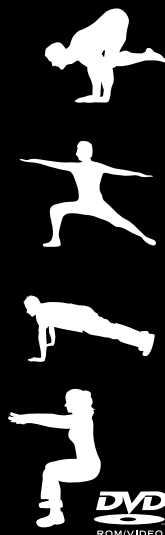


5 DVDs and 243 Bodyweight Exercises!

Giving You the Tools
You Need to Unleash
Your Maximum Natural Potential:

- **Discover how** you can use bodyweight training to develop your physique and athletics to Ever Greater Heights
- **Develop Herculean strength** with 56 cutting edge partner exercises, perfect for athletic teams or group fitness classes
- **Maximize your speed and explosive power** with 38 variations of upper body, lower body and full body plyometric exercises
- **Develop greater athleticism**, healthy shoulders, full body power and a rock solid core through 26 innovative variations of "Animal Training", Upper & Lower Body Combo Drills and Full Body Circuits

© 2009 UndergroundStrengthCoach.com. All rights reserved.



BODY WEIGHT
UNIVERSITY
With
Zach Even-Esh



BODY WEIGHT UNIVERSITY

With
Zach Even-Esh



Discover the Lost Art of Health, Strength,
Muscle Building and Fat Loss without Going to the Gym
Using Nothing But Your Own Bodyweight!

Note, Hit this with a Flood Coat of White Underneath



**With
Zach Even-Esh**

Lower Body Training



1

BODY WEIGHT UNIVERSITY

**Discover the Lost Art of Health, Strength,
Muscle Building and Fat Loss without Going to the Gym
Using Nothing But Your Own Bodyweight!**

© 2009 UndergroundStrengthCoach.com.
All rights reserved.

← 16mm →

118mm

128mm • Bleed

Note, Hit this with a Flood Coat of White Underneath



**With
Zach Even-Esh**

**Pushing & Pulling
Movements**



2

BODY WEIGHT UNIVERSITY

**Discover the Lost Art of Health, Strength,
Muscle Building and Fat Loss without Going to the Gym
Using Nothing But Your Own Bodyweight!**

© 2009 UndergroundStrengthCoach.com.
All rights reserved.

← 16mm →

← 118mm →

← 128mm • Bleed →

Note, Hit this with a Flood Coat of White Underneath



**With
Zach Even-Esh**

Plyometric Training



3

BODY WEIGHT UNIVERSITY

**Discover the Lost Art of Health, Strength,
Muscle Building and Fat Loss without Going to the Gym
Using Nothing But Your Own Bodyweight!**

© 2009 UndergroundStrengthCoach.com.
All rights reserved.

← 16mm →

118mm

128mm • Bleed

Note, Hit this with a Flood Coat of White Underneath



**With
Zach Even-Esh**

**The Workouts: Circuits,
Combos & Complexes**



4

BODY WEIGHT UNIVERSITY

**Discover the Lost Art of Health, Strength,
Muscle Building and Fat Loss without Going to the Gym
Using Nothing But Your Own Bodyweight!**

© 2009 UndergroundStrengthCoach.com.
All rights reserved.

← 16mm →

118mm

128mm • Bleed

Note, Hit this with a Flood Coat of White Underneath



**With
Zach Even-Esh**

Partner Training



5

BODY WEIGHT UNIVERSITY

**Discover the Lost Art of Health, Strength,
Muscle Building and Fat Loss without Going to the Gym
Using Nothing But Your Own Bodyweight!**

© 2009 UndergroundStrengthCoach.com.
All rights reserved.

← 16mm →

118mm

128mm • Bleed