

Below is a list of videos and links to podcast appearances.

Financial Planning, Investing, and the Risks of Crypto with Andrew Coates

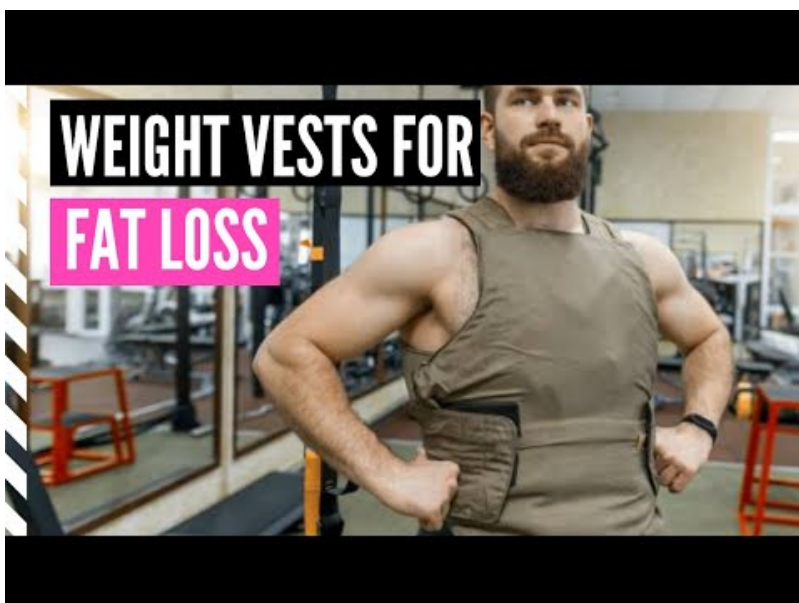
Volume & Volume Cycling for Hypertrophy and Finances with Layne Norton

How To Succeed With Your Diet Long Term & The Coaches Guide To Financial Health ... Vigor Life Podcast with Luka Hocevar

[Vigor Life Podcast: EP123: How to Succeed with Your Diet Long Term & the Coaches Guide to Financial Health w/ James Krieger on Apple Podcasts](#)

“Fitness Science Explained” Book...Revolutionary You

The Great Weight Vest Experiment...Barbell Mesearch Podcast



The Great Weight Vest Experiment w/ "Dr" James Krieger



NEAT, Fat Loss, and Metabolism...Build With Bickle Podcast

The Science of Body Metamorphosis...Brute Strength Podcast



The Science of Body Metamorphosis ft. James Krieger



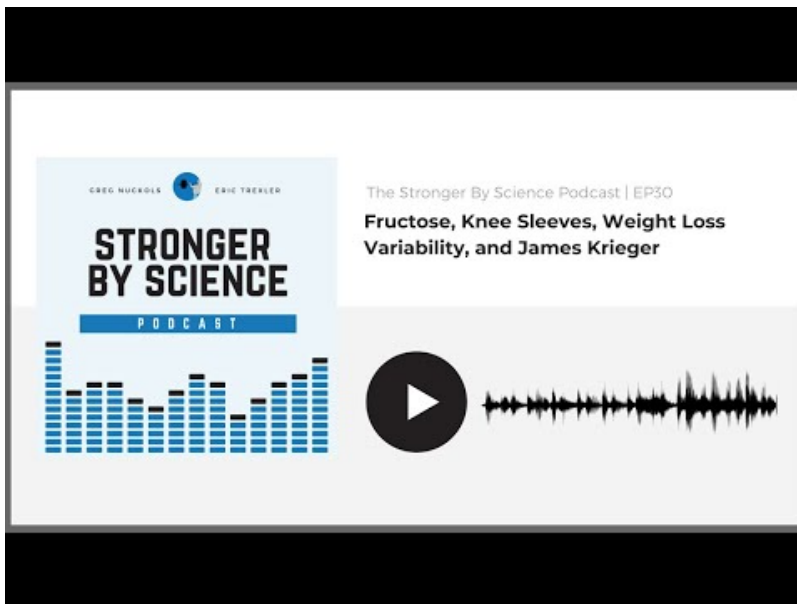
Weighted Vests, Coaching, and Genetics with Dave Maconi

<https://youtu.be/izz9lDdKqE4%MCEPASTEBIN%>

Diet Breaks, Weighted Vests, and BFR Training with Steve Hall

<https://youtu.be/13pC6sim0wg%MCEPASTEBIN%>

Insulin, NEAT, Body Comp Testing, and Other Science & Statistics Stuff with Greg Nuckols and Eric Trexler



Fructose, Knee Sleeves, Weight Loss Variability, and James Krieger (Episode 30)



Fitness Professional Financial Literacy and Weighted Apparel for Fat Loss with Dean Guedo and Andrew Coates

Insulin, Obesity, and Weight Loss with Eric Helms and Omar Isuf



Ep. 37- Insulin, Obesity & Weight Loss (Ft. James Krieger)



The High Volume Project with Steve Hall



147: James Krieger - The High Volume Project



MEASURING YOUR BODY FAT W/ JAMES KRIEGER



**N1 FITNESS PODCAST
W/ MARCUS SIDHU**

The Science of Diet Breaks and “Refeeds” With Mike Matthews

PODCAST

**JAMES KRIEGER ON THE
SCIENCE OF DIET BREAKS
AND “REFEEDS”**

WITH MIKE MATTHEWS

EP. #386

**MUSCLE
FOR LIFE**

**FEATURING
James Krieger**

James Krieger on the Science of Diet Breaks and “Refeeds”



Volume Study Controversy, Testosterone, and Insulin with Dave Maconi



James Krieger - Volume Study Controversy, Testosterone, Insulin - Charity Podcast



Muscle Gain with Andrew Shaw



James Krieger | Muscle Gain



[Insulin Myths and Low Carb Diets with Landon Poburan](#)



Navigating the Holidays on Revolutionary You with Mike Howard and Jason Leenarts



https://open.spotify.com/episode/0FNv4OghCA3e6Kqq387b9c?si=RcGuzpp1Squa0Ky8095_-w

Testosterone and Fat-Free Mass, with Omar Isuf



The EASIEST Way To Fix Low Testosterone (Ft. James Krieger)



[Exertion Load, Volume, and Training to Failure with Carl Lanore](#)

The Best Diet for Fat Loss is the One You Can Stick To, With Ari Whitten



The Best Diet For Fat Loss □ How To Lose Body Fat with James Krieger and Ari Whitten



The Truth About Measuring Your Body Fat, with Scott Baptie

What's the Best Rep Range to Build Muscle? With Mike Matthews



Research Review: What's the Best Rep Range for Building Muscle?



Keeping the 'Coach' in Science-Based Coaching with Steve Hall of Revive Stronger



104: James Krieger - Keeping the 'Coach' in Science-Based Coaching



How Much Does Training Frequency Matter with Mike Matthews



Research Review: James Krieger on “How Much Does Training Frequency Matter?”



[Half Size Me: Why Accountability and Support Is Key To Long-Term Weight Loss with Heather Robertson](#)

Industry Tribalism, Testosterone, Nutrition, Talking to Neighbors at BBQ's, and More - The Fitness Devil You Know with Dean Guedo and Andrew Coates

Training to Failure, the Inaccuracies of Body Composition, & Protein Timing with Jay Campbell of TRT Revolution



Training to Failure, The Inaccuracies of Body Composition & Protein Timing w/James Krieger



[Frequency, Volume, and Calories for Strength & Hypertrophy with Danny Lennon of Sigma Nutrition](#)

How Arguing on the Internet Got My Career Started, Among Other Topics with Rafal Matuszewski

[The Most Effective Ways to Lose Weight and Bodyfat...Appearance on the Corporate Warrior Podcast with Lawrence Neal](#)

Set Volume and Hypertrophy with Jacob Schepis



Interview With James Krieger - Review Of The Set Volume Bible | JPS Podcast Ep 28



Measuring Progress with Dave Smith

Weight Loss and Going from IT Geek to Fitness Geek with Kennet Waale

[Obesity and Related Topics with The Man Who Lost 200 Lbs](#)

(Darko Botic)

NEAT with Ian Bickle

<https://soundcloud.com/forgetthefad/episode6>

**Carbs, Sugar, Grains, and a Guy Named Taubes...with
Stephan Guyenet and Jason Leenarts**

**Individual Differences in Responses to Diet & Training with
Andy Morgan**

Metabolic Damage with Jason Leenarts

**NEAT & Other Topics on Lift The Bar Podcast with Stuart
Aitken (Episode 36)**

Muscle Hypertrophy with James Roberts



Muscle hypertrophy with James Krieger - Episode 6



Tracking Body Fat Percentage with Andy Morgan

The Ultimate Training Guide with Stephen Box



EP | 30 The Ultimate Training Guide



Hypertrophy and Nutrition with Jacob Schepis



Interview With James Krieger | JPS Podcast Ep #9



Grains with Mike Matthews



James Krieger on the truth about eating grains



Maximizing Hypertrophy with Lidor Dyan



interview with james krieger on how to maximize your muscle building potential



Hypertrophy Programming with Steve Hall



033: James Krieger - Setting up your own hypertrophy programme



Aspartame, Insulin, & Fat Loss with Ben Coomber



Ben Coomber Podcast #241 James Krieger



**[Insulin & Fat Oxidation, Protein Timing, & Critical Thinking:
HPA Podcast](#)**

The Science of Training for Fat Loss with Mario Tomic



The Science of Training For Fat Loss (ft. James Krieger)



Sugar & Body Fat with Mario Tomic



Does Sugar Make You Fat? (The Truth ft. James Krieger)



Anthropometry/Body Composition Testing with Iraki Nutrition



James Krieger: Anthropometry



Carbohydrates and Insulin with Iraki Nutrition



James Krieger: Carbohydrates & Insulin



Artificial Sweeteners and Body Fat Testing with SSD



SSD Podcast Ep. 12: James Krieger: Artificial Sweeteners and Body-Fat Testing



Training Volume, Failure, and Rep Ranges with Jeff Nippard



Interview with James Krieger on Training Volume, Failure & Rep Ranges



[Insulin, Ketogenic Diets, Weight Loss, and Resistance Training with Guy Bortz](#)

[Interview with Chris Burgess and Luke Johnson of the Personal Trainer Collective](#)

[NEAT, Gluten, & Reporting of Dietary Intake with Sigma Nutrition](#)

[Insulin with Real Health Radio](#)

[Insulin with Real Nutrition Radio](#)

[Insulin with The Guru Performance Podcast](#)

[Single vs Multiple sets with Complete Human Performance](#)

[Why Anyone Can Lose Weight...The Science of Fat Loss with Full Disclosure Fitness](#)

[The Ideal Number of Sets to Perform for Optimal Progress with Superhuman Radio](#)