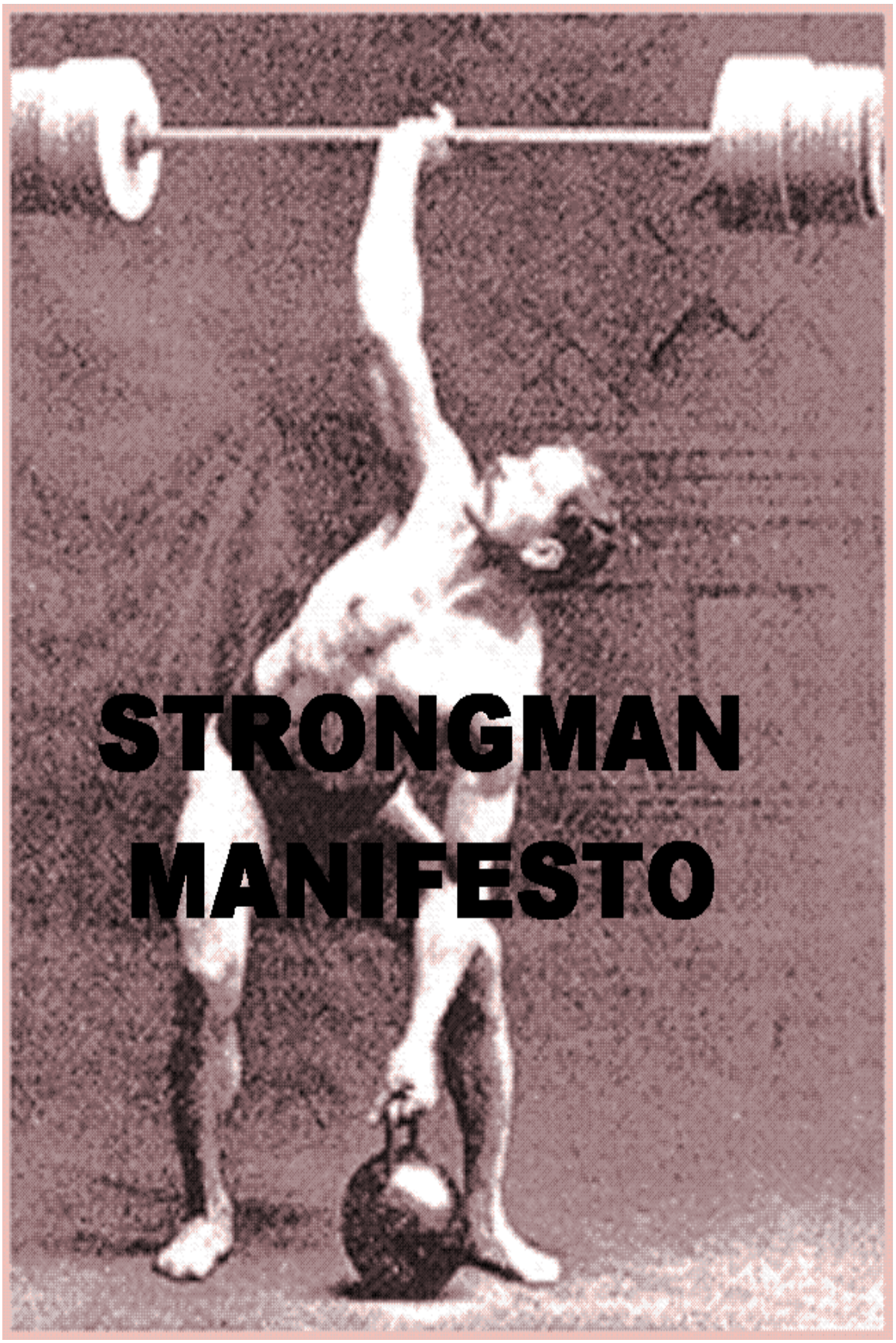


STRONGMAN MANIFESTO

DISCLAIMER

The exercises and advice contained within this book may be too strenuous or dangerous for some people, and the reader should consult with a physician before engaging in them.

The author and publisher of this book are not responsible in any manner whatsoever for any injury, which may occur through the use or misuse of the information presented here.

Strongman Manifesto
Copyright © 2008 by Logan Christopher and Legendary Strength
All Rights Reserved.

No part of this course may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

www.legendarystrength.com

Table of Contents

1.	Why be Strong?	Pg. 2
2.	Weakness is a Crime, Don't be a Criminal	3
3.	What is Real Strength?	4
4.	How Character Builds Strength	4
5.	The Physical Side of Strength	5
6.	Strength as Thought	6
7.	The Skill of Strength	7
8.	No Pain, No Gain	7
9.	The Superhero Archetype	8
10.	Desire	9
11.	Never Miss a Workout	10
12.	Never Do Anything Inconsistent with Your Goal	10
13.	Always Work to the Utmost of Your Ability	11
14.	Do Everything in Your Power to get Yourself there Faster	12
15.	Persistence	13
16.	Integration of Body-Mind-Spirit	14
17.	Taming the Beasts	14
18.	Lost Sense of Adventure	15
19.	The Love of Training	15
20.	Strength as a Way of Life	16
21.	Coaching Offer	17

Why be strong?

By birthright every single man and woman deserves to build up within themselves a great degree of bodily strength. To develop a large amount of vital power. There is much more to life then the pursuit of strength. Few people will devote their life to the ideal, to become the perfect man. However, every man must put forth an effort. Here you shall find out why.

The stronger you are the more energy you have inside, when that strength is built in a real way through proper exercise and a sustained effort over time. Vital power is the fire inside that sustains you and allow you to push beyond the levels of a normal human being. The building of strength is but one piece of claiming vital power but know that without strength you can have none.

When you are vitally strong and have built up a huge reserve of power, you must keep going. There is no point at which you can stop and say that you are done. It is an ongoing journey but with each new step you take the rewards will become greater.

After all you never know when you will need it. Should some calamity arise do you want to know that you have done your very best to prepare for whatever it is? What if your own life or the life of someone you love relies solely on the strength of your back and arms? Do you have the conditioning to escape certain death? Pray, that you never need it, but if you do, be confident knowing that it is there.

A great degree of strength gives you resiliency physical and mental. The health that courses inside your muscles and veins can only help to ward off injury and illness. The ability to bounce back from the worst will be yours, and so will be the ability to rebuild. Many of life's stressful situations fall by the wayside because they become less important. The bigger events can be dealt with and you will face them with a strong base of fortitude.



No matter what you do, you want to be healthy, right? Health cannot be had without strength. The stronger you get, the healthier you can become as well. Strength is but one side of the pyramid, but built along side with the others will give you a marvelous constitution.

The old-time strongman, George F. Jowett, said it best, "The word Strength fascinates me. It squares my shoulders and clenches the fist that drives me onward to a bigger purpose. Strength is Health. One cannot exist without the other. They are inseparable forces that bind the body to direct purpose. If you lack strength your body will collapse and double up like a jackknife."

You will look good and feel even better. Part of being a man is to seize this opportunity of life and become proud of who you are. This holds true for the ladies as well, but men have a history of their manliness lying in their strength. After all, why do you think we challenge each other to see which is the stronger man. Part of being a real man is being able to protect your woman from any danger that awaits. And to sweep her off her feet, literally.

Why would you not want to be strong? There is no reason, no benefit to do so. Becoming a strong man does not degrade your ability to accomplish anything else in life. In fact, by virtue of giving you more by way of vigor than you put in, you can accomplish more. To help ensure a long, healthy life you owe it to yourself to step into your rightful attainment of strength.

After all, once the dust has settled, you can look back and be amazed at just how far you have come. The time will pass anyway, so you might as well spend it becoming stronger. After looking back, you'll look forward and keep going.

Weakness is a Crime, Don't be a Criminal

The foregoing title is taken from the father of physical culture, Bernarr MacFadden. You have set upon the path of acquiring the greatest of strength. For that you should be applauded. Since weakness is a crime you are likened to a law enforcer. Your example will inspire and guide others to follow.

Strength obtained in the proper way, will build up all qualities of health and life in balance. You are doing one of the best things you could to ensure a happy future.

Choosing to be weak is a disgrace. And it is just that, a choice. We are all different. Some are born naturally strong. Others are not born that way. There is no shame is starting from zero, in being a weakling. But there is shame is remaining that way.

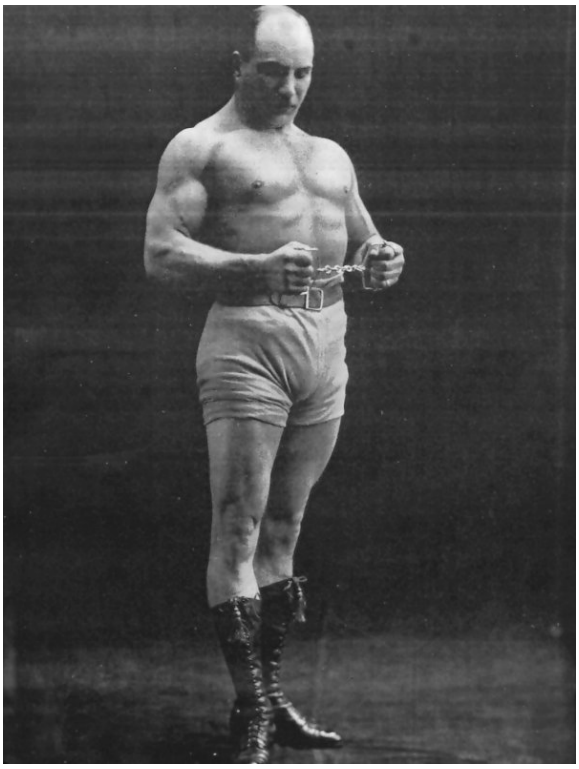
Rudyard Kipling said, "We have forty million reasons for failure, but not a single excuse." I don't have the time, I don't know how, I can't do it. Strike these from you vocabulary. There's no excuse.

Properly done strength training does not take a lot of time. In fact, done right it will take less time than improper training. You don't need expensive equipment. If you have nothing else you can still use your bodyweight, which you should still use even if you do have all the greatest tools.

Learning how is simple. In fact you probably already know more than you need to train. If you don't, it is easily remedied. Most important to just get after it.

The choice is yours. Live in a jail for weakly criminals or gain the strength to escape the prison. Literally, Alexander Zass escaped from a POW camp by breaking the chains that

bound him and bending iron bars to escape.



What is Real Strength?

Here are a few of the definitions found in Webster's dictionary under the word strong;
1 : having or marked by great physical power: robust
2 : having moral or intellectual power
3 : having great resources
4 : forceful
5 : not mild or weak: intense
6 : moving with rapidity or force
7 : ardent, zealous
8 : able to withstand stress: not easily injured: solid
9 : not easily subdued or taken

The first definition is what most people would think of when asked what does it mean to be strong. Yet all of these fit. What does moral or intellectual power have to do with physical strength, you may ask? To become truly strong there must be balance in life, a subject that will be discussed in further detail later on. I believe that building up you bodily strength will not only make you physically strong but mentally as well.

How Character Builds Strength

There are many kinds of strength. You can have strength of character, strength of will, and strength of body, as well as other strengths. Application of the proper training will allow you to develop all of these traits together in a harmonious way. Each one will build up on top of another.

Character is vitally important. How so? Would you sacrifice your life to become strong? Many people do so through the use of steroids. They wish to take the shortcut, the consequences be damned. Not only does taking steroids mean you have weak character it also means you have weak will power. You are saying that you do not have the guts to work hard by your own means to develop strength by your own grit and determination. You want to pop some pills and have half the work done for you. I am sure there are some nice people that have and do use these substances. However, I believe that they are misguided, seeking the answers in the wrong place. The fact is that steroids do not build true strength for once you quit using them your gains will deflate like a balloon.

Also there are those who would complain of their poor genetics. The fact is, were you to train to the maximal of your ability for your entire life you would most likely never reach

your limit set by your genetics. Sure some people will find certain lifts come easier to them. You may watch others who seem to just look at a weight and grow. For you, training may be a bloody war in which progress is slow. This should add to your desire, and drive you further onward. One great quote to sum up this philosophy is, "The harder I train and the better I eat, the more my genetics seem to improve."

Any person can build himself into a decent body with good strength. However, it will take an exemplary person to build extraordinary strength. Once again the choice is yours.

The Physical Side of Strength

Strength is built through resistance. Placing significant stress on the body forces the body to grow. Your body does not want to go through the difficulty of the task again. The human body has the amazing ability to adapt. After it has recovered it is better prepared to handle that task the next time it is forced to. This is a simple mechanical description of how you build strength.

From there it is as easy as progressively training with more resistance. This is the key to training. Over time do more. When you truly understand this fact any training or goal can be broken down into straightforward steps.

There are many different types of strength. There is limit strength which is your maximal strength output for a single all-out effort. There is endurance strength, the ability to perform a muscular task for a period of time. We have speed strength, your ability to apply force with speed. There are many other categories that strength could be fit into. Depending on your purpose these differentiations may become important. For now they are not of much use.

People will bicker and fight about the differences yet all are tied together. Certain persons will chose to specialize in one area such as power lifters contesting their limit strength or Olympic lifters with explosive strength. The true strongman will have all developed to a great ability. There will be some specialization to bring one area to a higher degree, but never will you find an area left neglected. Training in one part of strength will directly or indirectly translate to the building up of the whole.

To keep it simple strength is defined as the ability to exert force against an object. It is the capacity to do a task, whether a feat of endurance or a maximal lift. There are several factors to take into account to determine how strong you are in a particular move or feat.

- The size and strength of the muscles, tendons, ligaments, and bones
- The efficiency of your internal systems in creating and maintaining energy
- The leverage against the object
- The nerve force and skill applied to do the task
- The mental beliefs, attitude, and pain tolerance both conscious and subconscious

The first three bullets fit into the our mechanical description of strength above but the last two involve something not of a physical sense.



Strength as Thought

Your thoughts dramatically alter just how strong you are and will become. As a example, think about pushing a weight overhead. If you are going for a heavy weight and try without conviction you are setting yourself up to fail. Your mind will be telling only a small portion of your muscle fibers to fire so you make a decent showing, you look and feel like you tried but could not lift the weight. It was too heavy.

To contrast, you absolutely believe without a doubt that you can press the weight. When going for the press, it is difficult and moving slow, but with your belief you are telling more and more muscle fibers to contract. You have the strength and the weight is now locked out.

Each muscle is built up of millions of fibers. A fiber is either going to contract or not, there is no partial contraction. So our strength comes from the number of fibers in use. Even elite athletes can only contract around 30% to 40% of their muscle fibers. To contract all the muscle would result in such force that it could snap your bones in half.

We have all heard the story of an old lady lifting a car with one hand to drag her trapped son out with the other. This is the ultimate description of how strong we can truly be. And people complain about their genetics. Ha! Here is not even belief or a positive attitude. It has moved beyond this realm. Here is an absolute need to act and do.

Our goal is to unlock what we already have stored up in us. To be able to tap into these immense powers at will. Not to have to wait for an emergency situation to accomplish great things. The sad fact is the stories where this superhuman strength did not occur and tragedy ensued.

For more evidence, we can look to a study performed to investigate the mind's role in strength. The subjects were split into 3 groups. One group performed a simple muscular task. It was the lifting of a finger for 12 repetitions every day. The second group did nothing but imagined and visualized doing the exercise. The third group was the control group and did nothing. At the end of the experiment, group one increased strength by 27%. Group two increased their strength 24% *by their thoughts alone.*

Imagine how you can gain when you train in the physical sense but back it with full use of your mental facilities.

The Skill of Strength

An important area of strength is skilled strength. The fact is that every exercise in and of itself is a separate skill. Doing a pushup is one skill, tearing a phonebook in half, as is doing a barbell squat and throwing a javelin. Everyone of these tasks involves the muscles and skill. When most people think of a pushup they think it is purely a matter of muscular strength. However there are skills you can learn that will improve your ability.

This is why a good coach can point out a simple technique or idea that will instantly allow you to increase your numbers. That is why you need coaching no matter your level.

Practice the exercises often. Training physically builds your strength but also raises your skills. This is why an unfamiliar lift is more difficult than one you practice daily. When you neglect training an exercise for a period of time and come back to it you will find that you are worse to some degree. Often this is merely to you skill being rusty rather than a loss of strength. However, in a short amount of time you can be right back to where you were, and soon surpass it.

All exercises incorporate strength and skill. Some are more skill intensive while others are more purely strength but all of them contain both.

Strength is a necessary skill. Unlike playing the piano or juggling, not to downgrade these skills at all, but building your strength gives you not only the ability to lift heavy things, but gives you more vital energy and health as well.

No Pain, No Gain

We have all heard this saying but how much truth is there to it. The pain of an injury is not what is being talked about. In this case, pain is your body telling your mind that it does not like what it is being subjected to. It would rather be sitting cozy by the fireplace, sipping hot chocolate. In your efforts there will be times when you may want to quit. The pain of exercise is too difficult to bear, especially in the case of endurance training. Your body feels the pain and it tries to convince the mind that you can take it easy today. No one is watching and you can make up the difference next session.

This can not happen. You have to fight for your strength. The is where the rubber meets the road. To give in at this time is to deny your aspirations of strength. Your willpower must prevail. Quitting is not an option.

You may not think that this is not so important. After all there is always another day to build your strength. While technically true, the gains in strength of physical power is not the main point here. Re-read the definitions of strength at the beginning of this chapter. Your gains from this exercise will cement even more in your mind how badly you desire your goal. Your character will grow by leaps and bounds over normal men because you know what it is like to reach deep down inside and keep going.

Will it be painful? Yes. Would it be easier to not go through life fighting tooth and nail for what you want? Perhaps. But you are not reading this book to stay in your comfort zone. You will pay the price, of blood, sweat, and muscles screaming in agony to get what you want.

Mental toughness should be side by side with building your physical strength. Olympic Gold medalist in wrestling and one of the greatest coaches of all time, Dan Gable, had a goal in every workout. That workout was to 'push to collapse.' He never hit that goal but by striving for it he became the greatest in the world. Often times when he was about to leave the room he'd go back to train more because he knew he had more left in him.

The Superhero Archetype

Why do you do the sort of training you do? To look good? Stay in shape and be healthy? Those are great reasons, but I don't think it's the real reason you do what you do. It stems from something further than that. Something deep inside that you may never have thought about.

As a young boy in America I was always fascinated by the amazing abilities of superheroes and the like I saw in the movies and on TV. How could you not be? After all, here I am sitting there watching this, just a normal human, not possessing super-strength, invisibility, the ability to fly or anything like that.



The superhero took many forms but at the basic level it meant this. Abilities far and above what normal humans possess. Here's the thing, it doesn't take radiation or nuclear waste to give you these abilities. All it takes is dedicated training.

After all, look at one of the most popular superheroes, Batman. In the whole wide world of superheroes he is one of the very few that did not possess any unnatural super-powers. All he had was his training and technology (yes being wealthy is helpful for the would-be superhero but that's another topic). With this he is capable of fighting crime including many super-criminals that do have super powers.

If you saw the recent Batman Begins movie with Christian Bale than cast your mind back to his training under Henri Ducard (played by

Liam Neeson) with the League of Shadows. Basically a group of ninjas. Through dedicated training he was capable of doing incredible things. Yes it is just a movie. But movies can inspire.

Now this may seem to be a bit of a tangent. But I wanted to show you the power of the Superhero Archetype. If you take some time to ponder you may realize that this is why you train the way that you do. Its something more than the surface level results. Deep down this could be it. You want to be the Superhero.

With time you too can attain the superhero's abilities.

Desire

How badly do you want to be strong? If you think only that you need to exercise for your health, or you only have a passing interest that will fade away by next month then you will never become truly strong. In order to reach that goal you must have an unquenchable need to obtain great power.

It is a life long goal. Never complete. You do not have to dedicate your life to training. You don't have to spend hours each day. But it must be a part of you. The benefits you get from this far outweigh the time and energy you spend on it.

Then again you can decide this is what you are destined to do. The following things may seem to be extreme. No doubt about it they are. But if you want to reach the top levels you must make sacrifices.

When someone asks you about your training, whenever you speak about the subject, others will see the gleam in your eye and hear the passion in your voice. This may scare mere mortals for they can not understand the greatness that you are destined to become. You will become all that you can truly be. The mountains will shake and seas will subside under the power of your might.

A burning desire to be and to do is the starting point from which the dreamer must take off. Without this desire life will tend to get in the way.

Here is a checklist of attributes if you desire great strength;

- Never miss a workout
- Never do anything inconsistent with your goal
- Always work to the utmost of your ability
- Do everything in your power to get your self there faster

Never Miss a Workout

This one is self-explanatory. You must never skip a planned workout. To do so spits in the face of your so-called desire. Deciding that you do not feel like training today, that

you would rather go play video games or hang out with your friends, proves that you do not want to reach the elite status of a strong man.

If you do not have the time to do a hour long workout everyday of the week then do not plan to do so. Fit your training into the schedule you have. Do not plan to do six workouts a week and only get three done. Instead plan for three and do them. This instills in your mind the seriousness of your goal. It proves you are dedicated to the cause instead of trying to get it done.

Remember, there are a thousand reasons but no excuses. Many times your mind will play tricks on you. You know the voice in the back of your mind that talks about how sore you are, how you deserve the day off, that you can do it tomorrow. If you have that voice shut it up. Eventually it will not come back. The need to train becomes just that, a need that cannot be disarmed.

Of course in the case of emergency situations your plans may need to change. But you may be surprised in what you can fit in even during inopportune times. Perhaps you can not get to the iron that you normally use, but you always have your body and the use of your mind to do visualizations. Never let your training fall by the wayside.

A tragedy in your life can seem to derail all of your plans instantly. But you can't stop training. To do so is to give in. Besides, by continuing in some manner, you will keep up the vital power you need in desperate times. In cases such as these change the way and amount of training so that it can fit in your life.

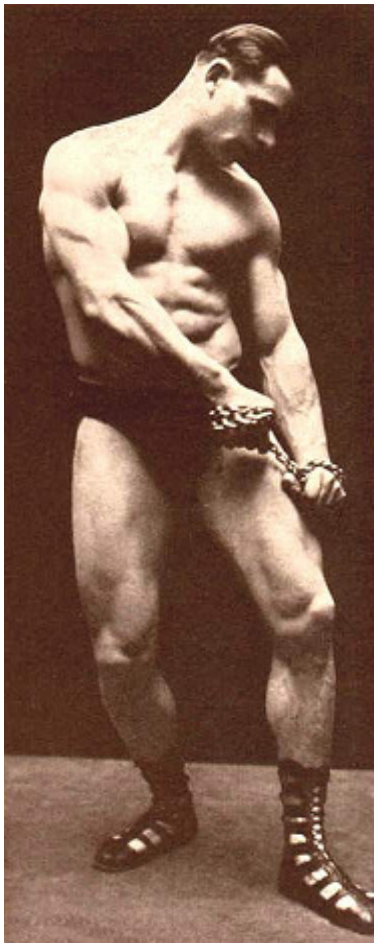
Supposing you are unexpectedly sore, much more than you anticipated you would be. Do not skip your workout. If your body aches to the point where you know you could not possibly perform at a high enough level then do an easier version of your workout. Going through the moves will still work your mind and skills. Doing the exercises in an easy manner will also aid in your recovery due to added blood flow. All the guilt you would have felt afterwards, had you skipped your training, will not be present. You can be happy about your training and by the next day you should be ready to go with extra intensity.

On the flip side rest and recover are important. You need to know when to rest even if that means taking a week off of training. But there is a difference between taking time off and slacking off. Learn to know the difference.

Never Do Anything Inconsistent with Your Goal

Every single thing you do in your life will either be a step in the direction of your goal or away from it. How devoted are you to your cause? To reach the pinnacle of any goal you need to do the most amount of good and the least amount of bad. When a question arises about whether or not you should do anything, you must ask yourself is this: will this help me become strong, faster or will it weaken my body and resolve? To develop your ability to always follow the higher path may take time. As long as you are building this

commitment you will gain steam.



There is the possibility that many things would seem to neither help nor hinder your goal. Doing such a thing would not be bad in and of itself. However, at this point the question becomes could I spend my time on something productive that would help my cause?

Any man can and will wish for a thing. He will hope to one day be strong. But you are not this man. It is not a hope. It is not a wish. It is a keen, pulsating desire, which transcends everything else. It is definite. The difference is the former person would like to have strength would it be given away for free.

A burning desire means you are loyal to your goal.

Read that sentence one more time. Speak it out loud. Understand that if you truly want to walk this path you are making the commitment. This means you can not do many things that would seem pleasing in the short term. Eat good food that will properly fuel you, think consistently about your goal, and get quality sleep every night. Failure to do these things is breaking that oath.

At the same time you cannot beat yourself up over doing so. Should you slip up it is best not to worry about it or hate yourself for doing so. The best thing is to learn from it than let it go. Move on and do not fall again.

Always Work to the Utmost of Your Ability

When you are training you must train with every ounce of will and effort behind you. You always have the vision of what you will become in your mind's eye. You train as hard as you possibly can when the time calls for it.

This does not mean you push to until you collapse on every set of every exercise you do. That would not be training smart and would in fact be detrimental in most cases. Whatever you are doing, you do it with focus, be it the beginning of you workout or the end. You are doing every movement to the best of you ability. Do not allow yourself to become sloppy. Poor form leads to injuries. It is also developing the habit of being half-assed.

If you are resting between sets its best not to talk with others, to think about work or any other thing. Best to focus on your next set, on building your strength. To do relaxation

drills to prepare. Work on becoming strong even when you are not 'working'.

In a feat of endurance push through until the very end. Do not let up a half step before the finish line whether real or imagined. To do this is letting yourself down. The most important step is the finish. You can not attain your goals if you are always looking for the shortcut or the easy route.

When you give your all, to yourself and your training your habit of excellence is becoming stronger right along with your physical prowess. By pushing hard you will learn how to push even harder. Going easy will halt this progress. The harder you can perform the better your results.

Do Everything in Your Power to get Yourself there Faster

To become a strong man is going to take time. You can not grow to be one of the world's elite in a single year. But you may be quite surprised at just how much you can grow in a year's time.

Every person desiring anything will want it sooner if possible. Besides training intensely, we can find many ways to help. In fact, training with all the intensity in the world would not do a lick of good if your training was ill conceived.

Dan Gable, said "Work extremely hard, then work extremely hard at recovery." This way you can repeat the process. Make no mistake about it. Recovery is key. That is when your body is built back up, when you gain strength. You can aid your recovery with the proper mindset, hot/cold water treatment, massage or other bodywork, great nutrition, and quantity and quality of sleep.

That quote from Gable succinctly conveys the idea. I 'knew' this concept beforehand, but when I heard it put that way, it deeply resonated with me. Not just recover, but to actually work at recovering, and as hard as you did at training. I would not have heard it and many others concepts and ideas if I hadn't flown across the country to hear him speak. Which brings me to the next point.

Gain as much knowledge on the subject of becoming strong and all related fields. You must be a student forever. If you were to think you knew it all and had your own plan for what to do, you would miss out on much opportunity for faster growth. Even something as small as one slight tweak could dramatically improve your results. And results is the name of the game, not pretending that you have all the answers.

You must constantly be looking for the upper hand. However, do not fall prey to thinking all the information out there is good. I would not be remiss to say that most of what you find, probably at least 90%, is not worth the paper or website it is written on. If an idea looks good, be it on nutrition, technique, training plans or whatever, then test it out. If it works for you great, if not then throw it out. Use your common sense and experience to

help you figure out what is good, but keep an open mind.

Again, you must learn from everyone. Don't just stay within a tight little circle. You need to branch out. It is good to get most of your information from some people that you know, trust and respect. On the other hand you never know what may be out there that could help and make all the difference.

Likewise, you can and should look for ideas outside of this realm. You'd be surprised what you can learn about physical training from sources that have nothing to do with physical training. Many of life's lessons are universally applied.

As was stated earlier, steroids are looked down upon. It may seem like the headline above is an endorsement for the use of the them, but be assured that it is not. Steroids do not build true strength. They are a trade-off of short term gains for long term problems.

Persistence

True strength takes persistence. You do not wake up one day with super strength. It takes years of effort. Perhaps this is not what you would what to hear. Too bad. There is no shortcut. You can get the best quality information, have the best training plan, and obtain the highest quality of nutrition and rest. Even with all this it will take time. No overnight success.

You can not grow by leaps and bounds in a single day. However, you can grow by leaps and bounds in a couple of months if you do it right. Many people you see hit the gym will lift the same weights year after year. You must not be one of them. Found within them is something lacking.

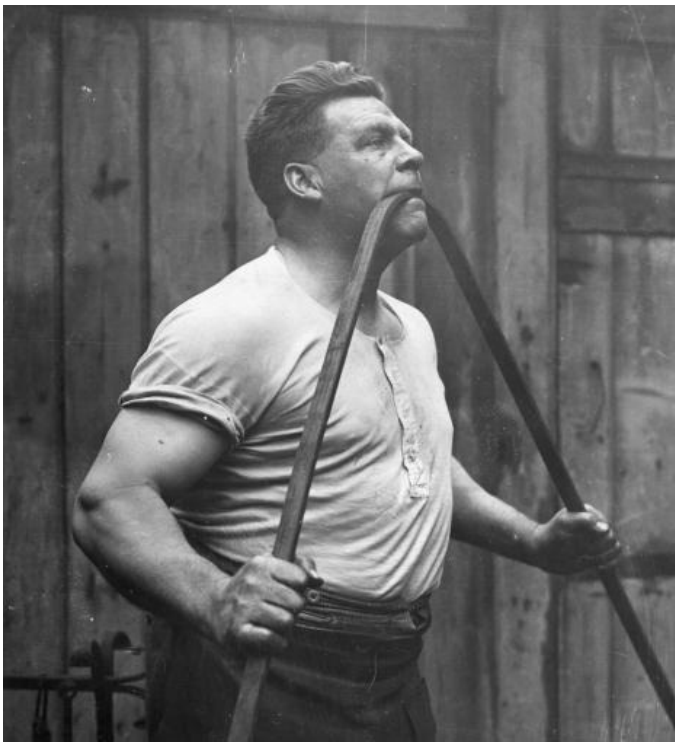
The first step in becoming strong is to decide to do it. Place all your energy, all your will power, all your effort, everything behind that goal. How far can you take it? Take a moment to think about what is truly possible within the world of strength. Every record can and will be broken. Seemingly impossible stunts have been performed by many to the utter amazement of others that do not understand. If you can conceive of an idea, and beyond a shadow of a doubt believe in it, it can be achieved.

Every time an unbreakable record is broken people say it will not be broken again, yet it always is. Those that have come before you are merely paving the path for what can be done in the future. Observe those great people that you wish to emulate. With time and much effort you can surpass their deeds.

When you train from day to day you have a goal of improvement. Remember a journey of a thousand miles begins with a single step. Eventually you will reach your goal of great strength. By simple progression over time you will become victorious.

Integration of Body-Mind-Spirit

It is not just about strength. Far from it. To the average fellow it may appear to be just that. Pitting the muscles alone against the weight of the iron. But it is not so. Building the body builds the mind. And to a degree that cannot be duplicated otherwise. The control of your body, by the command of your will, is what we are after. Quelling that voice that says it cannot be done, that it is too heavy, that is was gives you the power.



You have all heard the saying, "The spirit was willing but the flesh was weak." Often times just the opposite is true, "The flesh was willing but the spirit was weak." Our motto should become "The spirit and flesh were willing and strong and together we triumphed"

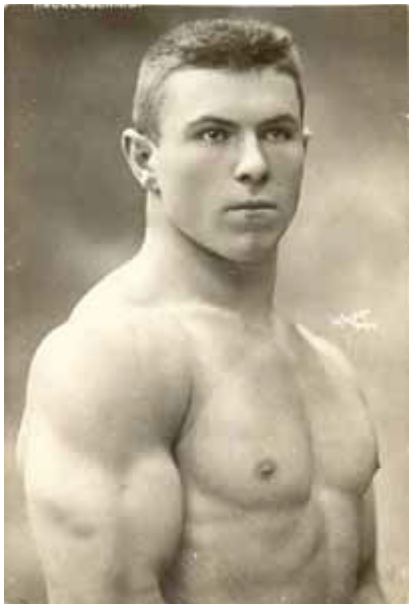
In a sense training to build strength is a meditation. All other thoughts quiet away. It becomes a struggle, a challenge that is solely up to you. It is not you against the weight, but you against yourself. Do you believe it can be done? Do you *know* it? The harder you concentrate that mind of yours the stronger you are and will become. Some like to call it the Zone. Call it what you wish, but finding it within yourself is what it all about.

In this day and age the capabilities of the mind are put high up on the pedestal of achievement. And there is no doubt they belong there. But this in no way means that the physical should be neglected. They belong side by side . When both of these sides seek to improve and the same time they can both go farther and at a faster rate.

Taming the Beasts

When you can conquer this beast. When you know that your own records lie shattered beneath your feet. You have completed the challenge and you are a hero. What else is there that can stop you? You, a true man among others, have sought to claim victory and it is yours. With each new challenge you are more complete then before.

Take that courage from your trial by fire and apply it to the rest of your life. It is all connected but you must seek to connect it. Take your victories against the iron and apply them to your life. From your gym to your career. Building up your might is self-



improvement at its best. Each successful workout is building the greater You.

Live for the challenge. Most people do not get enough of it in their life. With training as you continually break down more and more of your goals you will reach up higher and further. The challenge will never die. When you complete one, another door opens up.

Lost Sense of Adventure

Why do people watch TV and movies, play video games and the like. Its not just entertainment. They want some bit of adventure. There is to little of that living in this day and age. It can be found though and sometimes all you have to do is look in places you wouldn't expect.

You can look at your training over the long-haul as an adventure. You will have your ups and downs. You may even have major setbacks at times. But as you make your way toward your goal and finally complete you will have won.

Especially if you compete in any manner. If you don't you should, becomes competition usually brings out the best in us. We will do so much to train ourselves, to break our own records, but when you have to beat others who want it as badly as you do, you'll push yourself to the very limits and beyond.

It's a long road from being a weakling to having world class strength. But no adventure worth taking is short.

The Love of Training

It is a hard concept for me to grasp - to hate exercising. But then I suppose I would hate it if it meant what most people think it means. To run on a treadmill for an hour straight. In that case I would probably hate it too.

But there is such a wide variety of ways you can train to become stronger. Sure, some are better than others, but truthfully, each has its own benefits and disadvantages. The most important thing any training must have is that you find it fun to do.

If you are bored and lacking heart while training because you're not enjoying yourself, do you think its possible you're going to get all the benefits of training? I think not. Better to train with full engagement in some other way.

You won't be 100% every single day though. Occasionally you will have to push through

it. With some things you may hate the actual performance of the exercise itself but you still do it. Why? You've set the goal and want that sense of accomplishment. Sometimes all you need as motivation to get it done is that feeling you'll get once you are done.

But over the long run it has to be something you enjoy doing. Otherwise its destined to fail. If you make your training part of you, you will do it no matter the circumstances. But beyond that it will be something you enjoy doing. Perhaps even the highlight of your day.

Strength as a Way of Life

Live it. Breathe it. Love it. Let it become part of who you are.

Apply the lessons inside. Read it again and again when you need a boost. Even the best of us are not 100% all the time. We all need reminders to get our butts in gear at one time or another. If you find yourself slacking now or at any other time, reaffirm your desire, than train absolutely backed by your heart and mind.

If you've read this far I know you'll make the right choice. The exact path you follow and how far you take it is up to you.

*****



That wraps up this report. My only goal is to sell you on strength training. On becoming the best and strongest you can be. If you're inspired to train harder and do more I know I've done my job.

I sincerely hope you gained something from taking the time to read it. I know I did in writing it. If you have any feedback or questions you can send them to logan@legendarystrength.com. I'd love to hear from you.

Please visit my site often. It will only grow in time and become one of the best resources on the net for all your strength building needs. www.legendarystrength.com

In Strength,



Logan Christopher

Want Me to Personally Hold You by your Hand in Your Training?
(Limited to Only 8 People Total)

I am opening up a limited one-on-one tele-coaching program. This coaching program is to help people reach their training goals faster.

Because of my experience plus the tons of study I've done in this field I know what it takes to get results. I know the specific methods, tools, and training you can do to reach just about any physical goal. Whether its to lose weight, build muscle, or perform specific feats and exercises I'll help you get there.

I'll help you to establish your specific goals then setup your roadmap to get there. Here's what just one phone call did for a previous client.

"The call I had with you just helped me focus on what my goals are. I can press the 32kg kettlebell a lot easier from struggling with one rep to four with each arm! I am on my way to the 200 snatch mark as well."
Thank you Logan,
Loisl Fortmuller

I'm willing to help you personally over the phone. Each month you'll receive two one-on-one 30 minute calls where we go over your training in detail. What's working, what's not, what you goals are for the next two weeks and how that moves you toward your overall goals. Specific exercises to do that'll give you better results. Recommended resources for you to check out. And anything else that can help you.

Go to
http://www.legendarystrength.com/coaching.html
for the full details and to sign up.