

GLADIATOR NUTRITION

EAT LIKE A REAL MAN

BURN FAT

**INCREASE
YOUR ENERGY**

**NO WIMPY,
LOW CALORIE
DIETS**

**INCREASE YOUR
LEAN MUSCLE
GAINS**

**BY
ZACH
EVEN-
ESH**



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THE GLADIATOR NUTRITION REPORT

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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)

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, 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 advice given in this course is merely an example of what worked for me and should not be taken over the advice of a doctor or a certified nutritionist. Seek a medical professional's advice to best implement a nutrition program that is healthy and suitable for you.

I'm going to give you a few samples of Gladiator Nutrition that I've implemented with GREAT success. To me, the easiest part was the **consistency and LACK of variety**. Yes, I did say lack of variety - it's easier to stay consistent when the foods remain the same on a regular basis as you can cook and prepare in quantity rather than preparing foods separately for each meal each and every day.

If you fail to prepare your foods / meals in quantity do NOT expect the results to happen. It's the same as training, you need consistency for this to work.

During a time where I was packing on SERIOUS muscle at a rapid rate and my body transformed itself to the greatest was when I followed a regimented daily nutrition program.

The FIRST step & perhaps one of the most critical steps was when I got rid of ALL breads, milk and dairy except for eggs and sometimes cheese.

Here is what a typical day looked like:

Breakfast: 7 AM

- 8 egg whites + 1 yolk OR 4 whole eggs with small amount of cheese + veggies mixed in for 4 egg omelette
- small bowl of oatmeal with cinnamon and small amount of brown sugar
- 1 cup orange juice
- LOTS of water
- multi vitamin
- 1 Gram Vitamin C
- Every other day, Vitamin E

** Sometimes fruit was added choosing from any of the below:

- 1 cup blueberries
- small bowl strawberries
- 2 bananas
- 1 mango

- small bowl of grapes

9:30 AM (Snack)

Whey Protein + Water

12: 15 PM Lunch

Protein + Carbs

Choose 1 of the following proteins:

- A) 2 chicken breasts
- B) 8 oz red meat
- C) Occasional fish: 1 can of tuna with 1 tsp of mayo, salmon, sea bass, etc.

Carbs: Choose 1 of the following carbs:

- A) 8 oz baked potato / sweet potato
- B) small bowl brown rice
- C) occasional pasta w/natural tomato sauce

Salad: Mixed Greens

***** Every day have 1 salad.** I would have my salad with lunch OR dinner, and sometimes, during BOTH meals. You can have unlimited greens and the dressing of choice was always a simple vinaigrette.

If I was still hungry I would add a protein bar to the end of my lunch as well.

4 PM:

Meal Replacement Shake mixed w/16 oz water

Vitamin C 1 Gram

Recommended is Full Strength Meal Replacement <http://FullStrength.com/Underground>

but ANY meal replacement with low sugar and low fat is critical. Lean Body is another preferred meal replacement

5:30 PM

1 Can Tuna + 1 tsp Mayo

6 PM: Workout (Training 3 - 4 x week)

Post Workout (Immediately After Workout):

Meal Replacement Shake OR Whey Protein Shake IMMEDIATELY after workout. This was taken AT the gym

Drive home, and have protein, carbs + small serving of fat (Dinner):

- 2 spoons of natural peanut butter

- Protein Source, Choose 1, 8 - 12 oz depending on your hunger level:

- A) Steak
- B) Hamburger Meat
- C) Chicken
- D) Fish

** Most of the time I would fry or grill a steak on a pan, usually a 8 oz steak. If it was winter time I simply pan fried the steak or used the George Foreman Grill

- Mixed Veggies on the side or a mixed greens salad

- **Small carb serving:** baked potato / sweet potato / yam OR brown rice

- Vitamin C + Calcium

If I was STILL hungry before bed time I would have dinner left overs of protein ONLY

Essentially, my day revolved around a healthy breakfast, lunch and dinner. In between meals I kept the metabolism stoked with small servings of protein and this was easiest done with meal replacements or whey protein.

Occasionally I would snack on a few handfuls of trail mix.

Notice that lunch and dinner were essentially the same.

Investing in a healthy meal replacement or whey protein helped due to my busy schedule but if you are able, and don't need whey protein for snacks, etc I would HIGHLY recommend that you have a protein shake immediately after your workouts.

The liquid form is absorbed much faster than solids. The BIG gains of post workouts came from the high protein and having a protein shake and then 45 minutes later a solid meal.



Carb Cycling: Pushing for Rapid Fat Loss

Warning: This is a TOUGH & Mentally BRUTAL regiment to follow and requires serious mental toughness and commitment. It is something you would implement when trying to speed up the fat burning process.

This was a diet I followed when I was a bodybuilder and within 2 weeks of carb cycling my body fat reduced dramatically. After 4 weeks my strength was negatively affected but as a bodybuilder this was secondary. Below is a photo of me weighing 185 lbs, this was approximately 2 or 3 weeks after carb cycling and I went from 198 lbs to 185 lbs.

In addition, I was only 19 years old in the photo below. I had been training for 6 years at this time and built a solid foundation of strength. I was squatting 405 for 5 reps, benching 250 lbs for 5 reps and was strong with dips and pull ups. Before carb cycling, I suggest focusing on clean eating and The Gladiator Training Course or even **Bodyweight Bodybuilding** before trying to focus on this nutrition regime.



Following this carb cycling system year round would NOT maximize strength and muscle gains and would seriously make you a crazy, grumpy person with NO friends, ha ha. In ALL seriousness.... Follow at your own risk.

The Carb Cycling System:

- * 3 days of protein + carbs
- * 2 days of NO carbs. Increase protein & vegetable intake. Often times protein intake was doubled to replace absence of carbs.

Your protein and carb days will look like the sample explained above on a regular day of eating. 4 weeks out from my bodybuilding show the ONLY protein sources I used came from chicken, turkey and meal replacement shakes. NO eggs.

2 weeks out from my bodybuilding show, meal replacement shakes were removed. Looking back, I would have incorporated red meat more often, at least every other day for 1 meal.

Your zero carb days will look like below:

Breakfast: 7 AM

- 4 - 6 Whole Eggs + Broccoli (Omelette) OR 8 - 12 oz meat source: chicken, fish, red meat

- LOTS of Water

- Multi Vitamin + Vitamin C

- Vitamin E every other day

9:30 AM (Snack)

- Whey Protein mixed w/water

12:15 PM: Lunch

Choose 1: 8 - 12 oz protein

- A) 2 - 3 Chicken Breasts
- B) 2 Hamburger Patties
- C) 8 - 12 oz steak / red meat

- Mixed Greens Salad or Side of Veggies

4 PM:

Meal Replacement Shake mixed w/16 oz water

5: 30 PM

1 Can Tuna + 1 tsp mayo

7 PM: Dinner

Choose 1:

- A) 2 - 3 Chicken Breasts
- B) 2 Hamburger Patties
- C) 8 - 10 oz steak

Mixed Greens Salad or Side of Veggies

9 - 10 PM: Late Night Snack

Choose 1:

- Small - Moderate Protein Serving (6 - 8 oz)
- water
- Vitamin C + Calcium

If you want to eat food rather than whey protein or meal replacements by all means, do so. The ONLY time I do NOT recommend removing your whey protein or meal replacement is post workout. Liquid absorbs MUCH faster than food. Post workout I suggest whey protein and 45 minutes later having a protein rich meal with small - moderate carb serving.

On the days you carb cycle and eliminate carbs, I did NOT worry about protein intake. I remember eating 8 meals a day, all of them being turkey or chicken with a side of veggies. Remember, this is EXTREME, not normal, but if you're looking to get rapid results it often takes beyond normal results.

If you want to maximize muscle building PLUS fat loss, the truth of the matter is you MUST stick to clean eating. Once you begin making excuses you will dramatically reduce your results.

Shop and cook in quantities so you have a few days of meals prepared before hand, this will greatly reduce your stress and increase your success. Without preparation your success is limited.

On WHAT "Clean Foods" to choose from, please follow this simple and easy guide: [Click HERE](#)

One thing I NEVER did was pre-plan cheat meals or cheat days. I see a LOT of programs and have heard of MANY people doing this. I simply ate clean the majority of the time which allowed me to eat dessert or pizza when the random occasion would happen if I went out or my family ordered pizza, etc.

If you are married or have a partner, and more so, have kids, the foods you have in the house are WAY different than the list of super clean foods / meals listed above or compared to a single guy living home who won't have snacks, cookies, etc. The BEST way to make it work, is to **do the program WITH your wife / husband / loved one.**

Following the clean eating together makes you stronger, just like a team. When I would grill chicken breasts or bake chicken I would grill / bake 12 - 16 at a time. Same with burgers and same with small steaks. This way I would microwave them as I needed. Potatoes were boiled in large pots and yams were baked on large pans. Life was VERY easy like this. Costco was a regular place for me :)

This style of eating isn't fancy or ground breaking, sorry, as you KNOW, it all depends on your commitment, consistency and mental strength.

Now, you gotta DO it, IF you want the results.

In Strength,

Zach Even - Esh

Zach Even - Esh

<http://ZachEven-Esh.com>

<http://UndergroundTrained.com>

Author, [Bodyweight Bodybuilding Secrets](#)



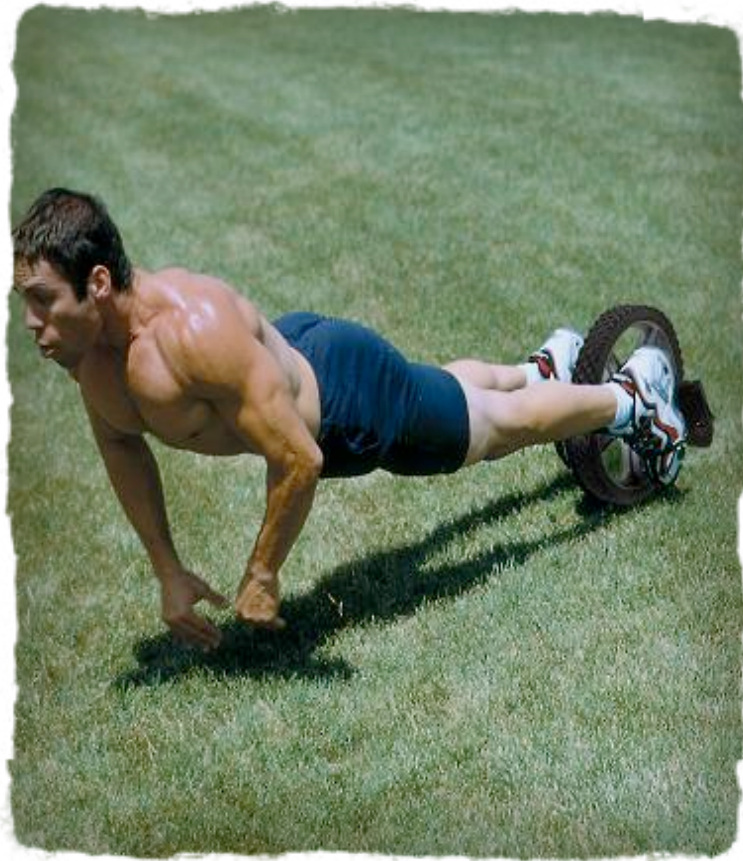
THE UNDERGROUND STRENGTH COACH CATALOG



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 as well as [taking advantage of Your 30 Day Inner Circle Trial HERE.](#)

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



Kettlebells will help you will develop tremendous grip strength, athleticism, speed / power and full body strength.

Kettlebells are the ultimate anywhere / anytime training: They can be thrown on grass fields, carried, pressed, rowed, pushed and pulled from all angles. Tie thick ropes or towels through them and perform curls, carries, rows, swings and more for the ultimate tool to develop full body strength, power, fat loss and mental toughness.

Get your Kettlebells at www.UndergroundKettlebells.com

The Underground SandBag

www.UndergroundSandBag.com



Sandbags are one of the most effective training tools for serious strength addicts. 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 FREE Underground Sandbag Assault Course [HERE](#)**

Get Your Sandbag at www.UndergroundSandbag.com

Gymnastics Rings

Get Your Rings at <http://CombatRings.com>



These Rings are straight up AWESOME! They are easy to set up and easy to travel with. I have them in my gym as well as in my garage. I often take them down from my garage beam and travel with them to the park for my playground workouts. You can perform push ups, core / abdominal training, muscle ups, flexibility work, gymnastics drills, ab training and more. These are a **MUST** have in your bodybuilding, strength and conditioning arsenal! The wooden rings are bar none the best rings I have ever used.

Get your Rings at <http://CombatRings.com>

[The Jungle Gym XT](#)



Take this BadBoy with you anywhere, set it up in a gym, at a playground or on a sturdy door. Hit pull ups, dips, ab work and leg curls as well. You'll use [The JGXT](#) for strength, endurance and also getting rid of back pain. I use the leg curl on a regular basis and it has been a HUGE factor in reducing back pain and getting in a kick ass workout.

[Click HERE for The Jungle Gym XT](#)

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IN MINIMUM TIME

