



PODCAST #1 TRANSCRIPT:

**INTERVIEW WITH
GARRET MACHINE**

SEALgrinderPT Podcast #1: Interview with Garrett Machine

Note: *Transcript was created prior to the editing of the podcast, and will not match the audio exactly, due to the removal of garbled audio or background sound.*

BM: All right, all right! Brad McLeod here, SEALgrinderPT.com. This is one of our, I guess you'd say a first podcasts and audio that we've a meeting up with Garrett Machine and Garrett is a former Israeli defense force operator and also he's the author of several books. You can check them out on Amazon Dot com dealing with a warrior trading and Staying alive out in the streets, surviving street crimes and terrorist attacks. And he's also actually been a GORUCK, , instructor and I just want to welcome a machine to the sealgrinderpt podcasts.

GM: Happy to be here. Thanks for having me on.

BM: All right. Yeah, yeah. Great to have you Garrett. So you're on the east coast to you. You're here in Florida. We're. Where are you at now?

GM: Miami, Florida. I've been living here for the past, well since about 2010 now.

BM: Okay. Yeah, that was from yesterday. We were kind of doing the test video there. I saw you had like a really nice pool in your backyard, like a tropical paradise back there.

GM: That's a tropical paradise for no one else but my dog.

BM: Yeah. He's got the worlds best swimming hole and a place to chill out, huh?

GM: Yeah, because you know, the thing is I have to travel for work every single week.

BM: Right.

GM: Created a small dog paradise back there. Like you said, he's got a pool, a salt water pool. He jumps in and he chases he chases rabbit he digs holes.

BM: Oh my gosh.

GM: Loving life.

BM: Tell us about that. What's a typical week or month for you and what type of clients do you have? Just tell us, tell us what you're doing right now.

GM: Well, I'm on the road probably about 50 percent of the time. Fifty percent of home in Florida. A typical week for me is I, during the week I provide a both security assessments and security related training as well as small arms training locally in the south Florida area to all sorts of government, both public and private institutions. And on the weekends, almost every single weekend I traveled somewhere in the United States, somewhere the continental, the United States, and provide a training blocks on behalf of a GORUCK events. These are training blocks on small arms manipulation and tactic, so typically I'll leave on either a Thursday night or early on a Friday morning, all arrived somewhere in any town, USA and you know, get my rental car. I go to Walmart, get some spray glue, any other props or supplies or let's head out to the shooting range to arrange a call out.

I'll check into a La Quinta or something like that. Six o'clock in the morning, I'm up, I go to Starbucks, I get my caffeine fix, you know, I get my caffeine fix and I'd get some power bars, go out on the range and I'm on the range pretty much from 8:00 in the morning till close to midnight. I'll go back to the hotel, get some sleep, wake up again at 6:00, we'll do it again. Catch the last flight out or the earliest one in the morning at back to Miami. As soon as I get back, I do the typical administrative stuff. Write reports on on what happened over the weekend. Attendance certificates, stuff like that. Got To send stuff out in the mail. Go do basic logistic things like everybody has to do in their day to day life and then I probably have some sort of a training convening with a local or a, you know, some sort of local law enforcement or government agency or private sector that will be providing training for locally. And so I'm constantly on the move nonstop

BM: Yeah, wow yeah, it reminds me of back in the day training in the Navy and the seal teams or whatever it was, you know, all around the country shooting training. Yeah. Yeah. That's a, that's an interesting lifestyle. I want to follow back up later in the conversation with about your GORUCK stuff too, because we're, we're big fans of that program. But let's, let's take it on, you know, we're, you know, mean how'd you get started with all this, you know, tell us just a little bit of your background, where you grew up and I mean, how did you fall into this line of work? So yeah,

GM: I fell into this line of work almost, almost by almost by accident. Yeah. I always revert back to a great, a Seinfeld episode where George was complaining that Kramer always falling ass backwards into money, and i fell ass backwards to this situation. And I, and it's really working out for me. It started actually because when I was a small child, I was actually raised in south Miami. I was born in South Miami hospital, raised in south Miami, raised by my elderly grandparents and being raised by your grandparents in the 1980s is much like being raised by your parents in the 1950s, so very,

very old school style of a household and growing up and education. My grandfather was a marine in World War II and he was a merchant marine in world war two. And the you know, he, he ruled the house with an iron fist and when I became a teenager, they, they made good on a very popular threat and shipped me off to military school.

When your parents tell you if you're bad, we're going to send you to military school. So off I went to a military school. I went to the Valley Forge Military Academy in Wayne, Pennsylvania. It was an all male boarding school, a cadet chain of command in the early nineties. There was obviously, there was no internet, there were no computers, there was no cell phones, there was no nothing. The most advanced technology that had there on that campus was a payphone bank. And so it was the home of a cruel and unusual punishment. There were no women there. I hated it when I was there, but looking back on it, it was the best thing that could've ever happened to me. It made me the person that I am today. It taught me about goals, about focus, about leadership, about responsibility, about independence. And it was really, it was really good for me.

It was very good for me. There were a sons of kings, of other countries that sent their kids there. There were inner city kids that went there and instead of going into a jail, did you acknowledge the tension that you're with? There's all types of people everybody could think of that graduated from military academy. And then I came back to south Florida. I went to college, got a degree in business, absolutely worthless and like just kinda knocked that out as fast as I could at the uh, university here in south Florida. And after that I went to Israel and I had dual citizenship with Israel and as a dual citizen with Israel, Israel has mandatory draft, mandatory military service. So I went to Israel and I got drafted into the military like any other citizen and I landed in the airplane. I landed in August of the year 2002 and I was drafted into the army in November of 2002 that quickly and before I knew it. I was put in a uniform and given a gun and just like that, I didn't even speak Hebrew. The only words I knew were "hello", "goodbye" and "bathroom".

So my life living in Israel initially in the military was monkey see monkey do, but faster. That's how I learned the language. I never had any formal training in it. No classes, nothing.

BM: Full immersion.

GM: Exactly. So I ended up staying in Israel for, for a period of time, in 2010 ultimately I came back to south Florida and I've been here in south Florida ever since. And, and that's, that's pretty much that, that piece of it, how I got involved and how it all got started.

BM: Yeah you know, that's kind of an uncommon story. I mean, you know, obviously you hear many stories about, you know, an American youth that say, goes off to military school or what have you, and then joins the regular military here in the US. So that's pretty amazing that you made the, a massive leap to go to a country you've never been to before. That's a, that's a, that's pretty hardcore man. But it's amazing that you were able to find your way and be able to move up in the ranks. I mean, tell us about that. I mean, obviously it looks like you did well there over time with the Israelis and actually got a lot of trading up. How far up did you move in the military training before you came back to the US?

GM: I didn't really move up that high as far as a rank goes, per se. I experienced what I think was a lot of success. When I first got into the military, basically all healthy males are automatically put in the infantry. They can never have enough infantry men. So I was put into the infantry initially and I went through an internal selection process that they have there, which everybody has the eligibility to go to. And I then got into the equivalent of like a Ranger unit there. They called it the 6888 Central Postal Directory and in this Ranger unit they really helped to develop me and gave me some good experience. And then after that I did another selection process to go through another unit which I was very thankful to get into. People always ask me, you know, how did you get to there? How did you end up there and you know I fell through the cracks. I don't even know myself. I got lucky.

And so this other unit that I ended up in was a unit called Duvedevan, which is the word for "cherry", which is a counter terrorism, a direct action unit. It focuses on urban warfare has an undercover work involved in it and basically the killing and capturing of wanted militants, it was a small unit in the IDF, and it was a subordinate to the central command of the the army and it's a, it's an independently operating functioning entity. And the, the time that I spent there was a on a, on an operational team and I was also trained as like a field medic, like for like a combat lifesaver type, EMT, paramedic type things. And I was also a firearms and tactics instructor eventually for my team. So I did that for a few good years. That's where I got a lot of experience. I got to see a lot there. I got exposed to a lot there. Things that I never would have imagined I would've gotten to see.

BM: You're essentially at the edge of a war zone or in a war zone. I mean, at least my perception being over here in safe America, so to speak. I mean it just seems like there's always something going on at the border there or within Israel. So yeah, you had a lot of real life experience and that's what I meant about your training and moving up. I mean I would even think like a year there would be just an insane amount of real world experience.

GM: Exactly. Right. And it's really interesting and I explain it to my, you know, my American counterparts, my, you know, when I talked to my friend here that I work with, it's hard to understand because, you know, here in the US military, when you're part of any type of, you know, forward, deployed unit, you have to travel halfway around the world to meet the enemy and, and you know, you're there for six months, nine months, a year at a time and then you, then you come back. The thing is in the Israeli military, you don't need to travel but a car ride away. You're in Lebanon, you're in Syria, you're in Jordan, your in Egypt. I mean, the distance between the Israeli border and the Iraq border, like the distance from Key West to Disney World.

BM: A couple hours you're right there at the edge of the war zone. So yeah.

GM: So, you get a lot of experience in a very intense short period of time because you're living it. It's a lifestyle. You know, another way to put that in perspective is when you go home from the army, when you go back to your house or your apartment, wherever you live, just getting back and forth, you have to go through checkpoints and you have to go through, you know, a potentially hostile zones and take your service rifle, you take, you know, a fully automatic M4 rifle with you back home to society because you're also tasked with the duty of being a first responder, if the situation erupts. You take your military service rifle to respond even on your day off.

BM: Right?

GM: Yeah. That's what life is like.

BM: That's pretty hardcore, man. It's, it's hard for us to really realize living a lifestyle like that protecting your country in that manner where you know, you're right there. You know, right around, you know, the action is, is continual oncoming. It's awesome. You went there, you represented Israeli forces and got a ton of good experience and so then. So what's the next jump from there? You came, you came back to the US and—?

GM: The next jump was while I was in this unit, I was looking for what I was going to do next with myself for what would be the next step and to school to get a master's degree in counter terrorism. I went to school in Israel for a Master's degree in counter terrorism and national security at the Institute for Counter Terrorism. It's a, a, it's called the IDC. It's in close to Tel Aviv. Anyway, when I went to school I wanted to stay serving. I wanted to stay in service, but they don't really have programs like that the same way they do here in the United States because being in that type of unit, you live in the units and so you're constantly on call, so there's no way that you could have another job. It's impossible that you could be a soldier and also have a

second job or career or any extensive time consuming hobbies like that. Live this lifestyle of like constant movement. So anyway, what I did is I, I transitioned from my, from my army unit, from Duvdevan to working for the Ministry of Defense, doing security for officials that had to go into hostile territories. So anytime somebody from the Ministry of Defense had to cross a border or go into any area that was potentially volatile. Then we would accompany them similar what diplomatic security service does. Like a PSD element.

So I did that during the time period that I was at the university. It was interesting, but mostly uneventful as you could imagine.

And after that I became a police officer and I was a police officer for the Israeli National Police Force. There they have one police force for the whole [country], you know, kind of like Canada has the Royal Canadian Mounted Police for the whole country. So that's one agency for the whole country. So I was part of a police intelligence unit focused on tracking people, following people, a building intel cases on criminals. Did that for a little while and eventually I just came back to United States. I came back in January of 2010 and, and so I've been here. That kind of ended my time. That ended my, my situation in Israel.

BM: You're talking about getting a Master's degree, basically in a country that has, you know, some form of war conflict going on, but not only that, I mean just getting a master's degree and that's hard enough wherever here in the US when you speak the actual language, but it seems like you were obviously able to learn the language and also to thrive. I mean, here it is now, instead of just, you know, hey, I'm coming back to the US soon as my tours up, I'm going to go on and further my education and build up my skills and get back out there, a buildup my craft back out there in the streets with the police force or planning. I sounded like you did with the planning for the dignitaries, you know, that's, that alone seems like a very high risk. Seems like all the bad guys are going to be wanting to try to intercept some high value targets. I mean I just, I see that as it says a lot that you were able to thrive in that situation over there and it's real and go into higher education. So yeah, I mean that's pretty, that's pretty cool.

GM: Well, one of the couple of things just to just to clarify, is that in that program that I was in, you can change classes in parallel that are offered in Hebrew and also in English, which is one of the official languages of the country.

BM: Right, right.

GM: And the other thing that's interesting about what you mentioned about the degree and everything is, for example, when one of the classes you take in that degree program is called negotiations and you learn about how negotiations are done with different tribes or factions or terrorist organizations, right. It teaches you in the negotiations class is not some phd, a professor that spent his career in a library. The person that teaches that class was the official IDF, a hostage negotiator of the entire army. It takes an hour out of his week, ah, to come in and teach the class every week that you have class. So you're getting training from people that are in the field. That's one of the great things about that school. It's not a place of just academics, it's a place. And so you have guys that are, for example, you have a class in how a terrorism is financed, and the person that does that is the person that was doing the financial tracking for health services comes in and teaches that class. So it's really interesting because the class, it's very engaging. It's not like one of those classes you just kind of sit through it because someone says you have to, you know, in the course syllabus and you know, you're just trying to get a check in the box. You really are invested in the content, which is why I chose to do that.

BM: There's probably a lot of Americans, a lot of people worldwide that are asking this question. I mean, we've obviously seen a lot of shootings in the past decade here in the US, whether it's at a bar or nightclub or at a school or, or what have you. Taking what you've seen there in Israel and dealing with the border and all these other border states. What's your take on having seen both sides of or two different countries and how they deal with internal conflict and violence at a high level like that? I know it's a complex subject, but I mean, can you just speak to that just for a few minutes about how we're dealing or not dealing with things with issues of violence and mass shootings here in the US versus say how they do things there in Israel. I don't think a lot of us know, we just don't know.

GM: Well, first of all, I think that that's an excellent question and definitely question that we should be asking. The first thing I would say about it is in Israel you have a very low level of violent crime and a very high level of terrorism.

BM: Wow.

GM: You have a low level of terrorism in a high level of violent crime. So while police in the United States have the tools and the resources and the experience to deal with crime, which ultimately is finding the facts in question, in order to come to a conclusion, they attempt to apply that to dealing with terrorism, which would be very challenging. In Israel their primary focus is counterterrorism, not crime. So, for example, in Israel

there's no threat, there's no such thing as thinking you're going to go to the ATM and someone's going to come up to you and threatened you to take money out the ATM. There's no woman jogging in the park and thinks that she might get raped. There's no that doesn't exist in anybody's mind. In Israel. What does exist is the idea that somebody is going to come with a, with a weapon of some kind to a public place and gonna kamikaze mission of shooting the place up and blowing themselves [up] offers, stabbing people, running them over what have you.

That is a real fear. So that first of all, as a diametric difference between the two suicides, that's number one. The next component is that in Israel you have mandatory military service, so everybody is serving in the military in some capacity. At some point we'll have buyin and patriotism from all members of society to the national effort of security. Everybody is involved. Everybody is invested in on some level. And because of that, you can create a consistency throughout procedures and protocols and an understanding of what the threats are and how to deal with them. Right? Here in the US, no one is mandated to serve the country, right, for better, for worse. And, and so, you know, because of the fact that you don't do military service, you don't necessarily have the same perspective. You don't have the same awareness that a service member would have, right?

That also changes the way society behaves and looks at situations. And I'll give you another simple example here in the United States, every time there is some sort of nationally publicized over act of violence, we tend to focus and debate on the means of perpetrating the act. We don't really focus on the motivation and capability of the actor, right? That becomes a topic of discussion. The problem with that is it's a debatable topic and we can debate it from here until forever. Now, in Israel, when a similar situation happens, there is no focus on the means of this operation. The focus is on the security element, which is not a debatable topic because everybody can get behind that. Right? For example, schools and school shootings, of course, they're horrible of course they're terrible. Nobody wants that to happen. It doesn't matter what you believe politically or what you know, who you stand with. It doesn't make a difference. Everybody can agree, schools should improve their security and everybody wants schools to be safe. So since we can all get behind that, that should be the driving force of the focus and I think that that's something positive that Israel has and I think that does tie into the fact that everybody has that perspective form military service. And also you can't discount the fact that because Israel is such a small, not even small, tiny country, it's easier to have control and communication and consistency. Right?

BM: Right.

GM: So these are some of the [issues]. I mean I hope that, I hope I addressed the topic.

BM: It was kind of a loaded question and it's a complex. We could talk about it for another hour or so or more. So it's a very complex subject and very touchy, touchy subject as you know here in the US and has, has fragmented, at least in my opinion, has fragmented portions of our society where in my humble opinion, you know, we all really need to come together. I mean a homeless sound Kumbaya about it, but it's something where we do need to find solutions. We do need to find things that work. I mean, what's, what's our number one goal? We want to protect our children. We want to protect our citizens. So it's very important that we do all work together. Set aside some differences and I'll backup even just a little bit. I'm a big fan proponent of all able men and women joining the military, US military, you know, even if it's for two years or even if it's in a reserve capacity or let's say you're anti military, maybe you serve as a local fire and rescue first responder, it can be Red Cross, whatever it is.

BM: But I do believe strongly that that will make us a better country and to, you know, hopefully thwart some of these shootings or, or, you know, make us a more cohesive society. I know that that's a big topic too, but it's important that you brought that up because I think a lot of people don't really realize what's going on there in Israel and how, you know, how they do have that mandatory service. I mean, I think some people don't know and they hear about it. But it's interesting how, you know, your story of coming to America from America to Israel and, and performing your service. That's great. That's awesome. Let's shift gears here just a little bit. So you came back from Israel here to the US and what were the first things that you wanted to do and accomplish? You've obviously been able to translate your skills from Israel here to America.

GM: When I came back, the first thing that I did was I started looking for all kinds of jobs. I started looking for sure what I was going to do exactly. I ended up working a lot as a, for lack of a better term, as a contractor as you might call it, where I work as a 1099 employee for various security firms and training organizations. I did a product representation for fab defense product representation from metro life product representation for frontline holsters, for outlander magazines, for, for all sorts of companies, for security company security guards, don't threat assessments. So I, I started looking for work and trying to get my name out there and trying to get my resume out there. And slowly, slowly I gained some momentum both locally and in all over the country. And I even went to. I was even brought to NATO in Italy to work with some of the people over there. And I just started trying to earn an honest living with what I know.

BM: It sounds like you've really been able over time to expand that. Looking online here and you have several books. You've actually become an author. You're here on Amazon. You've got a topics on the one that drew my attention was surviving, just a part of the title, surviving a citizens guide, just surviving street crimes and terrorist attacks. I would think from an American standpoint, this is going on all over the world, but you know, this is something in America that we're just really getting our eyes woken up to. Tell us a little bit about that.

BM: You, you've obviously been able to expand your into the writing. Tell us about some of your books.

GM: So I ended up producing a lot of media products, so by way of a few books that you mentioned and also some DVDs and the way that I ended up getting into that was because I had a, my brother actually. Yeah, he works in the media field. He works with media production and I also had friends that worked in the production field and so many people advised, me I had good people around me that gave me some good advice, and they said, you know, all this experience and information you have the best way to establish yourself and get out there is to somehow record it and offer it to people by either a book or, or DVDs and going back a long time ago already. And I mean some of those publications are pretty old, you know, now. The nice thing about the book because I've been able to update them periodically. And the last update I did on that book actually. I got in touch with the company I've ever heard of pallet and press.

BM: Yes.

GM: So Paladin press was my publisher and they approached me with the idea after I pitched it, they came back and they said, no, let's do this instead. And we tweaked it and worked on it. And the conclusion was I ended up producing a ton of products through them all the books, the dvds, everything which were available through their catalog, through their library at my website, Garrett machine.com on Amazon.com on all these places and that the books and DVDs really helped me because people would read them or watch them and then they would say, hey, you know what, why don't we contact this by for some consultation? And I would get random, that's how I ended up with NATO in Italy. I would get random emails from random phone calls from fields like, Hey, I just read your book. I saw your DVD, I checked out your bio.

GM: I think we could use you for something. Would you come for a consult? I went to a Christian Academy up in North Carolina. They called me out of nowhere and said, hey, would you like to come and do an assessment of our

property? We're trying to put together an in-house security team. Maybe you could help us with that. So I helped develop this whole thing for them. And what I did is I used my skills and experience that I learned a lot of what I do in the security children's from my experience working for the Ministry of Defense because working for the Ministry of Defense, it's all about a secure setting up security zones and threat assessments of meeting sites and threat assessments of driving routes and how to do a different types of things or protection operations. And that translated perfectly to the security side of things with the threat assessments and everything.

GM: And then I got certified to do that through Asis. I got my CPP. And then through DHS I got a, I got a certificate program on how to do that. And so I just kept expanding and expanding my repertoire of services offered. And then with the small arms manipulation stuff that'll translate translated directly back to what I did and do the bond because that was basically like a number one, like specialty was at close quarters combat, you know, component. So I was able to develop a lot of this stuff over time because I surrounded myself with people that ultimately brought me up and helped me.

BM: That's so important, you know, I can definitely speak to that myself, is that, you know, you're only one conversation or one phone call away from your next great potential contact that may can help you just like you're speaking about being exposed to the media side of things, writing a book or you know, your past experience in there and in Israel. I think that's, that's great that you've been able to pull all that together with these real world skills and basically and turnaround and get that back out to people that are in need. Whether it's a campus or whether it's, you know, I'm teaching you go rock. I mean, tell us a little bit about that. A lot of our athletes I would say a big majority of our athletes had been through some type of GORUCK or sealfit 20 x or Kokoro or some type of a program like that. I mean, tell us a little bit about how you got connected with GORUCK and what one of the courses that you have there with the firearms training.

GM: Yeah. Well, and there's obviously a tremendous overlap between your organization and GORUCK and some of the others that you mentioned.

I think in 2012, 2013, I had a friend of mine local here in the community, south Florida, and he was a, he was a younger guy, a ivy league school graduate, and he was a excellent physical condition and he wanted to go to buds. You wanted to be a seal. And he was coming to a lot of the training courses that I provided and I was mentoring him, for lack of a better word and a phenomenal individual, great guy. And he was looking for a program that would tune him up and that would hardened him for buds.

There are programs that exist like that in Israel that are for people that are young people in high school or just after high school to prepare them for the selection process to elite units in the Ids and these are military sanction programs. And I talked about that with him and he was looking for one here in the states I didn't know. And he ended up finding GORUCK and he found GORUCK. And he said, hey, they're having this event in Miami next month, do you want to do it with me? So I said, sure. I didn't even know what it was. I looked at what I needed. I went to a Walmart, I bought a coleman backpack filled with band. And I showed up with him at the event and uh, for the next 12 hours I got my ass handed to me. And only after that did I do a little research into exactly what this company was. And I saw they did have a firearms program. It was a very small at the time, it wasn't as developed as it is these days and I thought to myself, I could contribute to this, this is something that I could, that could be a part of. So I contacted GORUCK and I went through their hiring process. I was hired on as one of their events, a cadre I worked myself into firearms program because they saw that I had in acumen for a small arms manipulation and close quarters combat and all things related.

And uh, as time went on I took on the role of director of the Firearms Training Program, which is what I do today for them. And to just give you a quick a by the numbers. When I first started working for GORUCK, there was one curriculum and it was offered maybe 10 times a year. It was dependent on other events that were going around the same time in the city. Fast forward to today, we have 150 firearms training convenience. We have about 10 different curriculums that we teach. The classes and courses are completely independent. We have a whole series that's offered for law enforcement only, which you've been delivering as well, and the program is incredibly, it is professionally executed, it is safe, it is entertaining and it is educational and I'm very proud to say that we have some of the very best firearms instructors in the field, some of the best working for us, and they facilitate the phenomenal courses throughout the entire year and throughout the entire country. The courses are packed. I can tell you that personally, personally, I have trained over 5,000 people through this program. It's a real number and between the firearms program overall, that numbers probably close to double. So it's experienced phenomenal growth and it is a high quality.

BM: Yeah, that's great. No, I can definitely relate to that. How you, you said you signed up for the course you showed up and get your ass kicked for 12 hours. I was in the same boat. I have some other athletes, that I had been training with. They wanted to do it. I was like, heck yeah, let's go. Let's jump in there. I can honestly say that was a, it was for my 50th birthday and I was

in reasonable shape guy and uh, but yeah, definitely it definitely kicked my butt. But afterwards I was like, man, this is cool. I highly recommend it, you know, to, to our athletes that are, there are still grinding. that, you know, especially for the price and the training that you're getting and the exposure to other to the cadre. I think it's really a great training program. In some cases you may not even have to travel that far if you live kind of near a big city. It seems like GORUCK and about every major city. So for a lot of our young guys that are kind of making ends meet or working two jobs or what have you, I think the go ruck is a great way to go in terms of, you know, for the amount of dollars that you spend and the physical and mental training and exposure to the cadre.

BM: You know, I think it's a great value and next thing for me is I need to get out there and try at the firearms courses too because I read about it and it looks great and now that, you know, now that I know how much ya'll have put into it, I definitely want to attend. So yeah. Yeah. I'm in north Florida, but I mean, you know, if it's in Atlanta then or you know, wherever Orlando, Jacksonville, I'm close to GORUCK headquarters. I've driven over. I've been at, I've been at GORUCK headquarters before and uh, so yeah, like I say, I own one of their backpacks. I'm a big fan of their products.

GM: Well that's great. Yeah. We have classes that are up around headquarters. That's perfect.

BM: Yeah so tell us about like, like today, I mean, what type of. You're in town, you're in back home in Miami. I mean what, like training that you do for the physical or even the mental. You eat a certain way or do you have running, biking, weightlifting? What, what kind of things do you do? Obviously you need to stay fit to do what you're doing, you know, you can't, you know, you can't be. Yeah. So tell us about that.

GM: Well, I basically turned my house into a temple of self improvement.

BM: Oh, really?

GM: Pretty much. Yeah, so my living room area has a really nice squat rack, a bench press, a GHD. I have a hang board attached to the wall in my backyard. I'm punching bag a set up and in my front yard I have some kettlebells and medicine ball set up. So I have absolutely no excuse not to train, no excuse,

BM: I mean it's cliché to say it and that's one of our little sayings is no excuses, no excuses. If you can get a plastic bag and put some sand in it and wrap it with duct tape, you got a sandbag and, but then also how you've done, you've brought everything to you. So many of us and I've spent my years,

driving into drive 30 minutes in traffic or 45 minutes in traffic to get to the gym, knock out an hour workout. And then drive back, I lived in Atlanta for 20 years, so a lot of traffic. You still get the workout in and maybe on the way over I listen to audio book, but hey, having a, having something like you have, have a small facility that you've over time put, put some effort into that can pay off big dividends and y'all out there SEALgrinderPT readers followers will know the things you're talking about is just really simplicity of Kettlebells, squat rack, you know, it's not like, you know, you're not, you don't have some \$100,000 Nautilus circuit. I mean, you know, that's what I, that's what I like about. I love it man. That's awesome. You preach to the choir here. A minimalist. Uh, you know, keep it simple but train and be effective.

GM: I'll give you an example of a workout, like I like to do here at the house, I have my block that I live on, it's kind of like a cul-de-sac, but the distance from my house to the end of the cul-de-sac and back is a quarter mile. What I'll do is I'll grab an old GORUCK bag I have and put a 45 pound plate in it. The workout will be pretty simple. I'll throw the backpack on. I'll run a quarter mile, get back to the house I get under the squat rack, I'll do 10 squats, 10 pull ups 10 dips and put the backpack on. Go and I'll do like five rounds of that. That'll take you. I mean, that takes you a while. That'll take you close to 40 minutes to do that.

BM: I'm writing that down right now. I'm a sucker for a good easy, easy being minimalist. Not a lot of gear involved, but I'm a sucker for this type of workouts because I know how much they can improve you and yeah, actually we're going to post this up on our. When we post this audio will, we'll post this workout. I liked this a lot. This is definitely a SEALgrinder-style, something that we recommend that style of workout. So you guys have to beat Garret's time, right? Forty minutes or at least try. Try to get close to it, right? Yeah. We'll see

GM: I'm not exactly the most in shape that I possibly could be. Everyone can improve. Another one that I really like to do is not far from my house, about three miles away, there's a x story observation deck inside of a, of a, of a county park. And I drive there, Park for free in the park. I go to the observation deck and I'll bring with me either my 70 pound Kettlebell or my 30 pound medicine ball, one of the two and they go to the observation deck. And so what I do is I run up to the top, come down 10 kettlebell swings, run up, come down, 10 kettlebell swings or 10 medicine ball squat throws. And what I'll do is all for that. I'll set a timer on my watch, a countdown, 25 minutes and I'll just do it by hand in 25 minutes. See those are the kind of workouts that I like, what I have found a, you know, and everybody, you

have to work out to your body type. Everybody's body's different, you know, some people to be really strong. I'm not one them

BM: Right.

GM: I'm just the way I'm tall and lean. So my frame is not a frame that's ever going to be able to lift like massive amounts of weight. So I try to strike a balance between, cardio's is number one for me, cardio's number one, because my job requires that I'm on my feet all day long, literally from 8:00 in the morning till midnight some days, maybe sit without exaggerating for 10 minutes in that time. Constantly on my feet in the sun, constantly talking, doing demonstrations, running around,

You know, how it is in the GORUCK event, the cadre is walking with you, the mileage, you know, and so it has to be aware of everything what everybody's doing for safety and the wrap. I think that the squats and leg workouts are excellent for your entire body and you know, it also having a high level of physical fitness is great for your mental acuity and a squat boosts and you know, free testosterone as well. And I think that those cardio workouts, now I'm not talking about running a marathon cardio, I'm talking about short intensity of running, mixing with strength like kettlebells and explosive power. My opinion, that's what works for my body type.

BM: You're preaching to the choir. If you were to look at the workouts that we post every day. We have some endurance stuff in there, you know, go ruck for carrying a backpack for six miles or what have you 10 miles. But, but yeah, a lot of our workouts are just like you said, 20, 30, 45 minutes, five rounds, work on heavy cardio and uh, but definitely, you know, Kettlebell sandbags work on that. Be At being able to be uncomfortable, but also, um, being able to be able to make it to a, to a 20 minute, 30 minute, high duration and high aerobics. That's definitely one of the goals that we want. There are sill grinder following. So, so yeah. So after you do one of these workouts, what were your kind of eating habits. What kind of a clean fuel or, or even, you know, you throw a drink, a beer here or there. Do you have a cheat day with a ice cream? I know we're all, you know, I had pizza last night but uh, but also did a 60 mile ride yesterday. So, but yeah, tell us a little bit about that. What's your real world? You don't hold any punches. What's a real day for you in terms of like fuel?

GM: Well, first of all, I don't drink. My issue I do have a uh, an issue with a diet and the issue is I don't eat properly and my excuse for not eating properly is I don't have the time to put into proper meal.

BM: You're on the go all the time. You're traveling, it's hard.

GM: Then I would log in, throwing a piece of salmon, salmon are flaming and on the grill in my backyard and some skewered vegetables and eating that every night for dinner. And I mean I would love to do that, but the truth is I don't. And so a lot of times when I'm, when I'm looking for something quick to eat, I'm going to take a couple of bananas. I'm going to grab some, ISO, pure, a protein powder, peanut butter and some almonds, throw it in a blender and I'm going to call that a meal or I'll wake up in the morning and I'll drink probably a pot of coffee and have a yogurt with some granola in it. Those are the kinds of meals I eat and they're not ideal, but it's not the worst thing in the world. And it's quick. And probably my biggest problem I have is I'll, I'll grab a protein bar and I'll just take it and I'll call that lunch because I'm always [on the run].

BM: It's tough there at the range. You don't have a full hour, you can't go prop your feet up or whatever. And there's a lot of things you have to take care of out there too. So you just gotta make do when you can. Similar to when we were in the military. Sometimes you get an MRE and uh, you know, that's, that's what you do. Just make you make do with it and you know, you're, you're lucky, you're happy that you got that and you know, you go home to mama or whatever, then you can load up on the salad bar and the eggs, the eggs and all that. But uh, but yeah, sometimes you just gotta do what she gotTa do in the field, you know, to get by.

GM: Yeah, exactly right. I'm living off sometimes these Lara bars, the Quest bars.

BM: Yeah. Yeah.

BM: Well cool. Well tell us, tell us, how can our readers are followers get in touch with you? Say they want to know they want to do one of your GORUCK courses or they want to do. Maybe they're in south Florida, they're in Orlando or wherever and they want to, they want to do a, you know, come to one of your training courses. How can they find out more information about you? We're obviously going to post up these Amazon books. We'll post up a link for that, but just tell me what's, what's the simplest way for our readers to get in touch with you and come to one of your training courses?

GM: The quickest way if you want to get in touch with me or purchase any of those products, whether they're books or I've invented several products that we didn't talk about, but I've, I've invented several products that I sell, including the book on my website, Garrett machine.com.

BM: OK

GM: For example, one thing that I, that I came up with you could see on there is a target. It's a target for shooting?

GM: Yeah, it can intelligently designed a target for shooting. Another thing that I have up on there that's a is a training pistol. It's a plastic pistol that to the exact dimensions of a Glock 17 that you can use for dry practice or martial arts. There's barrel safety plugs for dry practice. So there's a ton of stuff on there that. Some of it I invented, some of it's just like the best stuff the industry has to offer that I put on my website for sale. But as far as training courses, the best source for information on that is the GORUCK.com firearms training page. Easily anyone could find them or a .com. And they just type in firearms or so. Anytime you go to that website you can look already seen immediately who is going to be the the instructor for that particular class. So that's the way to have access to the training and in the communication piece can be through my website and I'm very accessible and I respond personally to any, you know, emails or anything that people, you know, I don't ignore it.

BM: That's great. We'll be posting the links for that Garret machine.com and also some of his product. So we'll post up links to that and especially these Amazon books that he has out here. I think that our readers, I know that our readers followers would definitely be interested in several of these topics here. So, well yeah, we're wrapping up our hour here for our first podcast with a Garret Machine here on, SEALgrinderPT.com. And I guess, yeah, one last question. This is something that a lot of our readers are always interested in is that, what book are you reading right now? We love to, we love to train the physical, we love pull ups, pushups and all that, but one of the things we say are SEALgrinderPT is they want to have a good positive book that we're reading. And so yeah. What's something that you've read, say even in the last year that, that you think our readers might enjoy?

GM: Funny you should ask because I actually publish my own magazine, called *The Counter-Terrorist*.

BM: Your'e blowing us way. You're like multifaceted. So yeah, go ahead. Go ahead.

GM: The counter-terrorist been around for about 10 years now and every issue we have a, we have a product review, we have a training course review, we have a book review and we have

Several articles related to the field.

And so as far as books go, a book that I read recently that's really good. It's an Oldie but goodie and it's called the gift of fear by Gavin de Becker. That's an outstanding book. Fear by Gavin de Becker. Outstanding Book. I'm also, let's see, what's another one that I've read recently by Samuel Cats? There's a

book called Ghost warriors that I've read also a within the last year that was also a really good read.

BM: We'll be posting up those links to the books and the magazines. This is the end of our first podcast here. Just want to give Garrett a greatly appreciate your time, all of the things that you've done, a service to Israeli country and protecting people there in a war torn country. And uh, so yeah, thanks so much for, for being on our program and we look forward to keeping up with you and I hope to see you at one of the go ruck firearms training courses.

GM: Thank you so much for having me.

BM: All right. Yeah. Thanks. Thanks, Garrett. Thanks so much. All right.

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