



Ultimate Recovery Formula: Includes Free Video and Electric Hypnosis Recovery Track

Logan Christopher

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Not just a book. Inside you'll find download information for 85 minutes worth of training video and the Electric Hypnosis Recovery audio.

Your Training Can be Perfect But Without Excellent Recovery You Have Nothing!!!

It's like I had my Batteries Plugged In and was Being Recharged 100%...

I was on the table on the receiving end of a particular "energy" drill at a recent certification I was attending. Flashing through my mind was images of strength, of me hitting new moves and weights easily.

The accompanying feeling was one of POWER and STRENGTH.

Exercise physiologists will tell you that exercise doesn't just tax the muscles but the Central Nervous System (CNS). When this is drained you can kiss your strength goodbye.

I had no clue this would happen. But after that one drill I felt More Alive than I had in awhile. But was I stronger? I had to put it to the test...

YES!!!

Since that occurred I've played around with this technique and others in more depth. I've truly come up with the Ultimate Recovery Formula.

I think back to hearing legendary wrestler Dan Gable state, "You have to work as hard at recovery as you do at training."

And here I had stumbled on a secret method to do exactly that...

The problem was this method took time and a partner in order to do it. So I played with the formula and came up with something possibly even better. More on that in a little bit. First...

Your Recovery Foundation - 7 Part Video Series Before I get to the advanced stuff it's important you know, and practice, the basics. If you've been training for some time most of this won't be groundbreaking information to you. Still there are things that most people don't know like the effects of earthing as it relates to recovery. This 7 part video series covers everything I know on the subject.

- Introduction
- Systems of Recovery
- Training Effects
- Training Boosters
- Nutrition Boosters

- Lifestyle and Other Boosters
- Mental and Energy Boosters

That last section is where it gets interesting. It's an area that no one else is talking about.

8 Minutes to Complete Recovery!?!

I've combined my background in hypnosis and energy together into one powerful audio track.

The special breathing pattern with visualization hooks up several different energy systems in the body. (Energies which may become disorganized during a workout.)

A number of the patterns were modeled after the man who was responsible for having hypnosis accepted by the American Medical Association, Milton Erickson.

These sink deep into the subconscious mind, the part of you that controls autonomic functions of the body like blood flow, assimilation of nutrition and anything else related to recovery. This means you can recover faster and better than you would otherwise.

Once I have finished my workout I grab my iPhone which has the MP3 loaded onto it. I lie down and start it playing. Less than 8 minutes later I get up recharged and revitalized.

What happens?

Less Muscular Soreness! Feeling More Ready to go the Next Day which means More and Bigger PR's!

It's short because I know everyone is busy. Yet, lots can be accomplished in a short time.

My customers love it. Order today and try it for yourself.

"I don't know exactly how it works but it just does! I can bounce right back from tough workouts and am progressing quicker with my training because of it. I'm training 6 days a week, twice most days now."
-Kevin Green

"Your recovery program has revolutionized my attitude and experience of what exercise and a recovery program can be."
-Kim Rangel

"I truly feel it is helping me recover faster and better tap into the mind body connection."
-Tanner Gers

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Gail Beattie:

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Kathe Waller:

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