

Price PR

Price PR, Price Personal Record

So in the powerlifting community, we have this notion called PR which stands for a personal record. It's like a mythical new number that you have broken a new weightlifting record, and for us one rep Max lifters, this is the only KPI key performance index we hold onto the top of our heads.

To a lot of people kind of myself included... This is like the ultimate metric. Unfortunately... A lot of people get their self-esteem tied into this number, and they get depressed when they hit a plateau or they are not able to increase their PR numbers, in not being able to hit a new personal high.

A very simple thing is to increase your leverage, and be creative and come up with new techniques.

For example, one of the most genius things that I've done is that I was able to totally obliterate my PR, personal record numbers, my one rep Max my one repetition maximum numbers simply by innovating more creative leveraged techniques.

For example, it started off modifying the dead lift. I started off conventional, then switched to sumo, and then eventually I had the wisdom to do the really really smart thing, this was the game changer: to come up with this brilliant heuristic:

Lower the range of motion, increase the weight.

Or,

*Increase the leverage **and** increase the weight.*

So for example with a rack pull, essentially what you do is you put the barbell on top of the power squat rack, at a pin higher than the floor. As a consequence, you could just move a lot more weight, and also... Do it a lot safer, and, it just makes

easier to rack and unwrap the weights because when you do it off the floor it is very annoying.

I think the reason why the rack pull is not more common is because once again... I think because Americans are so into conventional ways of doing things, everyone just wants to do it off the floor the traditional way, because they want to measure themselves against other people. For example, nobody will ever judge or compare how much weight they could rack pull Compared to other people.

There are several reasons for this. First, contrary to popular belief, Americans are actually not very very good at doing non-conventional things. My theory about why some Americans become very very spectacularly successful is because the desire to become the best or American exceptionalism does the following:

99.9% of Americans follow the standard way, but, .1% of Americans do something radically different, and these are the ones who change the world.

Also, the benefit of America is that the capital economic structure actually both allows and also encourages innovation. For example, simply being able to file taxes as a sole proprietor, makes your life 1 trillion times easier than trying to start a business in Sweden or whatever.

Also, Elon Musk. He's from South Africa, if it were not for him to come to America, he would not be the Elon Musk we know and love today.

Or even consider Warren Buffett, he was only successful because he was born in America and had American markets, the US dollar. His strategy would not have worked if he used it in Argentina or Venezuela.

The new universal standard

So now... I don't really measure my wealth in US dollar amounts because the numbers are getting too high. Instead, the easier and the easiest way to mentally keep score is through how many bitcoins I own.

I think similarly speaking, in the near future certainly 30 years out, it will not be uncommon to ask somebody how many bitcoins they own.

It's kind of interesting because typically, it's considered poor manners to ask somebody how many US dollars they have in their bank account or what their net worth is. But with bitcoin, because it's kind of "fake" money, I have zero problems asking somebody straight up how many bitcoins they own.

Or even funnier enough... Whenever I meet another millennial or tech yuppie, I'll just ask them straight up how many bitcoins they own. Either the answer is none, or they might feel a little shy talking about it but eventually I could squeeze it out of them.

However I would probably not ask somebody straight out what their yearly salary is, or how much US dollars they have in their bank account.

Number go up technology?

So I might be the first to think this, but doing a cross pollination of powerlifting and investing. My simple idea:

We desire to hit a new financial, price PR... as a general idea.

So for example, my only joy is when I see my numbers hit new highs, essentially it's like a new metaphorical one rep Max for finances.

This time becomes interesting because you never ever ever want to sell any bitcoins or strategy stock to buy some sort of loser Lamborghini, because why would you see your number go down?

For example, let us say that I could rack pull 1015 pounds (my new personal record as of yesterday). Even if you offered me \$100,000, to see that number go to half, I would refuse.

This sounds ridiculous but for myself, I would rather have a 2000 pound rack pull than even \$2M dollars.

Also, if in fact I became the strongest human being on the planet by a factor of like five, even one Nakamoto (one million bitcoins), wouldn't be worth it to me.

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Now what?

The goal is to earn 1 million bucks or to invest and see the number hit 1 million, not to buy \$1 million car.

So then the smart strategy is to like be so insanely spartan frugal, that you save like 99.9% of your money, can you put it into either into bitcoin, MSTR, MSTU etc.

If you just want to see number go up the fastest, MSTU (2x levered long MSTR) is the best bet. For your Roth IRA or your IRA retirement account, MSTR. To purchase digital capital, bitcoin.

I think the only things one should splurge in life include beef, weightlifting equipment gym membership, and clean bright quiet apartment which will allow you to sleep well. The goal is 10 to 12 hours of sleep at night, daily walking, get your 50,000 steps a day in, lift something heavy at least once a day, sleep well. Eat well.

Then try to leverage and position your life in which, number go up forever!

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If you're new to bitcoin, I just recommend you to go to strategy.com or michael.com and just learn everything

Also always

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