



Deceptive Strength: Becoming Strong while Staying Small

Logan Christopher

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How I Went from Weak as a Kitten to Super Strong Deadlifting 505 lbs., Freestanding Standing Handstand Pushups, Juggling a 40 kg Kettlebells, Crazy Feats of Strength and More, All While Staying Lean and Relatively Small

When it comes to Strength there are 5 Factors More Important than Muscle Size

Just look at almost all of the oldtime strongmen. Sure there were a few giants like Cyr but the majority of them were not. With their clothes you wouldn't necessarily assume you're standing next to the strongest people on the planet with guys like Saxon, Maxick, Klein or Zass.

It was the Mighty Atom that originally inspired me. At about 140 lbs. he certainly wasn't the most imposing figure. But what he could do was almost unbelievable.

So their training methods became mine...along with the recent and most advanced information I could find. The best of the ancient and the new all put together.

Inside you'll find 25 Deceptive Strength Key Concepts to help you become as strong as possible without necessarily adding more muscle to your frame.

You'll find 50 exercises, tips on becoming the World's Strongest, and much more.

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Dexter Forsyth:

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