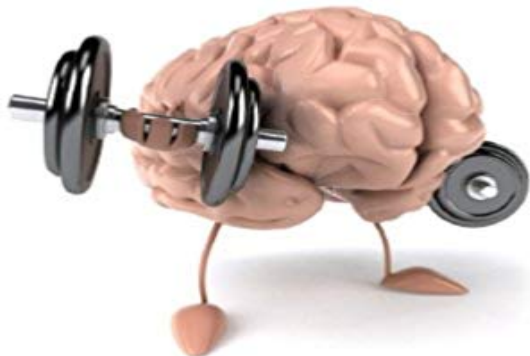


10 Biggest Mistakes in Mental Training for Strength and Athletics

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By Logan Christopher

www.ThinkAndGrowStrong.com

You can get this ebook free along with 4 others by going to www.LegendaryStrength.com and signing up for my email newsletter on strength, strongmen, health, bodyweight training, kettlebells and mental training for athletes. Or you can buy it here. Your choice...10 Biggest Mistakes in Mental Training Mental Training is the KEY to true success yet most people think its just about mental toughness or visualizing. Theyre WRONG!If youre new to my work then let me introduce myself. My name is Logan Christopher and I am the owner of Legendary Strength. I trained at the gym like everyone else during high school, getting programs out of the bodybuilding magazines because that was what I was exposed to. After more research I found out that there was a lot more out there from bodyweight exercises to kettlebells, hand strength to strongman lifts and more. I became an avid fan reading about and training with all these tools and different methods.Ive been called a physical culture renaissance man because of my ability in so many different areas of the strength and fitness world. Some of my accomplishments include weighted backflips, pulling a firetruck by my hair, one of the best kettlebell jugglers in the US, doing 301 kettlebell snatches with a 24kg kettlebell in 10 minutes, deadlifting more than 500 lbs and much more.Id always been interested in the mental side of training. In my early days I played around with various techniques, seeing some good results, but then not always using them. After many years I dove into intensive study when I realized this was the one area that is more important than any other.Add to that the nearly complete lack of instruction by anyone else, and I took it on myself to start spreading the word about mental training and how it can give you faster results, regardless of what your goals are. So without further adieu lets get

started.

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