



Legendary Strength Podcast Episode 7

New Website and Direction

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Hey, welcome back to the Legendary Strength Podcast. This is the first one I've done in a while but it's about to become a regular thing once again. The reason why I'm doing this is I'm excited about the new changes, new direction, which we're going to be covering in this podcast.

If you haven't noticed already or didn't hear about it, I have decided to combine my two big main websites, [Lost of Hand Balancing](http://LostofHandBalancing.com) and [Legendary Strength.com](http://LegendaryStrength.com). Specifically by combining them, I am rolling in everything that was at Lost Art of Hand Balancing into LegendaryStrength.com and just making that my one and only main home base. The reason I've decided to do this, which is actually something I've been thinking about doing or years, was for a long time I was telling people that if I was starting over, I'd just have one main site. I didn't do it earlier simply because I was worried that if I did this, it would somehow dilute my message or it wouldn't be as targeted to the different things.

For whatever reason, it just came down to the point where I want to be able to focus on one main site and really deliver all my training information at that one single place. Someone said when I asked for feedback on this idea that he really just saw the two different websites as the same thing, just different places to go look for the information but my training and what I do, there's so much with bodyweight and really all the hands and acrobatics stuff, it just really is an extension of everything I covered at

Legendary Strength. There were times when I'd have an article about training the levers or training flags, something like that, and it would really be a coin flip between which site do I post this on because it really did fit in both.

Now with the combination, everything that was at LostArtofHandBalancing.com is available at LegendaryStrength.com. This is actually going to be a great thing for the future because it's going to allow me to focus on one thing and deliver even better information just in one main site.

Let's talk about what exactly I'm planning on doing. When I came up with this idea for the main site at Legendary Strength, I wanted to make some changes to it. If you go to LegendaryStrength.com right now, you'll see it doesn't look entirely different than it did before but there are some changes to how it was before.

One of the main things I've done is I've split up the content that I deliver into five main topics because these are the five areas that I focus on. There is [Bodyweight Mastery](#), [Kettlebell Mastery](#), [Strongman Mastery](#), [Mental Mastery](#), and [Health Mastery](#). Now if you've been following me for any amount of time, you realize that these are really the areas of expertise, the areas that I really delve into, some more than others. Obviously, all the handstand and acrobatics stuff is going to go into the Bodyweight Mastery category but that also includes us working on the gymnastic feats like the levers and flags I mentioned before, doing stuff like rock climbing, which I've been doing recently, as well as just the more basic stuff if you think along the lines of my [Advanced Bodyweight Training Course](#), doing the handstand pushups against the wall just as a strength building exercises, pull-ups—still working towards the one-armed chin—these things at Bodyweight Mastery, working on developing insane crazy bodyweight strength.

Now the thing is I'm not the bodyweight-only guy. There are plenty of people out there that claim bodyweight is the only way you should go. It reminds me of a story that [Bud Jefferies](#) told at our [last workshop](#). It was some sort of challenger thing that he was up against this martial art master guy who only did bodyweight exercises. What ended up happening was Bud's son, Noah, who was 15 at the time of the story ends up just throwing around the guy like a rag doll because while the guy had great bodyweight strength and was able to handle it in so many ways, which is very important, he wasn't able to handle other people or other objects, which is what working with other people or other objects allows you to do.

While I do a whole lot with bodyweight and I think you can get great fitness doing that, I think if you want a more complete package. Definitely if you want to be an all-around strongman, you've got to work with other exercises and other training tools as well. One of the big things I use for that is kettlebells. I have a whole section devoted to kettlebell mastery. Recently, I've been doing a whole bunch of the juggling and working on my own certification process where people demonstrate the skills and can work up to being a master of [kettlebell juggling](#).

It's not easy to get there. I really wanted it to be the equivalent in difficulty as achieving a master of sport in the kettlebell exercises. The standard ones are done in Girevoy Sport, the snatch and the jerk. I'll also be covering more on that in the future because I think after I do this juggling for a while, just to

switch it up, I'm going to pursue the snatch done in that one-hand switch style and see how far I can go with that. I've thought about doing this in the past. Now I'm thinking I'm really going to go for it. Now, I'm just specifically only going to work on the snatch.

Why not the jerk? The jerk is a great exercise. Perhaps I'll do the one-armed version but it's just not comfortable at all, that two-armed version. If you've ever done this before, in order to be able to do this, you know you need to get a real good rack position where you can rest your body. Part of that is getting the elbows down to the hips. Well, I'm just about one inch away making that a comfortable position. I don't want to work on it because the truth is in order to get really good at that, I'd have to deform my body to the point where my spine is more rounded so I could get into a comfortable position there. That's not something I want to do, at least not at this time.

But the kettlebell mastery is not going to just be talking about juggling, though that will be a big part of it because I think that's a really great way to demonstrate mastery of a kettlebell, when you can flip and catch and do all that. It's a great way to do it but all the other ways you can master kettlebells as well and using them even once again, for just basic strength training purposes. That's that whole category.

Then we get into the Strongman Mastery category. Now what's this about? Strongman in some ways for me, this is going to be the catch all category. If I'm talking about using cables, using barbells, dumbbells, that stuff is going to be in there, basic power lifting stuff, the extent to which I do it which is the deadlift really. I don't spend any time bench pressing and sometimes I do squats but that Olympic lifting could go in here. Really this is going to be more for what I do, a lot of the old time strongman stuff, which I've covered a whole bunch on the side, and doing the [feats of strength](#). The professional strongman type deal as well as odd object lifting, partials, all that is going to fit in the Strongman Mastery category.

I really think you can get phenomenal fitness if you work on these three areas, doing a lot of bodyweight exercises, working with kettlebells—when I say working with kettlebells, at this point, the best way to use them are the ballistic exercises, swings, snatches, jerks and of course, the kettlebell juggling, the extension of all those things—then the strongmen stuff from doing feats of strength, hand strength, grip strength, as well as some heavy lifting. Also, some partials or isometrics can be included in there. This will really give you a well-rounded approach. That's what I aim to be covering at Legendary Strength and that's actually what I've covered in the past. This is just a new way of categorizing it.

Now on top of that we have the Mental Mastery. If you've been following me for any amount of time, you know this is something I've been studying and working on a lot in the past couple of years and just slowly unveiling more. Truth is I have a whole bunch of stuff that most people haven't even seen. Just at the recent [Wizards of Strength workshop](#), I taught literally the best and greatest exercises I've come up with for using it and people were instantly doubling their strength or making exercise easier. That was phenomenal.

We'll be covering that stuff in a short amount of time and actually those Wizards of Strength DVDs will be released pretty soon, too. So this area, the Mental Mastery, is something I'm going to continually get into and really start showing people more of what I'm actually doing because most people don't know what is possible here. The results are phenomenal when you do these exercises right.

Last but not least, we have the Health Mastery. With Legendary Strength, it's never just been about attaining great strength while sacrificing the body. I really put health first and if not first, sometimes maybe I stretch the boundaries a little bit. Juggling a flaming kettlebell, I did everything I could to make sure that was safe and everything but is that necessarily healthy? It was just something fun to do but I'm not about sacrificing health in order to get results in strength like some people are. That's their decision. That's fine if they want to go that way. Me, I want to live a long time. I want to be healthy the entire time. I want to be pain-free and injury-free and all that.

The Health Mastery is about nutrition. It's about doing different things like I've written in my book, [101 Simple Steps to Radiant Health](#), really how to attain the best health ever. The way I see it, when you have the best health ever, you're going to recover better, you're not going to get sick or ill or have injuries, and you're going to be able to train harder. So you'll actually get greater results in what you're going for through doing these practices. Once again, this is something I've been studying a lot over the past couple of years and something I'll start talking about even more, some advanced stuff that I've learned there and what I personally do in that.

These are the five main categories that I'll be covering in Legendary Strength. It's really not a big change from what I've done in the past. Once again, this is how it is going to be set up. With that and the content that I've produced and unleashed there, I'll be rotating through these. It's not necessarily going to be one then the next then the next. It will depend on what I'm going to be doing but I'll be hitting on all five of these different things over time.

As far as actually delivering this content, as you're listening to this right now, my podcast is back. I started this a little while ago. I didn't really get on a set schedule then let other projects get in the way. Now I plan on doing a weekly podcast and on this podcast, we'll be talking about these different five categories. I'll also be bringing on guests. It will be a whole lot of fun.

Right now, I'm thinking somewhere around half an hour on each podcast should be roughly what I'm shooting for but sometimes it'll go on a little longer, sometimes shorter, but it should be a lot of fun. It will give me a way to deliver a lot of great information your way. Even in this, just talking about the new website and direction, you get an idea of how I frame my workouts and the things I find important in training.

On that note, if you happen to be in this field like me and you think you'd be a great person to be interviewed for whatever reason then just send me an email at Logan@LegendaryStrength.com. It may be awhile, depending on how many people do this and things I have planned for the future, but if you're open to that then that may work out. So be sure to email me and we'll schedule you as a guest.

I'm looking to release the podcast every single week on Monday. Of course, you'll be able to just get this automatically downloaded to your iPhone or whatever you have through [iTunes](#) or it will be available on the site. You can download it as an MP3. It's always going to be free so it's a great way for me to deliver to you.

Of course, audio isn't the best way to teach exercises or to show you everything so what I'm also going to be doing is every Friday, I'll be having a bigger video or an article, usually some combination of both, that will go into once again one of these five categories and detail on something that I'd like to teach you for the day. That will be usually on Fridays. On Wednesdays, I'm thinking of just pulling a video off YouTube, someone showing something amazing, either bodyweight skills, kettlebell skills, strongman skills, and then writing a little detail on that so you get some inspiration for things you want to do.

So that is my plan for now. Is it always going to be like this? Probably not but having just this one site to focus on, really my own site to focus on—I do got a whole bunch else going on—but with this I should be able to deliver this in a timely and regular manner so you'll be able to enjoy it all and know what day it is based on what I'm releasing. So podcast on Mondays, inspirational video on Wednesdays, and then a bigger video and/or article from me on Fridays. That is the plan right now.

With the new LegendaryStrength.com, something else I've decided to do just so I can deliver the information for you better, for the most part, how I deliver things is through email. Likely you're listening to this because you got an email from me and told you to go download it. With Legendary Strength, I've actually changed my email service provider. Now I don't want to get into all the details of this simply because that's not what this is about but in order to continue to get my emails, you're going to have to sign up once again if you've already done it in the past on LegendaryStrength.com in order to get because I've changed it. There's no way just to import and export because they want to be safe with all the spam stuff and everything. If you want to continue getting my emails—and I highly suggest you do if you want to learn about all these stuff, mastering your bodyweight, kettlebells, strongman stuff, mental mastery, health mastery, you want to get the podcast, all that stuff—be sure to go to LegendaryStrength.com and sign up with your email, whatever is the best email for you.

Now what I'm giving away here, there's a good chance you have some or maybe even all of these, but instead of just giving away one thing because I'm covering so much, so many different things on the website, I'm really giving away something, for the most part, that covers each of these different categories. I'm giving away five of my free reports.

The *Peak Performance Trinity*, which really covers everything, is sort of a framework that I have talking about the physical training, the mental training, and the health and nutrition, bringing all those pieces together so that overall you're able to achieve better peak performance.

I've got stuff about the handstands, a report on how to get started with the handstand. This is a skill a lot of people want to do but few people approach it right. I know I didn't when I got started but if you have the right approach as the way I teach then it becomes much easier to do. It doesn't take a year to gain this skill but if you do it right, you can gain it a lot faster.

I'm bringing back the strongman manifesto. This was my original report I wrote a long time ago. I've gotten a lot of great feedback. People were saying, "That was the thing that I really liked," so I decided to bring that back. Even though some of that got rolled into my book, *The Master Keys To Strength and Fitness*, I'm still going to be offering that there.

For the mental training side of things, we have the *10 Biggest Mistakes in Mental Training for Strength and Athletics*. Mental training is a largely misunderstood field. Most people think only in terms of mental toughness or visualization. That's really a tiny, tiny bit of it. Those are important, yes, but there's so much more available that you can use and things that will allow you to do like instantly doubling strength, like the people did at the recent Wizards of Strength Workshop.

I also have the *Get Grounded* report. This was something I released quite a while ago. I'd want to say it's about technology though that's not really the right word that you can use but it's something freely available. Touching the earth will instantly reduce inflammation that allows you to recover better, decreases cortisol in most people, and allows you to sleep better especially. The actual effects of these are more pronounced in women than in men. That report goes over a lot of the early research on this and how you can benefit in other ways than actually just going out and touching the earth even though that's freely available and the reason why I like train outside in parks when I can and be barefoot. So this is a really cool thing. Most people are not even aware of this but if you can add it in, it will instantly increase your health and also speed up your recovery so it's a great thing.

So you get these five reports just for signing up. Once again, you may have some of them or all of them but be sure to go sign up on the new LegendaryStrength.com so that you continue getting my emails in the future and you get access to all the great content that I do and everything else.

Along with this, something that has recently occurred is that together with Bud Jeffries over at StrongerMan.com, we've signed up a number of new partners. These are some of the strongest men in the world for the most part in their different areas and they're going to be bringing you books and DVDs. We've also set them up with all of their individual websites. I want to be sure to mention this to you so you can go and check them all out.

One of them is Steve Justa. If you've been training for a while and are interested in odd objects or being strong, then it's likely you've heard of Steve Justa. He is famous for writing his classic book, *Rock, Iron, Steel* which I believe is still available at IronMan.com. Bud happened to be able to meet Steve Justa while he was on his Strongman tour last year. Steve lives in the middle of nowhere in Nebraska in a town that probably has less than a hundred people. It's quite a fascinating story itself. If you ever meet Bud, ask him about it. It is really actually a hilarious story.

Anyway, we've partnered up with Steve Justa. He wrote a new book that really wasn't published by anyone. Anyway, we got access to that and now we've published it in a new format. It's a great book. There are some real gems there as far as being able to attain super strength. We're looking forward to bringing you even more information from Steve Justa in the future because the stuff he's done with isometrics lately is unlike anyone else in the world has done. I got to talk to him a little bit over the phone the other day and I'm fascinated to see what he's going to be releasing. You can find him at SteveJusta.com.

Next up we have Chuck Halbakken. Now Chuck, if you didn't know, was one of our co-presenters at the Wizards of Strength Workshop. He set a new world record in card tearing, tearing cards vertically. He's a master at doing that. He's also a master of mobility. Together with me, he shot a four DVD set on

mobility, really how to build that foundation on mobility which will one, it can help you get out of pain, it can help you to move better, and it gives you the foundation of movement you need in order to pick up any new skill quickly. So I highly recommend it. You can find him at ChuckHalbakken.com

Another person on our lineup is Donnie Thompson. If you're into powerlifting at all, you've likely heard of Donnie Thompson because he is probably the greatest powerlifter in the world. He broke 3000 pounds total in the three powerlifts, obviously a very, very, very strong guy. Be on the lookout for great information. If you want to get strong with the powerlifts, if you plan on competing, Donnie Thompson is your guy. You can find him in DonnieThompsonPower.com.

Next up we have Dru Patrick. Good chance you haven't heard of Dru Patrick before. He's has also competed in powerlifting. He is probably one of the strongest dumbbell pressers in the world. This guy is just massive. Recently, he just went and won in the bench pressing IPL, I believe it was, world championship. He's a very strong guy. He's at DruPatrick.com.

We also have Whit Baskin. Whit was a very strong man competitor. Even though he was a strong guy, he broke a world record in the Car Hold that actually still stands to this day. Unfortunately, Whit got in a really bad car accident which he barely survived. It was honestly years of rehab to bring him back and he's starting to get back into the swing of things as far as fitness and everything. He actually has plans to, in the near future, I think it may be sometime in December, to break his previous world record in the Car Hold. You can find him at WhitTheGiantKillerBaskin.com.

As you can see, we have some of the strongest people in the world in their different areas. Next up we have Scott Weech. Scott Weech is another powerlifter and strongman athlete. He competes in both different things. He has world records in, I believe, in Raw Powerlifting. He's also done something crazy with the axle. It was like a 440—I could be completely wrong—on the 440 pound axle deadlift. So that's a think bar. Maybe it was an overhead press. I'm forgetting my details on this but he's a really strong guy. You should definitely check him out. He's a ScottWeech.com.

We also have Eric Guttmann. If you've been following Bud for a while, you'll know he was actually our first newly published author. Now Eric himself isn't one of the strongest people in the world. He is definitely in really good shape. He's a US Naval Officer. He used to fly in the Air Force. He speaks multiple languages. He's also something of an expert in longevity. He has his own company in producing some topical health treatments. He's a phenomenal guy, a really cool guy. He has also written a couple of books, [*Listen Up*](#) and [*Extreme Military Fitness*](#). You can check him out at EricGuttmann.com.

We also have James Henderson. Now we haven't set up this guy's website yet though I understand he has his own. I'm not sure what that is off the top of my head. But James Henderson is the strongest bench presser in the world. I believe he holds the world record in that, a phenomenal strength athlete and strongman.

As you can see, we've brought onboard, and likely there's going to be more, people in the future in some different, even more wide ranging fields. So we've got guys into powerlifting, competitive strongman, and the not amateur but the oldtime strongmen doing feats of strength like Chuck with his

card tearing, all these guys, phenomenal athletes in their own right. They're going to be releasing articles, videos, all that stuff are actually already available on those websites I mentioned with some books, DVDs, and different courses coming out through there.

Along with these, the vast majority of these guys—not Steve Justa, unfortunately; he is something of a hermit—but I think every other one of these guys will be in the upcoming Superhuman Training Workshop number 3 which is on January 4 to 6, 2013, assuming the world doesn't end in December, in Tallahassee, Florida. This is going to be basically like a strength mastermind. All of these nominally strong guys, I mean I'm going to feel so tiny being next to guys like Donnie Thompson, Dru Patrick, and Scott Weech, but it's going to be great to meet these guys and get to learn from them in how they do anything they do strength-wise.

I would highly recommend to get your butt over to this workshop. We're probably never going to have all these guys together again like we will have here simply because logistically it's been kind of crazy. I know some of them won't even be there the whole three-day event but can only make some of it. In any case, you'll never really have a chance to learn hands-on from these people like you will at this event. It will be covering a wide range of topics, all in mastering your strength and becoming as strong as possible. I highly recommend you get yourself over there. I myself am flying across the country in order to attend. I highly recommend you get there and you can check out the full details that we have so far at SuperhumanWorkshop.com. There are still a few spots available at the extremely low price. I think we're selling it for something like \$297 and there's even a payment plan available. This is the cheapest we've ever offered an event, even though it's our biggest and in many ways, best event with all these guys going. It's going to be awesome.

Along those lines, we also have a brand new membership site. Not brand new; it's just been newly revamped and that's [Superhuman Training Member](http://SuperhumanTrainingMember.com) site. Right now it's mostly just me, Bud Jeffries, and Chuck Halbakken, doing the coaching calls and uploading videos and everything but in the future, every one of these guys is also going to be a contributor to this site. We're actually going to end up eventually having weekly training videos. Right now it's monthly but the cool thing about this site though is we've greatly simplified it. We've also made that cheaper than ever before. It's less than \$20 a month. Just when you sign up, you're getting something like \$2000 worth of products, some of my best stuff.

Actually, I created two courses, *Acrobatic Flexibility* and *Acrobatic Skills*. Each were two DVD sets and I hadn't released those yet. I decided to just upload those. They're freely available on the site. All you've got to do is become a member. So I guess not quite free but for \$20 you get access to courses I was planning and maybe I still will in the future sell for \$50 dollars apiece. That's just two out of many of the things available.

There's a 14 DVD set all available online, Bud's original *Superhuman Training* monthly series. In this he covered how to use every training tool possible to man. It really gives you a huge foundation for his twisted or monster conditioning concepts. Once again, that's just one other thing. You have the entire like 20-hour—actually, I think it's closer to 30-hour—all of the interviews we did in our Superhuman Training Teleseminar Series. There's just so much information in there and it's available for \$20. You can

find and get access to that through LegendaryStrength.com. It's at SuperhumanTraining.com/member. It's where the membership site is. I highly recommend you check that out.

That's going to wrap it up. I think I've given a whole wide range in details about what's going on. Just to recap a bit, Lost Art of Handbalancing has been combined into LegendaryStrength.com. You can find everything available there. Soon you won't even be able to go to Lost Art of Handbalancing. It's just automatically going to redirect to [Legendary Strength](http://LegendaryStrength.com) but every article, every post, every book that was available there, that's all on LegendaryStrength.com right now.

Be sure to check out LegendaryStrength.com. That site got a facelift or an upgrade. There's a little more going on there, the main thing it being separated out into five different categories: Bodyweight Mastery, Kettlebell Mastery, Strongman Mastery, Mental Mastery, and Health Mastery. With that, I'll be delivering regular content through this podcast every single week and doing videos and articles as well. All that's available.

Also be sure to go to the site, sign up, and grab the five reports to be sure you also receive my emails in the future because I know you want access to the great stuff that I do online, all the free videos, articles, and everything as well as you'll be the first one to know about any new courses I come out with.

Then we have all those new partners so be sure to look at everything coming from them in the future. The reason we've put this together, me and Bud Jeffries and all the partners, is we really want to build a web or group of really the strongest people in all their different respective fields because we're kind of tired of all these people who give health and strength information who aren't that strong themselves, the armchair theoreticians, guys that really can't do.

We're bringing you the best guys in the world at what they do, the strongest people ever basically. There is no one world's strongest man despite the name of the competition but really strength comes in so many different flavors. We're bringing you guys who are the best at what they do in so many different ways and have so much experience in so many different things you can learn from depending on what you're going for.

I'm not the guy to go to if you want to become a really great powerlifter. Sure, ideas I can give. It can certainly help, especially the mental stuff that applied to anything will make you much stronger when you do it properly. But if you want to actually learn technique or how to train for it, I'm not the guy to ask. Ask someone like Donnie Thompson, Scott Weech, Dru Patrick, or Bud Jeffries, who also has a background in that. They're much better people. Yet if you're looking for bodyweight training, I don't think Donnie Thompson's your guy. I'm a good person to come to. There are also other great people out there.

That's really what we're doing so we're able to build up this whole ring of the greatest athletes in the world and cross-promote between each other and also give these guys, who don't have any idea of how to build a website or anything, a way to give themselves a voice so they can really spread that information out there. I mean it's a pity that we have a guy like Donnie Thompson, the strongest person in the world at powerlifting, over 3000 pounds, yet he is not really able to teach because he didn't have

that. Well now with the website, he's going to be bringing all that and you can really find out how he trains and all that information.

That is all coming but the way to really kick start this and 2013 is to come to the Superhuman Training Workshop number 3 where you're going to get to meet all these guys, get to train with them, and get to learn from them in an event quite unlike any other. In all of our events, we really tried to outdo the last one. I think we really have succeeded. I mean the Wizards of Strength Workshop exceeded everyone's expectations and those were pretty high. This event is going to be just doing the same thing. That's coming up fast. It's really about five or six weeks away at this time so you want to be sure to go sign up at SuperhumanWorkshop.com.

I hope you've enjoyed this podcast. Once again, there's a whole lot more coming where we'll be going to be going into detail on bodyweights, kettlebells, the strongman, mental health, and all that, bringing in guests and all sorts of things. Be sure to go to LegendaryStrength.com. Check out the new site and I'd love to hear your thoughts on it. Let me know what you like, anything you'd like to see added to it, and comment on the site. All that is good. This is Logan Christopher from LegendaryStrength.com signing off.