



# Curriculum Vitae

## Personal

Name: Nicholas M. Licameli, PT, DPT

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Website: [www.bfrtraining.com](http://www.bfrtraining.com) ; [www.strengthtogetheronline.com](http://www.strengthtogetheronline.com)

Instagram: <https://www.instagram.com/nicklicameli/>

Youtube: [https://www.youtube.com/channel/UCAWFe5BmaJ\\_WFAh2aqsOg8g](https://www.youtube.com/channel/UCAWFe5BmaJ_WFAh2aqsOg8g)

Facebook: <https://www.facebook.com/nicholas.michael.58>

## Profile

Nick believes in giving himself to others in an attempt to make the world a happier, healthier, and more loving place. He is first a husband, father, son, and brother...everything else comes next. He sees himself never as an expert, but always as a student starving for knowledge and improvement. Nick wants to be an impactful and positive resource from which his younger self would have benefitted and of which his older self would be proud.

Nick is a doctor of physical therapy and professional natural bodybuilder. He graduated summa cum laude from Ramapo College of New Jersey with his bachelor's degree in biology, then furthered his education by completing his doctoral degree in physical therapy from Rutgers School of Biomedical and Health Sciences (previously the University of Medicine and Dentistry of New Jersey) at the age of 24.

Dr. Licameli is the director of an outpatient physical and occupational therapy clinic, is the Injury Reduction and Management Specialist for 3D Muscle Journey, is a member of The BFR Pros, and the founder and CEO of Strength Together, Inc. Nick writes for various health and fitness publications, presents at professional conferences both nationally and internationally, is a sought after guest on various podcasts, and is an instructor of continuing education courses with The BFR Pros.

A doctorate in physical therapy and professional status in bodybuilding are similar in that they both don't mean a thing...it's not the credentials that matter, it's what you do with them that matters.

## **Education**

- Ramapo College (2008-2012): Bachelors in Biology (Summa Cum Laude)<sup>[1]</sup><sub>SEP</sub>
- Rutgers School of Biomedical and Health Sciences (2011-2014): Doctorate in Physical Therapy (recipient of Academic Excellence Award for graduating in the top 10 of my graduating class)

## **Work Experience**

*Professional Orthopedic and Sports Physical Therapy (previously Princeton Physical Therapy Group)*

### **(September 2014-present):**

- Full Time Physical Therapist
- Events Coordinator (2014-2016): plan, coordinate staff/equipment, and manage various outreach events, as well as develop and execute follow up plans company-wide (Snow Bowl, charity races, fall prevention talks, injury screens, community outings, etc.)
- Clinical Director (2017-present)- management of outpatient physical and occupational clinic
- Spearheaded and scaled company wide telehealth initiative during COVID-19 pandemic:
- Instructor/Co-Developer of Professional PT's Telehealth Certification Course
- Developed Peri-Operative Telehealth program: worked closely with local referral sources, business reps, upper management including CEO, CFO, Director of Customer Care and team, RVPs, VP of marketing, VP of Clinical Admin/System Development, RDOs, BR team, regional PCCs, local PCCs, CDs, and staff PTs and OTs.
- Developed "We Are Pro PT" series: worked with Director of Marketing and team to conduct interviews with our company's leaders to enhance connectedness during a time of disconnect.
- Lead video creator of Technique Peek Series
- Frequent guest lecturer for Professional Seminars' Tuesday Night Lecture Series
- Personally asked by CEO to be featured on American Health Front on CBS (air date 12/11/2021)<sup>[1]</sup><sub>SEP</sub>

-Development of company-wide blood flow restriction initiative: worked closely with Regional Vice President, Regional Director of Operations, and Directors of Education to organize educational courses/content for our staff and provide webinars/in-services to MDs and MD groups to improve patient outcomes, increase direct referrals state-wide, and champion evidence-based education.

**Other:**

-*3D Muscle Journey (2019-present)*

-Injury Reduction and Management Specialist; produce video and written content and consult with athletes around the world.

-*Strength Together Inc. (2019-present)*

-Founder and CEO; Online physical therapy and wellness

-*The BFR Pros (2020-present)*

-Produce written and video content; instructor of in-person and on-demand continuing education courses; international speaker

-*Contributing writer for Tony Gentilcore (2013-2019)*

**Certifications/Personal Accolades:**

-Licensed physical therapist (State of New Jersey)

-CPR/AED Certified American Heart Association

-Professional Physical Therapy Certified Telehealth Provider

-Certified Blood Flow Restriction Provider<sup>[SEP]</sup>

-Moderator for *Telehealth Physical Therapy Providers* (13,200 members) Facebook Group<sup>[SEP]</sup>

-Moderator for *The BFR Pros: Accelerate Performance and Recovery* (1,700 members) Facebook Group

-Professional NGA and PNBA Natural Bodybuilder

-Multiple time judge at the Mr. America Bodybuilding Competition

-Co-chair of Health Professionals of the Nutley Chamber of Commerce<sup>[SEP]</sup>

-Featured on the cover of *Nutley Neighbors Magazine*

**Research:**

-Co-author of study on central hemodynamics comparing automatic autoregulated versus manual cuff applications of blood flow restriction training with Salisbury University (estimated publication 2022)

-Co-author of study on acute perceptual hemodynamic and cardiovascular responses comparing automatic autoregulated versus manual cuff application of

blood flow restriction training with the University of Ghent Belgium (estimated publication 2022)

-Frequent peer reviewer of research

**Speaking Engagements:**

-(8/25/20) Guest speaker at the Nutrition Coaching Global Mastermind on telemedicine

-(2020) Created *The Quarantine Comeback: 5-Part Video Series* for 3D Muscle Journey ( [https://www.youtube.com/watch?v=tQnO33YU5o&list=RDCMUC8fhb7upVSZ0q-K5snR9BA&start\\_radio=1&t=20s](https://www.youtube.com/watch?v=tQnO33YU5o&list=RDCMUC8fhb7upVSZ0q-K5snR9BA&start_radio=1&t=20s) )

-(2020) Created online course titled, *Blood Flow Restriction Training*, for The 3D Muscle Journey Vault ( <https://www.3dmjvault.com/courses/BFR> )

-(2020) Lecture for Professional Seminars; *The Quarantine Comeback*

-(2020) Lecture for Professional Seminars; *Using Principles of Bodybuilding in Patient Care*

-(2021) Lecture for Professional Seminars; *An Introduction to Blood Flow Restriction Training*

-(2022) Lecture for Professional Seminars; *An Updated Look at Blood Flow Restriction Training and Recent Case Studies*

-(2020-present) Write weekly articles for The BFR Pros, breaking down research articles as well as featuring success stories and peer-reviewed case studies (<https://bfrtraining.com/blogs/> )

-(6/13/21) BFR course instructor Twin Burrow Physical Therapy

-(10/2/21) BFR course instructor Professional Physical Therapy

-(2021-2022) Guest lecturer at Lehman College

-(2021) Presenter at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine

-(2021) Featured on American Health Front TV show on CBS

-(2021) Presenter at the Kinesport 3rd Symposium in Paris, France

-(2021) Lead instructor of Introductory Blood Flow Restriction Training for Kinesport in Paris France

(2/12/22) BFR course instructor Ivy Rehab

### **Published Writing:**

#### ***National Gym Association's Natural Mag:***

##### **-Fall 2016**

*Love the Journey*

<http://www.nationalgym.com/nga-natural-magazine/nga-natural-mag-2016-3/mobile/index.html#p=17>

*The Proper Plank*

<http://www.nationalgym.com/nga-natural-magazine/nga-natural-mag-2016-3/mobile/index.html#p=29>

##### **-Winter 2017**

*The Pelvic Tilt*

<http://www.nationalgym.com/nga-natural-magazine/nga-natural-mag-2017-1/mobile/index.html#p=22>

##### **-Spring/Summer 2017**

*Is Sugar the Enemy?*

<http://www.nationalgym.com/nga-natural-magazine/nga-natural-mag-2017-2/mobile/index.html#p=9>

##### **-Fall 2017**

*Stay Strong When The Going Gets Tough...Set Yourself Up For Greatness*

<http://www.nganaturalmag.com/nga-natural-magazine/nga-natural-mag-2017-3/mobile/index.html#p=27>

##### **-Winter 2018**

*So You Tweaked Your Back... Now What?*

<https://www.nganaturalmag.com/nga-natural-magazine/nga-natural-mag-2018-1/index.html>

##### **-Spring/Summer 2018**

*Add These Spices to Your Diet: Your Physique and Health May Thank You!*

<https://www.nganaturalmag.com/nga-natural-magazine/nga-natural-mag-2018-2/index.html>

**-Fall 2018**

*Improve the Health of Your Spine & Mobility in Your Hips: Get to Know the Iliopsoas*

<https://www.nganaturalmag.com/nga-natural-magazine/nga-natural-mag-2018-3/index.html>

**-Winter 2019**

*What is tightness? What can we do about it?*

<https://nganaturalmag.com/nga-natural-magazine/nga-natural-mag-2019-1/index.html>

**-Spring/summer 2019**

*Are Deadlifts Safe?*

<https://www.nganaturalmag.com/nga-natural-magazine/nga-natural-mag-2019-2/index.html>

**-Winter 2020**

*An Introduction to Blood Flow Restriction Training*

<https://www.nganaturalmag.com/nga-natural-magazine/nga-natural-mag-2020-1/index.html>

**-Spring/summer 2021**

*Elbow Pain with Pull-Ups and Rows?*

<https://www.nganaturalmag.com/nga-natural-magazine/nga-natural-mag-2021-1/index.html#p=26>

**-Spring/summer 2022**

*Blood Flow Restriction Training*

<https://www.nganaturalmag.com/nga-natural-magazine/nga-natural-mag-2022-1/Index.html#p=14>

5/11/17

*Bustle.com*

*11 Subtle Signs Your Purse is Too Heavy and Might Be Damaging Your Back*

<https://www.bustle.com/p/11-subtle-signs-your-purse-is-too-heavy-might-be-damaging-your-back-56031>

2/3/17

*Sparkpeople.com:*

*Strengthen Weak Wrists and Ankles in 8 Moves*

[http://www.sparkpeople.com/resource/fitness\\_articles.asp?id=2219](http://www.sparkpeople.com/resource/fitness_articles.asp?id=2219)

3/22/17

SELF.com:

*Do You Really Need to Spend \$120 on Compression Leggings?*

<http://www.self.com/story/how-compression-clothing-leggings-work>

2/17/17

*Professional Physical Therapy Performance Center:*

*The Proper Plank*

<http://www.papcstrong.com/proper-plank/>

Professional Physical Therapy Patient Flyer:

*Foam Rolling*

*ATC in the Clinic with PT*

12/14/17

Microtraining.co

*Question for Coach 6: Dr. Nicholas Licameli*

<https://microtraining.co/2017/12/14/question-for-coach-6-dr-nicholas-licameli/>

**Tony Gentilcore:**

2/7/17

*Credentials: What They Mean and What They Don't*

<https://tonygentilcore.com/2017/02/credentials-mean-dont/>

3/30/17

*Foam Rolling: This is How We Roll*

<http://tonygentilcore.com/2017/03/foam-rolling-roll/>

-Awarded Tidewater Fitness' Best Fitness Articles From The Previous Week: April 2 2017

-Awarded Best "Sport and Fitness Blogs on Sunday" from

Eigenerweg.com

-Featured on FittoBeDad.com

5/22/17

*Compression Garments: A Thing or a Fad?*

<http://tonygentilcore.com/2017/05/compression-garments-thing-fad/>

-Featured on Wild Horse Fitness

8/9/17

*Blood Flow Restriction Training (BFR): Is It The Real Deal Or Are We Getting Wrapped Up In The Latest Trend?*

<https://tonygentilcore.com/2017/08/blood-flow-restriction-training-real-deal-wrapped-latest-trend/>

11/6/17

*PLAN ON LIFTING OR SQUATTING SOMETHING HEAVY? CHECK YOUR NECK*

<http://tonygentilcore.com/2017/11/plan-lifting-squatting-something-heavy-check-neck/>

1/22/18

*My Top Shoulder Training Tips Part 1*

<https://tonygentilcore.com/2018/01/top-shoulder-training-tips-part/>

-Featured on "Must Read Articles" on Guided Fitness Blog

-Featured on "Best Articles of 2018: Guest Posts" on Fitness News

- Featured on "Best Articles of 2018: Guest Posts" on Top Beauty Stories

-Awarded Best Articles of 2018: Guest Posts on Tonygentilecore.com

1/23/18

*My Top Shoulder Training Tips Part 2*

<https://tonygentilcore.com/2018/01/top-shoulder-training-tips-part-ii/>

-Awarded "Best Articles of 2018: Guest Posts" on Tonygentilecore.com

4/9/18

*Everything in Moderation Makes You Mediocre at Everything*

<https://tonygentilcore.com/2018/04/everything-moderation-makes-mediocre-everything/>

5/29/18

*All About Recovery*

<https://tonygentilcore.com/2018/05/all-about-recovery/>

-Awarded "Best Fitness Articles June 3, 2018" on Fitness Blog

-Awarded "Must Read Fitness Articles 6/8/18 on Guided Fitness Blog

7/12/18

*Make the Back Squat Feel and Look Better*

<https://tonygentilcore.com/2018/07/make-back-squat-feel-look-better/>

-Featured on "Strength and Conditioning Stuff You Should Read: 7/13/18" from Eric Cressey High Performance Training, Personal Training



10/10/18

*It's Not What You Do, It's How You Do It: A Better Plank*

<https://tonygentilcore.com/2018/10/not-better-plank/>

-Awarded Tidewater Fitness' Best Fitness Articles From The Previous Week:  
October 14, 2018

1/2/19

*Be Like Water: The Importance of Being Flexible Without Losing Sight of Your Goal or Identity*

<https://tonygentilcore.com/2019/01/like-water-importance-flexible-without-losing-sight-goal-identity/>

- Awarded Best "Sport and Fitness Blogs on Sunday" from  
Eigenerweg.com

2/6/19

*One of My Favorite Core Exercises: The Lying Overhead Pullover*

<https://tonygentilcore.com/2019/02/one-favorite-core-exercises-lying-overhead-pullover/>

10/8/17

Avatarnutrition.com

*Why I Don't Need a Vacation*

<https://www.avatarnutrition.com/blog/inspiration/why-i-dont-need-a-vacation>

7/13/17

Bustle.com

*9 Ways To Relax Your Muscles After A Workout That You Haven't Thought Of Before*

<https://www.bustle.com/p/9-ways-to-relax-your-muscles-after-a-workout-that-you-havent-thought-of-before-56107>

6/8/2017

SilverSneakers.com

*Fix Your Posture: A 4-Step Plan*

<https://www.silversneakers.com/blog/fix-posture-4-step-plan/>

7/26/17

Mindbodygreen.com

*The Decades-Old Recovery Practice Athletes & Dancers Swear By*

<https://www.mindbodygreen.com/articles/what-you-need-to-know-about-gyrotonics>

7/26/17

Mindbodygreen.com

*Is Active Recovery More Important Than Passive Recovery? Here's What The Experts Have To Say*

<https://www.mindbodygreen.com/articles/is-active-recovery-more-important-than-passive-recovery>

11/29/17

Mindbodygreen.com

*"How To Exercise To Reduce Inflammation (And Avoid Creating More)."*

<https://www.mindbodygreen.com/articles/how-to-exercise-to-reduce-inflammation-and-avoid-creating-more>

March 2018

Greatist.com

*How to Do Deadlifts and Become a Lifting Badass*

<https://greatist.com/live/deadlifts-great-for-you>

3/1/18

EliteDaily.com

*Why Stretching Feels So Good in the Morning*

<https://www.elitedaily.com/p/why-stretching-feels-so-good-in-the-morning-according-to-science-8367967>

4/18/18

Vice.com

*Is It Safe To Work Out Twice A Day?*

<https://www.vice.com/en/article/8xk79g/is-it-safe-to-work-out-twice-a-day>

6/28/18

Avatarnutrition.com

*How To Stop Grinding and Start Living*

<https://www.avatarnutrition.com/blog/inspiration/stop-grinding-start-living>

9/5/18

Bustle.com

*Here's How Good 10,000 Steps A Day \*Actually\* Is For Your Health*

<https://www.bustle.com/p/is-getting-10000-steps-effective-workout-on-its-own-heres-what-expert-thinks-10159273>

Real Simple Magazine November 2018 Edition

*The Incredibly Easy Exercises That Can Help Alleviate 6 Health Problems*

4/27/21

The Barbell Physio

*Blood Flow Restriction Training For Athletes*

<https://thebarbellphysio.com/blood-flow-restriction-training-for-athletes/>

2/25/21

Jeff Nippard YouTube Channel

Perfect Posture Videos Are NOT GOOD

<https://www.youtube.com/watch?v=yUSyMqDUkv8>

12/11/21

Featured on American Health Front on WCBS-TV (NY/NJ) Channel 2

**3DMJ:**

9/18/18

*I Am Thankful For the Mistakes of The Past...Here's Why Part 1*

<https://3dmusclejourney.com/thankful-for-mistakes-of-the-past-part-1/>

10/9/18

*I Am Thankful For the Mistakes of The Past...Here's Why Part 2*

<https://3dmusclejourney.com/thankful-for-the-mistakes-of-the-past-part-2/>

10/30/18

*BFR Training: Does Exercise Selection Matter?*

<https://3dmusclejourney.com/bfr-does-exercise-selection-matter/>

12/18/18

*Feel the Need to Cheat and Splurge on the Holidays? What Does That Say About The Other Days of the Year?*

<https://3dmusclejourney.com/cheat-and-splurge-on-the-holidays/>

3/16/19

*What is Luck and is it Necessary For Success in Competitive Bodybuilding?*

<https://3dmusclejourney.com/what-is-luck/>

5/21/19

*Don't Become Your Beliefs*

<https://3dmusclejourney.com/dont-become-beliefs/>

8/6/19

*You've Got Some Nerve: Simple Training Modifications to Decrease Sciatic Nerve Irritation*

<https://3dmusclejourney.com/youve-got-nerve-simple-training-modifications-decrease-sciatic-nerve-irritation/>

12/31/19

*Attention Healthcare and Fitness Professionals: You Will Cease to Exist*

<https://3dmusclejourney.com/fitness-professionals-you-will-cease-to-exist/>

3/24/20

*The Telehealth Crisis: How Coronavirus and COVID-19 are Infecting Healthcare*

<https://3dmusclejourney.com/telehealth-crisis/>

9/15/20

*A Guide to Injury Reduction and Management*

<https://3dmusclejourney.com/injury-reduction-management/>

12/8/20

*A Systematic Approach To Working Around Injury Or Pain*

<https://3dmusclejourney.com/systematic-approach-working-around-injury-pain/>

1/12/21

*Pain Management Case Study #1: Female Powerlifter with Back Pain*

<https://www.youtube.com/watch?v=p1cs461fvRM&t=359s>

8/17/21

*Case Study: Persistent Shoulder Pain*

<https://3dmusclejourney.com/case-study-persistent-shoulder-pain/>

3/28/22

*Training at Short vs. Long Muscle Lengths (HOW and WHY)*

[https://www.youtube.com/watch?v=ICk2\\_BruDyo&t=93s](https://www.youtube.com/watch?v=ICk2_BruDyo&t=93s)

5/28/22

*Live Q&A Session with Nick Licameli*

<https://www.instagram.com/p/CeHVdNlpZ8/>

## **Podcasts:**

6/20/19

3D Muscle Journey Podcast

*Episode #128: Finding a Way Forward: Pain Management and Injury Prevention*

<https://www.youtube.com/watch?v=dq6E8oNyNrA&t=67s>

11/7/19

3D Muscle Journey Podcast

*Episode #138: Bodybuilding Dads*

<https://www.youtube.com/watch?v=OTa24FdJ9gc&t=19s>

11/21/19

3D Muscle Journey Podcast

*Episode #139: You Are Not Broken*

<https://www.youtube.com/watch?v=DpkaBUT7gTk&t=3056s>

10/27/19

Cut the Sh#!t Get Fit Podcast

*Episode #252 with Dr. Licameli*

9/24/19

Iron Culture Podcast

*Ep. 33- Pain Science, Injury & Rehab (Barbell Medicine/Clinical Athlete/3DMJ)*

<https://www.youtube.com/watch?v=B-S8nThxpqY&t=634s>

1/16/20

*Nick Licameli and Jacob Templar Q&A Part 1*

<https://www.youtube.com/watch?v=V2XTr1aK8eI>

2/23/20

*Nick Licameli and Jacob Templar Q&A Part 2*

<https://www.youtube.com/watch?v=hufAnMkGHPg>

3/10/20

The Health Mastery Show

*All About Gym Injuries*

<https://www.youtube.com/watch?v=zloRLqd3Xtk&t=14s>

4/12/20

Clinical Athlete Podcast: The Adaptive Business Ep. 5

*What Does Telehealth Actually Look Like?*

<https://www.youtube.com/watch?v=MhuAKW5EBZM&t=20s>

5/7/20

3D Muscle Journey Podcast

*Episode #151: Quarantine Comeback*

<https://www.youtube.com/watch?v=F3xOwosKMGE&t=2264s>

8/10/20

Iron Culture Podcast

*Ep. 79- You're Hurt, Now What (Practical Tips ft. 3 Physical Therapists)?*

<https://www.youtube.com/watch?v=vCSuJTufe-l&t=545s>

9/24/20

3D Muscle Journey Podcast

*Episode #161: Principles of Injury Reduction & Management*

<https://www.youtube.com/watch?v=d5NxrdsHlrQ&t=734s>

10/8/20

3D Muscle Journey Podcast

*Episode #162: Insecurity and Bodybuilding*

<https://www.youtube.com/watch?v=gjPN7OqvveY&t=195s>

10/10/20

Thinking Athlete Podcast

*The Dunning Kruger effect with Nick Licameli*

<https://www.youtube.com/watch?v=m8wGXers2zw&t=36s>

11/4/20

Roar Knowledge Podcast

*Nicholas M. Licameli, PT, DPT - Injury Reduction & Management Specialist*

[https://www.youtube.com/watch?v=tz\\_WmP9kge4&t=327s](https://www.youtube.com/watch?v=tz_WmP9kge4&t=327s)

12/17/20

3D Muscle Journey Podcast

*Episode #167: How To Keep Progressing*

<https://www.youtube.com/watch?v=l6U8xGQQDc&t=678s>

1/5/21

Barbell Lifestyle Podcast

*Episode #7: Injury Reduction and Pain Management with Nick Licameli, PT, DPT*

<https://www.youtube.com/watch?v=zFScBWOS2XE>

8/10/20

Iron Culture Podcast

*Ep. 101: Blood Flow Restriction Training For Hypertrophy and Rehab*

<https://www.youtube.com/watch?v=tabVQaLimxM>

3/7/21

Strength Rehab Podcast

*E82: Telehealth, Treating Bodybuilders, & Parenthood w/ Nicholas Licameli*

<https://www.podchaser.com/podcasts/strength-rehab-podcast-1062371/episodes/e82-telehealth-treating-bodybu-85881216>

3/14/21

*Life, Lifting, & the Gift of the Patient Experience Feat. Seth Queler, MD & Nick Licameli, PT, DPT*

<https://www.youtube.com/watch?v=6A-aaGL4HVw&t=199s>

4/8/21

3D Muscle Journey Podcast

*Episode #175: Blood Flow Restriction Training*

<https://www.youtube.com/watch?v=5s94MmXOsWM&t=211s>

7/1/21

3D Muscle Journey Podcast

*#181: How To Select Your Ideal Exercises*

[https://www.youtube.com/watch?v=qY1ws\\_o9vfc&t=227s](https://www.youtube.com/watch?v=qY1ws_o9vfc&t=227s)

10/7/21

3D Muscle Journey Podcast

*#187 All About Back Pain*

<https://www.youtube.com/watch?v=6yIVO8StxQ0&t=1s>

10/19/21

The Barbell Lifestyle Podcast

*#46: Blood Flow Restriction Training with Nick Licameli*

<https://www.youtube.com/watch?v=RncYvIyUshA>

11/10/21

IT Guy Who Lifts Podcast

*#3: A Deep Examination of Pain Science & Injuries. (ft. Dr. Nick Licameli)*

<https://www.youtube.com/watch?v=RZrKz4hdHgY>

11/11/21

Longevity Muscle Podcast

*Episode #8: Doctor of Physical Therapy and Pro Natural Bodybuilder - Nick Licameli*

<https://www.buzzsprout.com/1841691/9403607?fbclid=IwAR2gUDIB8V9f13QQUhAwcVx3J2tTOEEu109AtnfMJDqVnVyMvSrc4ccL3Fs>

2/10/21

3D Muscle Journey Podcast

*#196: Why You Should Just Keep Lifting*

<https://www.youtube.com/watch?v=jAD285fZbzig&t=407s>

4/8/22

Natty News Daily Podcast

Episode #85 Nick Licameli - Personal Attachment to Training

<https://www.youtube.com/watch?v=EiCYSEiD10I&list=PLNMbEKzAdZoRrdkilP-DPiL9NQHBgBqxT&index=5>

4/25/22

Iron Culture Podcast

Episode 168- Movement Screens & Modalities Roundtable (ft. Nick Licameli, Jared Maynard & John Flagg)

<https://www.youtube.com/watch?v=3GaSKhCJtas&t=3729s>

5/16/22

The Playground Podcast

Episode 3- The Inadequacies of Movement Paradigms with Nick Licameli, PT, DPT

<https://podcasts.apple.com/us/podcast/episode-3-the-inadequacies-of-movement-paradigms/id1616047147?i=1000561454310>

6/16/22

3D Muscle Journey Podcast

*#206: Advanced Training Techniques*

<https://www.youtube.com/watch?v=00RUedWe-g4>