

What Happens When a Baby Meets a Villian?

Description

After sharing our [long journey to having Avery on yesterday's post](#), I figured today's post would help lighten things up a little. I'll aim for less talk and more pictures; mainly of Avery meeting Bane/Daddy with an [elevation training mask](#).

I've been really into podcasts lately, and one of my favorites is [Ben Greenfield Fitness](#). The host, Ben Greenfield (duh), always speaks on interesting topics surrounding performance, nutrition, fat loss, recovery, sleep, digestion, hormones, the brain, and more. I usually have one playing while I walk with Avery every day.

On the show, I've heard him talk about this training mask several times and how he uses it to get in a great workout while spending time with his twin boys. He mentioned how they'd go on hikes together and wear the mask along with a 50lb vest to give himself plenty of work as he keeps pace with the boys. That was all I needed; I was sold!

As soon as the mask arrived, I took it out for a test spin and had Going Mom take a picture of her husband as Bane from Batman.

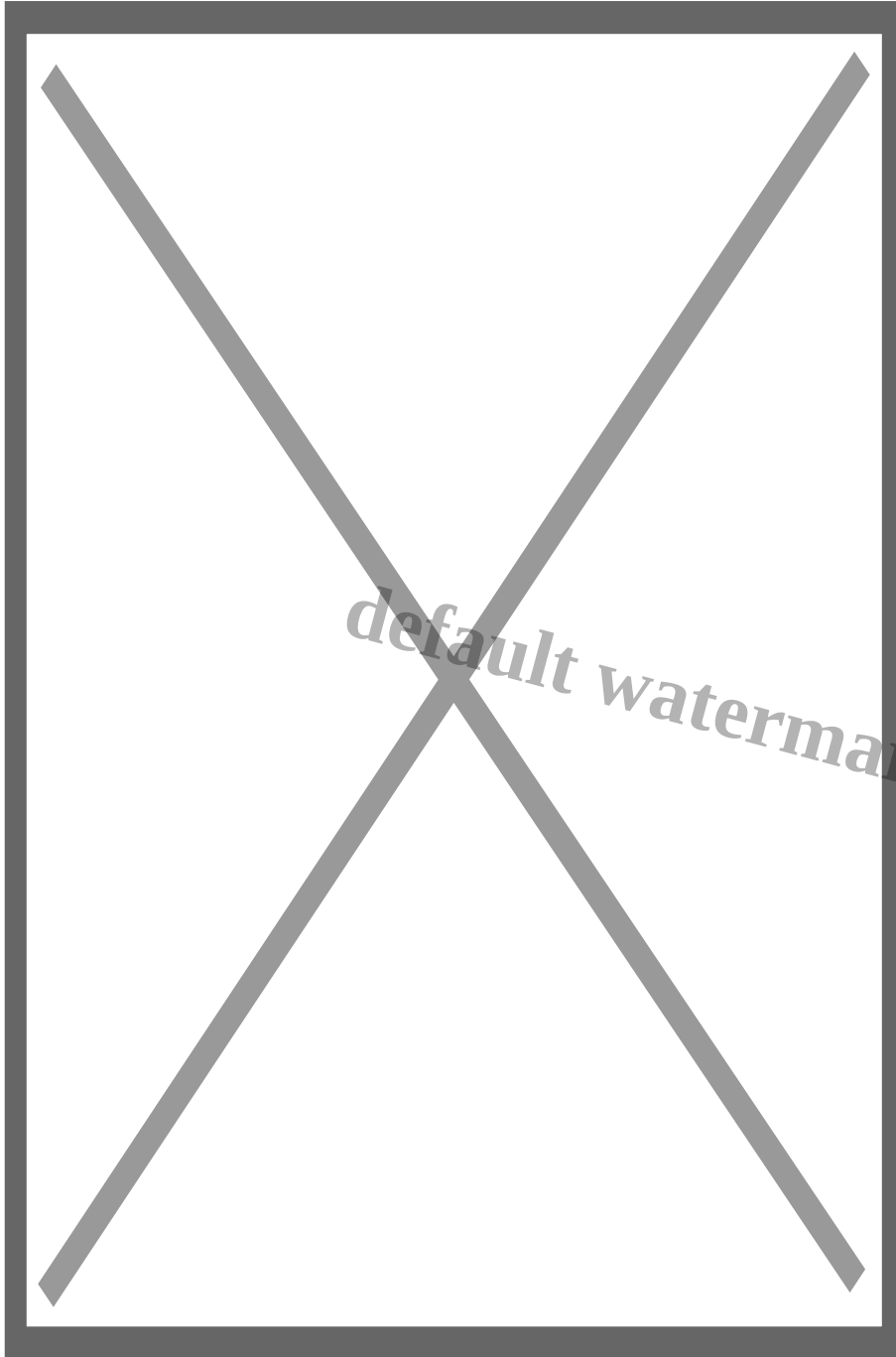


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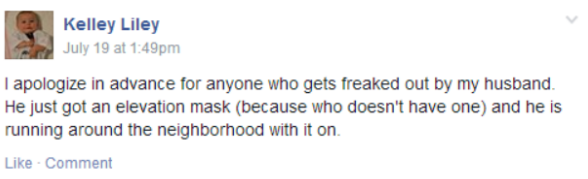
Promise, I was smiling behind the mask! The real Bane, on the other hand€¦..probably not.

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See? I donâ€™t look so bad when compared to the real guy!

My loving wife, as I later found out, posted an apology to our neighborhood Facebook page to alert them of her husband. Geez, great support!!

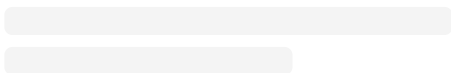


Since I plan on wearing the mask while I'm with Avery, Kelley and I tested her reaction. I'd say she could care less.



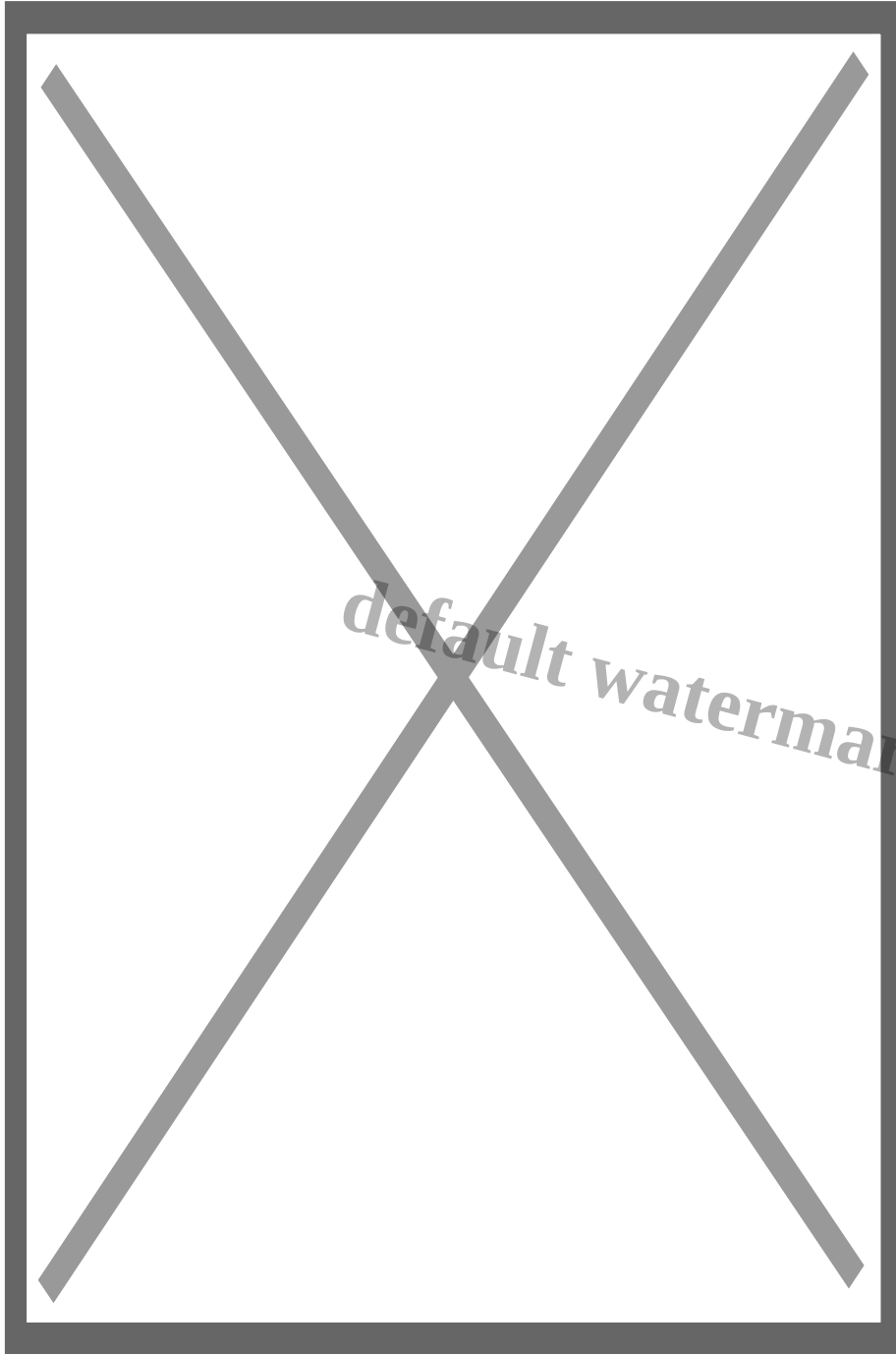
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She must have good "Daddy Sense". If you're a Spider-man fan, you know what I'm talking about.

This past weekend I was able to test it out in the Texas heat for an exhausting 5 mile run with 31 burpees, push-ups, and squats at the end. It was brutal and it sucked..I loved it! One drawback is the sweat dripping inside and trying to clear my throat. You take a break from your breathing rhythm and it takes a while to "catch-up" when you're running at 18,000 ft in simulated altitude!



Having confirmed I wouldnâ€™t scar our daughter or make her poop her diaper, I figured weâ€™d go for our first walk with the mask. But first I had a little selfie-baby photo session in the mirror.



Sunglasses donâ€™t work too well.



How to even embarrass a baby.



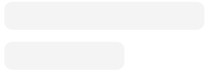
I promise, Iâ€™ll take another nap
ummmmâ€™.now.



#annoyed

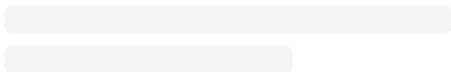
The sunglasses just werenâ€™t going to work, so I took those off and started the walk. I immediately found that the mask gets too close to her head and easily bumps it, so I need to wear her on my back when I have it on. Doesnâ€™t she just look thrilled to be so close?





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Yeah, I didnâ€™t think so either. Sheâ€™ll warm up to it, Iâ€™m sure. Kindaâ€™.maybeâ€™.right?

Well, I hope to bring this mask along on family hikes one day when Avery is walking, and maybe we can race up a hill while I am wearing a weighted vest and my training mask.

Have you ever heard of the training mask?

Would you wear one around?

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