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THE FREAK STRENGTH & MUSCLE BUILDING COURSE

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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 The Diesel Underground Combat Seminar. 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.

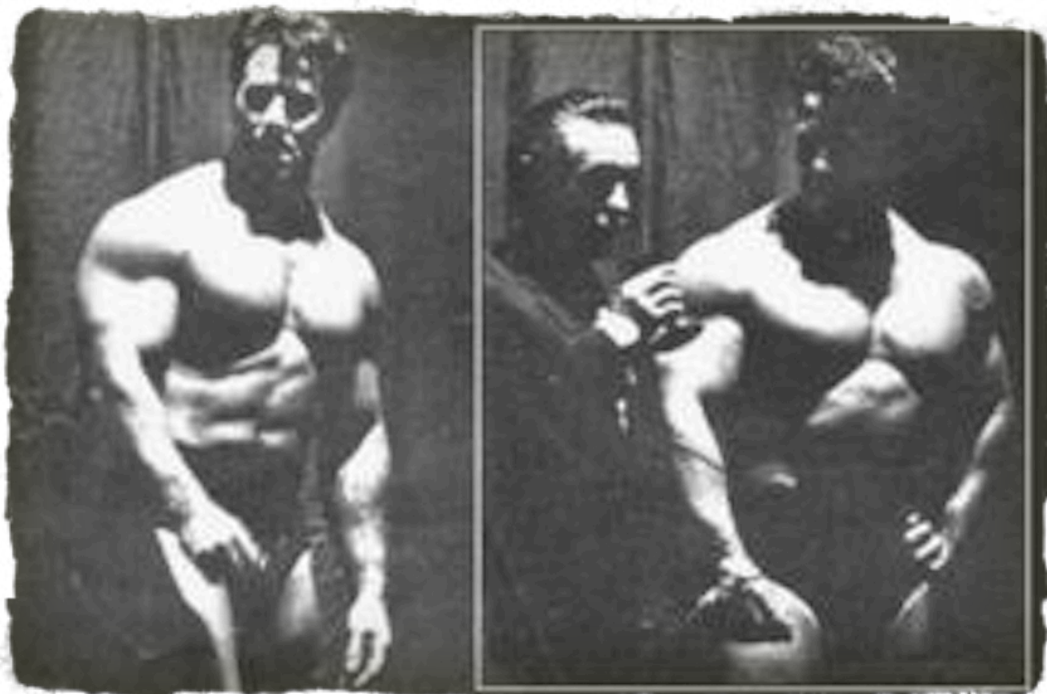
You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years of age.

Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use The Gladiator Training 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)

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NICE, Now the legal mumbo jumbo is out of the way and we can get ON with the show!

If you want to get brutally strong, pack on functional muscle and become a power house as well as having the look of thick, dense muscle then it's time to let you in on how we train at The Underground Strength Gym.

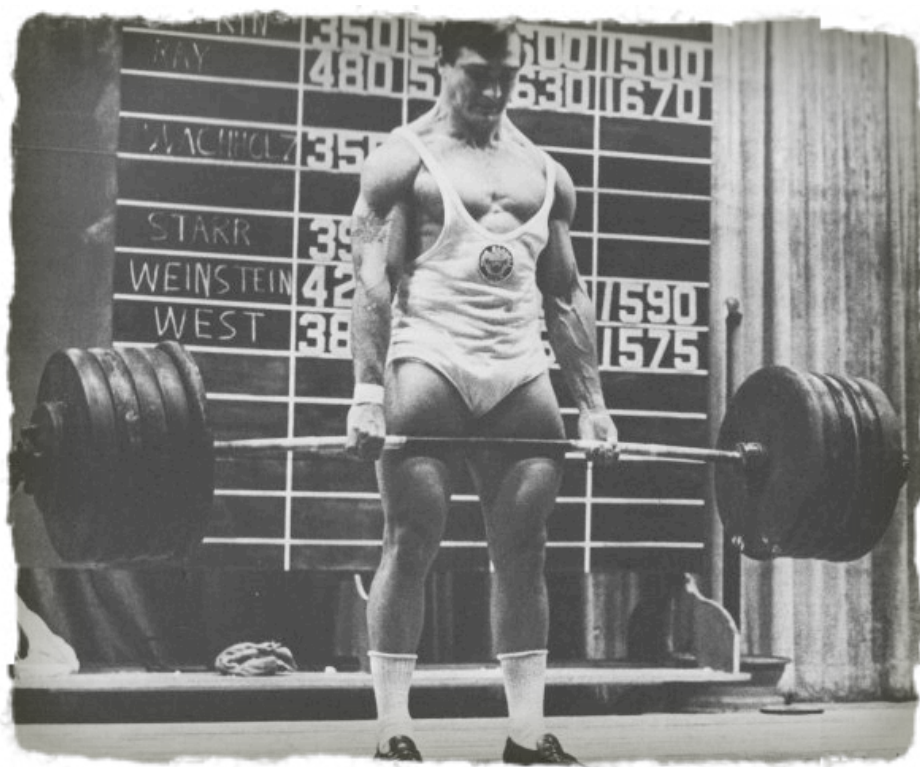
We're a small warehouse gym and our beginnings stem from a corner of my parents garage and their backyard. Shocking to most, my methods brought about freakish gains in strength and size and our Underground trained athletes were messing people up, BIG time thanks to these unconventional methods.

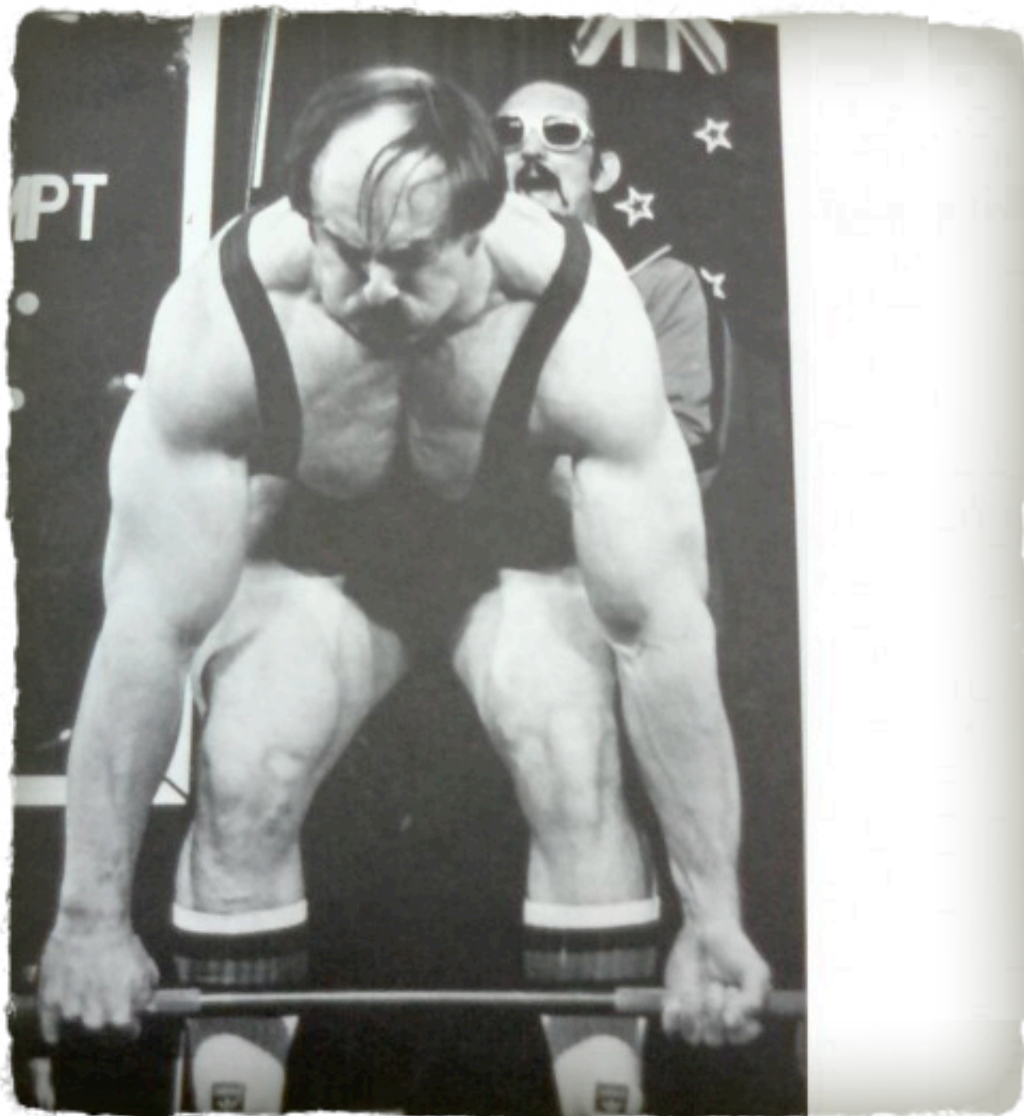
I definitely shocked the naysayers and the haters with our results. They hated me even more because even though I applied science to our methods, I didn't stick to the books blindly, instead, we experimented

and ditched what didn't work, used only what provided the best and fastest results. Bruce Lee would have been proud :)

Many decades and even centuries ago the greatest lifters and the most dominant athletes looked strong AND actually were brutally strong! They were what we would call "All Show and ALL Go!" Or, by today's standards, we call this "functional muscle" – having muscle that can perform.

Nowadays too many people look strong but can't perform with high levels of strength and / or power AND, many of these bodybuilder physiques have NO work capacity. If all hell broke loose these guys would be dead in their tracks, unable to run, jump, climb, sprint or push and pull heavy objects for extended periods of time.





This is what happens when you follow pretty workouts that revolve around high tech equipment, isolation movements and going for the “pump”. It’s time to change the world of muscle building and bring back the OLD School methods. **If you enjoy this free e book enough I hope you encourage your friends to sign up for their gift at [http:// ZachEven-Esh.com](http://ZachEven-Esh.com) as well, I’d appreciate you spreading the “movement”.**

So, what's THE goal here?

We're after what many coin as "Real World Strength" or "Functional Strength". You need to be strong, athletic and highly conditioned. You need power and you need mental toughness. They ALL blend together, creating what I call "FREAKS" – why are we freaks? Because we are the rarity, NOT the norm. I wanna see MORE Freaks!!

The simple fact is that training is supposed to be hard and the human body is supposed to be strong, there are no two ways about these facts. This is how results will come about. Hard Work – why is hard work such a "secret"? People want to believe otherwise, they want to believe there are programs out there that will deliver FREAK results without the effort.

I have integrity. Sorry, I will NOT lie to you. The truth is, you're gonna have to bust your hump to get results. You're gonna have to chow down like food is going out of style to provide your body with the fuel for training AND recovery.

YOU'RE GONNA HAVE TO EARN YOUR STRENGTH AND MUSCLE.

In this special report you're going to learn that it doesn't take anything fancy to develop the look of a Gladiator. Show me someone who is satisfied with their strength and they are likely satisfied with everything else around them far too easily. This is what I call "average". Well, in my book, average sucks and I have NO tolerance for average. If you do something, aim for greatness, plain and simple.

The men of the “golden era” and prior lifted anything that would yield results in strength and muscle gains. This is how I train and this is how I train my athletes. We don’t discriminate against any tools or methods if they bring us results. Some people ONLY use [Kettlebells](#) or ONLY use barbells. We use the tools that work, and, this is what you’re going to do as well. So, open up your mind and prepare to step outside your comfort zone, both physically AND mentally.



The results are superior to any of the fancy training methods out there and you can experience the same results as my Underground trained athletes if you’re ready to put in the work.

Below is a list of the tools we choose from, all work differently and all serve the purpose of getting you brutally strong and jacked with functional muscle.

- stones
- heavy barbells lifts with two hands and one hand
- heavy kettlebells
- climbing rope
- pressing & rowing heavy thick handle dumbbells from all angles
- Focused on ground based lifts (very little was performed lying down and nothing was performed sitting down, unlike many of today's "popular" programs)
- Partner gymnastics based movements, acrobatics, hand balancing and ring training

The men of the Golden Era also trained with higher volume and frequency than what many are accustomed to today. Ask an athlete or weight lifter nowadays what extra training he does and the majority do little to nothing extra.

The difference was that back then, the choices of exercises were not many, so they practiced the compound lifts with frequency, and because they practiced so often, they gained GREAT skill (i.e. STRENGTH) in these lifts.

These men also practiced gymnastics skills, performed sprints, swam and stayed overall healthy AND active.



Above, Alan Mead, circa 1924. Alan lost his leg in WW I and decided to take action by lifting heavy as his method of recovery where most people would have made excuses and given up. There are NO excuses for modern day Gladiators.

The lifts favored by these Golden Era FREAKS were ALL compound lifts and packed on slabs of rugged muscle very quickly. Because these men practiced these basic lifts regularly, they also had high work capacity, which is what most people lack today. I've known countless men tell me they skipped their workout because they just played with their kids, just mowed the lawn, went to bed late, etc.

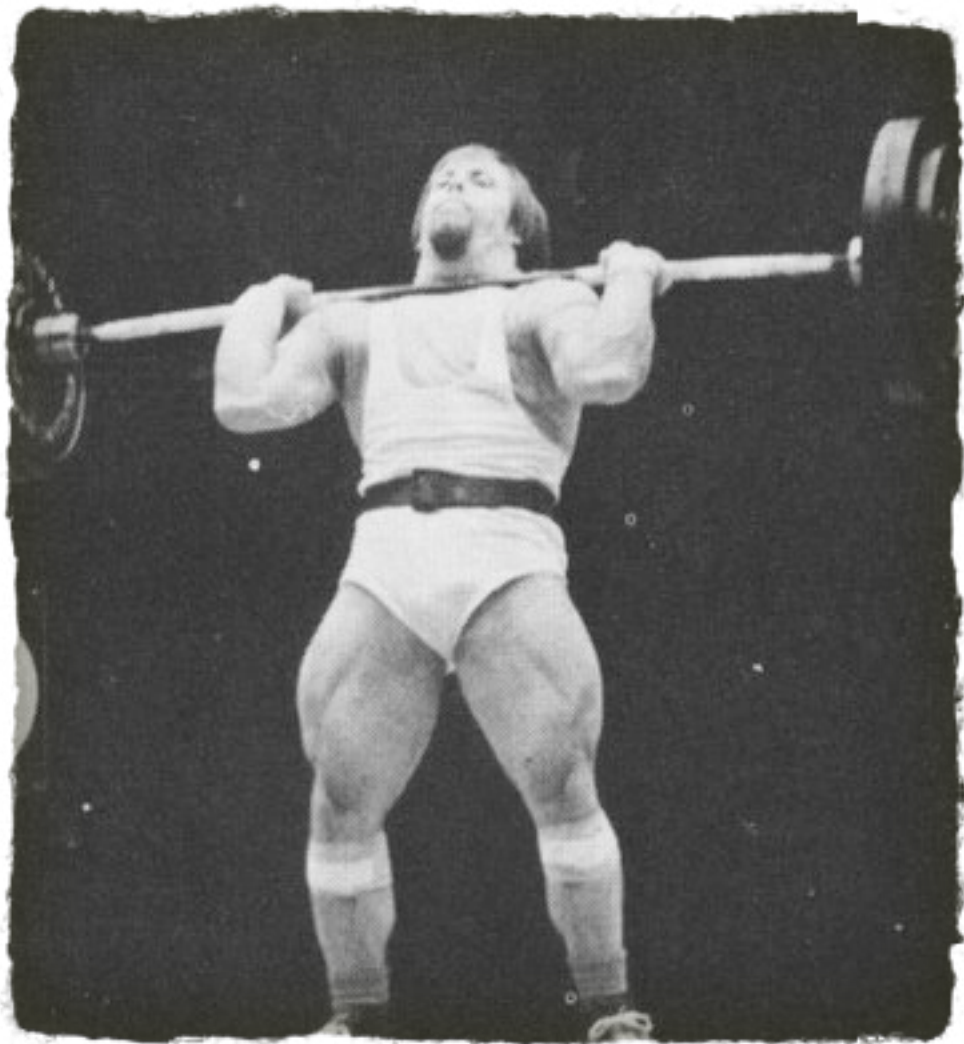
The mental toughness and physical fortitude is lacking BIG time.

When an athlete begins training at [The Underground Strength Gym](#) in NJ, we build them up to handling heavy weights for more than just one set. We don't want your body shutting down on you when you need it to work with high output for extended periods of time. The right style of training will promote physical and mental toughness. Coach Reeve, a mentor of mine who I interviewed for [The Underground Strength System](#), performed lots of "Density Training" for himself and for the wrestlers he trained back in the day. He uses Density training today as well, for the college Football players he trains.

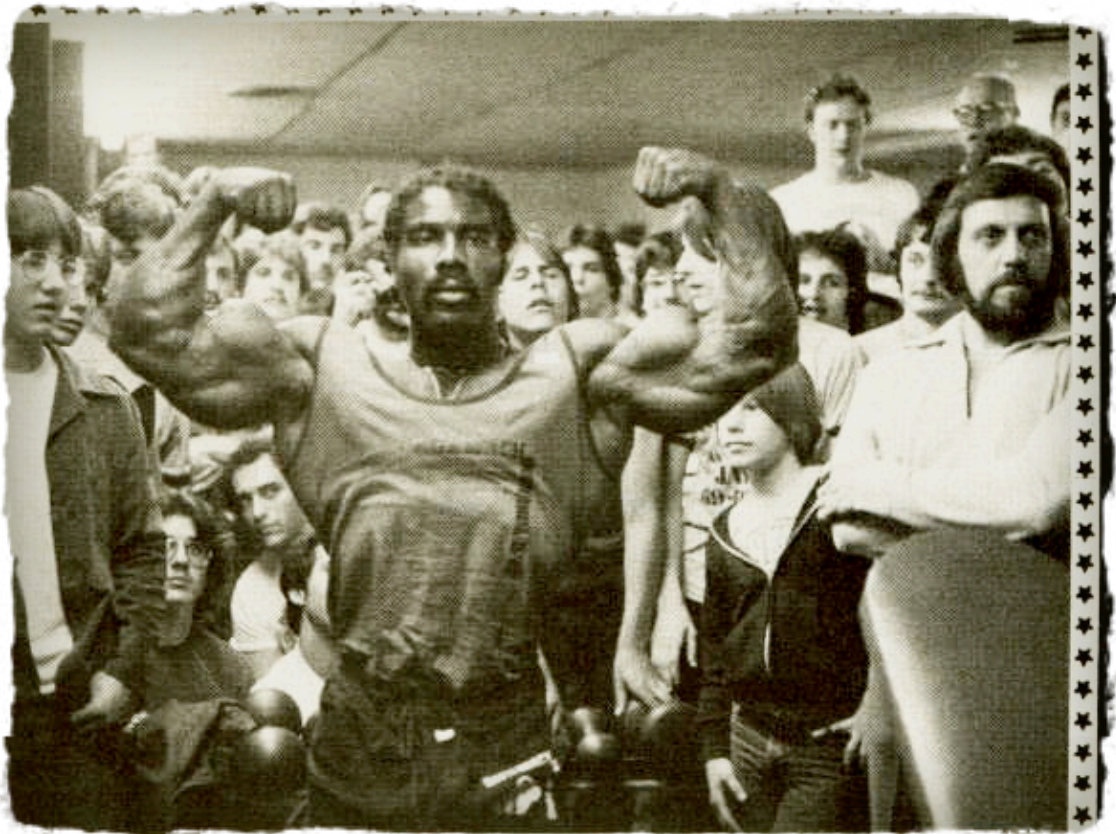


This style of training allows you to remain strong AND explosive for long periods of time. It's the mark of a Gladiator, to be able to continue while others can not.

With regards to volume, the men of The Golden Era did not perform many different movements, instead, they performed 2 - 5 movements per workout, and worked their ass off on each movement.



Bodybuilding Legends such as Sergio Oliva & Robby Robinson would perform countless supersets of bench pressing and pull ups for the upper body. Squats and Romanian Deadlifts for the lower body.



They were also strong as hell with these lifts and had the “Long Strength”, aka Strength Endurance, which I will continue to talk about.

Variety in your lifting movements is great for stimulating the mind and body and it is a necessary aspect of improvement. With too little variety, your body adapts to the stimuli and progress slows.

But, what the men of The Golden Era also did to combat their lack of variety was to constantly strive to break PR's (Personal Records). And

because they always focused on getting stronger, they consistently added muscle.



They broke PRs in various ways such as:

- Lifting Heavier / Adding Weight
- Perform More sets in same amount of time (Density Work)
- Perform more reps with same weight

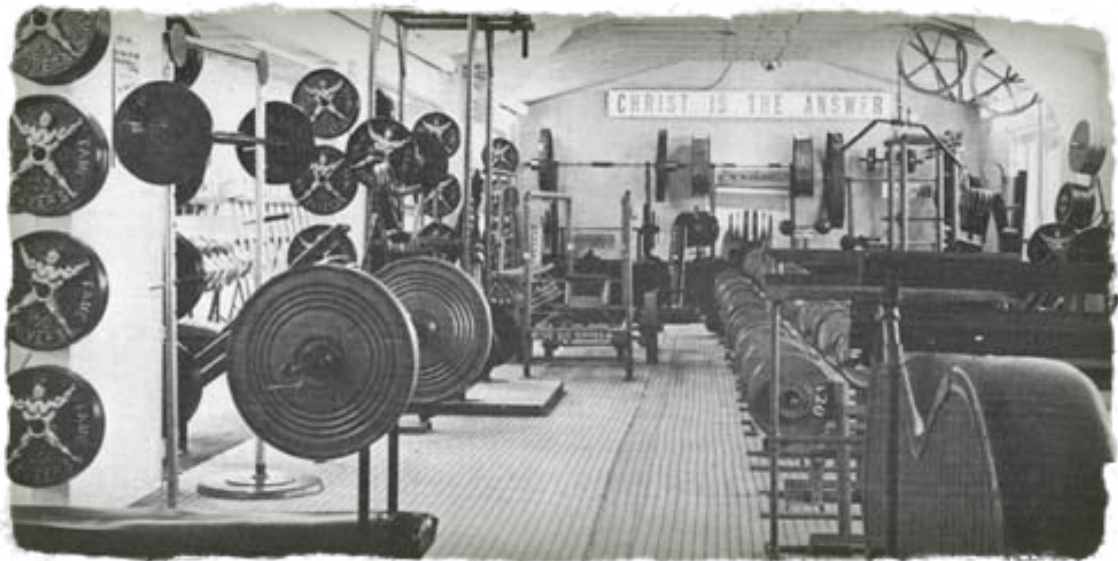
Variety was introduced by:

- Changing exercises
- Changing the angle
- Using a different training tool
- Training with NEW partners who were stronger than they were
- Training at different gyms / use of different equipment
- Higher Reps / Lower Reps / Varied Resistance

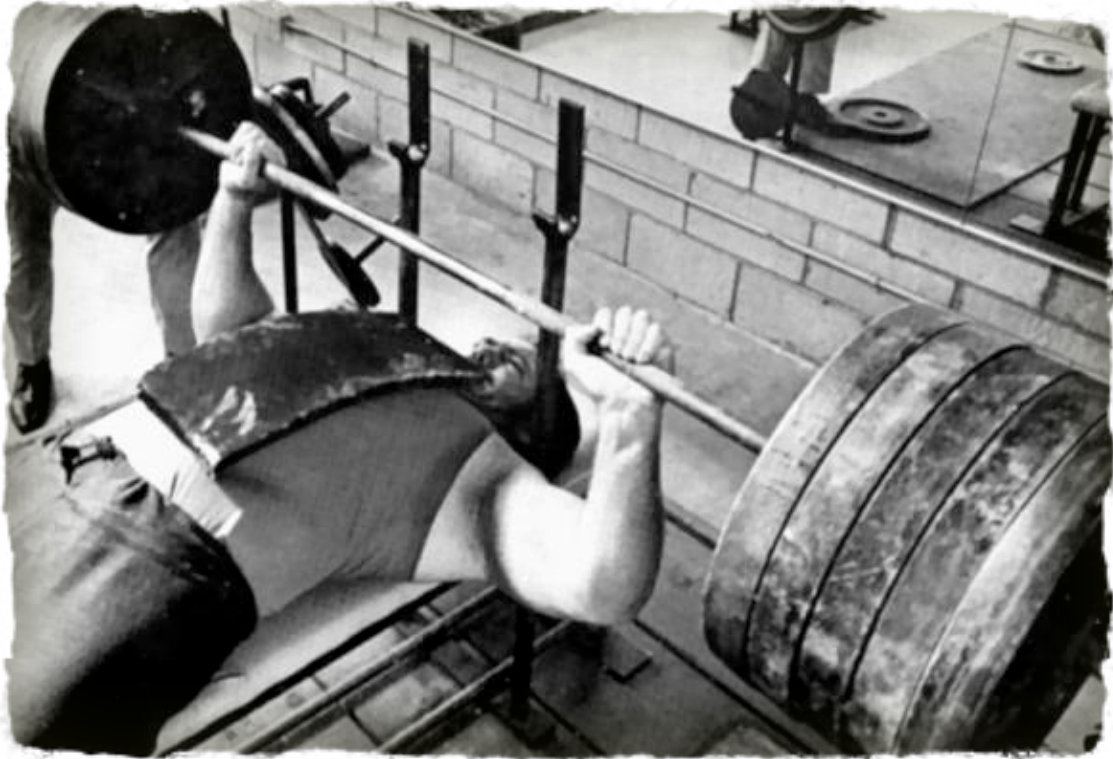
The list goes on and on, the bottom line, every workout was a war to become a better lifter, a stronger lifter, a more muscular lifter.

Unlike many of today's men who work out and avoid the intensity required to break records, these men of might moved weights that shock many of the most advanced lifter's of today. These were bodybuilders deadlifting over 500 lbs, benching 315 and 405 for reps, often times more, performing high reps in chin ups and dips.....

Don't think for one second that you need a fancy place to train at or fancy equipment to train with. I started out in my parent's garage which was FREEZING cold and all I had was a crappy 300 lb Olympic set from Costco, a pair of 50 & 100 lb DB's and a gun rack which I used for squatting. I used an old tool box to elevate the flat bench for incline dumbbell benching. Wasn't pretty but it worked.



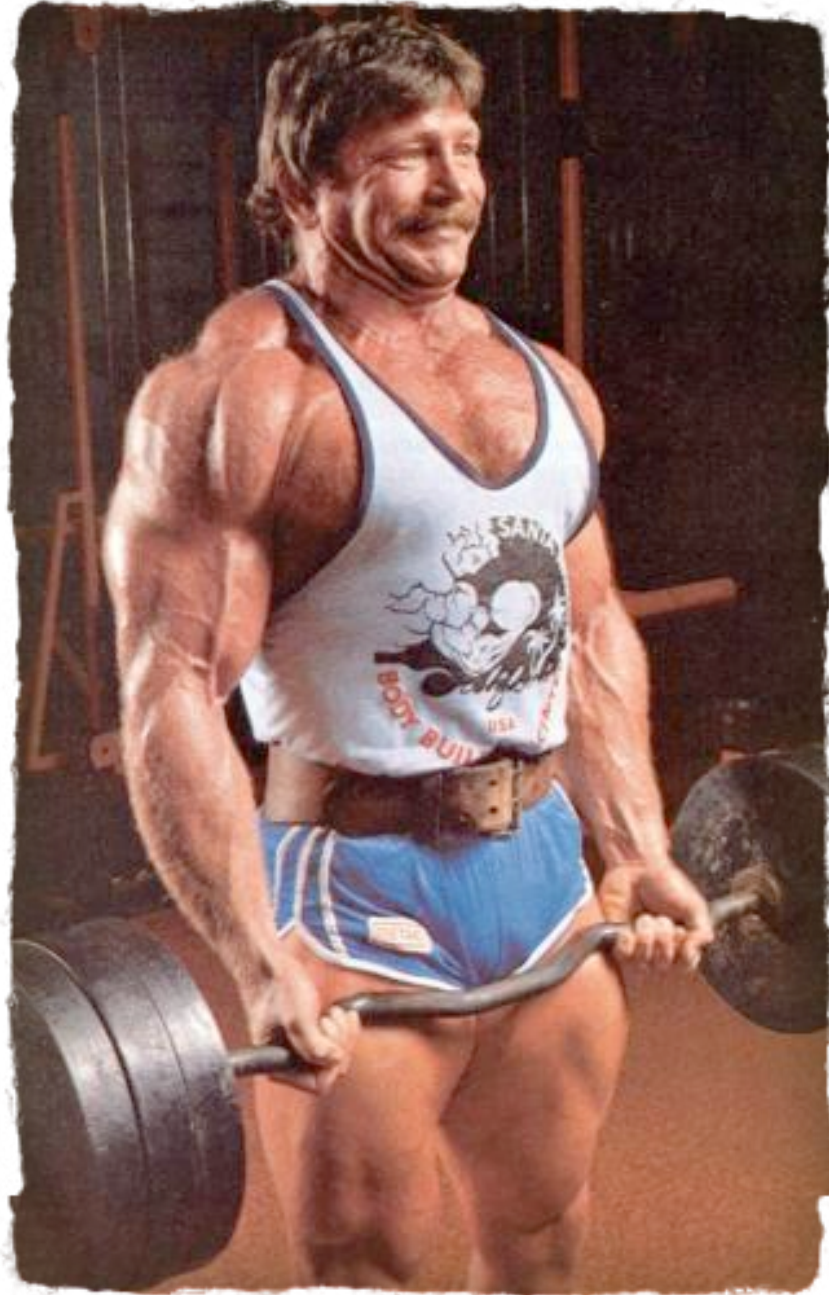




Not to my surprise, I got strong as heck and I packed on rugged muscle faster than ever before in that tight space in my Dad's garage, all because I was limited to going heavy and basics only! I am using the word "limited" loosely here, these were great "limits" to have!

I outline this old school program in detail inside my ['Gladiator Experiment' which you can find HERE.](#)

On the weekends, I would take a trip to a different gym to change things up a bit and have access to different equipment, and, some heat, ha ha. One weekend I was training at a Gold's Gym, and the kid at the front counter started chatting with me after my workout as he wondered where I trained since he never saw me before.



When I told him I train at home in my garage his jaw dropped! He asked how I got so big training in a garage! I told him all about the need for basics, heavy weights and intensity. The young kid was a wrestler, and he got to talking about his workouts at this fancy Gold's Gym (I wish the

original Gold's Venice was the norm for gyms of today). His workouts revolved around all the machines and fancy equipment most of which were isolation movements.

BIG MISTAKE, especially since he was a wrestler! Athletes in general should stray from machines and focus on free weights, bodyweight and odd objects.

Movements that had him sitting down and lying down were common place for this kid's training. I started chatting with him about [George Hackenschmidt](#), the great wrestler who was also incredibly strong, even at the young age of 19. We spoke about heavy Olympic lifting, powerlifting, heavy ground based lifts and overhead presses. His eyes lit up and we mapped out a simple Underground program that had him training 3-4 days a week in the off season and 1 - 2 x week in season.



Above, George Hackenschmidt, [The Russian Lion](#), sporting a seriously rugged physique!

Back then, I was still bodybuilding and using a split workout template. But, I was training more like what I would consider a **power – bodybuilder**. Nevertheless, the program I was following was working BIG time and I kept getting stronger and bigger. It would have been the perfect regime for me when I was a high school wrestler and it certainly would have changed my luck as a high school wrestler.

But, the past is the past. Now, my goal is to help others avoid ALL my mistakes.

Back when I was training with this power–bodybuilding regime, I was also coaching wrestling at the time and had no problem wrestling with other athletes without resting for 20 – 30 minutes non stop, not an easy task, especially against the younger wrestlers who have endless energy.

The wrestling was my conditioning and, the wrestling actually made me stronger and improved my ability to tolerate intense lifting workouts. This is coined “work capacity”. You can’t just be big and strong, you must also be highly conditioned and wrestling and other combat sports are a great addition if you want to ramp up conditioning.



The greater strength developments I gained resulted in improved strength endurance & power endurance, which was something I never had before (back when I was doing the traditional gym workouts).

You can still train with a “Bodybuilder” split and get Old School Results. Here’s a sample weekly regime for you

Day 1: Shoulders, Arms

- 1) BB hang clean & press 3 heavy sets x 3 – 5 reps
- 2) 1 arm DB laterals (heavy) 2 – 3 heavy sets x 8 – 12 reps each
- 3) Bent over DB laterals 2 heavy sets x 8 – 12 reps
- 4) BB shrugs 2 heavy sets x 18 – 12 reps

- 5A) BB cheat curls 3 x 6 – 10 reps
- 5B) lying DB extensions 3 x 8 – 12 reps
- 6) Finish with Grip + Ab Work 3 – 4 x each

Day 2: Lower Body

- 1) Squat Variation (box, no box, zercher): 3 heavy sets x 4 – 8 reps
- 2) DB lunge variations 3 x 8 – 10 reps each leg
- 3) RDL 3 heavy sets x 5 – 10 reps
- 4) 2 Hand DB Swings 3 x 10 reps
- 5) Finish with Jump Rope x 5 minutes

Day 3: Chest & Back

- 1A) Flat Bench Press – work up to 2 Heavy Sets x 3 – 6 reps
- 1B) 1 arm DB rows – work up to 2 heavy sets x 6 – 10 reps

- 2A) Incline DB bench 3 x 5 – 10 reps
- 2B) bent over BB row 3 x 5 – 10 reps

- 3A) Mixed grip chin ups 3 x max reps
- 3B) Push Up Variations 3 x max reps

**** If chin ups are too difficult for you at the end, hit them First! ****

Work your abs and grip at the end of almost every workout. I often work the abs as part of my warm up. Lots of leg raise variations work best for abs so attack them regularly.

This simple regime is not pulled out of thin air. I did have an influence from a Rogue Lifter whom I met back when I was only 14 years old.

His name was George. He was a FREAK, 110%. I was trying to mimic the way George trained at the old YMCA yet I enjoyed the variety of several movements as opposed to working one or two movements over and over so I modified his workouts into my own. I never rested much between sets which was great for improving work capacity.

George would usually perform only 2 exercises per workout. How many sets? Countless sets! He would perform countless sets for 30 – 60 minutes! NEVER going to failure, BUT, always training heavy!

George was a beast of a man who I used to train alongside at the OLD Metuchen, NJ YMCA. Back then, the Y was the typical golden era style gym: lots of york plates and round head dumbbells, dip bars, pull up bars, a york isometric rack and plenty of benches. What a gem this place was. It's a shame it had to go.



George used to train movements, not muscle groups. He would perform 1 or 2 exercises per workout for endless sets, I noticed his LONG time periods spent on each of the movements he chose. I was an avid reader

of the bodybuilding magazines and never saw such workouts encouraged through the magazines. George must have had access to the REAL magazines of the past, where the bodybuilders and powerlifters had awe inspiring strength and muscle.



It was typical for George the Beast to train one movement for up to 45 minutes at a time. usually his workouts were just 2 movements. His favorites seemed to be the Romanian dead lift (RDL), the bench press, weighted dips, barbell cheat curls, skull crushers, etc.

What a freak this guy was, built like solid rock! And boy was he in shape, resting only 30 – 60 seconds between HEAVY sets and never slowed his intensity!

Today, someone mows the lawn and they feel exhausted the rest of the day and unable to work out. Or, they go to the beach and the rest of the day their exhausted because of the sun. Come on, that's BS! Let's see some physical and mental toughness happening again!



FARM BOY TRAINING

In the early and mid 1900's young kids worked 12 hours or more every day on a farm performing manual labor. Nothing bad ever happened to them. The result? They become brutally strong as they performed "movements" such as clean and press, throwing, farmer walks, sledge hammer work, digging ditches, sandbag carries, truck pushing, rope pulling.

These farm boys would clean and press bails of hay into the back of pick up trucks, they would carry bags of animal feed, farmer walk buckets of animal feed, shovel dirt and horse manure, dig ditches for poles and fence posts, push trucks and wheel barrows, pull weighted pulleys with buckets or hay attached to them to lift them up in the barn.

That was REAL training!

My wife's cousin grew up in Pa. and his father always had him working with him on weekends or around the house during the week, all of which required manual labor. This kid was always moving stones, cutting down trees, digging ditches, swinging a sledge hammer or axe, pushing wheel barrows and carrying sandbags or mulch. His work ethic and work capacity was second to none.

When he was working on my first house, he noticed my climbing rope in the back yard hanging from the tree and he climbed up with ease using no leg assistance. He then told me I need to get a longer rope on a higher

branch! This is the same kid who cut down the trees in my back yard and left me a few logs. He KNEW I would find a use for them when training my athletes and he was 100 % accurate.



We started using the logs for all our carries and lower body movements and our wrestlers benefited immensely from their use! There's something to be said for the people growing up on farms or working in tire yards / junk yards. They all seem to have that freak strength that so many others struggle for through the weight room yet rarely achieve.

BASIC LIFTING

Let's take a look at the **Basic Lifts** you will want to incorporate on a regular basis. The extra isolation movements which will NOT be listed are simply icing on the cake and you can incorporate the isolation movements on your own with your own discretion.

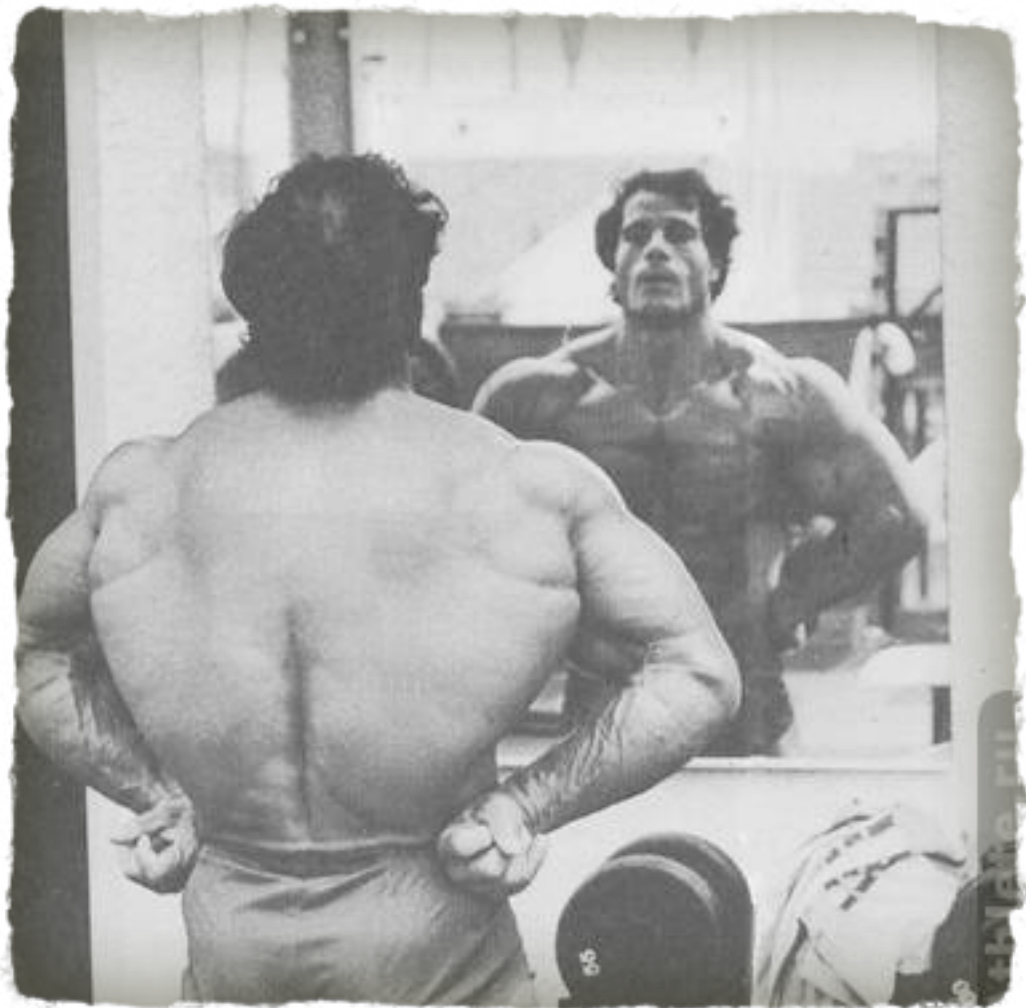
Key:**BB = barbell****DB = dumbbell**

- BB hang clean & press (or push press)
- BB military press (or push press)
- BB high pull
- BB power clean or hang clean
- BB bent over row (overhand and underhand grip)
- 1 arm DB rows
- DB swings
- DB hammer cheat curls
- BB cheat curls
- 1 arm DB snatch
- 1 arm DB clean and press (or push press)
- BB back squat / zercher squat
- BB deadlift variations (RDL, Snatch Grip DL)
- BB or DB floor press
- Mixed grip pull ups
- Parallel bar dips
- Push Up Variations / Handstand Push Ups / Hand Walking

Now, the above list is incredibly simple, but, if you chose 2 –3 of the above movements for each workout and worked at them incredibly hard 3 – 4 x week you will develop freakish strength and a physique that will shock others. Don't try 6 or 8 exercises, instead, focus on a few of them and try to progress each workout.

After 2 – 3 weeks, pick 3 or 4 new exercises and get busy with them again.

Sure, the list above may very well be completely different than what you are currently doing as well as what others in your gym are doing. Like I said, open up your mind and embrace this change.



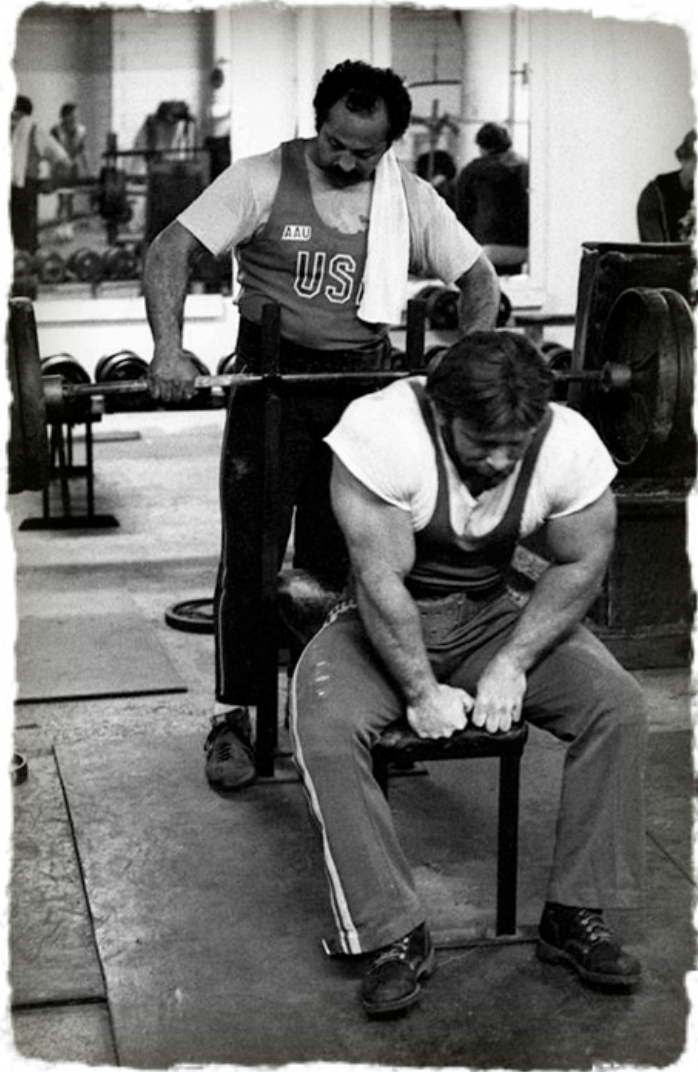
You will be skipping the lat pull downs, the concentration curls, the leg extensions, the seated machine presses and all the other crap exercises. It's time to train movements, NOT just exercises.

Let's hit the weights hard and heavy in the 1 – 10 rep range (unless performing calisthenics), and once a week perform a high rep workout with lighter weights with a rep range anywhere from 12 – 50 reps per set.

Yep, you read that correctly, all the way up to 50 reps!

High rep training can be a great catalyst for building muscle. It is also very challenging, so be mentally prepared to push through the pain zone when your muscles are screaming with fatigue. I suggest these high reps for advanced lifters. If you're a beginner or intermediate, stick to reps in the 1 – 10 rep range.

After training hard for 2 – 3 weeks, take one week and train light but also stop your sets way before any serious intensity is required. The “holding back” will allow your mind and body to recover, and when you return to the intense training one week later, your body will have compensated and reaped the rewards of your training.



Along with quality nutrition and this “old school, Underground” style of training you will quickly begin developing a rugged physique. Your nutrition should contain quality protein and healthy fats that come from steak, chicken and healthy meats, preferably grass fed beef. Consume plenty of vegetables, preferably one salad a day. If you need to gain weight then you must NEVER skip meals, if you need to shed fat then get rid of all breads, milk and dairy minus whole eggs.

Remember, we reap the rewards of our training through proper rest **and** nutrition. Part of your discipline will be resting when you may really want to train. Discipline means doing what you have to do and what is best for you, not what you want to do! What you want to do has nothing to do with what is best for you!



Above, [George Hackenschmidt](#) – known as the '[Russian Lion](#)', was a brutally strong, powerful and jacked wrestler from the early 1900's.

“Hack” regularly used Russian Kettlebells, heavy barbells and dumbbells to develop dominating strength, power and a rugged body that many aspire to achieve today! Hack did this under what many today would consider sh**ty conditions.

I have experimented with MANY Nutrition methods and I will tell you what has worked best for me. I am NOT a nutritionist so do not follow my nutrition blindly as I found what worked best for me.

I respond best with regards to energy levels, recuperation, gains in strength and muscle through high protein, moderate carbs and moderate fats.

I have test driven no meat or little red meat and I felt weaker and constantly hungry. Often times my breakfast will be a large bowl of fruit OR 3 whole eggs with a side of fruit or a side of bacon here and there.

I prefer to get my healthy fats from trail mix, the skin of chicken, red meat and oils on my salads. The more basic my nutrition is and the less varied the better I respond.

Due to my hectic schedule sometimes my nutrition gets a bit messed up, so, if I am traveling I will try to eat snacks such as trail mix, if I go to a restaurant I will get some form of a chicken wrap or hamburger patties (hamburger without the bun).

The less breads, milk and dairy I consume the leaner I get and the better I feel. Eating regularly through the day keeps my energy levels high and improves my recovery. Below is a sample day for me:

7 AM: 3 scrambled eggs, 2 bananas, small cup of blueberries, 4 strips bacon + coffee

9 AM: small cup of trail mix

11 AM: protein source 6 – 8 oz (chicken, steak, hamburger) + veggies + small carb serving (potato / yams)

1 PM: workout

Post Workout Meal: Grilled Chicken Wrap or Meat 6 – 8 OZ, salad or fruit

Dinner: Same as Lunch

Late Night: Small serving of meat + veggies

I used to consume meal replacement shakes but have barely used them as I've gotten older. They tend to bother my stomach and that is rule # 1 regarding choosing foods or getting rid of them. If they make you feel crappy, get rid of them.

During warmer months when I can fire up the grill often I consume more steaks and hamburgers with NO ill effects on my body. I feel stronger and more energetic and get leaner as well.

In a nut shell, I suggest consuming 4 – 5 small meals through the day, 1 salad every day, several pieces of fruit through the day. Keep carb consumption to a minimum and consume plenty of healthy fats. Stay away from breads, milk and dairy except for whole eggs. If consuming meats, try to consume grass fed and / or organic meats.

TRAVEL BACK IN TIME WHEN UNDERGROUND TRAINING WAS THE NORM, NOT THE RARITY

Let's take a look at some of the tools they used back in the day, which have made a comeback into today's training for many individuals, athlete or not! I must warn you though, this training takes guts and a no fear attitude. You must be willing to push yourself and challenge yourself with [heavy weights and odd objects](#). You'll be sore in places you never felt before so make sure you get plenty of quality rest and nutrition.

In the end though, you will reap the rewards of Underground training which is that of obtaining a body that looks strong and powerful while performing with domination! If you think you're ready then let's get started!

EQUIPMENT LIST

Below is a list of equipment that you will want to start collecting slowly for your own gym. That's right, your personal gym – not many gyms are left out there nowadays that cater to the hard core lifter who wants to train raw, in the trenches, NO BS style.

Many of the strongest, best developed physiques were developed in dungeon type gyms that are either in basements, garages or old school gyms.

Don't forget though, much of the equipment listed here can be obtained for free from junk yards, tire yards or can be made by a local welder. My suggestion is that you investigate your resources and snag the necessities for FREE, then move on and purchase toys if necessary.

TRACTOR TIRES

Tire flipping is the ultimate in full body power and strength development. Make sure you don't curl the weight up. Focus on driving into the tire with your legs while the chest presses against the tire. Get a 45 degree angle and think of performing a power clean with a knee lift to assist in getting the tire into the "rack" position. This will help you jump up quickly and powerfully. Start with lighter tires to perfect your form and prep the body for future heavy loading!



The tire flip is one of the most effective movements for developing full body strength. I have routinely performed workouts that consisted only of tire flipping and sled dragging. But, do NOT overdo the tire flip or any movement for that matter. A few heavy sets in the 2 – 4 rep range is plenty for movements such as tire flips and deadlifts as they place an enormous demand on the body.

SLEDGE HAMMERS – Sledge hammers will work your grip, your core, your legs, your shoulders and cardio! It's also a great way to work in some loaded mobility training, which we can all afford to incorporate mobility work.

You can swing for high reps or time, using overhead, diagonal and side swings plus many more variations! Try 2 non stop minutes of sledge hammer training and you will develop a solid “core” and rock hard forearms!



Sledge Hammer work to the sides of a large are great for building rotational power through the trunk and hips and is a great conditioning tool as well. If you have a large tire, just stand up the tire against a wall and hit against the tire for reps or time.

CARRIES



Anytime you can incorporate a farmer walk or carry of some sort, Do it! These movements develop tremendous overall strength and muscle size. We utilize many different carry variations but the most challenging carry is HEAVY walks with long farmer handles!

When you begin performing heavy farmer walks you'll notice how your back and legs get extremely jacked up! There isn't a muscle in your body which gets a chance to relax when you perform these walks HEAVY!

You can also carry stones, heavy sandbags, heavy DB's or any odd object you can think of, they ALL work. The slight differences add variety to your workouts, keep things fresh and keep the body off guard, which in turn spurs muscle growth and strength on a regular basis.

Too much of a good thing is never a good thing!



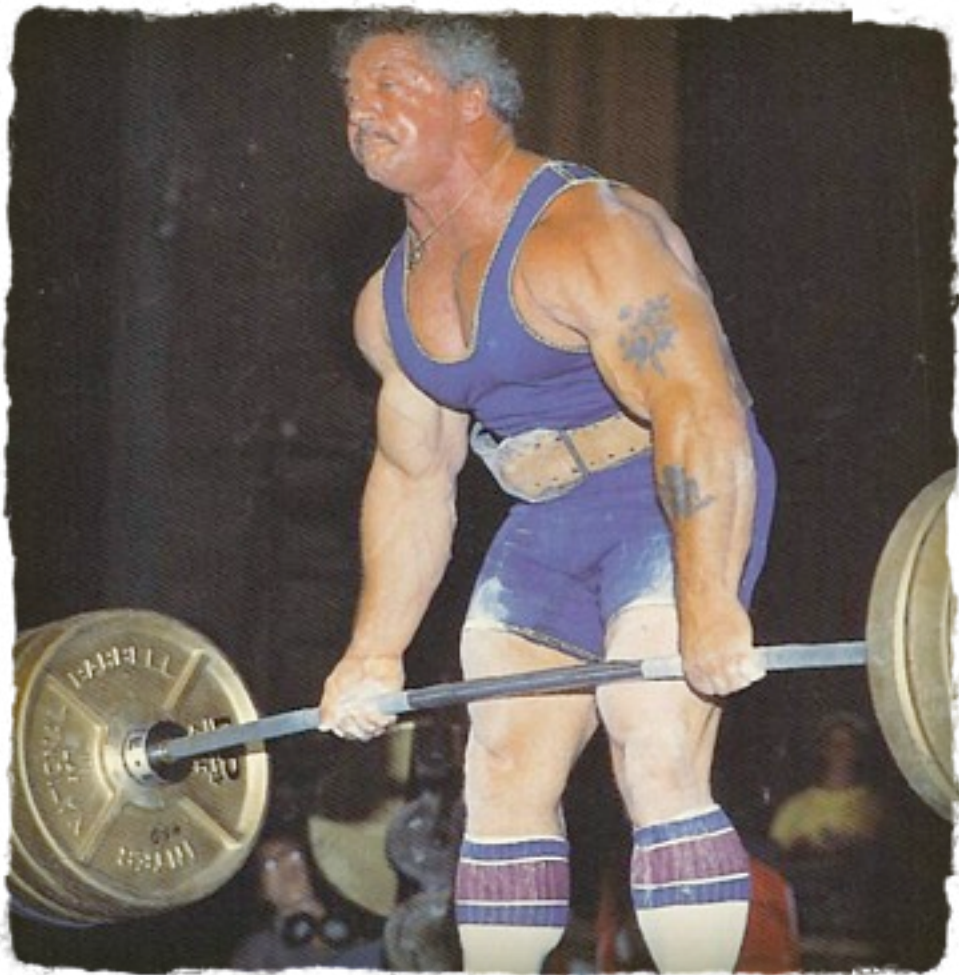
Above, Judo Beast, David Ellis carries a 135 lb anvil. Required to deadlift, then carry, then squat down, no muscle is left out of this simple drill!



Above, wrestling with a sandbag during a long walk of heavy sandbag carries. This man's rugged physique came through all the basics, nothing fancy, lot of hard work, consistency and determination!

THE BARBELL, KING OF THE WEIGHTROOM

If you're low on funds, check E Bay or Craigs List and snag a 300 lb. used weight set! You definitely need to snag yourself a barbell of 300 lbs. or more. You don't even need a bench or power rack to get started here. Simply performing all the barbell lifts that are ground based will be plenty. If you have a training partner, he can hand you the bar for floor presses.



Squatting can be done for ultra high reps with a weight that you can press overhead and get on your back. Placing heavy weight on your back does something to your entire body that other movements simply can't replicate.

You can perform high rep walking lunges with a BB or DB's, walking across a parking lot for extra high reps will be BRUTAL on the legs and can add tons of strength and muscle to the quads, hams and glutes!

You can also perform various deadlifts such as sumo style and rack deadlifts (elevate the plates on a few boards of wood if you don't have a power rack) as well as the zercher squat, where the BB is held in the crook of your biceps. In addition, all the ground based lifting and Olympic lifting develops the legs to a great extent.

PUTTING IT ALL TOGETHER

Now that we have revamped your idea of what REAL training is, it's time to see how you can incorporate all these tools into a basic program.

HERE ARE A TWO VERY BASIC OPTIONS FOR ORGANIZING YOUR WORKOUTS:

1. **Perform one movement for upper body pushing, one for upper body pulling and a lower body movement with a BB or DB.**

Finish OR start the workout with one full body movement using one of the odd object lifts listed in [The Grip Experts E Book](#) or [The](#)

Underground Strength System (i.e. – tire flip, sandbag or keg shouldering, etc.). Train in this fashion 3 x week on nonconsecutive days, all workouts are full body workouts.

- 2. Perform three workouts per week with the following split: upper body one day, lower body the next day, full body the final day.** Your full body day can be devoted to ALL odd object / underground style training. Training should be performed on nonconsecutive days for optimal recovery.

The two samples above are general, but guess what, BIG strength and muscle comes from generalizing your strength, not isolating it!

Here is a sample workout from the athletes at my Underground Strength Gym in NJ. This crew came in and performed a full body workout with strongman lifting only. After a thorough warm up, they performed the strongman workout below:

- 1) Farmer Walks: 1 light, 1 medium, 1 very heavy set x 200'
- 2) Tire Flip 1 warm up set, 2 Heavy x 5 reps
- 3) Log Clean & Press: 1 warm up set, 2 x 30 seconds x max reps
- 4) Sled Drags 4 x 200' mixing forwards and backwards dragging and then pulling the sled rope hand over hand at the end of each drag.

When the workout was finished, an ab circuit was performed, then recovery and mobility work as well.

Below is a sample Upper Body Workout from our athletes:

- 1) Swiss Bar Floor Press: 3 heavy sets x 2 – 5 reps
- 2A) Neutral Incline DB Press: 3 x 6 – 8 reps
- 2B) Weighted Pull Ups 3 x 3 – 6 reps
- 3A) BB Cheat Curls 3 x 6 reps
- 3B) DB Tate Press 3 x 10–15 reps
- 4) Grip + Abs 4 x each

Sample Full Body Workout / Work Capacity Focus

- 1A) 1 Arm [Kettlebell](#) Snatch 3 x 5 reps heavy
- 1B) [Kettlebell](#) Farmer Walks 3 x 150'

- 2A) Thick Bar Bench Press 4 x 6–8 reps
- 2B) Hand Over Hand Rope Pull with Sled 4 x 50'

4 Rounds of Circuit Below:

- A) Battling Ropes x 60 seconds
- B) Jump Rope x 60 seconds
- C) Sled Drags x 150'
- D) Sledge Hammer Strikes x 20 reps (switch top hand every rep)

As you can see, we focus on quality, NOT quantity. I've learned that we need to let our athletes leave with energy in the tank, it keeps them hungry for more and keeps progress coming. The same works for my own strength work and the same will work for you as well as reducing overuse injuries.

I will always remember that hole in the wall YMCA I trained at when I was 14. There was some jacked up dudes moving enormous weights in that gym. They had very little in the way of variety but man did they look like they could knock a house down with their strength and size! Many of those lifters were influenced by the training of **The Golden Era**, so heavy basics were the common theme.

Combine some of these principles, methods and movements with what you know works for you and you will be well on your way to surpassing all the others who follow the so called “rules” of getting big and strong!

Now the rest is up to you!

Make It Happen!

In Strength,

Zach Even – Esh

<http://ZachEven-Esh.com>

P.S. – Try my 30 day trial membership at The Underground Inner Circle by [Clicking HERE](#)

You’ll have access to over one thousand old school strength and muscle building articles, special reports, hundreds of Underground Strength and Muscle Building Movies as well as access to a member’s only forum where the hard core unite to exchange ideas and workouts.

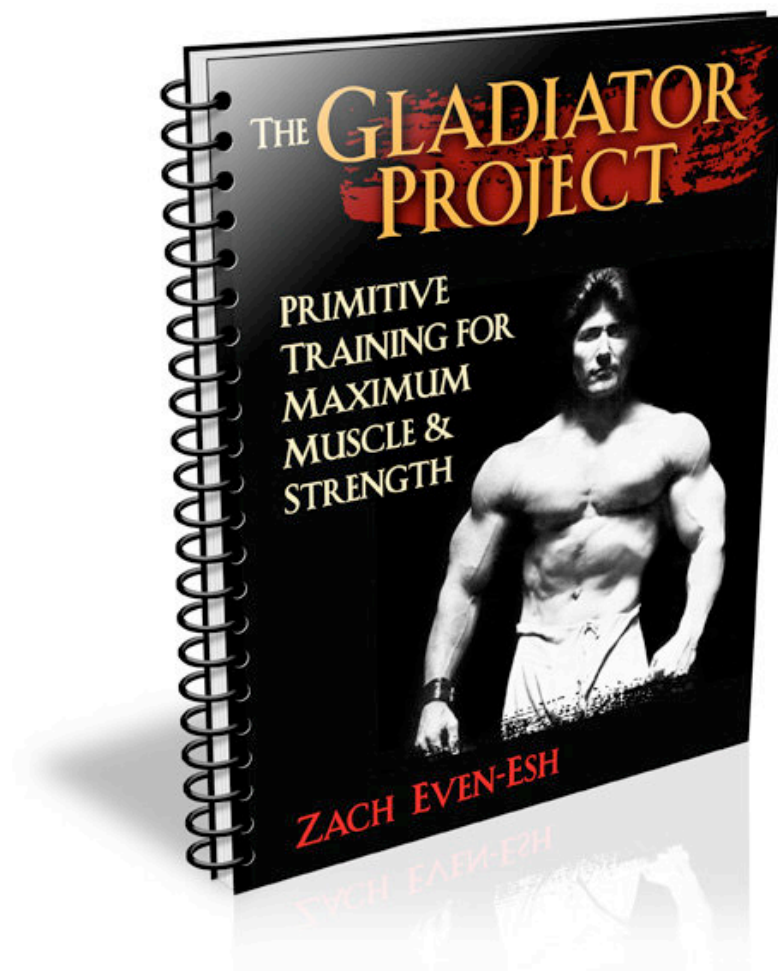
THE UNDERGROUND STRENGTH COACH CATALOG



Zach Even - Esh is a Strength & Performance Specialist located in NJ. Zach is the Founder of The Underground Strength Gym, 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.

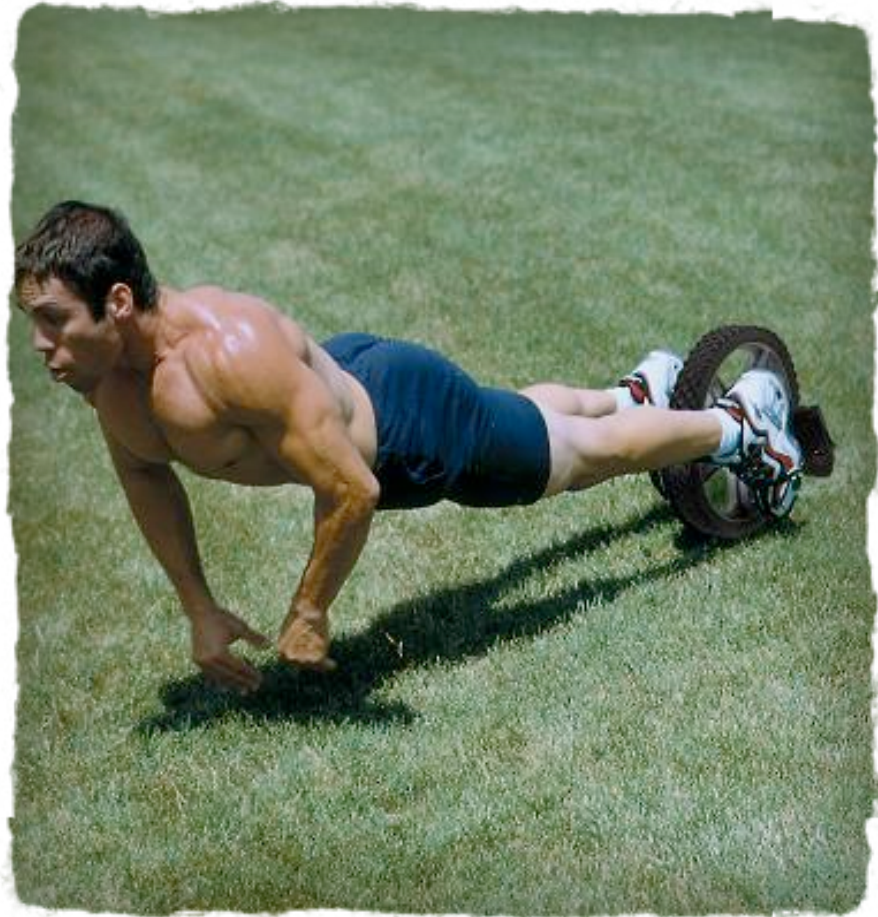
THE GLADIATOR EXPERIMENT

[HTTP://ZACHEVEN-ESH.COM/GLADIATOR.PHP](http://ZACHEVEN-ESH.COM/GLADIATOR.PHP)



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 a wrestling mat. If you use them on cement wear work gloves or cooking mits 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

Underground Kettlebells
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

The Underground SandBag

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

THE UNDERGROUND INNER CIRCLE



For a 30 Day Trial to my Underground Strength Inner Circle, go to <https://www.undergroundstrengthcoach.com/public/540.cfm> or [Click HERE](#).

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.](#)



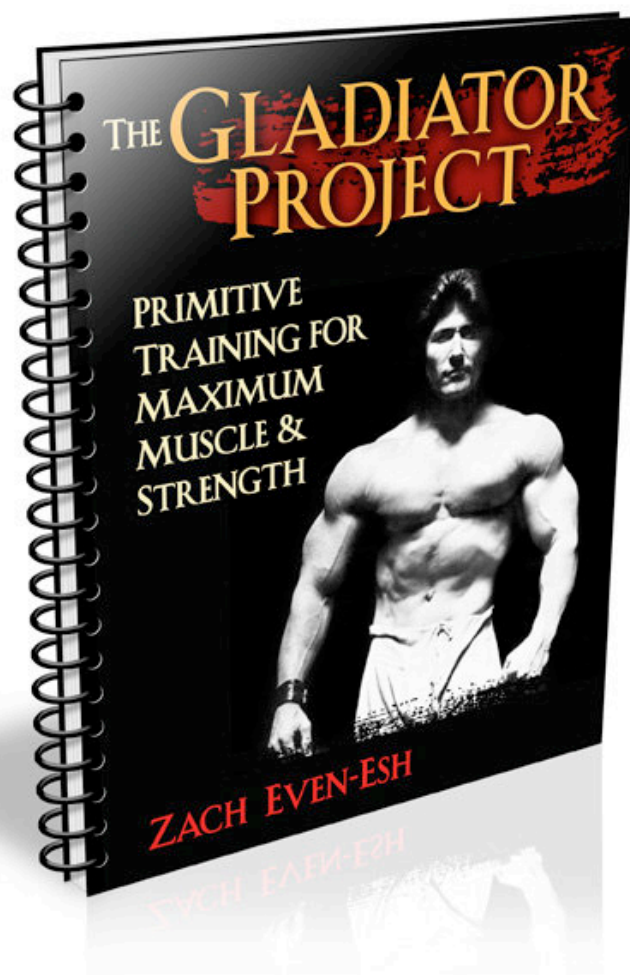
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THE GLADIATOR EXPERIMENT

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