



jeffnippard  If you've seen the video by now, I want to clarify the incident.

First, I just want to give an update that I got a CT scan done and I'm okay.

In case you didn't see it, this is exactly what happened and there were many witnesses.

Mike Van Wyck jabbed me in the throat twice in the middle of the gym and then shoved my camera man.

There is already a lie going around that Mike asked me to stay away from him, and that I didn't listen, and approached him first. This is FALSE and [@puremuscleandfitness](#) has security footage to prove it. I think they should release it.

This is exactly what happened.

As I was filming bicep curls for a YouTube short, Mike brushed by me and said "sup". This was our first engagement that day.

I chuckled.

Mike said "oh things are about to get real funny" as he walked past me.

I then asked him "what did you mean by that?" and I made sure my camera man was filming in case he tried any funny business.

Then he walked back toward me, he said "turn the camera off" and immediately jabbed me in the throat and I fell onto the floor.

Pure muscle and fitness allows filming btw.

I stood back up and he told me to never talk about him ever again.

Then he jabbed me in the throat a second time.

Then he turned to my videographer and pushed him against a cable machine.

Then he walked away.

That is the full story and there is gym security footage to prove it. It's up to the gym if they want to release it.

As of now, [@puremuscleandfitness](#) is still allowing Mike to train clients at the gym.

I also want to say I really, really appreciate the outpouring of support from the community and from other gym members. It's honestly making this situation a lot easier to deal with for me. So thank you all so much.

I don't know why he attacked me other than that he really, really hates my training style. I certainly gave him absolutely no reason to hate me. And even if I did, there's no excuse to physically attack someone over a disagreement. My opinion is that it was the result of anger brought on by the clip I posted yesterday responding to his question about science-based training. Pretty wild stuff.

16h