



PEAK PERFORMANCE TRINITY
By Logan Christopher

Introduction

My name is Logan Christopher and this is the Peak Performance Trinity. We will get to what that is and how it can help you in a second. For now, in case you are new to my websites and all my work, I wanted to give you a brief introduction.

I started seriously training when I was about 17 years of age. I got into doing bodyweight exercises and saw some real changes in my health, strength and energy levels. This led me to believe that bodyweight exercises were the only way to go, an idea I shortly dropped.

From there I added kettlebells to the mix. I became an RKC and later AKC studying both the hardstyle and girevoy sport applications of kettlebell lifting. One of my favorites was kettlebell juggling and I am one of the best in the US at that art. I've also snatched a 24kg kettlebell over 300 times in 10 minutes with multiple hand switches which is an extreme test of speed and endurance.

Studying the material of Bud Jeffries (whom I'm now a business partner with over at www.Strongerman.com) I started to utilize every training tool and many different ways to use them for better all around strength and fitness.

I've practiced gymnastics, hand balancing, partials, club swinging, muscle control, odd object lifting, grip training and much more. Because of my wide range of training I've been called a *Physical Culture Renaissance Man*.

Another favorite is mine is feats of strength. After studying with Grandmaster Strongman Dennis Rogers I began to put on shows. My most famous stunt to date is pulling an antique fire truck, weighing in at 8800 lbs., over a distance of about 50 yards by my hair. This was a stunt I did in homage to The Mighty Atom.

Lately I've turned to look more at the mental and energetic side of training, which we'll be getting more into shortly. My mentor who has opened up my world in this direction is Dr. John La Tourrette. These mental training tactics have been instrumental as I break into higher levels of strength and fitness.

What is the Peak Performance Trinity?

It is a model for peak performance. It allows you to achieve a higher level of performance no matter what your goals happens to be.

I came up with this model, because I like to categorize stuff. (The name came about because it has three areas and I had just watched the fourth season of Dexter and really enjoyed John Lithgow's chilling performance.)

Through my studies and experimentation I realized that there are different ways you can increase your performance. The problem is that most people only focus on one or two areas. In any case they definitely don't seek to optimize all three.

But only by doing so can you achieve the greatest results possible in both your health and performance.

I am not genetically gifted. Far from it. I don't think the doctors told my I wasn't suppose to live (like some of the famous oldtime strongmen) but I certainly was weak growing up. There was a time when I couldn't do a single pushup. But now I can crank out full range handstand pushups.

The thing is I need every advantage I can get. And so I take them. That is what the Peak Performance Trinity is all about. Optimizing, as best you can, the three areas to get everything you can out of all you have.

The three areas of peak performance are:

1. Physical Training
2. Health and Nutrition
3. Mental and Energetic Training

We are going to cover each one of these areas in detail.

Physical Training

When I talk about peak performance I am referring to some sort of athletic endeavor. This can be a sport or martial art you are involved in. It can be for weight lifting, running or any other form of exercise whether competitive or not. Even if you're just seeking to lose fat physical training absolutely should be involved.

Of course, by following the Peak Performance Trinity you'll also be able to achieve peak performance in other areas of your life such as social, financial and more. You'll have more health, energy and mental power to accomplish all your goals. But for now we're going to focus on the athletic side of things. (By the way I think everyone is capable of being an athlete even if they play no sports and never compete.)

Physical training is the most important part of performing at a peak level. Why is this? Because you need to practice exactly what you seek to get good at. There are some people that only work in this area, and they still achieve great results. By why not add even more on top?

When you optimize your training you'll be able to make faster progress towards your goals without ever getting stuck. You'll be able to fix past injuries and avoid any new ones. You'll also get more in the way of energy then you put out (assuming you don't overtrain).

Let's briefly talk about some of the areas of physical training to focus on.

Attributes of Fitness

There are different attributes of fitness that you can work towards.

- Strength
- Endurance
- Speed
- Power
- Flexibility
- Mobility
- Stability
- Agility
- Coordination

Depending on what your goals are you may need to focus more on certain areas than others. Deadlifting a heavier weight is a matter of strength. Gaining the splits is flexibility. But its not always that simple. Perhaps a gain in mobility or stability, not just strength, would aid you in putting a big weight overhead.

In any case I think the optimal and complete training will include all of these at least to some degree, though of course some specialization is necessary.

Progression

You ever see someone in a commercial gym that lifts the same weight year after year. (I don't because I haven't set foot in a commercial gym for years, but I hear that's actually a pretty common thing.)

This person is making the cardinal sin of progressive training. In order to do get results you need to continually do more. Progression is what causes the body to adapt.

The three main methods of progression include:

1. Intensity - More weight
2. Volume - More sets and/or reps
3. Density - Same amount of work but done in less time

There are other ways you can use but these are the big three. Every time you train you should make an improvement in at least one of these areas for every exercise you do. And if you aren't then you're doing something wrong.

Tools

Some people like to limit themselves by saying they're a bodyweight guy, a kettlebell guy, or just a powerlifter. But the truth is every tool and method of training has advantages and drawbacks to it. So for best results its best to blend what you do because just one tool or method can leave holes in your strength and fitness.

But if you mix and match properly you'll be strong at everything. Of course, you don't need to go overboard with this. You can predominately work with one or a few things but switch it up every once in awhile. Work 90% with one or two tools if you wish but do 10% outside your box.

Here's some of the tools I personally use:

<http://www.legendarystrength.com/training-tools/>

Exercise Selection

Any fitness professional can overload you with tons of variations of exercises. Some people market "encyclopedias" giving you endless variation. This is both good and bad.

It's good because it gives you more options. One variation that you don't know may be exactly what will help you achieve your goal faster or what your body needs.

It's bad because often it overwhelms people. You can do a lot but you can't do it all. And trying to do it all is a sure method to failure. I do a lot of different things, but in the grand scheme of all that is possible it's really not that much.

Also understand what are the best exercises. In general the ones that give the biggest bang for the buck are the ones that use the most amount of muscles. Compound exercises versus isolation exercises. But this does depend on what you're going for.

Consistency

In order to achieve results you have to stick to it. There is no overnight cure. Sure some instant things can happen (especially with the right mental or energetic change techniques) but the majority of time things will take just that. TIME.

You have to be in it for the long haul. Does anyone ever wake up and perform at an elite level? No. Never. They all put in years, often times with hours a day of practice to get to that level.

If you want to lose fat, realize it took you years to put it on. The good news is that you can strip it off in months most of the time. But definitely less time than it took to put on.

But whatever you do, you need to be consistent with it. Be in the game for the long-term. Plus when you stack up optimizing all legs of the Peak Performance Trinity over years of times you'll be surprised at just how far you'll come.

Biofeedback Training

Thanks to the work of Frankie Faires and Adam Glass a relatively new change in my training and many others is the use of biofeedback techniques to get signals from your body on what is best for it. Since starting this process I'm not turning back. It has helped me achieve greater results and get better in touch with my body.

The basics of it are to use a movement, typically a range of motion test, to determine whether another movement is good or not for you to do at the given time. You can test out exercises, loads, tools, and variations in this manner.

When you do movements that are good for your body you get faster results, and dramatically reduce the chances of injury. When you do movements that are bad for your body you get the opposite.

For more information check the many articles on my site about this topics:

<http://www.legendarystrength.com/category/bio-feedback/>

I could write hundreds of pages on physical training but that covers some of the broad strokes of what's important to optimize what you do physically.

Health and Nutrition

If you have better health and nutrition you'll be able to get more out of your physical training. How? A main component is recovery. If you do any sort of exercise that breaks down muscle it has to be built back up. So the question is do you want your muscles (not to mention organs) made up of twinkies, coca-cola, GMO's and hormone injected cattle meat? I don't. I want my body to be made out of the best food ever. After all, everyone knows that you are what you eat.

With greater health not only do you speed recovery you'll also have more time to train. You'll have greater energy and vitality to devote to it. Plus with radiant health you'll never get derailed from catching a cold or the flu. Yes, you can attain an immune system that stops the worst of invaders.

Further I truly believe that with a cleaner body from healthful eating you'll have more strength, flexibility and definitely endurance. Is it going to mean you double your lifts if you're at an elite level? No, but every little bit helps, doesn't it?

I called this leg of the Peak Performance Trinity Health and Nutrition for a reason. Some people give all the focus to what they eat and don't focus on any other aspect when it pertains to health. Yet these other areas together are more important than what you eat. Let's cover a bit of all the above here:

Macronutrients

The macronutrients are carbohydrates, fats and protein. These are important building blocks for the body. Some people favor certain ones over others, and actually the ratio of these macronutrients that works best for you is something you need to figure out for yourself through experimentation.

Though some people urge low-fat or low or even no carbs, every one is vital and needed. But when it comes to health there is something else even more important for nutritional consideration. That is...

Micronutrients

Micronutrients include such things as vitamins, minerals, antioxidants, essential fatty acids, amino acids, phytonutrients and more. These are the true building blocks of health. Sure, some are more important than others and books have been written on just one of these categories or a single nutrient so we can't cover it all.

If you want to know three of the main one's that most people are chronically deficient in check out <http://www.supermanfoods.com/>

Better quality food like organic, whole foods have many more micronutrients than their distant cousins you'll find on most grocery store shelves. And if you step up to super foods you have something that can pack a big nutritional punch.

Even so because of soil depletion and increased toxins and stressors in our environments we need even more. This is why in this day and age for optimal health I believe that supplementation is essential.

Raw Food

A good portion of the food you eat should be raw. This is mostly fruits and vegetables. Everyone knows they should eat more (unless you're an Inuit where you can't find this food.) But there's also nuts, seeds, sprouts, seaweeds, and even dairy, eggs and meat.

There are some people that eat 100% raw food (which is actually easier than you may think). Though this may be great for cleansing many people have found it may not be the best for a long term sustainable diet.

Still with some work on it most people would find great health with a 50-80% raw diets. That's where I personally like to be.

Water

The quality of water you drink is of utmost importance. The better the water you can obtain and drink regularly the better your health will be. This is because not all water is created equal. Not by a long shot. At the very least obtain a high quality filter. And even better is to seek out fresh springs you can drink from. Since starting this I do my best to obtain fresh untreated water wherever I go.

You'll immediately feel more hydration which is of supreme importance for any athletic performance, but also for clarity of thought, energy levels, and maintaining health in your body.

Sun and Earth

The sun provides a critical nutrient that most people are deficient in. In this day and age unless you happen to work outside or are careful to spend your time, it's likely you're not getting enough. You can supplement with Vitamin D, but there may be some important co-factors that come with sunlight you're not getting there.

And the earth supplies something else that is essential. By getting a direct connection to the earth you're supplied with a near limitless supply of free electrons. These are antioxidants that can push off dirty pollution, speed recovery, reduce inflammation and much else. This is brand new information for most people but you can read more about it at <http://www.radianthealthtoday.com/GroundingReport.pdf>

Detoxing

Our bodies are amazing. They're able to put up with so much and still thrive. But you push to much and too long and they eventually break down in the form of disease and death. The body is always detoxing but you can do many things to speed up the process from fasting to colonics, specific cleanses and much more.

While these may make you weaker in the short term while you're doing them, the greater health you obtain from detoxing will allow you to do much more in the long run. You be capable of better absorbing and utilizing the nutrition you get with a cleaner body.

There is more to health from hormone optimization, sleep, breathing and so much more on nutrition and supplementation. If you want more information like this you can check out my book *101 Simple Steps to Radiant Health* at <http://radianthealthtoday.com/>

Mental and Energetic Training

Everyone that plays a sport hears about mental training. I was no different. And I had experimented with a few things over the years. When I did I had greater success than normal, like the first time I held a 30 second freestanding handstand. My daily visualization was instrumental in my achieving that goal.

Yet I didn't practice anything at all that regularly. That was until I came to a realization that this area was the one that would allow me to unlock true super human performance. Then I began to study and practice voraciously.

The problem I found was that there was nothing new. All the best stuff on peak performance with mental training was written in the 70's and 80's shortly after Americans got to look into the Russian research.

And there is some great stuff there, but we've added new mind technologies since that time. But no one was applying these to the area. So I took it upon myself to do so.

Without these techniques I know I would not have achieved a 505 lb. deadlift or bending a Grade 8 Bolt when I did. Sure, I would have eventually achieved them through physical training, aided by health and nutrition, but I feel mental training is my trump card that other's don't have.

Visualization

Also known as mental rehearsal, visualization is what most people think of when they hear mental training. But the question is, are you actually doing it? It's a surefire way to obtain skills faster. It is also used powerfully in conjunction with goals to motivate you to bring about the result you desired.

NLP

Neuro-Linguistic Programming is a mental science of calibration. It was created by Grinder and Bandler in the 70's after modeling great therapists like Milton Erickson and Virginia Satir, and figuring out how they accomplished the great results they had with clients.

It involves much but is a way of changing the way your mind thinks about things due to locations, sub modalities, strategies, physiology, reframing and much else. As everyone is different, what makes one person tick and achieve something great, will not necessarily work for another, unless you change it to make it work for them.

With lots of practice you can understand people better than they understand themselves. But you can also use it to understand yourself much better and bring about great results in your own life.

Goals

Everyone knows they need to have goals. The fact is with goals you'll achieve anything far faster than without them. I know when I set a goal I achieve it, but if I don't set a goal it doesn't happen.

Although just writing your goal down on paper is a great first step it is no guarantee of success. But if you follow my *17 Steps to 100% Goal Setting Success* you will. It's not a matter of if the system will work but if you will work it.

Hypnosis

Hypnosis is used as a fast way to connect up the conscious, subconscious and even the super conscious mind by guiding you down to alpha and theta brain wave levels. When you do this any affirmations, visualizations and anything else you do will be 100-1000 times as powerful.

And by itself hypnosis has been shown to be capable of increasing strength.

Anchors

Instant state change is easy when you have anchors. It is literally like flipping a light switch. That's how fast you can relax, focus or peak for a lift. Of course, in order for it to work instantly and successfully they need to be built in properly.

Energy Drills

The body has a whole bunch of energy systems. When you learn to work with these you can make sure the energies of your body are working right. Think this can help your performance? Absolutely.

Just ask my brother. I taught him one energy drill to hook up his energies from the top half to his bottom half. Instantly his lower back pain went away. Now I'm not saying that will work for you. But understand that every physical problem starts as an energetic problem. If you fix the energy first, then the physical problem can get better, or it will never happen in the first place.

Energy Psychology

This may on the surface of it appear to be the oddest of the techniques, tapping on various points on your body while making statements. But it takes cues from psychology as well as Chinese medicine, focusing in on the start and end points of the meridians. The most popular method of energy psychology is known as EFT or Emotional Freedom Technique. And the best part is it's the fastest method of changing beliefs, installing confidence and doing so much more.

This is obviously just a brief overview of some of the many techniques possible. The true advantage comes when you combine these many techniques together. For instance, one drill I use before bending nails is called '*Weakening the Steel*'. It's a combination of visualization with an energy drill. And I'll swear it makes anything I do it on easier to bend.

After I told one friend about this, he said it was probably just a placebo. I said who cares? The truth is it felt easier. Who cares if it made a physical difference in the strength of the nail or it was all in my mind. The important part was that it worked, one way or another.

If you want more information on the mental side of training you can grab a Free Report on '*10 Biggest Mistakes in Mental Training for Strength and Athletics*' that will talk about many of these techniques in more detail. That's at <http://thinkandgrowstrong.com/>

Or if you just want to jump ahead and buy my mental training program, where all you have to do is pop a CD in and get lead through hypnosis, anchoring, visualization and energy psychology then head to <http://thinkandgrowstrong.com/quickstart/>

And that's just the start, you'll also get much, much more.

One of my students of the program, Chris Cahill, used the *Melt Fat with Your Mind* CD to shed 25 lbs. when he had always been unsuccessful at his weight loss attempts before. He said "I deeply believe that without your mental training program this would not have been possible."

Because the truth is you may hold beliefs and ideas in your mind that are holding you back from obtaining the goals you consciously want. Mental training is about optimizing what you can do but probably even more about removing the mental blocks that stand in your way.

Integration

Just like the more you stack the mental training tactics the more powerful they become, the more you stack the optimization of each leg of the Peak Performance Trinity together the more powerful it (and you) becomes.

Maybe your physical training is the best it can be, or at least close to it. But you've never looked at the nutritional or mental sides of the equation. What if you clean up your diet, and add in some key supplements? How will this improve your recovery and all your training to get to a new level?

What if you start with just the basics of mental training? You start visualizing your exercises. You take more time to write out and focus on your goals. Or you pop in my ***Stronger Mind, Stronger Body*** CD for 20 minutes. How fast will you break your previous records?

From what I've seen is that the mental area is most neglected in the majority of people so that makes it the easiest place to start. Will adding it in all of a sudden double your squat? Probably not. But for an elite lifter what would 2% or even 5% mean to your total?

That's what optimization is all about. Not the huge leaps in performance. Those are great when they happen but you can't count on them all the time because they are rare. Instead stacking a little improvement over time until you get to your goal, even if that's to become the best in the world.

If you're like me, and were not gifted with a perfect physique or strength you never had to work for, then follow the Peak Performance Trinity model to obtain every single legal and moral advantage you can.

Conclusion

That wraps up this report. I had a great time writing it because it is the culmination of years of training and teaching others. This really only scratches the surface of everything that's possible in physical training, health and nutrition, and mental and energetic training.

But that's all it was meant to do. To give a broad overview and to give you some ideas on where you can go to improve the specifics.

And I want to also help you with those specifics. I have many products available to do just that. You can find these all at <http://www.legendarystrength.com/products/>

Of course the best option is to join my one on one *Peak Performance Elite Coaching*, if there are any spots available. The coaching includes tons of extra bonuses that will help you in all of these areas along with the one on one coaching you get with me.

There is limited space available as this is a time intensive process for me. It's also not the cheapest program I have but it sure is worth the value. If you think you'd fit, want to hear the details, and are interested in seeing if you can claim an open spot then email me directly at logan@legendarystrength.com

Also I'd love to hear what you thought of the Peak Performance Trinity. Email me anytime :)

In strength,

A handwritten signature in black ink, appearing to read "Logan Christopher". The signature is fluid and cursive, with the first name "Logan" being more prominent and the last name "Christopher" written in a smaller, more connected script.

Logan Christopher