your podcast on the on the flight yesterday. Oh, was it move fast? Lift Heavy. Is that a thing? Okay. Yep. Okay, good deal. So I listened to that. And you know, they were, they were kind of asking you, you know, what did you learn on the weekend? And I'll, we'll get to that. And I can let you answer. But it's, it's interesting, because what I heard from Danny was also what I heard from you, which was a psychopath answer. And this was the answer. I wish it didn't happen. But I'm glad I had the opportunity to compete on it. So I knew what would happen. And she said the exact same thing literally be. I felt like I was in a freaking time machine. She literally said, I had a horrible ankle sprain, okay, and 24 hours and I was like, well, this would be a great opportunity to see what it's like to compete with ankles. I was like, What is wrong with you? Was there ever a point in the competition? Psychopath? Was there ever a point in the competition that you're like, Dude, I should pull out like, this isn't everyone

**Dallin 10:34**

mornings? Every morning? Like, I could not walk down the stairs? What? Let alone do an air squat?

**Micah 10:44**

Why did you say?

**Dallin 10:48**

Well, the so the physical therapist I had there Ryan money. I don't know if you've, yes. Cool Cooper, my agent, like he gets into every competition for all of his athletes. And he is a wizard. He got me from not being able to walk down the stairs to be doing overhead squats and running barefoot. Okay, like, as he's any said, like, you're not going to do any more damage. Just don't

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roll it again. Or else then we're really like, but I couldn't have rolled it with the amount of tape and stuff. But he said you wouldn't do any more damage to it. So it didn't really matter.

**Micah 11:31**

So, you know, I remember looking at the leader board at the time, and I don't know, you're like second or third. And then obviously that spill happens. I mean, looking back at the weekend, and I'm sure you and Matt have dissected it and watched the tape and done all the things. Obviously, the ankles for certain stands out. But what stands out about that weekend that you came away going, man, like, I really learned this.

**Dallin 11:59**

Um, couple things like one is like, you know, when you go into a competition, and you don't know if your trainings like working, what if I'm what I'm doing everything completely wrong. The confidence of knowing what I'm doing is working. Like, those crappy days that I can't do anything, right, as soon as like, those still gonna pay off on the competition floor. And it brings like, a lot of confidence and peace of mind into my training. And I'm sure over the next three months, I'll like weed back into what if it wasn't working, and then I'll hit semis and it'll, it'll be okay, hopefully, that type of thing. I learned that that's always really nice. And then like, just how much fun I enjoy it. I have how much fun I have doing it. As well as what you heard on like the move fast, lift heavy, like how bad I want to win. Those are the main takeaways. Oh, another cool thing. People don't talk about this too much. I don't want to get in too much detail. But like, being able to see the floor at West Coast, everything was a blur. I felt like I own the floor a little bit more on some of those events, where I almost felt like I could control what other people were doing. Through my own actions, you know. So,

**Micah 13:24**

like, what's your take? Like? Take me through that because I I've heard Matt Fraser talk about that. And really, I don't hear a ton of people talk about it. And it's probably because they I mean, no offense, but they're probably not fit, like are fit enough like you are you know what I'm saying? No, I'm just being serious. I mean, no,

**Dallin 13:40**

yeah, like at West Coast. I did not. I wasn't fit enough for that. Yeah, I mean, I couldn't see it.

**Micah 13:45**

100% I feel like you have to have a level of like fitness. You know what I'm saying? To be able to go? Yeah, hey, I'm not dying right now. I can play this game.

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**Dallin** 13:53

Yeah. Yep. So Exactly. Yeah. Okay.

**Micah** 13:57

All right. I just want to make no mistake. So walk me through that. Because I'm fascinated with this. It's like the it's like the game inside of the game. I think that's a book which kind of talks about this. It's like there's the there's the game that you're playing with the scoreboard right? And then there's the game inside of that, where it's a more mental game where body language plays a huge role, you know, in or in your profession, pacing and you know, the way that you move from your transition. So, how do you like is I'm very interested in this is this is it scripted? Like you go, Hey, I know, I'm gonna, like jog hard to this or is it just, I'm just playing and I'm just in a, what they call a flow state. Like, yeah, walk me through how you do that.

**Dallin** 14:41

Um, so this competition, I wanted to try something where I was like, a little more relaxed like I was. Never have I once laughed in the corrals before an event. Like I was having a good time. We're having a good time. We can get into that a little later, but totally Where was I going with that? Oh, like with the scripted thing. So like, I knew, I know I need to run between transitions. But this competition, it wasn't like, you run from the pull up bar to the Chester bar or put to the bike in this mini steps or whatever. It's like I know when to run. I know my competitors. And I'm like, trying to get that feel is kind of what I wanted to do this competition. Like the first time I felt it was echo and Fran, and it's such a short workout. And it's because I wasn't like I was in the top three on that one. So it's easier to feel that way. But it was like, I was one of the only people around me that broke the 21 thrusters. But I finished 21 thrusters, zero to one reps behind everyone else like so I broke, dropped, picked it back up, finish and I was like, okay, you know what you're doing, like everyone else, did slow thrusters and didn't get a break, ran to the bar, and I looked around as I jumped up, I was one of the first guys well probably like top seven on the bar, and then there's like, fourth to the bike, or fifth. And then I could see people slowing down on movements, walking to bars, walking bikes, that type of thing, knowing who I could pick off and I was like, I'm not gonna get Jason or Phil on this one. They're gonna go I'm gonna worry about picking pat off on these thrusters get to the chest bar, and as long as I beat him to the bike, I'm fine. That type of thing.

**Micah** 16:24

Let me tell you a bill grumbler was disgruntled you breaking those 21 Chester bars? Does he know what he's doing? Is this a rookie?

**Dallin** 16:32

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The thruster? Yeah. Yeah, I didn't. I don't even want to talk about the the water Palooza coverage. Okay. We don't. We could talk about it. But yeah. Like it. I took it personally, and I don't need to, but I'm going to

**Micah 16:55**

let's go. And folks, this is why you listen to the brute strength podcast because we have way more fun than other podcasts.

**Dallin 17:02**

And, and mica brings out the true down because I know him and not many people get that. So look, man.

**Micah 17:12**

Yeah, we're gonna use, we're gonna clip it. No, I don't take that lightly. I was telling someone the other day they. They're like, did you already have Dalen on and I was like, Yeah, I was like, but this is interesting. And we're gonna get back into the water Palooza thing. But as I started, because, you know, obviously, I had the opportunity to interview like, first three, four people out of the gate. It was like Matt, Bruce, you. We had Dex and Joey. And then I think it was like Cora Saunders, I was like, Damn, what a lineup that was, you know, like, amazing humans, all of you. And so as I started to listen to your newer stuff, it was really cool, because I feel like I've grown a lot. But I, you know, as an interviewer and as a conversationalist, if that's even a thing. But what was even cooler was to see how, and maybe someone's told you this, maybe they have how you've grown a lot. Like as an interviewee in this as a character. I feel like our first conversation was like, I was trying to figure this out. And then I feel like you were like, still trying to get to know you and like, this, this role of being in the spotlight of being in the elite individuals and what that meant, because it's like, yeah, I mean, the teens are important and not to discount your No, yeah, crazy ass career. Because it's unbelievable what you were able to accomplish. But I felt like you were like, like, one foot in in the water. Like, like me trying to test it out. I think we're in the same place, achieving different things. And, and then, you know, I listened to you on Sivanna. Let's move fast. Let's heavy and then all of a sudden, I'm like, Who is this guy cracking jokes in the middle of this. I was like, Is this the same Dallas? I was like, Get out of here.

**Dallin 19:00**

So yeah,

**Micah 19:01**

it's cool to hear that.

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**Dallin 19:02**

Wait. I'm Swanee. I, I still haven't figured out exactly who I am. But like I've talked with Cooper and finding out who I am and who I truly am and riding with it. To build like, not necessarily my brand, but like my character who I am. My fan base like when I'm on the game swore like you see Daniel brand and she, like, I look up to her in a lot of ways through that, but like, we are not the same people. I couldn't double finger in the Coliseum. And that's just not who I am. Which is totally okay. Ray met. It's super cool that that's who she is. And like, I wish I could do that. So that's so cool. But like, I look up to her in that way where it's figuring out who I am and just comes like, completely riding with it. And I'm, I stumbled a couple years before I really figured it out I think but I am becoming more confident in that person that I am.

**Micah 20:04**

Man, I, you make some good points because i i First of all, I couldn't agree more with you, I think you're so dead on with that it's people are on equivocally attracted to people that are truly themselves people that have embraced maybe there's a better way of saying it. They are and are not shameful about it. They're not trying to be something that they're not at look to savons credit. I think that's why his podcast, not the only reason but one of the reasons that is so successful is because he is he is unapologetically him. And he plays that Jackass role better than then than most, and he can get away with it. Like, I can't have people on and say some of the things he says to me that first of all, I would it's not me. But yeah, it's just everyone has that. And to your point, it's like you couldn't go on a coliseum and, you know, flip double birds to the crowd. It's like, people be like, This guy needs to get canceled. Does he realize that? This is 2022? Like, you know, and yes, right. Like,

**Dallin 21:12**

anyways, and I mean, like, You're right. I'm sure there's other people that could do that. And, like, I don't want to say get away with it. Because that's not It's not what it is like, it's hard to explain, you have to understand it. So if you don't, I'm sorry. But like, it just works that way. You Yeah. What am I saying that? Because, go ahead. I I don't want it to sound like, Oh, I wish I could like I don't. It's who you are as a person. And you need to like love that. I'm in talking in circles now.

**Micah 21:47**

No, I think we're getting to some good stuff. What do you where do you think that comes from? Right? Like and what I mean by that? I mean, where do you think finding out who you are comes from? Because everybody's on their own journey, right? I don't get me whether you're a mom, whether you're an athlete, like everybody has their journey, and it never ends, as long as

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your heart's still beating so and you're constantly evolving. Where do you think that comes from? For? Like, specifically for you as an athlete?

**Dallin 22:16**

Yeah, I mean, I'm sure a lot of it's like, how I was raised, and my parents and my family, but I had, so I had like, 20 years of that now. But I think it's so cool that I am here in Florida with Korean, where not only are we learning how to work together, but like, we've been with family and everyone like our entire life. So now we really have to figure out who we are by ourselves, as well as together, like I said, and I think that's been cool. Like really finding out what your passions are like, what you like to do not like, not just because family do it does it and there's nothing wrong with that. But like we are on our own, out here, like we have tons of great people and friends. But when it comes to family, like it's just us. And I think that's played a big role in it. And then just your experiences and how you view them. And for me a lot of those experiences, I'm talking about our competitions, how I come out of those shapes v as an athlete, as well as a human, and then my character and who I want to be. So

**Micah 23:27**

it's, excuse me, it's, it's interesting, because I was having this conversation with Danny, her parents got divorced, my parents got divorced. And we were having this conversation in regards to why it was specifically in regards to our perception, on relationships, our perception on life, and how to view it is whether you want it to be or not, is often tinted. And I know that word has a negative connotation. And that's not what I mean. But it just is what it is. It's it's tinted through these glasses in this perspective of what you experience, because that's really all we have as humans is our experiences. And I think that whole saying that more is caught than taught is so true. It's an I and here's the example that I gave on the podcast, when my wife and I were getting married. We and I don't know if he did something similar but we did. Like a premarital counseling. Right. And it was really cool. Because we got into Yeah, cuz we got to really like get to know each other even more. And granted. We had all the tough conversations or at least to from, you know, how I viewed it. We had all the tough conversations, but this helped those conversations go even further. And so to drive home my point about caught versus taught is there was this thing and grant it was very long. I'm just giving you a microcosm have one little thing. It was like household chores, household duties and it. So she filled it out separately and I filled it out separately. Okay, so we did not see results until we met with the gentleman. And one of one of the things was who takes out the trash or who's responsible for taking out the trash? And they and the options were Micah. Ashley, both those were the three options. And it was funny. We both picked Mica. Why did we both pick Miko? We both picked Mike to Micah because of our experiences. And you might say, Well, what does that mean? Simple. We both grew up in very southern homes, where like the man, and I think there's not a southern thing,

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like most men probably take out the trash. Like, why is that? It's like, typically because we saw our dads. Yeah. Take out the trash. And it's, it's not because someone had to tell you hey, darlin, you need to take out the trash for your wife here. You know, this is probably a good southern man you live in in Naples, Florida. Now, no one said that to you. You just did it. Yeah. And that's my point, more is caught than taught. And so I totally get what you're saying. It's like you have these experiences, quite frankly, that you viewed through your own eyes, eyes, via your parents, via your friends via the people that you surround yourself with. And now I'm in that same stage of life like now you're getting to, you know, being newly married. Now. You're getting to do that for yourself and ask the questions. Why do I believe what I believe? Not just that someone told me to believe it?

**Dallin 26:39**

Yeah, exactly. No, yeah, that's, yeah, that's 100% Spot on.

**Micah 26:46**

How's Naples? Is it warm?

**Dallin 26:48**

It's so warm. And we have a bit of a cold front and I have become soft now. And I've only been here a month because it was 55 degrees. And I was like, What is this and I was freezing cold in the gym? Freezing cold driving to the gym. It was not cool. But yeah, it's beautiful here so on that day

**Micah 27:15**

so I think the most exciting news I've heard about Naples I was talking to Phil filtering about this was actually James James messaged me as well. You guys are getting a crumble cookie in March April is what the Chamber of Commerce Yes. And Naples Yes. So this will define our friendship. Are you into crumble cookie and don't tell me you can't do it to CrossFit. Okay, all right. That's what helps me I don't want this BS no, I can't do this because you know, it's not it's like no, okay, so

**Dallin 27:47**

fit your macros if you try

**Micah 27:51**

so did you guys have a crumble cookie in Utah where you're from?

**Dallin 27:56**

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Right down the road? Oh, okay.

**Micah 27:58**

So so years ago we had with it

**Dallin 28:01**

so crumble started the guy who started it went to he started it he goes to my school Utah State he went there he did started No, he's like six years older than you but my my sister in law was there at the same time. She's the same age I guess she's only like four years three or four years okay. But he did it as a class project for his senior year and now he is filthy rich but Utah Utah's a wild place pan there is what he said not many nominee coffee drinkers right? So everything is soda shops which don't move we won't talk about that. That's a spoiler.

**Micah 28:43**

No, no, no no no now that was a soda shop. I like small we don't Soda Shop what is that?

**Dallin 28:50**

Like there has like a menu with all these different soda and sparkling drinks and just fountain drinks. And then they have like cookies and stuff but it's like literally just soda and there's like three different brands like three companies and they're all over Utah anyway there's that and there are cookie shops okay cookie shops and there is crumble chip I can't even remember there's like four or five they're everywhere like next to crumble was a chip and it's clear that crumbles crumbles the best because now the ones who started go out of business but like yeah cookie shops on every corner in Utah oh that's where they started.

**Micah 29:33**

So it really so so so the first location have crumbled man this is history. I mean I did not know this was in Utah it is

**Dallin 29:41**

yeah crumble HQ is like 25 minutes from my house. In a first shop.

**Micah 29:46**

Yeah, the first shop. Amazing. So I did not know. Really that crumble looks I knew crumble, but I didn't realize why it had gotten popular and in This is my understanding. So if I'm wrong, you know people listening I'm sorry. Like, this is just my perception. One of the reasons that crumbled took off was these tick tock ORs. I think God has showed my age. Tick tock people, tick talkers.

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**Dallin 30:15**

People come on here a few years back. Yeah, these

**Micah 30:17**

boy, boy, you better get off that tic tac tic Tucker's, we're featuring them, I guess is the right word in their tic TOCs. And that's one of those. I'm not saying that's the only reason I'm saying that's good. They have great cookies. But that's one of the reasons that it became one of the very mainstream, and honestly, I had heard about it, and I was I can't, you know, whatever, I'll try it. You know, \$4 Cookie seems like a little inflation to me, but whatever. I'll go try it. It's worth the hype. I go, the first time I go, I turn around because there's like 1,000,000,013 year old girls in line and I'm like, not waiting in that. So don't go in. And then the second time I go at like 230 in the afternoon where you know, people that are at work in school, you know, are still in working school, so yeah, anywho I put them on my Instagram, and I you know, semi like review them whatever. And I got you know, me for someone like me that doesn't have you know, at one, you know, million followers like you do?

**Dallin 31:24**

How you're talking to me?

**Micah 31:27**

I got a lot of DMS and I was like, Man, this is a weird you know, I'm kind of like mad like, what is going on here? Why am I getting so many freakin DMS on a Chromebook cookie? Yeah. And people are like, man, you should you should like review these. This would be cool. You know, I'm a big day Portnoy fan. Big day. Portner fan? Oh, yeah. Okay, love, love, love the pizza review. And I was like, man, you know, I get I can be the de Portnoy of, of crumble cookies. And it just happens to be that all these CrossFitters are like obsessive about go figure cookies and CrossFit. Right? Who to know. Yeah. So I do the crumble review. And it gets over 6000 views. I don't have that many followers for people listening. And I'm like, What in the EFF is happening? So anyways? I'm just gonna keep doing it. Because evidently people like it. It's I guess it's semi funny. I don't know. But the goal was and the reason I brought all this up is because once you guys get a crumble cookie, I want you to do a crumble cookie review with me. Absolutely. And Matt, Poland's gonna do it this week. We're basically gonna go that we're basically just gonna go live. Yeah, less than 10 minutes. Really quick. You know, one bite type of deal. Rules. So anyways, we'll see if my crumble career takes off. And if it does, yeah, see across many look, I'm out.

**Dallin 32:56**

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You need to do it as like a real teacher or just like, like one cookie at a time even. Okay, one two, we're like Sorry, you're just reels will explode a lot. Like that's how you go viral. Research. You can figure. Yeah, if you can figure out how to fit for cookies in the 60 seconds. You would be bored. Yes. Like the reviews. I mean, you can crop it of course. And like speed it like the long ones are great too. Like those shouldn't go away. But to gain more attention towards your longer reviews. You should even get real to go viral. Yeah. Ah,

**Micah 33:38**

do I just got I just got advice from the goat himself the Instagram. So this is something I picked up from Cooper. And I'm I'm sure you've heard him say it because he's probably told it. He's probably told you you should do it. Is he said he said go to these accounts. And Cooper is his agent for those listing agents. Daniel, Brandon, Bethany shad burn a bazillion people Anywho. So he said to go to the accounts that you like so in this case, crumble, you know, the people that you're trying to attract and put these pithy, almost comical, like, comments and just be there every time they post something. Brilliant. I don't know. I don't know if you do.

**Dallin 34:22**

I mean, you look at like, my favorite page is white people humor if you don't follow it, like I know like, you're not going like racist No, it's just that just happens to be the name of everyone and it is the greatest page and he has another page is called Florida man. He lives in Florida. Many has a page called literally every mean he's the biggest Mima if that's a word of life, like that's what he calls himself to. He has so many followers when he finally on one account, yeah. But like if you look like all this all the same people are leaving the top comments like take Sinatra or whatever. Is that Is that Yeah. Oh yeah, yeah, he's always he's always up there because they have this thing and then like they pin each other's comments. Like that's how I get started is yeah he comment on the same same accounts.

**Micah 35:21**

Interesting I just learned something. Okay, anyways,

**Dallin 35:25**

well I had one other crumble question When was the last time you are the first time you had crumble

**Micah 35:31**

the first time I had crumble it was the time before I did the cookie review so it was like three months ago it was it was recent. It was recent.

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**Dallin 35:40**

Wow, that's crazy, cuz I haven't been in the game long. Yeah, because I mean crumble. And Utah's been around like, before I was in high school, like four or five years.

**Micah 35:50**

Well, I'm just surprised no one's like owning that cookie review space. I mean, because I

**Dallin 35:55**

know you got to start putting them on YouTube. Instagram, Facebook for all these Twitter. Yeah, I

**Micah 36:01**

don't I don't think oh, people are gonna eat crumble cookies. Every time I've been in there. It is clearly like Millennials Gen. Z I think is what they call them like age girls

**Dallin 36:11**

up on Tik Tok then

**Micah 36:13**

not even know how to use tick tock that shows my age. So enough about crumble cookies, but I am doing a review this week. I'm very excited about the banana cream. Oh my gosh. Good. Have you real quick and then I promise I got this subject. Have you ever heard of trailer trash? Tammy? That's actually her name. Well, I mean, that's her stage name. She's a comedian. No. Okay. Um, she, she basically goes around and she's made a living out of reviewing food fast food joints. Yeah. And she is exactly what she sounds like, based off of her stage name. Okay, that's all I want to say. And you can look up the rest, but I'm trying. I'm trying my hardest to get her to do a cookie review with me. I first of all, it would be a Lifetime Achievement Award. Okay, so I'm just gonna throw that out there. Secondly, I think it would just bring a whole new level of followers to the space that I'm in with a bunch of CrossFit people. Yeah, she is not a fit CrossFit person. Anyways, so trailer trash to me if you want to laugh your. Yeah, if you want to laugh really hard. And probably see what Alabama is like, you can go to the trailer hashtag.

**Dallin 37:29**

Everyone go comment on trailer trash. Tamizh last post a million times and just say DM at mica shoot. Just like blow her page up and then we'll make it happen.

**Micah 37:42**

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Yeah, anyways, so my top two people are trailer trash, Tammy. And then ironically, Brooke Wells. And the reason why just let me explain why she does she posts every week, right? Because she posts every week and I think it like like, you know, I've asked her to come on a podcast she she doesn't respond. That's cool. Like, I'm not I'm not mad like you got things going on. i This is not me hating. All I'm saying is hey, that's cool. Don't do an hour podcast with me do a six minute cookie review. How does that sound? Seems fair. That's a fair. It seems like a fair trade. Yeah, six minutes. And you can do it from your iPhone. Cool. Yeah. And you're you're gonna eat a cookie, and you're just gonna tell people what you think about it. People are gonna love it. Yep. Dalen How was your training? I mean, obviously, I understand that. You got the ankle thing going on. So minus the ankle thing. How is your training changed over? You know, the past? I don't know, year, especially since like West or not, not west coast. But. But the semi final? Has it changed? Because you know, I know that you're one of the stronger guys in the field. You snatch 300 You clean injured 260-260-5270 somewhere in that ballpark? Like, do you like Do you still clean injured? Do you still do you still do those things? Like I'm seriously I'm really curious. Yes.

**Dallin 38:57**

No, no, I don't. Yeah, so the Vegas thing. I mean, I'm sure I would be doing a little more of that with like that the ankle like I was doing that before I rolled it, but I don't lift unless it's under fatigue usually. And then I just don't lift really, that's the biggest difference from like, last year at this time, like I was still doing lifting. But we've embraced the fact that I'm one of the stronger athletes and so I get some of my lifting. And then it's like, how strong can we make my triceps and how many miles can we run in a day? So we just like are completely focused in on the things I need to get better at which is really cool that I'm in a position to take advantage of that because there's like, three main focuses and then of course, different stimuluses. And that's all we

**Micah 39:52**

do. Gotcha. So every session is is more cardio based. Like your journal you said you're doing a lot of running. I mean, I know that Your ankle is prohibited right now but outside of the ankle. Yep, doing a lot of running. And then I and then just like a lot of like zone two, like longer stuff. Is that what you're doing right now? Okay.

**Dallin 40:10**

I mean, like same goes with Phil. He's easy. He's stronger than me he's insanely strong guy. Like when we get a touch of barbell, it's a special day. Like we were talking about one rep maxes. Mats like, yeah, when you guys do one rep max all together, I said, Who's that? What's next? But yeah,

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**Micah 40:34**

it's interesting to hear that because the reason I say that is because I was I was having this conversation with a, with a guy that I coach, and we were talking about this exact same thing I said, you know, it's one thing to talk about. Yeah, CrossFit is an endurance sport. Yeah, CrossFit is, is is this cross with that, and you know, it's, you know, if you look at it, you can go, Hey, there's one, I mean, literally, there's one event every year, that's normally a max lift, everything else is sure, it might be relatively heavy. You know, maybe an exception of that would be like the clean barbell ladder with a runs like, but still, you know, under fatigue, and you definitely have to be strong enough. But once you are strong enough, and this is what I was telling him, I was like, it takes because it's sexy to say, Oh, we're gonna do and dirt. But it takes some serious balls or ovaries to actually make that seriously to make that change. And someone's true coach or someone's programming because why? Because, wait a second, you're gonna take all my lifting. You can take all my Yeah, we're gonna take it out. Yeah, we're taking it out. And we're spending six hours a day developing your aerobic system, making you more during? Yeah. i But like, kudos to Matt Torres. For actually taking that move.

**Dallin 41:51**

Yeah, I couldn't do it on my own. Like, that's terrifying. But he knows what he's doing. And it's working. Like I we we did exactly what we wanted to on like the barbell complex workout or whatever. was, yeah, like, say last year, if like, we trained exactly how we did last year going into this, I would have been probably third or fourth, third. But like, seventh is what I was aiming for, like, that's what I wanted to get. Because then I would know, some of these other things were paying off. So it worked. Like he knows what he's doing. We can take a seventh on the lifting. I'd rather take a seventh on the lifting and improve by 10 spots on to other workouts.

**Micah 42:34**

All day, right? That's just like numbers. Yeah. Oh, and you feel like you've you've seen the improvements that you guys are looking for? Like you're like you're happy with it?

**Dallin 42:44**

Yeah, for sure. Okay, I still have a lot to work on. But

**Micah 42:48**

yeah, but but D ball cleans is not one of them.

**Dallin 42:52**

Me and my D ball. We sleep together. Spend a lot of time

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**Micah 43:01**

for those of you that don't know what I'm talking about, you can just Google the ball clean down pepper. You'll find it yes, it said it's it's down screensaver.

**Dallin 43:13**

It's a bit sad, sad story. probably cry. I know I did.

**Micah 43:20**

I mean, your three, your what? Two points three points from making the CrossFit Games. Yeah, I would cry too. Yeah, yeah. I understand. What's it like training with maybe some of the fittest human and not maybe I mean, some of the fittest human beings mean you got Filton. You've got James Sprague in Macquarie, I mean like what's that? Like everyday? Obviously, I I understand and I've heard you say it I've heard Phil say, you know, you're not going head to head every day. You're not killing each other. But like, what's that, like in a gym setting?

**Dallin 43:55**

It's It's special. And then like just having Matt there. I was thinking yesterday. It's easier to know, like every rep is counting is when Master I don't know why. Like, you know, he programmed this intentionally and now he's watching you do it. Like, like, yes, step it up. And I don't think you can just do that at home as much as you try. Like, we all try and focus our absolute best. There's something special about that. And then like, I'm on the assault bike or eco bike, just like grinding it out for an hour and a half. And I look over and there's Emma doing doing something completely different on a rower or something or bike. And it's like she's chasing the same thing as me like step it up. Like that kind of thing. Just like looking over across the room and like all these other people are dedicated just as much as you and so like that's motivating in a good way. If we're going head to head every day. Oh, brutal Friday last week, dude.

**Micah 44:57**

Yeah, what I saw you post about it. Like it was like, it was like bodies on the floor was getting lawsuits against him. It was bad. It's bad stuff.

**Dallin 45:07**

The worst the worst. I have not felt like that. I don't even remember the last time I felt like that. Like, it made me five times more sore than water palooza. So we did four sets. Okay. 15 Hang squat snatch with a 105 barbell. Oh, that's deceptively light. Yeah, so 15 Hang squat snatch 15 overhead squats, 10 power snatch 21 Calorie echo bike, four sets, rest somewhere between four to six minutes between sets. Matt would just tell us when we were going. Based on what

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was happening on the floor in between each round. The rule. The rule was you could not hold back no matter what on the first round, or any of the rounds. Like you could not like there was no holding back. Yeah, it was like, people were laying on the ground after one round. And we had three more. Yeah, and me and Phil are like looking into each other's eyes as we do all the barbell work because that's just happened how to the floor laid out. And it was like the first three rounds. He did the entire comp, barbell unbroken. I dropped after the overhead squats into the snatches. But we get on the bike at the same time. And yeah, it was pretty wild. It hurts.

**Micah 46:35**

So, at the end of this, what happened?

**Dallin 46:41**

I dry heave over a trash can for like 10 minutes and then almost felt blocking out of the gym and then James took his turn dry heaving and then he actually threw up. And he didn't even have the exact same workout. His was a little bit different. Yeah, it was. It was bad. Everyone was nice.

**Micah 47:10**

Was Emma there too. Yeah. So

**Dallin 47:13**

Emma James did the did a little bit different. Just with James's knees and Emma's back. Yeah,

**Micah 47:20**

that's right. That's right.

**Dallin 47:22**

So they they did a little different. So they, they went in like the first heat like right before us each time. And then me Phil and Ethan went together. But the goal it was the goal of the workout was to see who could have the we played like golf, like anytime you were over your last time, that's how many points you got. But I won the first round by like 18 seconds. So you had over? Well, no, no. So if I got so I got like 151 and Phil was like 208. But my next round was like 217 and his was to 17. He only got like, nine points and I got like, oh, whatever the math is on that. I so I had a lot of points. But overall, I spent less time working. But

**Micah 48:16**

so who's really the winner? Yeah,

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**Dallin 48:19**

well, actually, whoever felt best and just didn't go all out. They want cuz man, that was it was terrible.

**Micah 48:29**

Man. Yeah. So I was ID and with Ethan after because I was like, what, what is what is going on? Like, it's just like, dead bodies on the floor. And, and they're and they're talking about, like, you know, this was assault. And I'm like, Dude, what is happening over here? Like, you know, y'all been together a week, and oh my gosh. And so he, he kind of gives me a rundown. And I was like, Oh, my look, you know, and that's the thing. I think you have to be a special type of psychotic to go. Because like, you know yourself and I'm sure you do because you're you're you're a pro, you know that governor in your head, like I shouldn't do this right now. There's no coming back from that. And then you do it. And then you're on the ground and it's like, okay, four minutes have gone by, which is nothing like

**Dallin 49:18**

yeah, all of a sudden, that's like 60 seconds. And I'm like, No.

**Micah 49:23**

And it's like, Hey, I've got three more rounds of this. And I got to send it. Yeah, I think that's I think that's fascinating. I mean, when when you guys are in there are you guys doing like a you said brutal Friday? Are you guys doing that every week? Are you going head to head or this was out kind of a one off?

**Dallin 49:38**

No, we will. We'll do the brutal Fridays every week. And that's like the one time we get to compete every week. Okay, so you've talked about that? Like that's, that's a thing. Yep. That'll be a thing. That'll lead into the open like we'll do the open workouts Friday nights for our second session. That'll be brutal Friday. So we'll continue that and I think that's just enough to Like compete but also like this workout was intervals. And it wasn't necessarily head to head but in a way it was like we're all just doing it together and the intensity was there like, me and Phil both agreed if we were doing this by ourselves, it would have been 15 or 14 Hang squat, snatch, drop the bar, hang squat, snatch and overhead squats dropped the bar 10 POWER SNATCH and then like, we go hard on the bike, but we broke the barbell three times. Instead, we're hanging on for 40 reps or whatever, and trying to send it. So just that type of thing. And then Matt has a way of saying things to really get you going, no matter how much pain you're in. It's really cool. But he makes you do things you don't. You don't want to do and you didn't think you could

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**Micah 50:44**

Are you are you type an athlete, because athletes are very, like, everybody's very different. Right? Some people respond to that negative shit talk, like reinforcement type thing. And some are more like, you know, I need the cheerleader thing, where where do you fall? And how does it How does Matt approach you specifically?

**Dallin 51:03**

I think I fall somewhere in the middle. What did he Yes, he fell somewhere in the middle between those and Matt knows when to say it. Like when we were in Ohio when he was like, oh, there's no way you're making this round on the echo bike test. Like there's no way you're gonna make he could just stop like, there's no way that type of thing that he said things before lifts. Like when I was a little bit younger, and I was lifting with some of the men. He's like, Hey, you got to show these guys like, you're you're competing with them next year, Go show him and they should probably watch out. So he can go back and forth. And he knows when to say it. And it works really well. So like props to him because I don't even know exactly what I need. But he seems to

**Micah 51:49**

that's good, man. I mean, he's obviously I've said this a ton times on the podcast. I have so much respect for him and the other way that he not only that he carries himself but the way that he does everything with so such great intentionality. I can't say that about a ton of coaches. Yeah, you know what I'm saying? 100% When is the is the brute gym still on track to be compete completed in March?

**Dallin 52:14**

Um, you know, my hopes are up for the end of February based on what I was hearing yesterday know what today's the third so artfully people because it'll come out a little later. Yeah. There's, we have two equipment companies that are like we're narrowing it down. Who's gonna, like be the equipment company over the brute jam. And it's getting close. And there's one that's like, really in I don't know all the details. And I don't know what I'm supposed to say. Yeah, no, I understand who it is. And I understand what but I'm hoping for the end of February because like we have the flooring, me, James and Emma have equipment in the gym. Like if we laid the flooring down. We could do sessions in there. There's enough equipment. Not everything, of course. But they need to get it painted Florian and then the equipment here. We should be good.

**Micah 53:10**

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There was a there was an article that came out a couple of weeks ago or not, maybe not a couple weeks ago, it's probably a week ago at this point, and I saw you share it. I saw a bunch of other athletes share it in regards to athlete payment. And an Brian friend, though I just kind of read the SparkNotes but Brian friend wrote another article about examining the payout schedule from just looking at basically the price person saying is his first place getting too much and should we? Yeah, okay, so you've you've seen it. I need to read

**Dallin 53:45**

the one that came out today. I haven't read that one. But I did I read the other one and shared it. Yeah.

**Micah 53:51**

What's your what's your what's your hot take on that?

**Dallin 53:56**

The sport needs to, like, you know how if you want to, you want let someone else has like, you can copy it, like you need to do what they're doing. Yeah, if you want to be a professional sport, there's plenty out there. Choose one of the format's and go with it. Like we have people in space that will be more than happy like Jason who works with Cooper. He's also an MLB agent. He knows how all of that works. And he was He mentioned something in the article about how that works. And I don't, I can't remember exactly how it is. But like all the athletes receive a check that covers all the players receive a check that covers if any of their jerseys are sold their names used on anything. If one of them's on the cover of a video game, they all get a check at the beginning of the year. It's like a significant check. So if CrossFit could figure out a way like these 100 athletes or whatever, and the check can go down like we get it like TIA is a lot better and well more well known than hundreds place overall. Over the course of the year, like, if their name is going to be used on anything to promote anything, they should receive some sort of compensation. Of course, there's also not as much money in sport. So I understand that. And I don't want to get like, give us all the money cuz I'm sure they're trying but they try in areas a little harder. From my point of view. Yeah, they're nice. They should professionalize it and there's clear, clear path to do that.

**Micah 55:33**

Yeah, they you're exactly right. They use an example of the NHL. Right? And yeah, basically, where the owners and the players split the profits 5050. You know, in this case, I don't really know if you have owners, quote, unquote, because there's, you know, right, but so yeah, to your point, this, it would go to the athletes themselves. And, you know, something that we had talked about on the podcast, it was it was Elle's idea, or I don't know, if it was his idea he was one that

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brought it up was kind of treat it like golf where you have to have, you basically have to qualify for your pro card. And I don't know what qualifying for your pro card would be right? I don't know, if it's, you have to have made it to the CrossFit Games, you have to be x, you know, you have to be, you know, this number in the world. Like, I'm not exactly sure what that would look like, I would probably argue you have to make it to the CrossFit Games, I don't think like making it to a semi final is enough. So you need to be one of those top five guys or gals that make it out of the semifinal to the CrossFit Games. And then basically it qualifies you for a pro card. Right. And then that pro card to your point is, you know, Jersey sales, or entitles you to a percentage of Jersey sales this that the third, I do think there is a point for or there is a there's a valid point for a performance based merit system. Right? I like to your point like TIA is, by and large, the most successful female CrossFit athlete to ever do it. So you're telling me that she is not entitled to more than like you said, 100 plays? A lot of people get, you know, really pissed off about that. It's like, well, that's just enabling the current system even more. Well, no, I don't think it is. Because if we're paying out one through, blah, blah, blah anyways, because doesn't the games only pay out through what 20th?

**Dallin 57:32**

Is that Ronnie? Yeah.

**Micah 57:34**

So if you're telling me that everybody one through 40 gets something, I see that as a substantially better situation than where we are now. Yeah, 100% How many people do you think actually down and do this full time? And what I mean by full time is, they don't have any other jobs. Like, obviously, you do it full time. I mean, you're a full time pastor. How many people do you think there's is like you.

**Dallin 58:00**

So you're counting like social media and sponsors, right?

**Micah 58:03**

Yes, I would say that is full time that we are to being an athlete, right? Yeah. Like I'm saying like, you're not a side reel a tour, or you're not a side, Cairo or PT, like, you know, um,

**Dallin 58:18**

if I had to guess, and I'm not going to count the people that competed, like, RX at water Palooza that have 600,000 followers and make a bunch of money that way, and saying

**Micah 58:28**

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that, that is what it is. But yeah.

**Dallin 58:31**

Like, actually, CrossFit Games level, competing like that. Trying to think who?

**Micah 58:44**

Under 2020? Over 20, okay, for sure.

**Dallin 58:48**

I would even possibly say, maybe a little over 5050 to

**Micah 58:53**

60. Okay, that's more than I thought.

**Dallin 58:57**

Possibly, I could be a little, maybe I'll say 40 to 60. We'll open it up to that 40 to 60. And I'm counting some of those that do work in a CrossFit gym, or like I still program for five athletes. Yeah, that's not I'm not going to count that as a full time job or anything. That's just like a little side hustle that you can add on top of it. But I'd say anywhere between 40 and 60.

**Micah 59:21**

That are making a living from CrossFit slash lower. Yeah, social media or CrossFit. Ask sponsors,

**Dallin 59:30**

yes, but they're competing at a high level too.

**Micah 59:33**

And competing at a high level. And we're gonna call that and just so the definitions are clear, high level being. You're either at the games or knocking on the door every year, like probably most are making the games. Yeah. Okay. All right.

**Dallin 59:46**

And it's been, I think you're gonna, like we're gonna start seeing a lot of younger athletes in that boat. Like, with what's going on with all the teenagers signing with managers, companies like they're investing in us, like we're coming out of high school, not having to get a real job. So we can completely focus on training. Not that it's not a real job, we work hard. But like there's going

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to be a shift in the sport is going to get that much more competitive because of what these companies are doing and allowing us to

**Micah** 1:00:19

do. When you say these companies, you're talking about sponsors, are you right? Is that what? Yeah. So why, like, Why do you think that is like, Why do you think that? It's, so this is interesting to me? Because how I see it is, it's like a bird in the hand. A bird in the hand is better than two in the bush. Have you ever heard that analogy?

**Dallin** 1:00:43

No. But like, I get it. Yeah.

**Micah** 1:00:47

Yeah. Those called Southern colloquialisms. Basically, here's where I'm going with this. I'm interested in get your take on this, because you've been there and not too long ago. I'm curious to see why. In your opinion, do you think that companies are taking these these kids right, that are coming out of say the teenager division, maybe they won? Maybe they podium, whatever, versus someone that say takes I don't know, 26? At the games that is really having to probably still work a full time job?

**Dallin** 1:01:24

Like, yeah,

**Micah** 1:01:25

why do you think that is?

**Dallin** 1:01:26

So let's, let's add more detail. Let's say the person who took 26 is 2526 years old. Not that that's old at all. But we'll throw that number out there. Then you have, it's kind of clear now like my class of the teenage division, and maybe the year younger than me, it's clear who's still sticking around and who's not like, you can name the names. They were at water Palooza, they were at semifinals, they. It's clear who it is. And those are the people getting that like, teenagers in the teenage division unless they're like, knocking on the door on the door of the elite division at Macquarie. Mal, Brian, Emma Lawson.

**Micah** 1:02:10

Dude, she's so fit. Emma, last year was like, holy,

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**Dallin** 1:02:13

she has another year in the teenage division. Oh, again,

**Micah** 1:02:16

that's gross.

**Dallin** 1:02:19

But like, those are the ones that are getting those sponsorships. And it's clear that they're going to be in the space for a long time. And I think the company see that and that agents understand that. And so they're using that as leverage or like, you can, I don't want to say like, get them at a discount, but like, we're not worth as much as we hope to be in three years. Yeah, I think I'm saying that right. But like, they want to take that chance with us. And they believe in us, which is motivating in itself. Like, I want to, like I have all these people and companies supporting me. Yeah. That's motivation. Like little gas on the fire. It's really cool. It's, it's cool. It's happening.

**Micah** 1:03:09

Yeah, man, it's it is because it allows you to obviously be more successful with their help and support than not, then if you had to go out and get a real like eight to five, nine to five, like, that BS type of thing, you know, and it's like, you know, there's just, there's just no way you can be at the top the level. Here's, here's, here's kind of where I wanted to, to go and wrap this up with the, with with this statement is as as I look at you now, and you know, being almost a year that I got the chance to interview the first time and now we're here and you've gone through you know, full season and you've you've had by all stretch and imagination, a great amount of of success. Granted, I know your version i I've known you now I know what you want and I'm and I'm clear that you probably don't demon is that but to me, and you hinted at this earlier is that you know, you're having fun you. I think I think what you said was that you actually laughed in the corral. Yes, that's, that's special to me. And that's something that that breaks the norm of what I hear on this podcast and I'm curious to hear why, why that is and why you think that is.

**Dallin** 1:04:28

I've heard other athletes like, say, Oh, I'm trying to get to be just take myself not quite as seriously, but also like, I want to go out and like take souls on the competition floor. And I've only competed very seriously that's how I've done my entire life. And I heard like Matt Fraser said, like a happy competitors a dangerous competitor. So I just wanted to try it. Like, what if, what if we're having a good time out there? I figured what better way to try it when you have Pat bell next to you in the corral the entire time. Like that's kind of like what I was going after is like what the way he does it and it worked really well and I think I can find a middle ground between the way I typically do it and what I did at water Palooza because obviously semi finals in the

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CrossFit Games are going to be a little more serious than an offseason competition like water palooza. But yeah, like we were having a good time back there. I mean, we were stuck back there for an hour and a half multiple times. Which we should not be but we are back there we have we had entertained ourselves and had a good time. Obviously when we're like walking out onto the competition for and they call us the lineup. It's go time and no one's cracking jokes anymore. But yeah, it's fun. Like if you're not why do and if you're not having fun?

**Micah** 1:05:53

I mean, are y'all like shooting craps? Are you playing tic tac toe? You playing? Rock paper scissors? Like I mean bring bring me in like what is what is having fun?

**Dallin** 1:06:02

I mean, just like, Oh man, I don't even I don't even know just like talking shit to each other. Just

**Micah** 1:06:11

play bigger shit talker.

**Dallin** 1:06:15

vilner For sure. And then appropriate. I'm gonna I'm gonna say this just because we're buddies now that Jason Hopper tries he's just not that good at it. No, I had me and me and James and Jason and Taylor self. We had we had some good laughs back there. It was fun. But

**Micah** 1:06:41

man, Jason seems like a good dude. I won't. I won't hold it against him that he that he's canceled on me twice. You know,

**Dallin** 1:06:49

you can, you can definitely hold it against him. But if you ever get the chance, ask him why he chalked up before those last ring muscle ups at water palooza. We did the we did the we did the whole workout together. And then 30 seconds left, and we're both walking back to the rings for muscle ups. And he got chalk. And yeah, we it was fun. We were that was like one of the highlights for both of us. Like just doing that whole workout. Like we were red for app the entire time. And I just have to give them a little crap for that.

**Micah** 1:07:23

But I hear this a lot that and he posted it on his story. Him being Jason posted it on his story. Why is this like a is this a man made feud? Or is this like legit? The beef between madeiros and Jason hopper? Is that is that legit?

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**Dallin** 1:07:42

No, they're good buddies. Okay, okay. So I mean, like, gotcha. I mean, like, I say goes for Jason, I'm sure but like, we love to beat each other on the competition floor. Like that's, that's what we want to do. But like we have fun in the back.

**Micah** 1:08:00

I just wondered. I mean, it sounded it sounded to me. I've heard it put it this way. I've heard him say it enough times now. Where now there's a narrative around it. And I just wanted to know if you proceed. Yeah.

**Dallin** 1:08:09

And I mean, it's like, I mean, if I really want to, like play into it, like oh, yeah, they hate each other. That's what everyone wants to think adds fun to the story. And like, that's great. But no, they're both good dudes and they respect each other for sure.

**Micah** 1:08:25

But that's why I asked you because I feel like you would give it to me straight you wouldn't you wouldn't be as real you know, you know the real story. So in terms of going forward and in terms of you having fun going forward, I mean, obviously you got to experience it a little bit of water Palooza, but and maybe you don't know but what is it? What does it look like for you now? Because I know when I first interviewed you I remember because I kind of listened back to that and I took some notes and I remember you saying over and over again like when I compete like I turn the switch on like I'm a different person like there's no phones there's no media there's no podcast there's no none of that I mean, what is going forward for you having fun like actually look like

**Dallin** 1:09:10

so with that, like I still flip that switch and I am a different person. Like nothing changed like when I was back at the Airbnb, like it was more like when I was there like having that confidence like I can laugh and there's like that that other dude that's sitting in the corner just with its head down just like rah rah gotta win. Like I would look at those guys that were having a good time like what are they doing but like to have the confidence to do that and then go beat that person. I think that's cool but like at the Airbnb is same thing like I didn't talk much I ate food and watch Marvel movies and then NormaTec did like, my mom and dad were there and Korean. All of them very aware very aware of how I am doing competitions now. It was like Can I get you this food? matches how it was it's very quiet at their b&b For the most part so that that doesn't

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change and I know that works for me so that's how it's gonna stay like while I'm actually out there doing it yeah um it's all fun I enjoy all of it very stressful all the time very fun

**Micah 1:10:23**

instead of happy but hungry stress stressful fun stress I just kind of with your brain now and your stressful but shitty brand don't don't take no one's buying this shirt dude. Like I love you but I'm not buying you know a match Oh, it's got like the it's got like it's got like the emoji Where's where his face is like yeah, that's your that's your that's your brand logo that's terrible. Yeah, it's I agree. It's terrible. Don't use that. I dude, anything else you want to add before we jump off here?

**Dallin 1:11:11**

Oh, be on the lookout Brut YouTube. We got stuff coming.

**Micah 1:11:17**

Oh, for real. I don't even know this. But yeah, this is exciting.

**Dallin 1:11:22**

The girl and I'm getting Yeah, I'm gonna make sure this happens is to to weekly videos. One will typically be brutal Friday, where it's just like, showing up to the gym, quick video of everyone. And then it's like the music clock workout showing everyone do the workout. Very simple. The other one's going to be like a training session, you know. Just camera guy is gonna be hanging out. Very informal. Showing workouts, Matt will be given tips. Oh, that skips without a really given given our secrets away. But there will definitely be knowledge available in those and then little stuff like day in the life of each of us that kind of thing.

**Micah 1:12:13**

So, since I just found that out for people listening two things, one, if you're listening to this, like audio version, which you probably are either on iTunes or Spotify, or wherever else you listen to these, I don't know, you can go to the show notes in this podcast episode and it will say watch this video on YouTube so you can actually watch down last conversation. That's number one. And then obviously number two, when you're at the YouTube channel, the britischen YouTube channel, you can subscribe so that you can make sure and basically you hit the little bell notification it literally looks like a bell that's what you hit. And you can subscribe to make sure that you're seeing all the videos that down said we're gonna be coming out so anyways just for people listening if you're trying to figure out where you can go I already have it in the show notes for just click the link it'll say watch this episode on YouTube. Click that bingo. Boom. I dude be good. We'll talk soon sir. You know go to bed before midnight please here

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**Dallin** 1:13:13

just go does not turn in my homework after I was gonna say was that a call out like how you do anything is how you do every week.

**Micah** 1:13:22

Like when you texted me I said I will not bring this up on the podcast.

**Dallin** 1:13:29

But but like I left this last day I text I text Micah and then like just so you know, I'm waking up right before this thing. My homework screwed me over and I'm just go into bed. And then I say that was a super victim mentality moment, but I'm gonna roll with it.

**Micah** 1:13:51

Two things, guys, one, self awareness. You've got to have self awareness in all situations. Okay, that is the lesson number two, despite both of us, getting in late me on a flight him because his dog ate his homework, the dog that he doesn't have. We're still here on this podcast. Because as I because and I immediately texted Alan, I said, look, the show goes on my friend. And that's and that's truly the lesson is being self aware. And then realizing that there's only one cure to anxiousness in life, there's only one cure to uncertainty in life. There's only one cure to the feeling of disappointment in life. And that cure my friends is action, action. Massive Action will solve almost any problem that you're having. And I truly believe that so I'll leave you with that. Good people. Dalen Thank you, my friend. I appreciate you. We'll see you soon.

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