



Legendary Strength Podcast Episode 22

Wizards of Strength

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Logan: Okay, we are back. The battery ran out on the camera and we had no intention of going as long as we did. I had to go downstairs to get the card and get the charger there but we wanted to make sure to finish off the interview, and not just leave in the middle or halfway through a story. So you were talking about Monty's shaky, first two reps, and we were having a good time when we walked out on you.

Chuck: There's that joke that you will not be privy to but anyway, we both got stupid—

Logan: Unless you [pick up the DVDs](#).

Chuck: Exactly. You have them again.

Logan: Okay so, being serious. We had technical difficulties.

Chuck: Do we want to start over?

Logan: No, let's keep going.

Chuck: Can you keep it together?

Logan: Yes, I can, I can.

Chuck: I'll need a little help from my cranberry friends.

Logan: Okay, we like to have fun out of our jobs.

Chuck: Yes. The work is over. Now it's playtime.

Logan: Well, it was playtime all weekend though.

Chuck: It really was. It really was.

Logan: We love work but playtime.

Chuck: Yes. So what he was doing, the [handstand pushups](#), which you can't say hands but it's better than saying four finger and thumb, huge amount of stress, clearly a maximal thing. I mean anybody's whose ever done a maximal lift knows what it's like. Everything's shaking, nothing is really stable. You're fighting to stay alive basically. He does two reps. His mental toughness just tells you why he did two because any other human being wouldn't have even done one, much less grind out one and then go, *"All right, I'll do this again, dude."* It's like whoa, okay. You could stroke or all sorts of things.

I mean this is a huge strain. The stroke was a joke but what I'm saying is it was an absolute 100% strain. Now one of those guys they always say 110% because I think that's crap. If you say, that you've never done 100%. Okay? So Logan has some stuff with him and I'm not going to be and try to explain with what the hell it was but it was some stuff that Logan does.

Logan: That's the value of the DVDs, by the way. You can rewind and rewind. There's no way everyone got everything I put in there because there's a lot going on in just a minute's worth of time and it needs to be studied to really be understood so that you can apply it and actually then build from it.

Chuck: Absolutely. Okay. So he goes through a really brief—How long would you say it?

Logan: It might have been close to two minutes.

Chuck: Okay, two minutes. So the guy does something that is superhuman, turns around, and busts out four reps about as easy as I do a pushup on the floor. By the way, I can do hundreds and hundreds and hundreds without breaking a sweat because that's a stupidly easy exercise. It's like do you stress out if you take a T-shirt off a hanger. That's how hard it was for him and he hits 4 and it's like this. Okay, no joke. Watch him on the video. Now that is sick.

Logan: I was impressed by the results of the different that everyone was getting. Yeah, I've been doing it a lot myself. I tell a couple people that I practice with it but seeing the results here in our shop is huge. Well, it was actually really just, you mentioned, the [mental toughness](#). That's part of it but he actually already had some modality, it's big word you may not be familiar with, but he had things already setup in his brain for massive success, which is why he was able to do it. But by doing the right things, we were

able to access even more and that's what doubled the effect. Because he was already like everything was super good but we were able to increase it even more.]

Chuck: There's a thing that is difficult to explain unless you've really done it, because if you haven't done it—I use a really silly expression and it's never disrespectful but it's like trying to explain the color red to somebody who has been blind since birth. It's impossible. If you have never pushed to the point that you don't care if you get hurt or not—I'm not recommending this by the way because we're a little bit touched when you do this—but there are people who have been known to try and tear decks of cards with a bunch of duct tape around them that have passed out while they were doing them or bend short steel, fallen down, and woke up and went, *"Oh, here it is again."* I was not that second guy by the way.

Logan: Multiple pass outs in one attempt.

Chuck: Yes, multiple pass outs in one attempt.

Logan: That's great. That's toughness.

Chuck: That's toughness. Now it's not insanity, by the way but here's the thing is Monty, incredibly talented and incredibly tough, superlatives is coming out wazoo, here's the deal: Without that, how long would it have taken him to do what he did?

Logan: As long as the—

Chuck: It could be year.

Logan: Probably not a year. I'd say with Monty a couple of months honestly of training. He may not be able to get right back to it again right away without doing a similar sort of process but he may be just that. That's his new set level. It will be interesting to see the results on that.

Chuck: And there's a weird thing about this whole deal, too, is—

Logan: But that's let's say two months of practice versus two minutes, what would you rather have for doubling your results and actually doubling them while making it easier to double.

Chuck: Doubling your number and making a two or three magnitude difference in the quality of the movement. I mean you've got to see the video.

Logan: And mind you, this was from one set to the next, five minutes, a couple minutes of rest, but if that was shaky that much of a max attempt, he had done two reps before and then he doubles it.

Chuck: Come on. He'd had an hour's worth of rest prior to that so it wasn't like the rest time had really had anything to do with it. It was what you showed him how to unlock in his head. Let me give you an example of something. Our good friend, [Bud Jeffries](#), when the first I started talking about doing the ten record tear or breaking the record, the problem I was having was I tear vertically. If you're never tried it, it's really cool.

The problem is you don't have a lot of room to stabilize the cards. When you tear like, things can be splayed over there. That's not disrespectful. I'm just saying it's different. I mean this way, you have to be really, really precise because a deck of cards is $2 \frac{3}{8}$ wide, it's $3 \frac{1}{2}$ inches long. So most people are grabbing a $3 \frac{1}{2}$ inch and they're tearing $2 \frac{3}{8}$. So if you're going to deal with something, if you tear it horizontally when you do ten decks, you're tearing under 24 inches, $23 \frac{3}{4}$. By the way, I tore 35 inches. It's a huge difference.

So Bud goes, well you're having a problem stabilizing. Then the amount of pressure that you put on per square inch is huge and they'd start sticking to your hand. I mean, dude, they're like glued to your finger. You'd go like this, which kills you in time. So Bud goes, *"Why don't you just wrap a duct tape around it?"* I went, *"Well hell, why stop there? Why not just wrap a kettle or you know around it?"*

Duct tape is tough stuff man. Nascar dudes do it. They call it a 200-mile-an-hour tape. That's not like scotch tape. It took me about three months to get to where I felt comfortable that I could figure out how to do it. Now after talking with him, talking with Bud, and going through a couple of different things, and looking at it differently—now they didn't give me specific advice on how to do it differently but there are conversations that we had because when we talk, we talk about two things generally. We're talking about things that we're having success with and we talk about things that we're not having success with. Now we're all personal friends who we have these conversations you guys will never privy to but you get the results of what we do in these workshops.

When I figured out to the point that I can actually tear it faster with tape, I changed my technique to take advantage of it but now I'm really fast at it. 20 seconds, though, you went 46 seconds and I brought it down to let's call it 30. It's beating a world record pretty bad. That's like you've seen Bolt or whatever he is, I can't remember the number but I know it's like in the nines but just say to make it easy on me, it's like if he ran a 10, the first time I did it I ran at 7. Now I train like at 4 or something like that. You're talking about world record that got broke that much and yes it's because of the stuff that we taught here. You heard me earlier say I didn't know what they were going to teach. Well, we talk all the time. I didn't know specifically what you're going to teach but the visualization in this and everything that's like that that help to deal with stress.

Because by the way when you're in front of 25 of your peers and 3 or 4 of them are literally your peers, the rest of them are students that are looking up to you going, *"Oh, this is the dude, man. He's going to kill it."* You walk up and it's like man, I broke it. I've set all these records in my garage with my wife looking at me. That's Logan who didn't shut his phone off when he was—

Exactly. So what the point is we're world class and killed the world record like that. Does that mean you have to be world class to take advantage of it? Absolutely not even really close.

Logan: A lot of people there, a lot of our students, are pretty high level, like we were just talking, Mody, Melody, phenomenal athlete. We had some new people there, sorry.

Chuck: And by the way while he's gone, I'm going to talk a little bit of smack about him. Oh, but he's back, I can't do it anymore.

Logan: We had some people that really knew the exercise and they were getting the same sort of results. I mean everyone knows if people are new to something that's really easy to pick up things and pick up ability quite quickly. Still and actually in some cases even more so, like having this thing and getting that as a foundation for what you can do in the future. Imagine if you started with this knowledge.

Chuck: If we would have started that way, yeah. Yeah. Okay. Oh, man.

Logan: If we didn't have to develop it ourselves, I mean train under, it had a lot of local people or anything to get it, it'd be very nice. So advanced people, no one on the planet has a lot of this stuff. Some people have some things you can find in certain areas.

Chuck: Bits and pieces.

Logan: It hasn't been but really, as it was delivered here, never been covered before, never will be covered again the same way at all. You have the opportunity here. If you're already an advanced trainee, this will allow you to access an even more immediate level. If you're just starting out, same thing. It's going to set you up for massive success from the get go.

Chuck: Interesting thing. Bud and I had this conversation earlier and I can't remember if you listened to it or not but—

Logan: I had a lot of conversations.

Chuck: He presented table and there's a minute he'd be talking, right? Everybody talks about foundation. You've got to build your foundation. That's absolutely true but here's what the question is: if you're trying to build a house, your foundation is like about that. This is going to sound fairly arrogant, get over it. When you can hit these numbers then you can say the same thing. What we're talking about is the foundation that we can put the World Trade Center and put another one on top of it and its okay with that. We want a 200 and whatever story building.

That is a much deeper commitment level and there's much more involvement in doing that. There's a funny thing in publishing and it's kind of a joke. It takes ten years to become an overnight success. You've probably never heard of me really before, maybe in the last year or so, but look, I've been in this for a while. You're talking hundreds of thousands of this movement and trying all sorts of weird different things. Some things worked. Some things didn't. I've injured myself a couple of times. What you're learning how to do from all of us, not just me, I'm just using myself as an example because I can, we're showing you the ways to avoid the pitfalls. If you're starting out, you've got to do this. I'm not going to mention what my ultimate goal is but it's pretty cool. It's never been done. I don't know if anybody has even talked about it and I'm going to be able to hit it within a year. It's going to be cool, by the way.

Logan: It's interesting you say that. I won't to say inexperienced in these field but I haven't been doing all this stuff that long. I started getting into serious training—I wouldn't even count like football and the lifting I did then because I didn't get success in any degree—was after high school. I was about 19 or 20 years older when I really started to get into excess. I'm 27 now, as of this recording, so only about 8 years and I have achieved some massive success in different fields like [kettlebell juggling](#).

Chuck: The [flaming kettlebell](#), dude.

Logan: We'll get to that, the massive success in kettlebell juggling. One of the best things is I'm pretty accomplished in a wide variety of things, doing some basic [hand balancing](#) and acrobatics, all the different [feats of strength](#) including things [like pulling a fire truck with my hair](#). I mean who does that? My [301 snatches in 10 minutes](#) with a 5-3kg kettlebell.

Chuck: People that have hair, by the way, to do that.

Logan: Just in this short time, while people talking about the ten year rule, what you were just saying, ten years to become an overnight success, that can be radically amplified by the stuff that you'll learn.

Chuck: Yeah, you could accelerate it really.

Logan: I really believe I haven't achieving anything yet compared to what's coming in the future. Everyone at this workshop can choose to do the same thing. This really gives you the tools above and beyond what you get from this is how you do a curl.

Chuck: By the way, if you do know me at all you'll know that you always know what you stand with maybe because this kind of spews out what I happen to think at the time. If I didn't agree with him, I wouldn't be sitting here. Let me just say this. I was bad to the bone, world class at tearing cards, and just ripping the crap out of them. I turned a thousand decks a month and doing this and this and this. My wife will hear this? That's a lot of money.

Logan: He's not exaggerating there.

Chuck: That's no joke. Right.

Logan: There's a good amount of money on cards.

Chuck: And for a really extended period of time. When I say that, I'm not talking about a month. I'm talking about like six—we'll just leave it at that. Now that's in addition to stuff that I've done for years previously. I hook up with these guys and we really started up some business together and we really integrate as friends, professionals, and colleagues and really started sharing secrets. No joke. I mean this is like hard won information that we don't just talk about just for giggles to people.

Number one, it's got to be something with a commitment level that's going to go, *"I'm going to come down."* Mike spent 18 hours on an airplane to get here.

Logan: Yet you can watch this from the comfort of your own home.

Chuck: Exactly. No joke.

Logan: And rewind. There are definite benefits from being there live and I have to recommend you come to any of our workshops if you can, live. Even if you just do it once, though you'll likely want to do it more than once, just for the experience because one, you get private instruction from the instructors during the break time. It's not like we disappear during the breaks. We all go out to eat together. We're all hanging out together. It's extra time before and after the sessions and all that. So there are definite benefits to being there, plus you get to experience a live view of all the drills yourself.

But DVDs have a huge benefit to them, too. You can watch it more than once. Even with the best note-taking skills, you couldn't get possibly everything we've taught in this workshop but with DVDs you can and you can watch them from your home.

Chuck: Straight up. Here's the deal. When you're sitting down writing notes—I can only speak for myself as I have already said ad nauseam I don't even read my notes and when I'm writing down the notes, I'm not paying attention to the instructor. I'm not watching. I'm not using all of my senses. You miss too much. The DVDs you can go over a ton of times.

Logan: I taught things I'm going to be going over the video in order to see what I did because I'm not too sure of all the things. There was some phenomenal stuff in there and to be able to access it again and again to really get all the data that is available there and then put it into practice, that means getting the result from it that's wow.

Chuck: Dude, I can't wait. Seriously, I can't wait. You also get to hear inside information. Everybody likes to hear that. I do, and I'm on the inside. I dig that. You get to hear about what products what we're talking about next and you actually get to influence us to a large degree based on the questions you're asking us. What would happen if you did this? If you did this, is it going to cover this? You get to influence that and I'm going to drop a little hint.

When I hooked up with these guys, my ultimate goal was to tear two decks of cards vertically. Nobody in the world has ever done that. Oh wait. Yes, I have. I've done it twice. Unfortunately, I didn't realize I was going to do when I did it so I haven't recorded it yet. I think that maybe something happens real quick. That's okay. So in town what I do is I film everything I do because I was doing isometrics with it or you know what, *"Holy crap, wow that's —"* There wasn't a camera on so it didn't happen.

Here's the funny thing and I'm just going to say this much. Once I get two decks on film, vertically, no duct tape by the way. That's something. Give me a break, dude. It's like 19,000,000 pounds of pressure on your fingers and looks like you're bleeding under the nails and crap when you're doing this kind of stuff. I probably will stop tearing cards, other than just demonstrations. I will start tearing things that cards are made of. Nobody's ever done it.

That's only because of my association and my relationship with what it is what we're doing, the gentlemen and the world-class athletes that are there because they inspire me to do things that are super human. I'm not trying to overuse that. I'm being just very matter-of-fact because one of the things that we talked about today is your—this is kind of deep so if you get weirded out about it then just fast-forward past this—perception of reality, you get to decide.

Now, I don't mean that if the sun is up and it's sunny—I'm not talking about that kind of crap. I don't mean that. What is possible, that's based on what you decided. If you think you can jump to the moon, I'm going to tell you that's probably going to be a bit of a stretch. If you think that you could take a piece of wood on your hand and tear it lengthwise, that's not another impossibility if you can tear two decks of cards. I'm not saying it's what I'm going to do but you may get that. The thing about it is I think that's a realistic thing. Logan has pulled—I've seen the video of him pulling a fire truck with his hair. It's like really? Granted, I can't really appreciate that. You have to understand that but that was cool. Now could you do it again? Could you do it with something bigger? Sure.

The thing about it is you're going to find Logan is like my idol in a lot of ways, which I've never said to him before which is why he's probably turning red right now. It's because he does all these really cool things and he started doing this at an age that he can bounce around. He could do juggling for a while. He could do pressing for a while. He could do hand balancing for a while. He can tow fire trucks and crap with his hair and he can move around to do all these different things. The one thing we share in common, though, is he doesn't try to do seven things at once. He works on one thing for a while—

Logan: It's like two or three things when they focus at a time. Actually, I do quite a bit and it's a choice, it's what I do. You can't spread yourself too thin. I have done that in the past and that's when we got to knock this.

Chuck: Yes. To give you an example, I'm working on three feats of strength in terms of rip right now. I'm doing hub pinching, I'm doing rolling thunder, and I'm tearing. One, I really focus on. Two, I start developing foundational work. The thing about it is you can do whatever you want to do. The cool thing is we give you the way to get there. It doesn't matter what it is.

Logan: Faster.

Chuck: Yes. Way faster,

Logan: I mean just practicing anything by itself, you can get there unless you run into certain blocks, which Charles will teach you how to deal with. We've talked about the acceleration of things.

Chuck: Compressing your time frame is just huge.

Logan: Avoiding injuries, fixing pain that you happen to have, which are huge things. If you think about it in any strength, that's what derails people. That's what stops them from getting to their goals. So when

you can, one avoid those in the first place just because of one, body awareness and two, you're doing things right so it doesn't occur in the first place. But when it does occur—

Chuck: You could self-heal. We're talking about prevention. We're not talking about things that are really beyond your control. If you're walking across the street and lightning strikes you, I can't help you with that. But what we're talking about is being aware enough that you don't do a self-imposed injury. That's really what we're talking about and that is everybody. When we were talking about that, I was going whoa, that is fantastic, especially people that have been hurt. Because once we showed them and spoke with them and we all did it in different ways, they were going, *"Man, I could have saw that coming a mile ahead of time."*

Logan: Yeah, my good friend, Tyler, who you'll see in the workshop DVD, had recently— I guess that was probably a year ago—from a gymnastics incident blew out his knee completely, ACL tear, like everything ripped out everything.

Chuck: ACL, MCL, meniscus. But a world-class shot has screwed it up. Sorry, go ahead.

Logan: But the truth is he got the signal from his body, I shouldn't be doing these, before and just didn't heed it and he paid the price. Pain, that body awareness, which was stuff you taught really helps us do. Also I'm in many ways a self-guided guru, a different sort of kinesthetic awareness.

Chuck: So like huge.

Logan: That was actually the key to unlocking Mody's getting there. He already had really high sub-modalities, the visual, the auditory was in there as well and kinesthetic feeling but actually by what we did, we accessed a new feeling and it's not something that I try to implant into them. It was something that came naturally through the process that I taught, imprint that, and we actually amplified that. From there, he was saying afterwards like that was an entirely new feeling, a sensation in the body that gave him newfound power.

Chuck: It wasn't like digging a dish. It was like flipping a switch. By the way, I just made that up. That was not a—

Logan: Dr. Seuss.

Chuck: Is it?

Logan: No. no. I just think you're rhyming like him.

Chuck: That's the thing. It's like Tyler, because he's a hardcore, strong, bad to the bone dude, which we have huge amount— I mean obviously they're really, really good friends and have known each other for a long time. The first time I met him, I had a huge respect for him because he's just one of those guys. But here's the thing—and this is one of the pitfall with just focusing on this and to being able to listen—is I'm going to die unless I do that. You may die.

Logan: We've talked about that.

Chuck: I mean we cover all this stuff and it's like you're making a choice. Please understand that.

Logan: Make the choice. There are times where you want to push that hard but it shouldn't be often and realize there are consequences for doing so.

Chuck: I've pushed super hard and I've hurt myself. The funny thing is people will talk about strength, will talk until you've pushed to the max that you can't figure out where you can be. Well, there's one guy in particular that I know that's phenomenal here, John. He straight out told me as a friend, I have no idea what I can do because he doesn't have an ego like that. He could care less. By the way, he doesn't tear cards the way I tear cards but his ultimate number kills my ultimate number. That's just being matter-of-fact. I do it different so I can say I'm really, really good, too, which I am. But if he really got bad to the bone, down serious, because he couldn't care less—

Logan: Anyone can beat anyone at anything if you had any gumption to do so. This is [John Brookfield](#) we're talking about.

Chuck: Yes. It's John Brookfield. We're talking about the dude. He drags a 600-pound chain in a bare crawl ten miles without stopping. Come on, man. The thing about this, he really digs what we do, too. He really likes what we do. It's a little bit different than what he does and that's okay. We're all going to be different but we all end up getting to the same spot.

Logan: Like flaming kettlebell juggling.

Chuck: This wild man goes, *"Okay, so what I'm going to do is I'm going to juggle a kettlebell,"* which he does really, really cool, *"but it's going to be on fire."* I went, *"I don't think, whatever, what the hell."*

Logan: When did I first tell you about that?

Chuck: I think driving down here is when.

Logan: Really? That was first time you—? I never told you it beforehand?

Chuck: You keep secrets from me, man.

Logan: I don't keep secrets from you. I tell you things. You talk too much and I can't get to things before I go with my friends.

Chuck: Well, I have CRS syndrome. A lot of times I can't remember stuff. I'm thinking he's going to like put lighter fluid or something on it, light it, and he's going to flip around it. There's going to be like flames and crap like this. I'm seeing those guys soaking these like thick—

Logan: It's called a Kevlar wick. It's what they use for fire dancing. I did some research. Okay, how can I light a kettlebell.

Chuck: That's right. That's sick, right off the bat to do research on this kind of crap but it's really good.

Logan: Well, you can't just jump into it like if I just squirt lighter fluid, it's not going to stay on the kettlebell as its flipping, most likely.

Chuck: Do you see the quality of education you get with these things? So here comes Logan—

Logan: You have to be smart if you're going to be stupid.

Chuck: I think it's, *"If you've got to be tough, you've got to be stupid."*

Logan: No. You have to be smart, too.

Chuck: Smart, too. So Logan, turn to the side so they can see your hair. I'm seeing this oil put on this thing. Okay, I figured what they're doing. They're going to wrap the kettlebell in this. I'm going, *"Dude, you're going to be like a torch and I'm not sure how this is going to work out."* Well, he comes back ten minutes later. Man, he's dressed up like a quasi-firefighter. They like this thing and he starts rolling and it's like, *"Dude, it's not like a big lighter."* It's just like turn these flames off this thing.

Logan: It's a bonfire.

Chuck: It's stressing me out seriously so bad. And I wasn't doing it. I was watching my friend do it. I had my camera on picture instead of video and I'm like, *"Go on. Come on. Go. Go. Okay, I got it. I got it."* I'm watching. *"Holy crap, he's doing it"* I couldn't even see the handle because the flames were getting like this long as he was flipping it through. It was fantastic. It was really, really cool and the thing was he was committed to doing a certain movement which—I don't juggle well enough to have a vocabulary for it. It's a very difficult move.

Logan: Over the shoulder flip.

Chuck: Over the shoulder flip. He stayed at it with flesh singeing, shall we say, at times. That's not an exaggeration. I could smell him and it was getting hot. It was like he was having to flip the kettlebell handle over so the flames were going this way so you're trying to grab it again until he did the whole deal. Can we put a clip of that?

Logan: Yeah. That will probably already be online and most people would have seen it but actually we'll add it into here as well.

Chuck: The coolness factor of that, in my opinion, beat everything else that ever happened. .

Logan: Thank you. That's nice to hear. Well, it was a world record. I mean it hasn't been done in that fashion ever since. So in that sense, it was quite out there.

Chuck: You're making Pluto look like next door. It's out there a ways. The coolness factor was there.

Logan: That brings up something you were talking about, your stress level while I'm doing it. One, I'm decked out in things. I've got a bandana on, wetted down, so my hair doesn't catch on fire and everything but I'm doing it with welding gloves which one, that makes juggling kettlebell harder to do. It is pitch black basically outside. We had some lights set up but then it's a giant flaming ball.

Chuck: Yeah. It's a big flame, too.

Logan: I can casually, conversationally, while moving around be juggling a 16-kg kettle bell with no problem and effortlessly do all these moves. It's not so effortless in that fashion right there. So you were talking about stress level and how that really impacts things like mobility, pain, all that stuff. You want to go into a little detail on that? Anyway, they've watch this far on the video. Let's give them some content.

Chuck: Absolutely. Have you been that patient? So what happens is when most people work mobility or do their specific skills at ideal stress levels for them, in other words, they're in a comfort zone generally speaking, very rarely do people train at an actual high stress level because without sounding like a jerk, what most people perceive as pain we call discomfort. It's not really pain. What he was doing was pain.

Now there are several issues going on here. Now bear in mind that as your stress level and your threat, or however you want to refer to it, as that level goes up, you tend not to move as well because you're—

Logan: You're getting constricted.

Chuck: Yes, you're getting constricted. You've started to move into a startled kind of position to begin with.

Logan: Fight or flight.

Chuck: Yeah, your movement is just fight or flight. Exactly. While you have chosen to do this, it sounds like a really good idea until you light it and it's dark and you start to flip it around. Now the other thing, from a technical perspective, he could not see the handle because the flame was that bright.

Logan: I could see it a little.

Chuck: You kind of because he's really experienced.

Logan: I more of knew where it was, rather than actually seeing it.

Chuck: It was more of a feel than a visual thing, right?

Logan: I can throw to the point I know how to catch.

Chuck: Yes, he knows how to. I can juggle, on a scale of 1 to 10 like about 4, but the moves I do I can do well because I'm familiar with doing it but I don't do that. I have easier ways to look silly than doing that. So what he did under stress, if he would have been by himself doing it, not at a certification, and had it lit in front of family and friends or by himself, or actually by yourself would have probably have been less

stressed, it would have probably been twice as easy, seriously because there's a danger factor there that is very difficult to describe.

Logan: It's also the time limit factor. At a certain point, the flames do go out. If I haven't done it by then, that was my only chance to do it at the workshop here. Sure, I can do it at another time but I really wanted to get it here. So there are lots of different levels of stress that go together.

Chuck: Oh, absolutely.

Logan: While these six different things go on one.

Chuck: So the very fact that he was able to perform as well as he did is a testament to the training he does on a daily basis. That's what we're trying to convey to you. What we're doing works if you're an athlete under stress. There's a whole bunch of competitive lifters that talk about, *"Oh yeah. I've done this. I've done that."* They're talking about their PRs.

What specially have you ever done in competition? Oh, I've never done that. Well, then maybe I train a little bit differently because guess what? We knocked huge numbers off our best times or jacked up the numbers in a positive way. In other words, improvements were made dramatically by all of the instructors under high stress. Because believe me when people are paying to come to this and they're looking upon you as like *"The Dude,"* it's way more stressful than hanging out with your wife and tearing cards or flipping around something in your backyard. What we do works.

Logan: Guess what I was doing before I went on to perform that? The same drills taught here but variations of them a little bit.

Chuck: Absolutely. We practice what we preach. This isn't a joke. This is us. This is our life. This is what we do and we'll share this with you.

Logan: I think we're about done.

Chuck: I think we're good.

Logan: Any final comments? Okay.

Chuck: I'm halfway but it's okay.

Logan: This video will probably be an hour long or so, maybe probably even longer. This video, I'm thinking right now probably this will actually be sort of the sales video.

Chuck: I'm thinking it may not be a bad idea.

Logan: Yes. So there will be details down below. You can [order the DVDs](#). Really, I truly believe there isn't anything like that. I don't truly believe. I know there is nothing like this out there you will find anywhere.

Chuck: Bar none.

Logan: At best, you can find certain pieces in different areas. You'd have to search far and wide to even come close. That's if you knew where to look to just even try to get this stuff all together and in doing that. you would spend a lot more time and actually a lot more money just so you didn't try to do it.

Chuck: A lot more money. Do you ever filter through a bunch of garbage, by the way? Because we've all went through a lot of this training.

Logan: We're bringing you the best of the best.

Chuck: Yeah.

Logan: And like we said, multiple different people bringing you what they've done that really has helped them, what you can do. I look forward to applying what I learned from Chuck, what I learned from Garin, what I had to learn from Bud, to bring myself up even more. When I do that with my own skills, it's going to bring me to another level. Same for all the guys here.

Chuck: Absolutely. I agree except for that Chuck guy but the holy guy, I'm going to learn from him, Garin and Bud. What's cool about this? It's as exciting for us as it is for you but better, in a way, because this shapes what we'll do next. Because if we experiment on ourselves.

Logan: Yes. We have and the choice is yours but really I hope you do come and join us. Join this wonderful world of the elite possibilities.

Chuck: Yes. It'll definitely be a paradigm shift for you because you will start believing—

Logan: It will be more than one.

Chuck: Exactly. What you think is possible right now. there's a much bigger world out there that you really can do, if you just think you can and you have a few things that we teach you.

Logan: The ultimate tools for achieving that success.

Chuck: Yes, absolutely.

Logan: Cheers.

Chuck: Thank you very much.

Logan: I hope you enjoyed that and got a lot out of it. I've made available just for people that listened to this podcast all the way through my presentation from the Wizard of Strength Workshop, my very best material in my opinion, stuff that can radically accelerate your progress instantly pretty much. You can check that out, more details at WizardsOfStrength.com/iee. That IEE stands for instant exercised

enhancer which was my name for that presentation so be sure to check that out. That's WizardsOfStrength.com/iee. Thanks and I'll talk to you next week.