



Legendary Strength Podcast

How To Feel Like A Billion Dollars

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Hey, there. It's Logan Christopher with the [Legendary Strength](#) podcast and in today's episode we're going to talk about how to feel like a billion dollars. If you haven't heard already, I just released a new course by that same name, [How to Feel Like a Billion Dollars](#). I want to tell you a bit about what's in it, what it's all about, to see if it's right for you. Of course if it is, I encourage you to buy it and you can go check out the full details and order at [FeelLikeABillion.com](#). You'll be able to see everything that's there.

What I want to do in this podcast is talk about some of the different things because this is sort of a modular course. There's a bunch of different areas and the whole idea behind this is to have one sort of short routine that you can do that will make you better at everything. The name, *How to Feel Like a Billion Dollars*, is really the benefit we're trying to get out of it. You want to feel that good every single day and truthfully there's no reason that you shouldn't be able to feel that good every single day.

There's actually a little bit of a funny story there, to feel like a billion dollars. The reason it was that and not "*like a million*," which was the original working title was I couldn't find a domain name that was available like that. So I went with a billion instead of a million and I had to up the ante in the course and all that.

So let's go into a little detail on the different areas of this course, what it's all about and really listening to this podcast, if you decide it's not right for you, I mean there's like six hours of video footage so I couldn't even begin to go into all the details on what's in the course here but you'll be able to gain some ideas and you can start putting these into practice immediately.

The main idea about it is that this is designed to be a daily routine. The main benefit of doing something daily is it really becomes a habit. When it's a habit then it's no problem to do. Also with many of the things that are done in this routine, for instance the flexibility, I find with flexibility, it's vastly more important to be consistent with what you do rather than just go really hard at it once a week. This is because the body needs to be trained to get into that flexible position. It really needs to be a habit, an everyday occurrence, even several times a day in order for the body to become used to. If you just go very far, like doing some sort of isometric stretching and you do that once every week, I don't think that will bring you as consistent results as if you did it just a little bit each day. The same can be said for strength training, especially if you're going for more skill-based things. Anything that is a lot more skill-based, I highly encourage you to train every single day if possible.

So that is the reasoning behind having a daily routine. By doing something every single day, it's going to get much better. Some people might say, "*Do you have to do it every single day?*" No. If you miss a day, it's not going to be a big problem but you really do want to get to the point where this sort of stuff is habitual. Everything that is in it is something that should and can be done every single day. Just think about it. Do you go to the bathroom every single day? I'd hope so. There may be some people that have some issues with that in which case this routine actually has some stuff in there that could help with that. But it's just something you have to do every single day. It's like brushing your teeth. It's like going to the bathroom. You've got to regularly update and keep doing the processes in order to get the benefits from them. Moving and doing the different energy drills, everything we have in here, is meant to be a daily thing.

The second part about the routine is I built it as a morning routine. The reason I say that is because if you do this or any routine in the morning, it's the first thing you do in the day or very close to the first thing you do each day. By doing that, you're setting up your day. This is a physical routine. For someone that doesn't exercise at all, just doing this routine, depending on how you adapt it to suit yourself, that can be your workout for the day. For me, it's really not. There are parts of that but then I tend to also do some other workout or sometimes it is right afterwards. I'll talk about how you can really adapt this to make it your own as well.

If you start off the day with doing the things that help you to feel much more alive, to feel like you have more energy that can help you to get out of any sort of pain or injuries you may have, if you do all that then you're setting up the rest of your day to be riding on sort of that wave or that crest that you've just created and it can make everything else easier to do.

For most people, their morning routine involves grabbing a cup of coffee in order to give them the energy to get through the day. I personally have never been a coffee drinker. I tried it when I was younger and it didn't do anything for me. Even these days, I really don't feel the effects of caffeine and that may be because I don't need some stimulating energy from these things. Sure, I take some herbs like amp which can give additional energy and that can be a little part of the routine but coffee for me isn't necessary and I certainly don't need it. Now I don't think coffee is a bad thing for people but if you rely on coffee in order to get you through your day. You have to understand that is not a natural thing. That is not where you should be at.

So by doing this daily routine, doing it each day in the morning, that can rev up your energy levels and help you get through the day feeling much better. The promise is to feel like a billion dollars. I mean that's a really sort of arbitrary promise because what does feeling like a billion dollars really feel like? But just think about it? if you can just feel a little bit better every single and over time the effects will grow and grow, over time getting even better then what would that do for you? What is that worth for you?

So now that we have covered the basic idea of why to do a daily routine and why to do it in the morning, if possible, let's go into the specifics of this routine. Let me also say for some people, based on your career, your travel schedules, doing it in the morning may not work for you but it can certainly be done any time of the day and it will work great to do that.

Actually, just over the past few days, switching out my workout schedule a bit, I haven't been able to get to it right in the morning but I've done it later in the day and actually used it as sort of the warm-up for the workout. I find by doing this sort of warm up it's not really about loosening the muscles or getting them warm for me but it's about getting those energy systems right. It's about getting movement in my body so that I'm better in tune with my body to help for the workout ahead. So there's a whole lot of really cool things in here. The morning thing isn't necessary. It's highly encouraged but it's not necessary. The daily routine, you know if you did this only three times a week, that would still be much better than not doing it at all but once again, I highly encourage you to do it daily.

So the first component of this routine is actually a little different than all the rest. If you are familiar of my idea of the [peak performance trinity](#), that is there are three main areas you need to do for basically super health and performance. One is the physical training. There's a whole lot of this in the routine. The second part is your health and nutrition. Now a whole lot of the physical training, the specific drills that are done here are not so much for strength or performance but actually for helping you to become healthier. Now this first part is also about consuming certain [herbs](#) or what I call the green longevity drink that helps with your health even more so we have that component. The third component is the mental and I also say energetic component.

Now of course all these things tie into each other but this routine is really built on this peak performance trinity model. That's why I think this is vastly superior to any other sort of thing you're going to find out there because what I've aimed to do is not just deliver to you once single thing. One single thing can be good. For some people, it may be exactly what they need to achieve whatever goal or feel as good as they need to but for other people it won't be. But if you take these different systems, these different forms of movement, all these different things and you bring them all together, really bring the best of the best that is possible all together then I think that's going to accelerate the results that you get even further. I think these things can have a compounding effect.

So if you just did mobility training, for instance, you can get some very great benefits from that. But if you did mobility as well as energy drills and you did those together, what more can that do for you? How can that improve your body even more and what you're able to do? I think this compounding effect is what really brings it all together and why I call it how to feel like a billion dollars.

So the first part is about taking some sort of liquid, a drink, in the morning. There are two parts to this. One is right when you wake up—remember this is designed as a morning routine—you're body is dehydrated so you need to consume quite a bit of water. That is a great first thing to do in the morning just so that your body is not dehydrated. Did you know that if your body is even slightly dehydrated then your brain function is going to go down, your muscular function is going to go down. So I highly encourage you. If you do nothing else, drink a pint of water when you wake up in the morning. Some people even recommend a quart. Now that's quite a bit of water, especially if you're not used to drinking mass quantities of water so you'd have to work up to that. That's just one aspect of this.

The other part is this is a point in the day when you haven't eaten for a while so your body can be looking for nutrition and without any other things clogging the digestion, it may be able to better assimilate that nutrition. So I've put together a number of different things that you can combine things like green powders as well as a few other things that I'll put together, or taking some of the different herb combinations that could really be a huge thing for really amping up your energy right now in the morning, extending your health and longevity right here in the morning, and depending on what the different herbs or supplements you're taking, different effects in the body of course. So this is one thing that I like to do before really the sort of physical part of the routine happens and this is going to be just chugged beforehand or sipped along as you go with the routine.

The second part is about doing energy drills. Now this is a missing component for a lot of people. many people, I'd say, would do some form of Qi Gong or meditation but few people really go in depth in the energy systems of the body like I've been doing from studying other people that do the same thing. Though what I have been studying over the past, I think it's about four years or so now, specifically comes from Eden energy medicine, Lady Donna Eden and her organization.

What's really cool is in this energy system, it's not a whole bunch of woowoo stuff. Sure, that's in there. I mean, really when you get into energy that's going to happen and it really depends on your perception and frame of everything but it's really sort of sequential and a very solid thing that you can see the results from doing one single energy drill rather than something that you really may not have any idea of such as feel, just feel the energy, open your arms to the universe and pray that the universal energy will come. I never liked that stuff. It was just too open-ended where there's nothing concrete about it.

The energy drills that I practice myself and that I teach other people are a lot more concrete than that. They're working with specific, for instance, in the human body. They're working with the different energy systems in there that can work, improve, and fix things instantly, in some cases. I've seen some very cool stuff about energy. Maybe we'll talk about that more in the future. But anyway, I have over an hour of video, I think it's an hour and twenty minutes, covering these different drills and putting them all together. When you just do a few drills, there are certain drills that just about everyone needs and they help to optimize all the energies of the body and can be done in quite a quick timeframe like spending five minutes.

Now this is something that no one does because no one really knows this stuff but when you add it in, I think this is a huge part of the success that I have, not just in training but really my whole life. It's by

having these energy drills. I can optimize something on this level that a lot of people aren't even aware of thus they're not able to consciously manipulate it, change it to make it better. So this is huge, huge stuff. This is going to be brand new to you if you haven't been to any of my seminars where I've definitely taught some of this energy stuff before. I also have sold, sort of not to the public but to my customers the *Energy Drills* DVD, a lot of similarities there but this is more information that I've covered anywhere else on this topic so I highly recommend you check it out. In addition, there's some energy psychology stuff in there if you don't know anything about that. Just take that as sort of a surprise when you go into it. It's some very cool stuff that can help not only coordinate your energies but your intention with that you're trying to accomplish. So it's very cool stuff in there.

After you go through the energy drills, you have to understand the sort of progression that I sought to achieve with this. The drink, I sort of think of that as a different component but starting the actual routine, where for me I go out in my garage and do it in there. Start with the energy then from there you're sort of chunking up to a level of the body. With the energy drills, you're working directly with the energies. That's what you're trying to do and you do this through different forms of movement.

Mobility work, which is the next part, takes it to another level where you're becoming more physical. Really this routine actually goes from the more energetic level gradually up more and more physical as you go along and that's how it's designed. It really is a ramp up thing and I think the same thing occurs with your energies and your performance by doing this specific format.

Now mobility training has been in vogue for a number of years. A whole lot of people have done it, have taught it, and I have learned from tons and tons of them. The idea behind mobility training is that each joint should be able to go through a full range of motion. That's sort of a basic level of it. There's really a whole lot more in there so I want to talk about some of the different levels of mobility training that I talk about and show you in this course.

First, you have just basic mobility. The idea here is, like I just said, to get joints through full ranges of motion and this is simple stuff like doing a circle or side-to-side with your neck, circles with your arms, your hips, thoracic spine, all sorts of things. This basic level of mobility just teaches you how to move and really doesn't go beyond that. So it's a place you really need to start but there is much more to mobility than that.

Another level above that is the neurological mobility, as taught in systems like [Z-health](#). This is where you're doing those similar sorts of mobility drills but doing them in a specific manner in order to really work with the nervous system. Now this can have very great effects. I don't think it's the end all, be all of training but it definitely can improve performance immediately and it certainly can get many people out of pain immediately so it's not to be thrown away just because it doesn't work 100% of the time. Nothing seems to ever work 100% of the time, so if people like to throw out the baby with the bathwater. This is another level of how you can use it and there are some specific ways you do this for specific reasons.

That was sort of the whole mobility world until just recently at the latest [Superhuman Training Workshop](#), Bud came up with something that we called [myofascial mobility](#). This is tapping into the

body, specifically the fascia, by doing mobility. It's a very interesting thing and you sort of have to see it to experience it but from doing this, it seems to unlock your body even better, free up your movement even more, and just energize your body. It's crazy.

Bud's idea was that the fascia, which is sort of a connective tissue interpolating in all your muscles, going out throughout the entire body, that it can get little kinks and jammed up in different spots. By doing the myofascial mobility, you can un-kink those areas or unwind them so that the fascia is smooth and running. Then the connective tissue in your body, they're all basically semiconductors. That is when electricity of the energies run through in the body so you're going to feel your energy levels go up by doing this.

In practicing with that, I realized that there was a different area, what I'm calling intuitive mobility. Now with this, this isn't focusing on the fascia but instead focusing on the joint. Instead of doing a rote routine where you're just doing three circles with each joint, with intuitive mobility and also with the myofascial mobility, you're tapping into the intuition of the body and getting it to move how it needs to move for that given time and place. The effects of doing this are quite tremendous. It really does need to be experienced in order for you to get there.

A side benefit of this is I think it's going to help you get much more in tune with your body, which if you don't know, is a huge part of my training and guides everything that I do. I really would call myself an intuitive trainer. I don't write out plans but I go by a feel. In order to do this properly, if you're a beginner and you just start going by feel then you really have no idea on what you should be feeling. You need to really get into the feel. You need to understand your body on quite a deep level in order to be able to properly do this. I think these levels of intuitive mobility and myofascial mobility will not only unlock greater energy levels and better movement but will help you become more intuitive, which is a huge thing.

There's also what I call positional mobility, which is some cool stuff. I found that in playing with all this, how you position your body dramatically changes up everything about the mobility. Now most mobility work is always done standing but you're not always in standing position. Just by changing, for instance, into a seated position, it actually changes the effects of the mobility. So there's some cool stuff in there, a whole lot to play with here that really is going to take your mobility to another level.

The fourth part after that is about flexibility training. Now flexibility is an interesting area. The truth is for a lot of people, how strong do you really need to become? How flexible do you really need to become? For most people, it's more than they currently are and definitely if you just choose to go further you're going to want to take it further. With the flexibility stuff, as I mentioned earlier in this podcast, doing it consistently every day is a better way, in my opinion. It can be done in an easier manner but also the gains will stick around longer if you do it every single day, whatever you're doing.

Part of this is based on the idea of maintenance. If you do just a little work, you can maintain wherever you're at, as opposed to if you do no work, you can lose your ability. But then you do a little bit, not only can you maintain because there's no really static position in the body. You either are getting better or are getting worse. So in working just a tiny bit in order to maintain, what you'll actually be doing is

getting a little bit better and this can be done without really straining the body in order to get in there. It's something like ten different flexibility drills, what I call the biggest bang for your buck exercises you can do.

I'll tell you one of them right now. The overhead squat, if you do exercises like this, just spend 20 or 30 seconds on them—it can be even less than that—then not only do you maintain all the flexibility that you have with no effort at all but it can improve if you just push it just a tiny, tiny bit. So the overhead squat, how I like to do this—and I think I got this from [Steve Cotter](#) originally—is you do an overhead squat holding on to something just like a stick. You don't need a barbell or anything for this, and you do it facing a wall.

Now the overhead squat and actually getting into a rock bottom squat with the shoulder flexibility there, for many that's going to be beyond where they're at so they're going to even need to work up to that and I cover those sort of details. But if you're there then you can always just take it a little bit further. What you do is you can bring your legs in and also bring your hands in. As you do this, your flexibility required for this position becomes much harder to do. I still have quite a bit of room for improvement myself. If you can actually get feet together and handstands together in this position and be able to go rock-bottom while standing right in front of a wall that is quite a bit of flexibility you have there. That's just one of the drills in this course and there's a whole lot more that really does cover the body head to toe in a quick manner. It doesn't take a lot of time. If people are doing things like static stretching, working on splits, and spending 20 minutes in it, sure, that can work. This isn't specifically about gaining the splits though I talk about those ideas in here. This is about getting a great level of flexibility, improving it further and further until you really get to a point where you don't need to improve it anymore, and just doing it in about five minutes worth of time. So that's what that area's about.

Now the fifth section is what I call *Becoming Strong and Skilled*. This whole routine, how I've laid it out, is I don't want you to just have a follow along routine. This isn't something that you just watch me and follow on everything. If you go back to the whole mobility stuff where it's intuitive, you have to listen to your body on that in order to figure out what you're going to do. This changes from day to day so for me to give you a follow along routine where I tell you to follow along, you'll be doing stuff that my body needs to do.

Now I have that follow along routine in here just to give you an example of that the routine look like as a whole but the ideas is really to make this routine your own. You can add and take away things as you see fit but to give you this whole framework here with all the benefits, all the different instructions that I've got, if you really think about all this information together, this is my collection from years and years, spending I don't even know how much money in order to learn the stuff that I'm presenting to you here and also experiencing it myself in order to come up with the new things that I share with you.

So this fifth module, *Becoming Strong and Skilled*, this is really much more open than the others. I give you a few different ideas of what you can do. For instance, one move that really works your stability quite well is an animal position where you're lifting one limb at a time. This is just a simple, simple drill

that you can do in less than 30 seconds that will work the reflexive stability in your body. It's a phenomenal drill and really hard to do the first time you try it but it doesn't take a whole lot in order to work on it one single time a day and see improvement in doing that.

If you want to use this as your warm up for your workout, I'll just jump into your work-out and that can be how you go through the rest of this routine. I give you a whole lot of ideas of different single and simple things that you can do. One of the things that I've been having a lot of fun playing around with is the movement of the day where you just work on something new, something you haven't worked on in a while and just try to improve that. This can be [bodyweight exercises](#), this can be any sort of different thing but you're just always working on one new thing.

What's that going to do over time? Over 365 days or let's say even you missed 20 days out of that, 345 days in a year, if you work on one new movement every single day, that's going to add 345 different movements within that span of the year and that's assuming you missed 20 days of this routine, which is all right. It doesn't have to be every single day. If you miss one, it's okay. But if you could add that many different movements, what would that do for your body? How would that improve what you're able to do, your control, how you understand your body, how you can get it to move? So there's a whole bunch of different really cool things you can do in this area and this is one that is more open than the others.

After this, there's the wrap up area, which basically just ties in everything that you've done back to the first start little board of the mental training aspect and coming here with goal setting, with visualizations, some different stuff described right there.

So all in all, it's over five hours of video. It is some stuff. If you have been a follower of mine for a while, listening to [this podcast](#) and looking at my videos and articles, you're going to know some of this stuff. Some of it has been covered in other areas but nowhere have I put all this stuff together like this. Some of it is brand new.

So there you have it. It is quite the course, the benefit or end goal, as I've already stated, it's really to help you improve you how you feel to how you move and to actually, by doing this stuff in this way, it will likely help you towards your goals. It really depends on what your goals are but working on different skills, strength, flexibility, all that can be fit in here and it will just improve everything to make it better and better.

So if you have any questions at all on what's covered on here or does it apply to you, be sure to let me know. You can email me at Logan@LegendaryStrength.com. Other than that, I would say go and check it out. There are more ideas on the website there where you can pick it up, [FeellikeABillion.com](#). Of course, right now you can grab it. It's only available in digital format as of this time. In the near future I may have DVDs if you'd like to get those but you can grab it for just \$97. Later on, I'll probably be selling this for \$297. I mean if it makes you feel like a billion dollars, \$300 isn't a big price to pay. Less than \$100 right now, this will only be available for a short time.

I really like the headline I have there, *"Lack of energy is not normal."* If you experience any level of that any time of the day, understand that that can be improved.

“Chronic pain is not normal.” For much of my recent life, I’d say most of my life in general, I don’t have any pain at all. I have pain so little that I forget what pain is actually like and it makes me sad just to think about so many people who are in chronic pain of some form or another all the time. That’s not normal. That’s not how the body should work but you’re going to have to work in order to get out of that.

“Being weak and inflexible is not normal.” Get strong. Get flexible. You should take care of the body. The body is the temple, right? Take care of it and it will take care of you, but this takes a little work to do. This whole routine is designed to give you the biggest bang for your buck in multiple different areas that all compound together while taking a minimum amount of time. That’s really the best thing that I can deliver to you: Giving you the best results in the least amount of time.

Because everyone is busy. I know I’m busy. I have times in my life where I skipped my morning routine in order to just get back to working but if you can get all these benefits in a little amount of time and realize that over time it’s actually going to get even better, it’s huge. So being weak and inflexible is not normal.

“Struggling to get out of bed is not normal.” If you have a hard time getting out of bed, then you’re energy levels aren’t where they should be. You should be ready to do and if you can look forward to doing routines like this which can be quite fun—it actually can be a lot of fun to do this—when you’re looking forward to what sort of movement am I going to try to do today? How is my body going to respond? Or if I can just get one step towards this goal? Huge results, that can be there.

Once again, if you have any questions on this, Logan@LegendaryStrength.com. Ask away and I’ll try to get back to you as soon as possible. Other than that, go check out the course at FeelLikeABillion.com, Thank you very much and I will talk to you next week.