

**ALL RIGHTS RESERVED. NO PART OF THIS MANUAL MAY BE REPRODUCED (BY ANY MEANS) WITHOUT THE EXPRESSED WRITTEN PERMISSION OF ZACH EVEN - ESH.**

**THIS MANUAL IS BEING OFFERED FOR EDUCATION AND INFORMATION PURPOSES ONLY. THERE IS INHERENT RISK WITH ANY PHYSICAL ACTIVITY.**

**PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING THIS (OR ANY) EXERCISE PROGRAM. UNDERGROUND STRENGTH COACH & ZACH EVEN - ESH PERFORMANCE SYSTEMS, LLC CAN NOT BE HELD RESPONSIBLE FOR ANY INJURY THAT MAY OCCUR WHILE PARTICIPATING IN THIS PROGRAM.**

**COPYRIGHT 2012**

**UNDERGROUND STRENGTH COACH**

**ZACH EVEN - ESH PERFORMANCE SYSTEMS, LLC**

**Dear Undergrounder,**

Congratulations on taking action with this course. Now that you have this course in your hands, let's get to the heart of the matter and start kicking ass & taking names.

**First, Our Agreement:** These workouts are going to require YOUR commitment, effort, intensity and discipline. This applies to your training AND your nutrition. Do it 100% or Not At All. Period. Man UP!

Kettlebells combined with bodyweight training is one of the most powerful combinations you can use to build lean muscle, burn fat & develop mental toughness.

This style of training is just one of many effective ways to achieve your fat loss and muscle building goals. I train my athletes with a variety of Underground methods. We do what works & this course is a taste of how we train.



**There comes a time when you need a change from the heavy barbells**, and The Hybrid Kettlebell Course is gonna give you that needed change, that kick start and the RESULTS. After a while, training with a straight bar, always having your body in a fixed position, your joints and muscles begin to pay a price. Been there, done that, NOT fun.

**The common myth** is that barbells / dumbbells are THE only way for the development of strength and adding muscle, but, there is a **“different” type of strength** that you’ll develop from the use of Kettlebells and Bodyweight.

**After training consistently since the age of 13, I’ve gone through phases** where my body simply needed a break from the squats, deadlifts and bench press. My back and shoulders begged for mercy and the smarter I became the more I listened to my body. You **MUST** do the same if you want longevity in training and overall health.

**Inside The Hybrid Kettlebell Course, you are going to go back to the roots of physical culture and overall, training like an animal.** This means getting outside for fresh air training, moving like a kid again, running, jumping, throwing kettlebells, climbing, carrying and overall... Having FUN with your workouts.

If the weather is cold then sure, you can crank these workouts inside, but even when it’s cold out here in NJ, I still get outside for some of my training. The cold, fresh air is invigorating. It also cleanses the mind as much as it trains the body. Strong mind AND body is the ticket, the two go hand in hand.

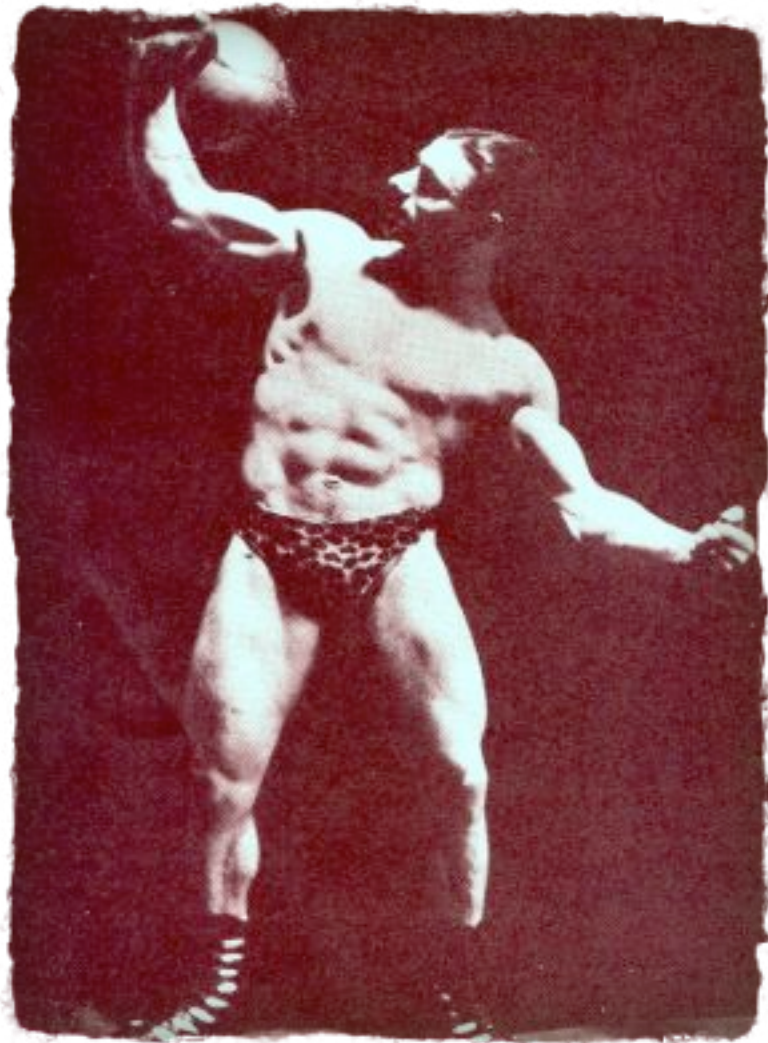
All you need is a [Kettlebell](#) and an area for performing pull ups, push ups & other [bodyweight exercises](#).

## BEFORE YOU BEGIN.....

- **Always warm up** prior to your workout. Use calisthenics, light movements such as jogging, skipping, galloping, hopping and jumping rope. **You can view our full Underground warm up [HERE](#)**
- Perform **soft tissue work** to improve recovery. You can use a lacrosse ball, tennis ball, medicine ball or foam roller. **[Check this video out for soft tissue routine](#)**
- Focus on your **nutrition** as much as you focus on your training. Stay away from what I call “Red Light Foods” – these are foods that you find in a box, or in a wrapper. In a nutshell, if a caveman wouldn’t eat it, neither should you. **[This Diet](#) is my preferred style of eating for increasing energy, losing weight / burning fat & doesn’t require fancy or crazy eating habits**
- **Listen to your body.** On high energy days, train hard. On low energy days, back off on your intensity and come back stronger the next time.
- **Perform the 3 workouts each week on nonconsecutive days** if possible to enhance recovery. If you must train 2 days in a row don’t worry or freak out. Switch your mindset and get mentally tougher. Have a solid warm up and you will be fine.
- **When seeing the exercises numbered as 1A) 1B) or 2A) 2B), etc,** this means those 2 exercises (or more) should **be supersetted, performed back to back with no rest.** You can rest after the last exercise in each superset, no longer than 1 minute rest in between each set.



- **If you don't have a pair of Kettlebells** & the exercise prescribed calls for double Kettlebells, don't sweat it, just go with the 1 arm version.
- **If your kettlebells are of 2 different weights**, you can STILL perform the double Kettlebell exercise, just make sure you switch the kettlebell each set. This is called **"off set" loading** & is an awesome way to develop stability & strength.
- **If you have questions about these workouts**, please connect with me through my Blog at <http://zacheven-esh.com> or send me a **FAST question on [Twitter, HERE](#)**



**Your workouts will run in 2 week mini cycles, which simply means for 2 weeks the exercises will be the same, but on the 2nd week you aim to break records & improve. On week 3, 5 & 7 you will begin a new “mini cycle”. Overall, this course will last 8 weeks total.**

**The reason behind repeating workouts is because you want to successfully accomplish these 3 things:**

- 1) Improve your skill in Kettlebell training. The better your skill, the more improved your strength will become. Improvement in skill comes from frequent practice of a movement, NOT constant variety.
- 2) Improving strength helps you build more muscle. Adding lean muscle hypes the metabolism, allowing you to burn fat 24 - 7, around the clock.
- 3) The 2<sup>nd</sup> week of each mini cycle is a time to break records and do better than what you did during week 1. You can improve by doing any of the following:
  - Add more reps
  - Add more weight
  - Complete the workout faster / rest less (Get More Done In Less Time)

**TIME TO GET STARTED. LET'S DO THIS.**

## **TRAINING NOTES:**

**ALL sets listed are “working sets”. These do NOT include your warm up sets for each exercise. Warm up as needed**

for each exercise to prepare the joints and muscles, then hit the prescribed sets-reps with your “working weight”.

**SM** = SubMax Reps (Leave 1 rep in tank)

**Max** = MAX Reps, NO reps left in tank

**You're here to challenge yourself, so be committed and expect nothing less than your best from yourself.**

## WEEK 1 - 2

### WORKOUT 1:

- 1A) [1 Arm Kettlebell Clean & Press](#) 4 x 5/5 reps
- 1B) [Mixed Grip Pull Ups](#) (Different Grip Every Set) 4 x max reps
  
- 2A) Walking Kettlebell Lunges 3 x 12/12 (Hold KBs at your sides)
- 2B) [Push Ups 3 x max reps](#) (Goal: 15 reps minimum per set)
  
- 3) [Hand to Hand \(H2H\) Kettlebell Swings](#) 3 x 20 reps
- 4) Fast Paced Run x 5 minutes

### WORKOUT 2:

- 1A) [1 Arm Kettlebell Snatch](#) x 10, 8, 6, 4, 2 reps ea. hand
- 1B) [Box / Hurdle Jumps](#) x 10, 8, 6, 4, 2 (Box / Hurdles should be 20 - 30" high)
  
- 2A) [Kettlebell Goblet Squats](#) x 10, 8, 6, 4, 2 reps
- 2B) [Double Kettlebell Cleans](#) x 10, 8, 6, 4, 2 reps
  
- 3) [hanging leg raise](#) (bring knees to elbows / toes to bar) 3 x max reps



## WORKOUT 3:

- 1A) [Bodyweight Squat Jumps](#) 4 x 10 reps
- 1B) Bodyweight Lunge Jumps 4 x 5/5 ea. leg
  
- 2A) Double [Kettlebell Push Press](#) 3 x 6–8 reps
- 2B) [Double Kettlebell Row](#) 3 x 6–8 reps
  
- 3A) Kettlebell Farmer Walk 3 x 100 ft
- 3B) [Kettlebell Rack Walk](#) 3 x 100 ft
  
- 4A) [Ab Wheel Roll Outs](#) 2 x 5–10 reps (technique)
- 4B) plank 2 x 30 seconds
- 4C) side planks 2 x 30/30 seconds ea. side
- 4C) jump rope 2 x 250 reps ([Get Jump Ropes HERE](#))

# WEEK 3 - 4

## WORKOUT 1

- 1) [Double Kettlebell Clean, Squat & Press Combo](#) 5 x 5 reps
- 2) [Renegade Row + Push Up Combo](#) 4 x 6 reps
  
- 3A) Double Kettlebell Overhead Walk 3 x 100'
- 3B) Double Kettlebell Farmer Walk 3 x 100'
  
- 4) [1 Arm Kettlebell Get Up Sit Up](#) 2 x 5/5 reps
  
- 5A) jump rope 2 x 250 reps
- 5B) burpees 2 x 15 reps
- 5C) Swings 2 x 10

## WORKOUT 2

- 1) [Turkish Get Ups](#) x 2 reps ea. Side, non stop x 5 minutes
  
- 2A) 1 Arm [Kettlebell Snatch](#) 3 x 5 / 5
- 2B) 1 Arm Kettlebell Clean & Press 3 x 5 / 5
- 2C) 1 Arm Kettlebell Row 3 x 5 / 5
  
- 3) Double Kettlebell Front Squat 3 x 6–8 reps
  
- 4A) recline ring rows 2 x max reps ([Get Rings HERE](#))
- 4B) push ups 2 x max reps (**Goal:** 25 reps minimum ea. set)
- 4C) ab wheel kneeling roll out 2 x max reps ([Get Ab Wheel HERE](#))

## WORKOUT 3 – MAX ROUNDS IN 25 MINUTES

- A) Handstand Holds / Handstand Push Ups x 3 reps
- B) recline ring rows x 10 reps
- C) ring push ups x 10 reps
- D) kettlebell snatch x 5 / 5
- E) Ab Wheel Roll Outs x 5 reps
- F) Kettlebell Farmer Walks x 100 ft

# WEEK 5 – 6

## WORKOUT 1

- 1) 3 Rounds of [The Kettlebell Combat Complex](#)

\*\* 2 Minutes Rest After Each Round \*\*

[Click HERE to view the Video of The Kettlebell Combat Complex](#)

- 2A) Hindu Push Ups 4 x 15 reps
- 2B) Mixed Grip Pull Ups 4 x SM reps (switch grip EVERY set)
- 2C) Bear Crawl Forwards / Backwards 4 x 25 ft. ea. way

3) Run 1 Mile

## **WORKOUT 2**

- 1) [Get Up + Windmill](#) 5 x 1 / 1
- 2) [Kettlebell Thrusters](#) x 15, 10, 5 reps
- 3) Kettlebell Renegade Row 3 x 6 / 6
- 4) Hanging Leg Raises / Knees to Elbows x 25 reps total
- 5) Run 1 mile

## **WORKOUT 3**

- 1A) Double Kettlebell Squat 3 x 5 reps
- 1B) [Double Kettlebell Reverse Lunge](#) (Held in Rack Position) 3 x 5 /5
- 1C) [Double Kettlebell Swings](#) 3 x 5 reps
  
- 2A) [Kettlebell See Saw Military Press](#) 3 x 5 reps
- 2B) Kettlebell Bent Over Row 3 x 5 reps
- 2C) Kettlebell Shrugs 3 x 5 reps
  
- 3) Tabata Jump Rope x 4 minutes: 20 seconds work / 10 seconds rest

## **WEEK 7 - 8**

### **WORKOUT 1**

#### **5 ROUNDS AFAP (AS FAST AS POSSIBLE)**

- A) 1 Arm Strict KB Press x 5 / 5
- B) 1 Arm Row x 10 / 10
- C) Double KB Reverse Lunges x 5 / 5 (hold KBs at side)
- D) [1 Legged Deadlift \(Hold 2 KBs\)](#) x 5 / 5

E) Run 100 meters OR Jump Rope 200 reps

## **WORKOUT 2 - AFAP**

- **COMPLETE 50 REPS OF EACH EXERCISE**
- **DO NOT PERFORM NEXT EXERCISE UNTIL ALL 50 REPS ARE COMPLETED**

- 1) Burpees x 50 reps total
- 2) Squats x 50 reps total
- 3) Pull Ups x 50 reps total
- 4) Dips x 50 reps total
- 5) Walking Lunges x 50 reps total (25 ea. leg)
- 6) KB Swings x 50 reps total
- 7) Ab Wheel Roll Outs x 50 reps total

## **WORKOUT 3**

- 1) 1/2 Mile Run
  - 2) [Turkish Get Up + Windmill](#) 5 x 1 / 1
  - 3) KB Goblet Squat 5 x 6 - 8 reps
- 4A) Push Ups x 100 Total AFAP
- 4B) Recline Rows x 100 AFAP
- 5) 1/2 Mile Run

# FINAL WORDS FOR SUCCESS

Don't let the simplicity of this program fool you. Some of the most powerful & chiseled physiques I have ever seen were built from athletes who performed a program with little to no variety.

The intensity and commitment required of you over these next 8 weeks will push you outside of your comfort zone.

**I like to call this “Get Comfortable Being UNcomfortable”. I Live the Code and as an Undergrounder, I expect the same of you.**

**These workouts are scheduled to keep you training intensely 3 x week. You CAN add workouts in addition to these.** Depending on your fitness level, you might add some basic barbell work in the form of powerlifts or olympic lifts.

**If you want to remain active beyond these 3 training days,** your other days can be what I call “Active Days”, some call them active recovery days. These days include running, beach activities, hiking, mountain biking, playing sports (soccer, football, tennis, etc).

**If you are a competitive athlete** these workouts are excellent for Off Season GPP. In Season requires a more dialed in approach and I am not recommending these workouts for in season training.

**There has been NO specialized grip work included in these workouts** as much of your workouts are grip intensive. Still, you can add grip work via tools such as Captains of Crush Grippers, Wrist Rollers & even special thick handles for your pull ups. [\*Those Specialty Grip Tools are Available HERE\*](#)

**I have Captains of Crush Hand Grippers at my gym AND in my home office. Strong Hands are a MUST for BOTH Men & Women.**

**I'VE ALWAYS SAID...**

**“WEAK HANDS = WEAK MAN”**



**GET YOUR CAPTAINS OF CRUSH [HERE](#)**

**YOU'RE AN UNDERGROUND VIP!  
HERE'S HOW TO KEEP ME UP TO DATE**

**Make sure you keep me posted with your success by sharing your experiences on either my [FaceBook Fan Page HERE](#)**

**Or, send me a tweet on Twitter, Connect with me [HERE on Twitter](#)**

Stronger Than Yesterday!

Peace!

-- Z --

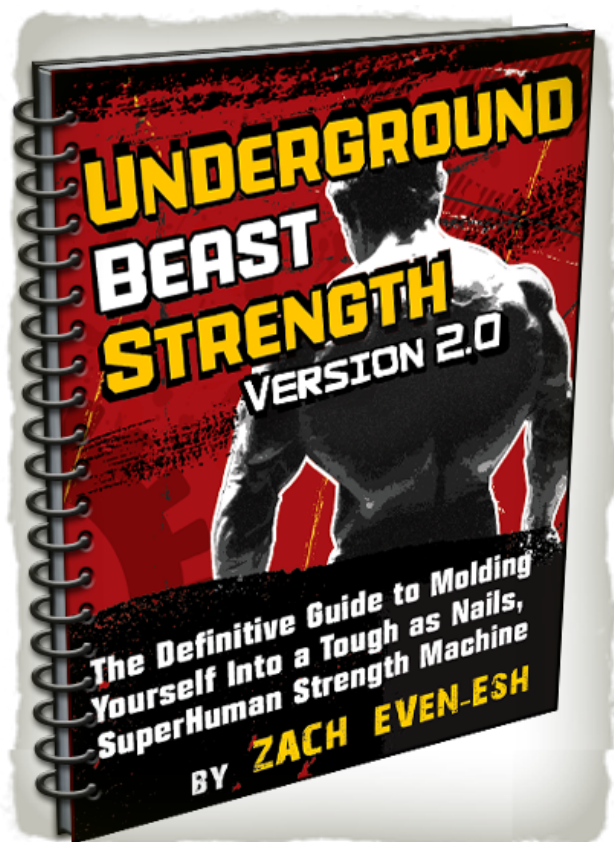


# UNDERGROUND STRENGTH COACH RECOMMENDED RESOURCES

Here is a list of my favorite web sites, products, training tools and resources for YOU to take advantage of.

Enjoy!

[The BEAST Course](#) - This is your next step after completing The Hybrid Bodyweight & Kettlebell Training Course. It's where I take your mind and body to the next level, where the changes you'll experience go FAR beyond the physical and become mental & spiritual.



**My Blog** - Lessons in Lifting, Life, Business and Success. NO Bull S\*\*t, NO Hype, NO Frills. Just the TRUTH About Helping YOU Become a Stronger Person Physically, Mentally & Spiritually.

**Underground Inner Circle - 50% Off VIP Special** - Now that You're an Underground VIP, I take my responsibility to you VERY seriously.

You've shown me that you're serious about taking action, serious about your health and serious about success.... Because I KNOW you're an Action Taker & Go Getter, you're getting a HUGE discount for my Most hard hitting tips, from the heart, on a weekly basis.

## **THIS IS A BROTHERHOOD THIS IS UNDERGROUND STRENGTH NATION**



## **Do NOT PASS THIS OPPORTUNITY BY**

Gain access to everything that goes down at my Underground Strength Gym, inside my laws of success for life as well as Special Videos on How YOU Can begin Taking Control Of YOUR Life.

You'll Get private videos for training, business, lifestyle, success & more. Regular audio interviews with top strength coaches, special reports and discounts offered that are not available elsewhere.

***Click [HERE](#) for Your 50 % OFF Discount & Special Offer***

**Underground Kettlebells** - The ORIGINAL Kettlebells. I've had these for over 10 years and they are built like a tank. They are finished properly and have the perfect size handles. MANY imitators are out and often very poor quality.

**The Gladiator Experiment** - Old School Strength & Mass Building **program** requiring only free weights and body weight, proven in the trenches to produce powerful results in strength & mass gain. This workout can be done in a home gym or at a local gym.

**The Convict Conditioning Workout** - This is by far the most comprehensive & inspirational book on bodyweight training that I have ever read. These Bodyweight training methods were derived from an inmate who served in some of the deadliest prisons in the world. This is one of the best training resources you will ever come across, bar none, a MUST have for All Undergrounders. ***Click [HERE](#) for Details***

**[Bodyweight Bodybuilding](#)** - How to pack on size, strength & muscle while developing athleticism, power and a lean body using only your bodyweight. If you're ever at a point where you need a break from heavy lifting, THIS is the training program for you **[Click HERE for Details](#)**

**[The Renegade Diet](#)** - A Common Sense, easy to follow eating plan that reduces inflammation in your body, helps speed up the fat burning process, increases energy and overall makes you feel GREAT. **[Click HERE for Details](#)**

**[The Underground Strength Store](#)** - Listing of my training, lifestyle & business courses. **[Click HERE for Details](#)**



**[The Underground Strength Coach Certification](#)** - This is the inside access to my training system, my gym, my mindset and ALL the things you never see either on my web site or on the web in general.

Coaches receive a lifetime access to a private Mastermind forum as well as a year of Underground Inner Circle Membership. **[Details HERE.](#)**