

**ZACH EVEN-ESH'S**  
**BODYWEIGHT  
BODYBUILDING**



**TOP 5  
BODYWEIGHT  
EXERCISES  
FOR  
PACKING  
ON  
LEAN  
MUSCLE!**

**WU2GREI  
CEVA**

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**Disclaimer:**

You must get your physician’s approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this e manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this e manual, be sure that your equipment is well–maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including any exercise or demonstration performed in this course or any other course created by Zach Even – Esh. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician. Don’t perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don’t perform any exercise without proper instruction. Always do a warm–up prior to strength training and interval training. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years of age.

Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this Course or any other Underground Strength Courses, please follow your doctor's orders.

**Waiver and Release of Liability:**

**(READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS MANUAL)**

I UNDERSTAND AND ACKNOWLEDGE THAT THERE ARE RISKS INVOLVED IN PARTICIPATING IN ANY EXERCISE PROGRAM AND / OR ANY EXERCISES CONTAINED WITHIN THIS MANUAL IN CONSIDERATION FOR BEING ALLOWED TO UTILIZE THE INFORMATION IN THIS MANUAL, I AGREE THAT I WILL ASSUME THE RISK AND FULL RESPONSIBILITY FOR DETERMINING THE NEED FOR MEDICAL CLEARANCE FROM MY PHYSICIAN AND OBTAINING SUCH CLEARANCE, THE SAFETY AND/OR EFFICACY OF ANY EXERCISE PROGRAM RECOMMENDED TO ME, AND ANY AND ALL INJURIES, LOSSES, OR DAMAGES, WHICH MIGHT OCCUR TO ME AND / OR TO MY FAMILY WHILE UTILIZING THE INFORMATION IN THIS MANUAL AND TO THE MAXIMUM EXTENT ALLOWED BY LAW I AGREE TO WAIVE AND RELEASE ANY AND ALL CLAIMS, SUITS, OR RELATED CAUSES OF ACTION AGAINST UNDERGROUND STRENGTH COACH, LLC AND ZACH EVEN-ESH, THEIR EMPLOYEES, OR AFFILIATES (COLLECTIVELY Zach Even - Esh Performance Systems, LLC OR UNDERGROUND STRENGTH COACH, LLC), FOR INJURY, LOSS, DEATH, COSTS OR OTHER DAMAGES TO ME, MY HEIRS OR ASSIGNS, WHILE UTILIZING ALL THE INFORMATION OR PARTAKING IN THE EXERCISES CONTAINED WITHIN THIS MANUAL. I FURTHER AGREE TO RELEASE, INDEMNIFY AND HOLD UNDERGROUND STRENGTH COACH, LLC FROM ANY LIABILITY WHATSOEVER FOR FUTURE CLAIMS PRESENTED BY MY CHILDREN FOR ANY INJURIES, LOSSES OR DAMAGES.

# THE TOP 5 BODYWEIGHT EXERCISES FOR PACKING ON LEAN MUSCLE MASS

**The beauty behind bodyweight training** is that they can be performed anywhere, anytime and without the use of any equipment minus a pull up bar. But, you've heard that line before haven't you?

Well, here's the truth. I've been training since age 13, and after 20 some years of lifting weights, HEAVY, your body starts to get beat up and you can feel like shit. That just ain't cool when you wanna live a pain free life AND still be strong, look strong and get lean and mean.

I'm NOT telling you to ditch the free weights, I still use them, just not nearly as often. And, when I wanna get rid of those aches and pains, I get into a phase of strictly bodyweight training and it gets me feeling great immediately.

I've found a select few bodyweight exercises to be my "go to" exercises when it comes to getting stronger, getting leaner and feeling like an agile, mobile and hostile machine. Sounds cool, right? It is :)

## HERE'S MY TOP 5 LIST:

- 1) Squat Jumps ([Video HERE](#))
- 2) Lunge Jumps ([Video HERE](#))
- 3) Handstand Push Ups / Handstand Training ([Video HERE](#))
- 4) Pull Ups / Rope Climbs ([Video HERE](#))
- 5) Push Ups ([Pull + Push Video HERE](#))

**\*\* Add hanging Leg Raises for # 6 :) \*\***

## HOW TO USE THESE BODYWEIGHT EXERCISES...

**You can use these exercises in MANY ways, NOT limited to the options below:**

- Circuit Training
- Finishers to your workout AFTER a heavy squat, bench or deadlift
- Bodyweight ONLY workout

**Below is a favorite bodyweight workout of mine, I use this for my athletes as well as for myself. It's a fast and effective workout.**

- 1) Pull Ups x 12, 10, 8, 6, 4, 2
- 2) Push Ups x 12, 10, 8, 6, 4, 2
- 3) Squat Jumps x 12, 10, 8, 6, 4, 2
- 4) Lunge Jumps x 12, 10, 8, 6, 4, 2
- 5) Hanging Leg Raise x 12, 10, 8, 6, 4, 2

**You can also perform the workout above with variations. Try it, 3 - 4 x week, for the next 4 weeks with the options and variations below:**

- Instead of 12, 10, 8..... Try starting at 2 reps and then working up to 4, 6, 8.... 12
- Add weight to your pull ups and push ups with a chain, weight vest or weight belt.
- Add resistance to your jumps with bands or a light sandbag
- Perform a predetermined number of reps on each exercise before moving to the next.  
For example, 25 total pull ups, then 50 total push ups, then 50 total squat jumps....
- Perform one exercise a day, working the exercise throughout the entire day until you achieve a predetermined number of reps. For example, 250 squats before the day ends, so you perform 25 squats every other hour until you are at 250 reps.
- Perform plyo push ups instead of traditional or weighted push ups

## Here's The TRUTH About Bodyweight Training.

**MOST guys use them ineffectively and inefficiently.**

**- You CAN pack on muscle with bodyweight training.**

**- You CAN develop serious strength & power as well as burn fat through bodyweight only training.**

Most people will use bodyweight as a circuit or as an after thought to their BIG exercises such as finishers after benching heavy, etc.

That is fine and great for a finisher, but it's NOT the most effective way to utilize bodyweight training and bodyweight workouts in general.

### **Try This.....**

**\*\* Warm up thoroughly before each workout, ALL sets listed are WORK sets, the warm up sets are NOT included \*\***

#### **Day 1: Strength Day**

**1A) Weighted Push Ups 5 x 6 - 8 reps**

**1B) Weighted Pull Ups 5 x 3 - 6 reps**

**2A) Squat Jumps 5 x 10**

**2B) Lunge Jumps 5 x 10 (5 reps ea. leg)**

**3) Hanging Leg Raise w/ankle weights 5 x 5**

## Day 2: Conditioning Day

1) Run 1/2 Mile HARD!

2A) Hand Walk (use [power wheel](#) or partner holds ankles) 5 x 40'

2B) Pull Ups 5 x submax reps

2C) Dips 5 x submax reps

2D) Dip Bar Leg Raises 5 x 10 reps

2E) Walking Lunges 5 x 20 reps (10 ea. leg)

3) Finish: Run 1/2 Mile HARD!

## Day 3: Bodybuilding / Muscle Building Day

**NOTE:** \*\* On Bodybuilding Day, Focus on a slower tempo, squeezing reps, pausing at the top of each rep \*\*

1A) Bulgarian Split Squats 4 x 12 / 12

1B) Dips 4 x (2 x submax reps / 2 x MAX reps)

2A) Mixed Grip Pull Ups (3 second pause at top) 4 x (2 x submax reps / 2 x MAX reps)

2B) Close Grip Push Ups (3 second pause at top) 4 x (2 x submax reps / 2 x MAX reps)

3A) Recline Rows 3 x MAX Reps (3 second pause at top)

3B) Dip Bar Leg Raises 3 x MAX Reps (3 second pause at top)

4) Squat Jumps x 50 total reps AFAP (As Fast as Possible)

Note how each workout was broken down with a focus. This makes your bodyweight workouts 20 X more productive than the typical bodyweight finisher or only using bodyweight as a circuit. Give them a shot and let me know how you do!

Do me a favor and tell your friends to sign up for this FREE report by going to my web site, <http://ZachEven-Esh.com>. Just post it on your facebook page and if you have a twitter page, share it there also.

**Just say something simple like this on Your Facebook Page:**

**Hey guys, I just snagged a kick ass FREE gift on “Bodyweight Bodybuilding” at <http://ZachEven-Esh.com>. Check it out, it’s awesome!**

**Thanks again and talk soon!!**

**In Strength,**

**Zach Even - Esh**

**<http://UndergroundInnerCircle.com>**

**<http://ZachEven-Esh.com>**

**\*\* CHECK OUT OUR UNDERGROUND  
STRENGTH CATALOG BELOW \*\***

**<http://ZachEven-Esh.com>**



## THE UNDERGROUND STRENGTH COACH CATALOG



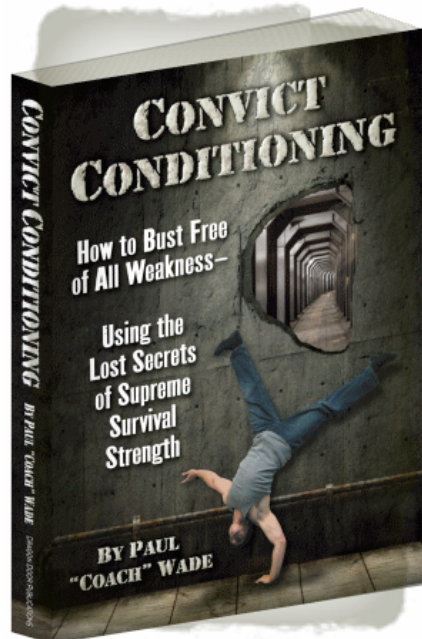
Zach Even - Esh is a Strength & Performance Specialist located in NJ. Zach is the Founder of [The Underground Strength Gym](http://TheUndergroundStrengthGym.com), a private warehouse gym for athletes and hardcore strength addicts. You can gain insider access as to how Zach trains his athletes and operates his business via the resources below.

<http://ZachEven-Esh.com>

## THE CONVICT CONDITIONING WORKOUT

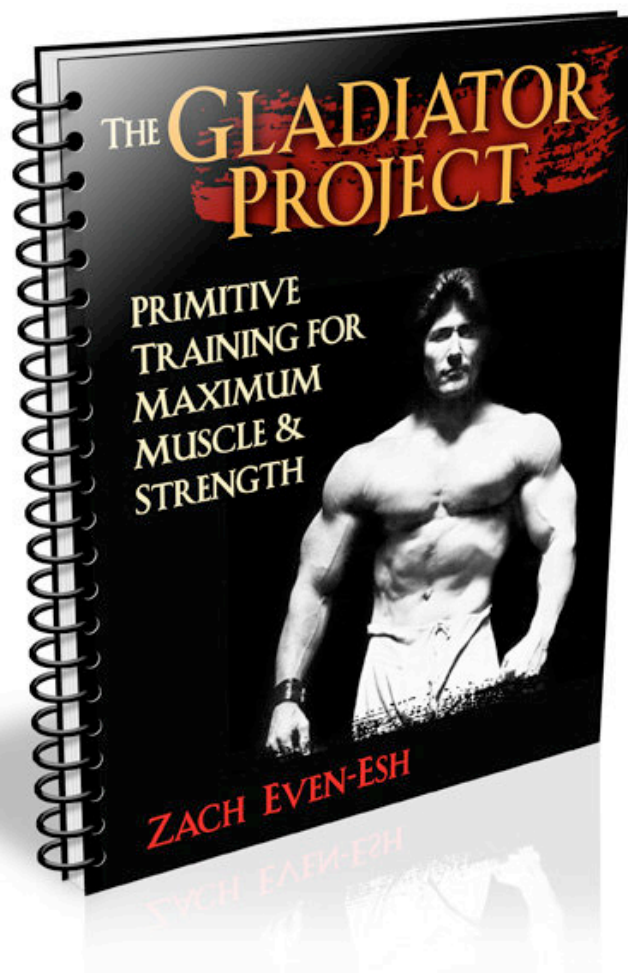


**HOW TO BUST FREE OF ALL WEAKNESS**  
Using the Lost Secrets of Supreme Survival Strength [GET THE DETAILS](#) ▶



## THE CONVICT CONDITIONING WORKOUT

## THE GLADIATOR EXPERIMENT



**INFLUENCED BY THE BODYBUILDERS OF THE GOLDEN ERA, YOU WILL GET:**

- **OLD SCHOOL MUSCLE BUILDING WORKOUTS**
- **NO FANCY EQUIPMENT NEEDED**
- **TRAIN AT ANY GYM OR AT HOME**
- **GLADIATOR NUTRITION PLAN**

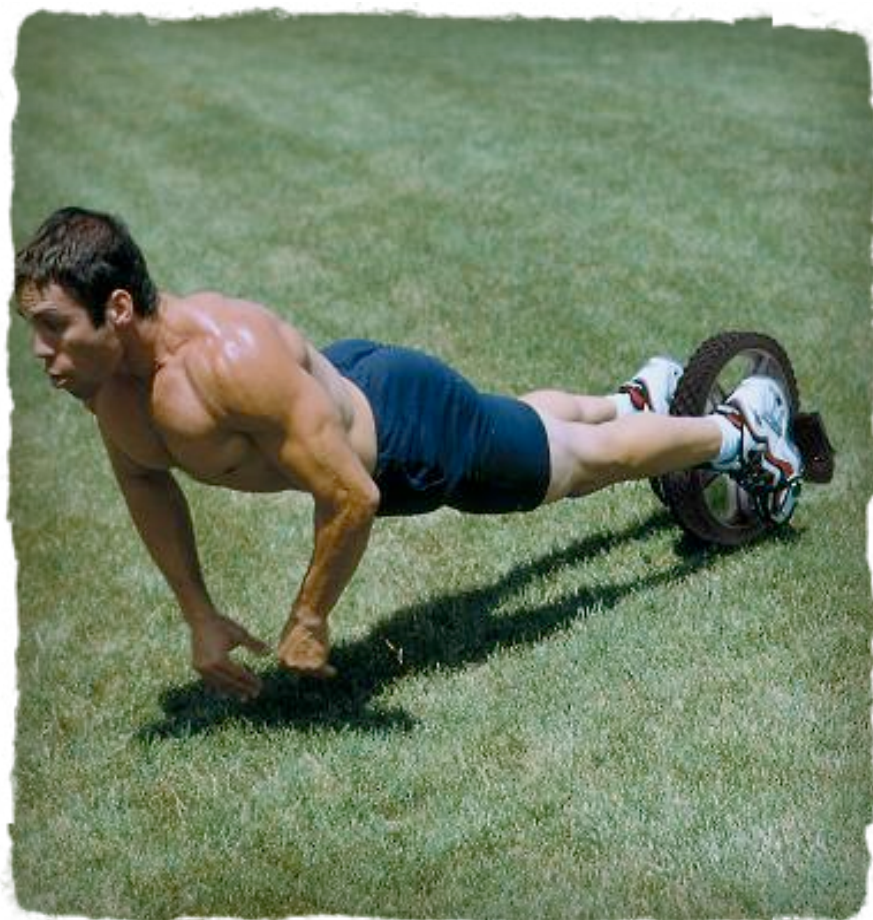
**[CLICK HERE FOR MORE INFO](http://ZachEven-Esh.com)**

<http://ZachEven-Esh.com>



## The Power Wheel

<http://ThePowerWheel.com>



**The Power Wheel is one of the most powerful training tools I have ever used for wrestlers.** It allows us to walk on our hands, perform animal movements, abdominal / core exercises, hamstring exercises and much more. You can use them on grass, cement or indoors. If you use them on cement wear work gloves or cooking mitts to protect your hands from sharp objects. This is a **MUST** have tool for ALL serious wrestlers.

**Get one of the best upper body and core training devices on the planet at [www.ThePowerWheel.com](http://www.ThePowerWheel.com)**

<http://ZachEven-Esh.com>

## **Underground Kettlebells**

**[www.UndergroundKettlebells.com](http://www.UndergroundKettlebells.com)**



Using Kettlebells You will develop tremendous grip strength, athleticism, speed / power and full body strength. We use Kettlebells extensively at The Underground Strength Gym and they have become an integral part of helping everyone pack on functional muscle quickly!

**Get your Kettlebells at [www.UndergroundKettlebells.com](http://www.UndergroundKettlebells.com)**

## The Underground SandBag

[www.UndergroundSandBag.com](http://www.UndergroundSandBag.com)



**Sandbags are one of the most effective training tools for wrestlers.** They are, literally, an all in one gym. You can perform movements for lower body, upper body as well as full body movements. You can throw your bag for power and carry your bag for conditioning. The sandbag is extremely versatile, allowing you to perform complexes where you combine 2 – 5 exercises in a row using the sandbag without having to change the weight or even put the sandbag down.

**Get Your Sandbag at [www.UndergroundSandbag.com](http://www.UndergroundSandbag.com)**

## THE UNDERGROUND INNER CIRCLE



For a 30 Day Trial to my Underground Strength Inner Circle along with 7 FREE Gifts, go to <http://UndergroundInnerCircle.com>

You'll get **ALL** the following **PLUS** Tons More:

- The Underground Workout of the Month
- **A Monthly Underground Movie with insider access to my Underground Strength Gym**
- Our Exact Underground Strength workouts posted almost daily
- Daily updates on the forum with other Strength Fanatics sharing their secrets of strength, conditioning, power training and renegade muscle building tactics
- The exact sets, reps and program design methods behind our athlete training sessions so you too can learn why our athletes transform themselves and dominate the competition
- **There is a collection of over one thousand Underground Strength Movies and articles showing you uncut footage and never seen before** articles, videos and audio interrogations from The Underground Strength Gym as well as other world renown Strength Coaches that no one else has access to except our members **PLUS** tons more.

**[Click HERE for your 30 Day Trial.](#)**

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