THE FACTS OF LIFE WITH JOE ROGAN

Joe drops knowledge on everything from how to deal with failure, finding balance in life, and the keys to happiness.

BONUS
JOE’S DAILY WORKOUT ROUTINE
I feel like there is always room for improvement, no matter what you do. It is very important in isolating the things that are beneficial to optimizing your development as a human being. What are the best workouts regarding improving athletic performance? What’s the best motivational video for you at the moment? What is the one song that motivates you right before you workout? What is a book that gets you fired up? Those are the questions you need to ask yourself that lead to a feeling of optimization. Whether it is physical optimization, mental optimization or emotional optimization. When I think of Total Human Optimization, I think about getting the most out of this experience, this limited experience that we have on Earth. Spreading the most positive energy, and having the best time. That embodies what I think of Total Human Optimization and what I think we are doing at Onnit.

“Being Onnit” is feeling healthy, it is performing at my best in everything I do in life. Whether it is standup comedy, Martial Arts, podcasts, being a father, being a husband, or being a friend. That is what “Being Onnit” means to me. Being on top of it, on top of every single event and moment in your life. It is choosing, knowing, and learning over the course of time, what is the best way? What is the healthiest way? Get after it that way and Get Onnit. What I think “Being Onnit” or what Onnit stands for, the term “Getting Onnit” or “Being Onnit”, means fucking killing it.
ON BALANCE

Well, I think balance is critical for happiness. I believe that you can come incredibly obsessed with one goal. Your life could be a wreck, outside of that one goal. Life is a balancing act between family, friends, hobbies, rest, nutrition, passions and discipline. For example, you can’t just hit the gym everyday and perform high intensity workouts with no recovery. You have to find that balance to recover from those brutal workouts.

When I think of life, I think of a great gigantic mandala. A mandala is a spiritual and ritual symbol in Hinduism and Buddhism, representing the universe. Life comes down to what are you trying to accomplish and what makes you happy. For me, if one part of my life is awesome, but the rest of it is a wreck, I am not happy. I am only happy if I am doing this balancing act and everything seems to be maintaining. I am constantly in a state of adjustment.

ON FAILURE

Being Onnit isn’t always about success. Being Onnit is about learning and most of the time, learning comes from failure. Failing, getting right back up, figuring out why you failed and then trying to do better. That process of failure is one of life’s greatest teachers. It isn’t always about being this unstoppable winner, who is better than everyone at everything. It is about doing YOUR best all the time.

ON CYCLES

Throughout the universe, there are endless cycles. Like the tide, the phases of the moon, and the seasons to name a few. These cycles that go one way, then go another way, usually the opposite way. You can apply this theory to your relationships, things you are passionate about, you can apply it to almost anything you are doing in life. During my pursuits, one of the things I discovered about myself is that I will have these breakthrough moments. Then, maybe sometimes it will go back the other way a little bit and slip a little bit.

For example, if I have been lifting too much weight, I will notice my archery will suffer, because my arms are too sore. So, I have to figure out how to recover a little bit more efficiently, and it comes around again, and it gets a little bit better than it was a little bit before. I can apply this to my stand up comedy for me and especially to my martial arts practice. If I spend too much time training, I hit this wall where I get flat, and I will start getting my ass kicked at the dojo. Then, I have to figure out how to recover more efficiently, which will help me rise to a level I haven’t achieved in the past.
Self-Awareness is one of the things I like about sensory deprivation tanks. Sensory deprivation tanks provide you with an environment where there are no distractions. You can’t hear anything; you don’t feel anything, total darkness, total silence, and it feels like you are floating through space. In that environment, you are forced to be alone with your thoughts; you can’t distract yourself with a videogame, you can’t distract yourself with a reality show about people making moonshine in their backyard. You have to concentrate on whatever it is, is on your mind. And you get to know yourself in that tank in a very deep way.

You get to examine what is going on with you and if you are the type of person that is brutally honest with themselves, which I am, you get to examine some thoughts you might not like or some actions that you might not be proud of. I find that when people avoid those thoughts, trying to pretend like they didn’t happen, not only are those problems still there and keep popping up again, but they will get worse. That’s why having the Self-Awareness to address those problems head on and dealing with the painful discomfort of failure, poor thinking, poor behavior and realizing what caused them are very critical to improvement.

Joe Rogan’s “Hulk Load” shake recipe he makes once a week, “Because it looks like what the Hulk would come.”

1. 5 kale leaves
2. 2-3 pieces of celery
3. 1 cucumber
4. 1 hunk of ginger
5. 1 clove garlic
6. fruit or beets (if he wants a “Red Hulk”)

ROGAN HAS WORKED FOR THE UFC SINCE 1997, WHEN THE ORGANIZATION WAS IN ITS INFANCY. “IT’S MORE EXCITING THAN ANYTHING. THAT ALONE TRANSCEDES CULTURE AND BOUNDARIES AND TRADITION. IF YOU’RE FROM ANOTHER COUNTRY AND YOU WATCH BASEBALL, IT MAY BE THE MOST BORING SHIT EVER. FIGHTING IS NEVER LIKE THAT. A GREAT FIGHT IS A GREAT FIGHT.”
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Rogan interviews Onnit CEO Aubrey Marcus for the Joe Rogan Experience podcast. Rogan’s show is one of the most downloaded podcasts on the web.

ON HAPPINESS

Joe Rogan kind of envies you. Yes, you. To legions of his fans (maybe you’re one of them), that probably doesn’t make sense, seeing as how men from their teens up to their 50s wish they could be him—strong, dangerous, charismatic, multi-skilled, rich, famous, and fast becoming both a sports and entertainment legend.

It’s a hunt, it’s a pursuit, it’s a constant thing going on all the time and when you are in the middle of it, in motion that’s when you feel your best. But, the discomfort of that motion makes people so uneasy, that they feel like, “well I’m going to go through this discomfort, and then I am going to get to a place of stillness, and it’s all going to make sense. Finally, I made it.”

I’m here to tell you, that place doesn’t exist, it’s not a real place, it’s a place that people look to as an inspirational goal. Like a destination and that’s going to be the thing that you work hard for, you are going to push until you get to this place and it’s all going to be worth it. That place is not real, if you have a million dollars, you want a billion dollars, if you have a big house you want a bigger house. You need to find out what actually makes you happy and it’s not having all your ducks in a row on paper. It’s improvement.

It’s improvement in the way you manage your mind, improvement in the way you manage your emotions. It’s understanding why you have made mistakes and how you can improve upon them. It’s understanding what you have done right and building upon that.

All of those things are what make people happy including love and friendship and being good at that. Being a good friend. Being a good lover. Being a good neighbor. All those things, those aren’t distractions, those are part of the bigger overall picture of being a Human Being.
I think finding and embracing uncomfortable moments is one of the most important things a person can do regarding understanding themselves, and understanding how they think. If you don’t do it and you avoid those uncomfortable moments with booze or pills, you are never going to figure out what was going on in the first place that led you down that weird road.

How did you get there? Are you looking at it or are you just going to take pills? What are you doing to try and make sure that you never allow yourself to get into this emotional breakdown stage again or if you do get there again, it’s much harder to get, it’s not something that happens right away. I think everyone needs to find their difficult pursuit. Whether it’s martial arts or it’s yoga, challenging pursuits test you.
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Joe Rogan trains kickboxing, Brazilian jiu-jitsu, and yoga—in addition to weight training—up to five days per week. Which activity he pursues on a given day depends on what he’s in the mood for. “I don’t give myself the option to say, ‘I don’t feel like working out,’” he says. “I give myself the option to make choices. It all balances out.”

The following is an example of the type of strength workout Rogan often does with kettlebells. It follows strength coach Pavel Tsatsouline’s principle of “greasing the groove”—training submaximally—which minimizes fatigue and develops exercise mastery. “I don’t max out,” says Rogan. “I don’t go to failure. I make sure everything is clean and controlled with lots of rest in between. I think this meathead philosophy of just get one more’ taxes your body too much.”

WARM-UP
Perform two sets each of the following to prepare your body to train. Do sets of 20 for the swing and 5 for the windmill.

SWING
Hold the kettlebell with both hands at arm’s length and feet shoulder-width apart. Bend your hips back while maintaining a long spine from your head to your pelvis, and “hike” the bell back between your legs. Explosively extend your hips, swinging the weight up to eye level.

WINDMILL
Stand with feet slightly wider than shoulder width and clean and press a kettlebell overhead. Stabilize the weight with your elbow locked out. Now turn your feet to point 45 degrees away from the weight. Keeping your trailing leg (same side as the kettlebell) as straight as possible, hinge at the hips and slide your free arm down the inside of your front leg. Try to touch the floor and get your torso parallel to it; keep your eyes on the kettlebell. Extend your hips to come back up to standing.

WORK SETS
Choose loads that allow you 7 or 8 reps per set but perform only 5. Perform 3–5 sets for each exercise in any order you like. You can alternate sets of the chin-up and dip or perform all three exercises as a circuit. Rest as needed between sets to ensure good technique and safety.

CHIN-UP
Hang from a chinup bar with hands at shoulder width and palms facing you. Pull yourself up until your chin clears the bar. Alternately, instead of doing reps, you can simply hang from the bar to stretch your back and shoulders and build grip strength. Rogan will start with sets of 30-second hangs and work up to 2 minutes.

DIP
Suspend your body over parallel bars and lower yourself until your upper arms are parallel to the floor.

OVERHEAD SQUAT
Stand with feet shoulder-width apart and press one or two kettlebells overhead (one will be a greater challenge to your stability, while two tests your strength). Squat as deeply as you can while maintaining a long spine.