



Legendary Strength Podcast Episode 12

Superhuman Workshop

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Hey there. It's Logan Christopher from the Legendary Strength podcast. In this episode, first let me tell you I just got back from Tallahassee, Florida where we held the third ever [Superhuman Training Workshop](#). With our events, they seem to keep happening but it's all so good it's hard to say which the best one is. I really do think they're getting better and better as we go on. I'm going to talk about some of the things that occurred there, a lot of the awesomeness, and give you some details and a couple of learning lessons that I myself picked up. This should be a fun episode.

First off, let me start by saying that this event did not go quite as planned. [Bud Jeffries](#) and I had worked to bring on a number of the strongest people in the world and for whatever reason—I don't want to get into all the details—some people decided to back out of what they had told us they were going to do. So we were left with a slightly different event than what we initially planned. Ultimately, I believe it was better because of this. Because there weren't as many presenters as we had originally planned on having, we had more time to go deeper into the exercises and not just do sort of like a surface level presentation from each person.

Let's start talking about some of the really cool things that we covered at this event. With the Superhuman Workshop, what we've done in the past and will continue to do in the future is really cover

a wide range of bases on what it really takes to become superhuman. In the first workshop, it was largely just me and Bud but we were covering all the different areas from [feats of strength](#), [kettlebells](#), [bodyweight exercises](#), [health, nutrition](#), [mental training](#), and all that.

This one was much the same just in some different areas. This isn't a certification but in the future, we're likely to be putting on some certifications. Why not? Why get certifications from a bunch of other people when you can really get them from some of the strongest people in the world with information you can't find in other places?

With the Superhuman Workshop, we'd like to bring you a lot of new stuff and a wide range of stuff, as I already said. One of the things that we covered here with Bud Jeffries is he went deeper into isometrics. You may have seen in the workshop from last year and we released the DVDs of this in a set called [Extreme Power with Isometrics Volume 1](#), and we knew from the beginning it was just volume one because we were kind of constrained on time there and could only go so deep.

In this workshop, he basically began where he left off in the workshop and went much further and much deeper with isometrics. I think in total, it was probably over a four hour session on isometrics, all the different ways you can use them including new ways that Bud has been training with since meeting and working with Steve Justa, who is a huge fan of isometrics himself. There is some really, really cool stuff in there.

One thing that I really liked was the distinction between different types of isometrics. Bud had covered this before but specifically there are three main ways of using isometrics that really stand out in my mind. This is of course pressing against some sort of an immovable object. It can be done in multiple different ways, depending on if you're going on the old York style where you're lifting a barbell to a point or just actually pressing on an immovable object so you have a short but very intense duration isometric. Usually this is like a six, maybe ten second range of isometrics where you ramp up over that time and you're pushing 100%.

A different type is the extended isometric where you're going for a minute, several minutes, even up to many minutes of time. In this you obviously can't be going 100% but you're trying to maintain more than just a hold in a position. A hold is an isometric but in doing isometrics such as this, your goal is to actually be pressing more than it takes just to hold.

An example of that, something that Bud as well as his son Noah have been doing a lot of, is the wall chair, not just holding a bodyweight wall chair but adding weight to the exercise. Noah worked up to doing a half-hour wall chair with I believe 200 pounds sitting on his lap. If you think about it, most people can't even hold a few minutes in a wall chair, definitely without 200 pounds. Bud supported I think it was over 1,000 pounds for several minutes at a time, so very far with this.

What really piqued my interest was Noah saying that after doing this wall chair training, without training his deadlift went up quite dramatically. His reasoning was that it really taught him his center of mass and being able to use that more. One thing that I see that the wall chair could help me in, something I plan on adding to my training, is that I use more of my back. I do a real high hip position deadlift and if I

used my legs more in the exercise, the quads squatting a little more, I'd be able to generate more power because I can use those muscles as well. So I plan on adding the wall chair isometrics into my own training.

Now of course this exercise is not fun for anyone who's ever done it. It's not a fun exercise but I'm going to look for the effect and how it can help with my goals. That isometric portion was even more detailed than before. Look for that. I'll tell you at the end about us releasing DVDs and all that.

A cool thing about the [Superhuman Workshop](#) is we have all these different people, really in all the workshops that we do. You get different ideas from different people. One of the really cool things is the connections being made. I believe it was the second day or maybe it was the third day when we had done some mobility training with [Eric Guttman](#) earlier. From that, Bud was sort of developing a concept. He sort of tested this on people then decided to present it out front.

If you didn't know, Bud Jeffries has a massage background. He was a massage therapist and one massage technique is myofascial release. What he sort of drew was the combination of this with mobility. Right now, we're working with name "myofascial mobility" using the idea that in the fascia itself are stored injuries, stored movement, and everything. Not everything that happens to us is stored in the brain but the fascia itself can store that information. With myofascial release, what you're doing is sort of unwinding that. A trained massage therapist can feel that sort of action going on in the fascia itself.

With this myofascial mobility, the idea was then to have the mobility, the movements that you do, really work with that fascia to a point where it's taking over and doing the exact movements it needs in order to better itself, to unwind, to get rid of any sort of injuries, kinks, or holds that are locking it down. It's sort of an intuitive type of mobility process. Instead of doing five shoulder circles this way or doing five shoulder circles that way—which is good because you need to know and understand that stuff on a basic level—this was going to a whole other level where you're doing the movements that fit your body.

In doing this, what I noticed was one, I was just completely charged with energy afterwards. I just felt great. My whole body was really opened up and I could move very well when doing it. I also noticed I was doing movements that I wouldn't necessarily be doing when doing the classic mobility drills. Some of the common stuff is in there. You've got circles, lines, figure of eights, but I'm doing some other movements or just going in specific areas. Also, different areas of the body needed to work more than others. So it was really cool to do that and that's something I plan on adding into my daily morning routine.

I mentioned that Eric Guttman went into his mobility routine, how he specifically uses it, really learning from a number of people and just adding all those different parts together. It was a fairly basic mobility routine if you've done mobility before but there were some really cool distinctions like how to sort of download more information into joints by walking around and noticing within your body the awareness of how the joint feels and how your brain actually feels, where you feel it in your brain as you're doing the exercise. That was really cool.

At a later time, he showed what's going to be part of his Extreme Military Fitness Advanced Course, an agility workout and explosiveness workout. When people think of explosive, I'm sure you've got kettlebells, which are definitely explosive, and Olympic lifts, but there are so many other exercises you can do. He was really showing some really cool stuff with medicine balls. It was really a workout focused completely on explosiveness, working the body in all the different manners, and also using agility drills with a ladder.

A lot of people that have played sports in high school, definitely in football and other ones as well, have likely used these agility drills before but that may have been the last time they ever did them. Seeing this brought that back. Agility is one trait that most people that just work out in the gym don't regularly do yet it is one component of movement. It's the ability to move and also the coordination required to do that. So there was some really cool stuff in there.

A new person for our workshops was [Dru Patrick](#). You may not be familiar with Dru Patrick. He is massive. I believe he said he was 320 pounds, a humongous guy. His built more like a silverback gorilla than a man and we gave him a lot of time to teach. He holds the IPL World Bench records and that's not even his strongest lift. He's lifted probably more weight than anyone else in the seated overhead press and with dumbbells overhead and inclined.

At one point, I'm teaching [handstand pushups](#). I was talking to Dru the night before and he was saying that, "I have done handstand pushups but the truth is it's too light a weight." He gets up into a handstand pushup position and cranks out 26 reps at 320 pounds. This shows that bodyweight exercises are great and everything. That's why I actually taught it at the workshop but you can become massively strong with weights. Here's this guy who trained with weights cranking up more handstand pushups than anyone else there. It was very impressive.

He actually has a goal for a one-arm handstand pushup now after I talked to him and told him that no one's really done it. When you have that much mass, getting into a strict handstand pushup position is not going to be easy to do but even doing that in any form with that much weight is going to be amazing so I look forward to him doing that in the future.

Anyway, Dru Patrick was teaching his system. He calls it the Eight-Day Week Program for What it Takes to be Massive and Strong in lifting weights. What's really cool is on his program, there's a lot of rest time. There's quite a bit of rest in between workouts and there is a de-load week where you take about ten days off after going through something like a five or six-week training cycle.

This is a thing that a lot of people don't realize. I wrote about this in [The Master Keys to Strength and Fitness](#). You can train basically two ways. You can go with a moderated intensity. In that book, I use the term "severity" to distinguish it from "intensity" as like a percentage of your max, really on how hard that you're going. Like with doing biofeedback training, because you're not going to your limit at all, you can actually train every day. You can do the exercise often. You can do that and train very frequently. If you were doing skill work like the handstands and handstand pushups, that sort of thing, where a lot of skill is involved, I would encourage you to go that way.

If you're looking to just become ridiculously strong, you can also go with very high intensity or severity where you're working your butt off, like training failure or training close to failure and really working very hard to the point where you are tearing down that muscle. If you're going to go this route, you need lots of rest and that is a mistake people make. If you're training that hard and trying to train often, that's where you're going to get injured. That's where you're overtraining and all that.

So it was great to see Dru's program for how to become massive and strong and see all the rest that is built into there. He was talking about that because of all this rest, injuries go away and people become massively stronger. You're really not doing all that much work even on those given days, though it is pretty intense work.

Just going through that and seeing him, I really want to get back to weightlifting but I'm not just going to follow the shiny object like I talked about in one of my recent articles. I am going to stay focused on my bodyweight goals. Once I achieve the bodyweight goals I have for the year, I'm going to get back to lifting a lot more iron than I have been doing recently just because that is something that I like to do. That's how I do things. I cycle between the different ones. So once I get that one-arm chin then I'll probably go up in weight and everything but work on maintaining that one-arm chin while lifting a lot more weight.

Dru Patrick really coached us through technique on the bench press. It's cool. A lot of people are negative on the bench press because again of the kettlebells, bodyweight, and all this. The bench press is responsible for a lot of people hurting themselves. The thing is for the most part, this is because they don't know proper technique. In all of my years of training, granted I haven't been seeking this out, I've never actually been coached on what it takes to really do the bench press right. He was guiding every participant we had there through it and people were just setting PRs after PRs because with the proper technique, the exercise is not only safe but much easier to do. He did that with the bench press and also did it with the deadlift. A lot of people were setting PRs with rack goals and then the full deadlift.

I've just recently got back into my own deadlift training, working my way back up so I can pursue my goal of 605 pounds this year. For the first time in quite a long time since back when I was deadlifting, I hit a 455-pound deadlift and it felt pretty good. It was really cool to get coaching from someone who could lift such massive weights.

He demonstrated throughout the whole workshop even though we didn't have anything. It was so funny when he started his workshop. He was referring to Bud's 150-bound dumbbells as toys and then literally later that day, he was doing a side lateral raise with these 150-pound dumbbells. It was really cool to see someone this freaking strong and he's a great guy, as well. Also what he talked a lot about was attitude, the attitude it takes to become a world champion and one of the best in the world. It was really cool stuff. Everyone had a great time with him teaching

This is why I would encourage whoever is listening here to go do some workshops. If you want to get good at this stuff, you need to go to workshops. I highly encourage you, of course, to come to the Superhuman Workshop next year and other workshops that I put on along with these other people because I think they're some of the best workshops out there. The value in the workshop is you can go

up to any one of these guys and ask whatever question you want. Ask for technique on specific things and how it will help you out.

The presentations are nice and we make these available on DVDs and all that. But a lot of the value, a big part of the value, what makes it worth flying out there and spending several days, getting a hotel, and all that added expense, what makes it worth it is you get this one-on-one attention. Just small things can result in huge breakthroughs.

I was working with Bobby, who has been through a number of our workshops recently, the first Superhuman Workshop, the Wizards Workshop, and now this one here. Before the workshop even began, we were messing around. There were some phonebooks and I was like, "You need to do this." He was going from struggling with his phonebook to being able to tear right through it. Just a small tip helped him out dramatically. Phonebooks wasn't something he was really working on a whole bunch but if he knows that technique and can use it in the future, he's going to be that much better.

The same thing happened when I was teaching the lever. Just one tip allowed him to get a much better position. Even later after the workshop wrapped up, we were just messing around with a block weight that was there and I showed everyone there a couple of techniques on how to spread your hand really wide, how to grip it, and how to position it right so that it's much easier to pull off the ground. People who couldn't do it before were able to do it now with that technique.

With the right technique, realize you can instantly become much stronger, be able to pull out stuff that you couldn't do before. That is the value of getting live hands-on training. Of course with any coach you can get this as well but the cool thing about the workshop is, like I said, there are all these different teachers who all have different expertise. Depending on what you want, you can go up to them, get the help that you need, and get ideas from local different people.

Let's get back to a few of the other things that were covered in the workshop. We had Noah Jeffries there who is Bud's son. Noah is 16 years of age and if you haven't seen him in action, he is ridiculously strong. It helps coming from the line of Bud Jeffries and everything but it's not so much genetics but just being around training, seeing amazing strength displayed all the time, and just living that life and getting around strong guys, Noah has become one of the best benders of the world. Not just for a 16-year old kid but he's hands down period one of the best benders in the world. He's far better than I am and he's closing in on being able to do the Iron Mine gold nail, not necessarily with the Iron Mine wraps or anything. As far as I know, no one has officially bent the gold nail all the way. Noah's capable of just crushing the red nails with no problem and he's closing in on this gold nail.

Noah went in to some of the technical details of bending, which a lot of people know. Maybe I should have covered it in the past. But in his mindset going in, there is some really deep and off-the-wall stuff there and it's very cool to see how someone operates at a high level, what's working for them, and how you can take those things and maybe incorporate it for you to see how it works.

In my study of NLP, one of the major things is modeling, which is seeing what other people are doing and replicating it for yourself. You need to do this in the physical plane, basically what actual actions are

they taking. But another part of that is what they're thinking as they're going through and what their thought processes are, all the different mental processes they go through, the emotional processes, as well. Bending metal can be an emotional thing. What emotions are you bringing to the table? Is it anger? Is it something else? Going deeper into this, you're able to see what it takes to really operate at that level.

Now people are different. What works for someone may not work for you, technique-wise or mental process-wise as well. Sometimes those things do work exactly for you so once you understand someone's mental processes that allow them to do something at such high levels, then you can take that and incorporate it into yourself.

I taught some stuff that I have not taught in a long time and some new stuff as well. I taught one segment on lever training, doing the front lever and the back lever. I've had lots of success doing the back lever and am closing in on holding a full front lever myself. I detailed the different steps I've done to do that as well as some really cool dynamic exercises that aren't covered in a lot of places. Some are, like an ice cream maker, but the one which I actually recently saw which Al Kavaldo was doing in one of his videos where he's in a back lever position and doing leg raises. It's sort of a reverse hyper-type action but in a much harder position to do.

It was really cool to teach these exercises to people, some of which had begun lever training and some had never really done it before. With lever training, regardless of where you're at there are some progressions along the way assuming you have a base level of strength to get up into the starting tuck lever position. That was cool and there's some great info in there.

I also taught handstand pushups which I haven't taught in a long time, all the details that it takes to build up to doing that handstand pushup where you're touching your head to the ground then moving on to full range handstand pushups and also some details on freestanding handstand pushups. I was very pleased. This really showing the group effect in action. Even after all this training where I was fatigued from doing these full range handstand pushups and everything else, guiding people through technique, I set up to do a freestanding handstand pushup set. I was thinking I could probably get two reps or something right now, my previous best being three, but then I cranked out one, two, three, and with everyone cheering me on, I was able to get a fourth rep. It was a little shaky and everything but I got it locked up at the top in good position so I hit a new PR for myself that day.

That is one thing that is really cool about our workshops. I'm sure it happens at other ones as well but there are so many PRs that occur as we go through everything that we're teaching. Granted a lot of them do happen because people are doing exercises they haven't done either ever, so the first time you do it is actually your personal record for you, or they haven't done it for a long time, so if they've been building up strength and everything else then they're able to get it. Still, a lot of the PRs are happening just because of this technique coaching and also the group effect in action with everyone cheering you on as you're aiming for it. People hit a lot of PRs throughout the entire time. I mean tons of them from every section that we do. Those are some really cool effects that happen once you get to the workshop.

Just a couple of reasons why our workshops are great—a lot of workshops are but not really all of them—all the attendees absolutely loved it. When you have people who are so happy to be learning this stuff, showing it off, and everything then it is great. We always like to keep our workshops small. We might get somewhat bigger in the future and have some bigger events but personally I don't want to get too big because then you're doing something where you don't have that personal level of attention and all that. We're always going to try to keep our workshop groups on the small side so that people get that attention. It really creates that sort of intimate atmosphere.

Throughout the whole weekend, we are going out to lunch together, going out to dinner together, just more time spent around people, getting to talk to them, and all that. It's really cool because a large portion of people are repeat attendees throughout our seminars. Melody has been to all five of our big weekend-long events we've had. She's the reigning champion of the most events so far. These are just great people.

Not only is the quality of instructors really high but the quality of the attendees is really high. We have some very knowledgeable people who, by themselves, can and should be speaking up onstage, teaching other people. Not only do you get this information from the interactions with the presenters and questions you can ask them, you get help from all the other attendees as well. We have some amazing people like Melody and Bobby. So many of the guys there are great at their own things and what they do.

Unfortunately, listening to this podcast and some recordings after, you likely missed the event. There's never going to be an event like that again. Once again, all of our events are unique in what we do. It's not some cookie cutter program that we run you through where everyone else goes through it. In every one of our events, we've brought unique stuff to the table.

I still have to figure out some of the details but Superhuman Training Workshop is an annual event. This was just the third one. The fourth one is coming up. What we're going to do is set this one up a good long way in advance. Likely it will be in Florida again. We're looking at some other options rather than Tallahassee for the simple reason we love Laurel Blackburn's gym, Boot Camps To Go. It is an awesome gym, great, and everything but Tallahassee has a small airport and it can be difficult and expensive to get into. We're looking at moving maybe to some place like Miami or Orlando where it's easier to get there so that we can have a few more people. People that want to make it will have an easier time doing that. Also, there's a possibility of moving it back to California. We'll see what happens there but likely this event will be coming up probably March or April of 2014.

Another reason why some people have missed this is just being right after New Year's could have made it difficult to get to. I completely understand that. We're going to try to make it so it's an easier thing to do and you can come and enjoy the awesomeness with us. We will have details coming up relatively shortly, probably within a month or so. Since it will be a year out, you're going to be able to get an extreme early bird price and you're going to be able to claim your spot. Once again, everything is limited because we like to keep it to small groups. By doing it this far in advance, I think some people should be able to make it to this event that may had not been able to make it before.

Also we record every single of our events on video. This one was no different. We will be making the DVDs of this event available. I'm probably also going work on doing an online, digital video so if you want to download it and pay a little less to be able to get that then that should work out, too. We're going to test that out.

We may be doing something slightly different where you can just buy individual components right away as well as get the entire workshop at a bigger discount. Look for that coming relatively soon. I've got to get all the footage together, edit it, and all that but we're fast about it whereas a lot of other people are not so quick. We want to get this really great information on isometrics, on mobility, on explosiveness and agility, on what it takes to be massive and strong, bodyweight exercises, bending, all this stuff and more that we had there, we want to get into your hands so you can use it to accelerate your training. Like I said, those tiny tips in technique, one little thing, one new exercise, or one different approach, can make all the difference in your training.

We had so much fun here. We want to spread it out. I completely understand that not everyone can fly out and make it, especially if you're overseas and whatnot, although we did have some overseas attendees. If you can't make the event, the next best thing is get the DVDs. In some ways, DVDs are better because you can actually go back and study them over and over again because there's so much dense information at times that it takes more than one viewing to get all the information.

Look for that info coming soon. We'll have the details on getting all the Superhuman Workshop DVDs on LegendaryStrength.com, at StrongerMan.com for Bud's stuff, and also at our new partners like DruPatrick.com and EricGuttman.com. You'll be able to find the different information, DVDs, products, and everything that we have there.

As far as the next Superhuman Workshop, you can check out SuperhumanWorkshop.com. Right now, it just might be the old information but in the near future, it will have the information for the 2014 workshop. Also, stay tuned for other workshops we have along the way. Right now, that's the plan for the next one but there will be some other ones that come up as well.

I hope you enjoyed this. I gave a few tips on what I learned from the workshop, what you can use to help achieve your goals, whatever they happen to be, and I hope you got something out of this. Thank you and I'll talk to you next week.