



# **Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video**

*Logan Christopher*

[Download now](#)

[Click here](#) if your download doesn't start automatically

# Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video

*Logan Christopher*

**Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video** Logan Christopher  
Find more from Logan Christopher at [www.LegendaryStrength.com](http://www.LegendaryStrength.com)

Includes a link to download a Bonus Video showing you how to use Berzerker State in action, as performed live with real weights.

Among weightlifters you see psyching up fairly commonly. Among people that do bodyweight training you don't see it nearly as much. Why is that? Do you know? If you go back in the sports psychology research from about 30 or so years ago one of the things they often talk about is "Arousal Levels". This doesn't have to do with sex though that can provide an analogy. The idea with being aroused is that you get into a heightened state which can reach a "peak" known as an orgasm.

When it comes to exerting strength and physical skill you also need to be in a heightened state. And there can be a peak as well. But that doesn't mean you want to peak all the time. In fact, it depends on a number of factors, most notably what you're doing and what works for you. With gross motor movements that don't take lots of fine skill you can literally work yourself into a "white rage" and still perform it well. But try that with a complex skill and you're doomed to failure.

Two examples that illustrate this are the powerlifter and the gymnast. Note that both are practicing state control, its just that they are seeking out different levels of arousal. The powerlifter can go all out for the peak. There is definitely skill involved in his three lifts but not much in comparison to a complex gymnastic routine. They qualify as gross motor movements. Therefore the peak state can help him to summon all his energies towards a singular Herculean effort. The gymnast has a routine that lasts sometimes around one minute. Its not one movement but many strong together requiring the sequencing of different muscles firing and relaxing with very narrow margins for error. They still need a to be "aroused" but too much can be just as detrimental as too little.

In the beginning I asked about the difference between weightlifting and bodyweight training. These examples point some of the reasoning for why you may see psyching up occur a lot more in one then in the other. But its not always the case. What if someone did used a weighted barbell for a getup? Here balance is a big issue where you must pay attention at all times and it is a sequence of movements that lasts about 15 seconds or so.

What if someone is trying to do their first ever handstand pushup against the wall? Here a psych up could be exactly what they need to help them achieve it. So it all depends in what you're doing...It also depends on you. Do you know how to psych up? Have you done it before? Are you aware of when it can help you? And when it can hurt you? Do you use it regularly? Do you think its worthless?

Answer all of these questions and you'll find out a few things about yourself. There isn't really much training on psyching up out there. There's also lots of misunderstanding about what it is. In the end its all about controlling your state which is a necessary skill for ANYTHING. Thus using psyching up for strength training can be a great way to train this skill and at the same time help you to get stronger.

Here's the important thing. You need to find what works for YOU.

In Berzerker State , I show you everything I've been doing so you can take and use it. But more importantly I show you how you can use the principles and change or tweak them to make it work for you. Everyone is an individual and you need to hack into your own "mind codes" to get your own optimal results.

None of this would have happened without my background in NLP. I've identified six triggers I use for this purpose which are covered in this book.

 [Download Berzerker: Psyching Up for Strength and Sports: In ...pdf](#)

 [Read Online Berzerker: Psyching Up for Strength and Sports: ...pdf](#)

## **Download and Read Free Online Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video Logan Christopher**

---

### **From reader reviews:**

#### **Joanne Hall:**

Do you certainly one of people who can't read enjoyable if the sentence chained inside straightway, hold on guys that aren't like that. This Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video book is readable by simply you who hate the straight word style. You will find the data here are arrange for enjoyable examining experience without leaving possibly decrease the knowledge that want to provide to you. The writer connected with Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video content conveys prospect easily to understand by many people. The printed and e-book are not different in the content material but it just different in the form of it. So , do you even now thinking Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video is not loveable to be your top list reading book?

#### **Cornell Warren:**

This book untitled Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video to be one of several books in which best seller in this year, that's because when you read this reserve you can get a lot of benefit upon it. You will easily to buy this particular book in the book store or you can order it by way of online. The publisher with this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Cell phone. So there is no reason for you to past this reserve from your list.

#### **Ann Gonzalez:**

Do you like reading a e-book? Confuse to looking for your favorite book? Or your book ended up being rare? Why so many question for the book? But almost any people feel that they enjoy with regard to reading. Some people likes examining, not only science book but additionally novel and Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video or others sources were given understanding for you. After you know how the fantastic a book, you feel wish to read more and more. Science book was created for teacher or perhaps students especially. Those textbooks are helping them to increase their knowledge. In some other case, beside science reserve, any other book likes Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video to make your spare time far more colorful. Many types of book like here.

#### **Robert Olsen:**

What is your hobby? Have you heard this question when you got pupils? We believe that that issue was given by teacher on their students. Many kinds of hobby, Everyone has different hobby. And you also know that little person such as reading or as examining become their hobby. You need to know that reading is very important along with book as to be the issue. Book is important thing to increase you knowledge, except your own personal teacher or lecturer. You find good news or update concerning something by book. Different categories of books that can you choose to adopt be your object. One of them is actually Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video.

**Download and Read Online Berzerker: Psyching Up for Strength  
and Sports: Includes Bonus Video Logan Christopher  
#AR6W3JF1VY4**

## **Read Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video by Logan Christopher for online ebook**

Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video by Logan Christopher Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video by Logan Christopher books to read online.

## **Online Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video by Logan Christopher ebook PDF download**

**Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video by Logan Christopher Doc**

**Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video by Logan Christopher Mobipocket**

**Berzerker: Psyching Up for Strength and Sports: Includes Bonus Video by Logan Christopher EPub**