

MENTAL TOUGHNESS WORKOUTS

WHEN BEING STRONG & JACKED
DOESN'T MAKE THE CUT



ZACH EVEN ESH

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‘MENTAL TOUGHNESS WORKOUTS’

“WHEN BEING STRONG & JACKED DOESN’T MAKE THE CUT”

After my days as a wrestler ended in high school, I began coaching wrestling immediately. I stayed involved with wrestling as often as possible but my training shifted towards competitive bodybuilding as did my body. As years passed I kept getting bigger and bigger, stronger and stronger.

Gym strength that is. Although I had always been influenced by the old school bodybuilders and their rugged physiques, I trained in a different manner compared to most bodybuilders.

I did heavy squats, deads, bent over rows, weighted chins, clean and press, etc. From high school, I went from entering freshman year at 120 lbs or so, graduating at 175 lbs. By the time college began I was 185 lbs. As the years progressed, I got to 205 lbs.... then 215, then 225 lbs.

You get comfortable doing only what you’re good at, avoiding what you’re NOT good at. That’s a BIG mistake. We ALL know it, yet far and few between FACE the facts.

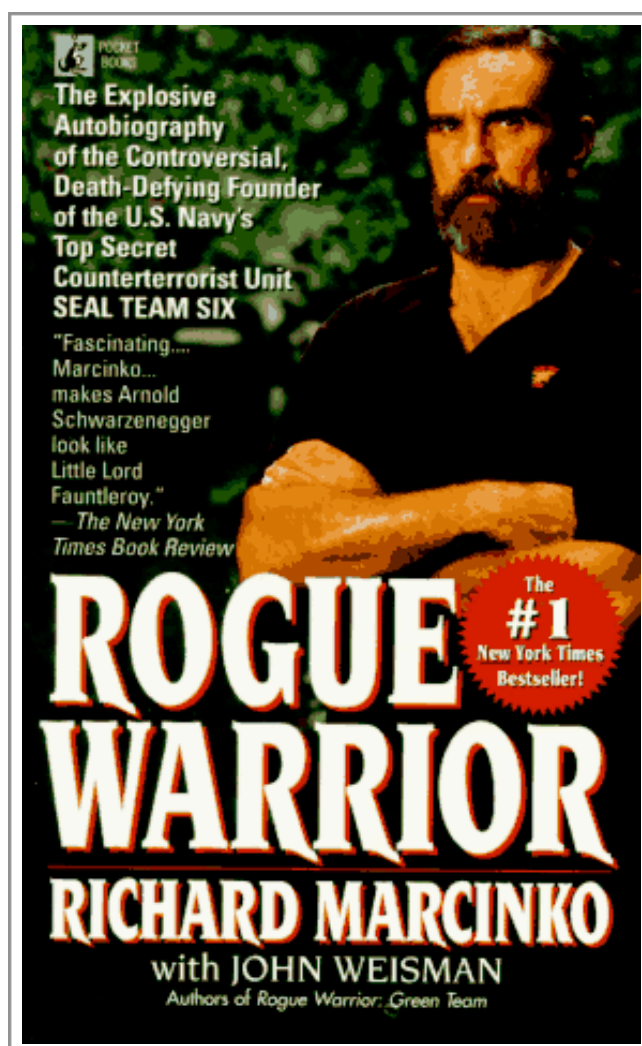
Through the years I dabbled in various combat sports such as shoot fighting, mma, muay thai and BJJ. I STILL missed the commitment to training year round for wrestling. I missed the running, the feeling of getting an ass whoopin’ from a workout and walking tall when it was all over.

One of the BIG things I missed was the ability to move FAST through a workout and not get tired from it. I missed the feeling of being able to go on and on and on.... As I got heavier, running became brutally challenging for me and it angered me. I was comfortable in my OWN style of workouts, but once I was taken outside my comfort zone I felt weak and sluggish. It pissed me off MORE.

I made excuses for not being able to run well, or, excuses for not needing to run. F**k that, running is critical for ALL men. When the shit hits the fan, you MUST be able to run. Not just a 40 yd sprint.

The stupid picture of the sprinter vs marathon runner is played out. Navy SEALs call this durability. They can run half marathons with 50-100 lbs of gear on their back. They're NOT worried about sprints vs distance running. They focus on being BadAsses, period, plain and simple, end of story.

I began reading about Navy SEALs when I was 18, mid way into my freshman year in college. I was going through my depression at the time, which I've discussed often, perhaps you have heard of my story. Anyway, I was in the mall, getting clothes in a store and for some odd reason, not sure how or why, the guy managing the store began telling me about Navy SEALs, Hell Week and this kick ass book called 'Rogue Warrior'.



It was the beginning my fascination with training beyond the rules, without limits and being a rule breaker, NOT a rule follower. Still, I was influenced by others and various training methods as I kept incurring injuries as a combat athlete.

Recently, I began to make a change, inspired mostly from being a family man and having something to prove to myself..... a new mission began within me.

I decided that even though I wasn't a competitive wrestler anymore, even though that time in my life was over 2 decades ago.... I was going to train like those days. MORE volume, MORE running, MORE conditioning, MORE pushing the mind and testing the limits, if, they truly are any limits?

I became intrigued more so now than ever before, with Navy SEALs and their workouts. In addition, I became MORE intrigued with how mental toughness is improved and developed, and how some have it and some don't. I've heard people say that you can NOT train for mental toughness, that you either have it or you don't.

BULL SHIT

The truth is that you must consistently put yourself in uncomfortable training and situations. This goes in physical training AND in life.

MANY people train hard but in life they cower and give up. BUT, I will say this. The foundation is your physical training. It builds the base for your confidence and mental toughness in life.

The workouts below are workouts that I have personally used to push myself FAR beyond my comfort zones. They hurt like hell, but, when you're done with them, you feel like a million bucks. You can walk taller, chin held high knowing you've done something far and few between dare step up to do.

My suggestion is that you implement these workouts 1 x week at first. Finish them ALL. One week at a time. Commit to them. Some of them will suck, BUT, as you grow stronger mentally, you will begin to find joy in them, you will begin to laugh rather than feel beat down by these workouts.

On the days you perform your own workouts, make sure that you include something that pushes your mental toughness. You can FINISH with a 10 minute circuit ([This Is A GREAT Course For 10 Minute Finishers](#)) to develop toughness or you can FINISH with an aggressive RUN. Running is as tough as you make it so ATTACK those RUNS.

My preference is that you follow our Underground Workout of the Month, which you'll get every first week of each month as a member of The Underground Inner Circle. If you're not a member yet, here is your *special offer at 50% off. Click [HERE](#) for your special offer.*

Your mental toughness WILL improve, contrary to what others say, you CAN develop mental toughness. It's NOT just gonna happen by itself, you're gonna have to EARN it.

I am also HIGHLY recommending your participation in [Mark Divine's Unbeatable Mind Academy](#). I am following his lessons to grow as a person on ALL facets: business, relationships with friends / loved ones, physical, mental & spiritual.

Mark is a former Navy SEAL Commander & is a BIG influence and reason behind the newfound success I am achieving in ALL facets of my life.



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The advertisement features a book cover for 'UNBEATABLE MIND' by Mark Divine, showing a silhouette of a person with a glowing green light on their forehead. The background is dark with a subtle grid pattern.

SPECIAL DETAILS ON UMA [HERE](#)

WORKOUT # 1

- 1) 1/2 Mile Run AFAP
- 2) KB Farmer Walk (Use 50-60% of your BW in total lbs - I carry anywhere from 53 - 70 lb KBs in ea. hand) x 1/4 Mile AFAP

** Every time you put the KBs down drop for 25 push ups **

- 3) Squats x 100 reps AFAP

WORKOUT # 2

“500”

- 1) Perform **500 push ups** before your day ends. Break down as necessary. Inspired by [Coach Reeve](#)

Alternative: Perform 500 Squats before your day ends.

WORKOUT # 3

5 Rounds Of # 1:

- 1A) Sandbag Power Clean x 5
- 1B) Sandbag Reverse Lunge x 5/5
- 1C) High Box Jumps x 5

5 Rounds of # 2:

- 2A) Incline DB Press x 6
- 2B) Mixed Grip Pull Ups x 6
- 2C) [American KB Swings](#) x 12

- 3) Keg OR Stone OR ANY Heavy Object: **Clean & Throw Object, Sprint to Object & Repeat** x 50 Total Reps

WORKOUT # 4

- 1A) KB Farmer Walks 5 x 150 ft.
- 1B) Sandbag Carry (on shoulder or bear hug or zercher) 5 x 150 ft
- 2) Sled Drags forwards x 75 ft / backwards x 75 ft x 5 X

WORKOUT # 5

Trail Run OR Sand / Beach Run

1 Hr of Running. Find trails or sand and RUN. If you stop, keep walking. 1 Hr of You VS YOU. If 1 hr of running is easy find a way to push harder and run faster.

WORKOUT # 6

**** This workout works best w/ a training partner, aiming to work as an “ I Go, You Go” Workout for ALL Sets / Reps. If you train SOLO, then keep work:rest ratio the same**

- 1) Tire Flip Ladders (HEAVY) x 1, 2, 3, 4, 5, 4, 3, 2, 1
- 2A) Back Squats 6 x 3 reps
- 2B) [Rebound Jumps Over Obstacles](#) (bench, box, hurdles) 6 x 3 reps
- 3) Walking Lunges (KBs or DBs at Side) x 150 ft total (Keep going until you travel 150 ft distance)

WORKOUT # 7

RUN THE RACK DB SNATCHES

Based on an OLD bodybuilding method that Arnold popularized, he would start an exercise with a light set of dumbbells, perform a set, then grab the next heaviest dumbbells, perform another set and so on, continuing until he reached the heaviest weight he could manage with good technique, then, REVERSE the set, dropping down one weight at a time.

I've done this with the snatch, starting at 45 lbs, adding 5 - 10 lbs each set, reaching 95 lb dumbbells, then working back down. This is brutal.

Perform "Run The Rack DB Snatches" for 15 Minutes, MAX Rounds. 5 Reps Per Arm.

- 1) Start with a warm up weight, Add Weight each set with NO rest. 5 reps per arm.
- 2) You've Reach your heaviest weight, when you can NOT perform 5 reps per arm.

NOTE: Begin with your weaker arm, match the reps on your strongest arm. Your final heavy set will likely be 2-3 reps on the weaker arm, finish with the same reps on your stronger arm and then work back down the rack.

- 3) Repeat for MAX Rounds in 15 Minutes

WORKOUT # 8

Bodyweight Deadlift x 5 reps OTMEM (On The Minute EVERY Minute) x 15 Minutes

**** Preference is given to the straight bar ****

**** Standard DL Weight Your Bodyweight, Adjust As Needed**

I've performed this workout using 225 lbs weighing 215-220 lbs

WORKOUT # 9

10 Rounds AFAP (As Fast As Possible)

"Snatch, Jump, Push, Pull"

5 Reps For ALL Exercises

- A) BB Snatch From Floor OR Hang x 5 reps
- B) Jump Over Objects x 5 Reps
- C) Ring Push Ups x 5 reps
- D) Mixed Pull Ups x 5 reps

WORKOUT # 10

“10, 8, 6, 4, 2” AFAP

VIDEO HERE

- 1A) Bodyweight DL x 10, 8, 6, 4, 2 reps
- 1B) Push Ups + 20 lbs x 10, 8, 6, 4, 2 reps
- 1C) Pull Ups + 20 lbs x 10, 8, 6, 4, 2 reps

WORKOUT 11: “ANIMAL”

- 1) 1/4 Mile RUN AFAP
- 2) Bear Crawl / Crab Walk Alternates x 1/4 Mile AFAP
- 3) 1/4 Mile RUN AFAP
- 4) 50 Push Ups
- 5) 1/4 Mile RUN AFAP
- 6) Walking Lunges x 25 / 25

WORKOUT 12: “RANDY”

It was 2007 or so and I was to be presenting at The Arnold Sports Festival, helping Randy Couture demo his training methods. First, I went through some med ball push up complexes, not too bad. Next up I went through his BB complex, adding weight each set.

I WILI NOTE, when I saw Randy do these reps they were all mid range reps or half reps, NO Good. Perform ONLY Full Range Reps. This one is gonna hurt. Add 5 lbs to each side on each set.

When you reach your heaviest set try to get 2 rounds with the same weight.

I started at 95 lbs, then 105, 115, 125, 135. If you can not use the same weights listed, NO worries, focus is technique as # 1, adjust weights accordingly.

NOTES:

- 5 - 7 Rounds (First time through perform 6 reps per exercise, then 8, finally build up to 10 reps per exercise)

- 10 Reps Per Exercise

- A)** Deadlift
- B)** Clean & Press
- C)** Back Squat
- D)** Good Morning
- E)** Reverse Lunges 5/5 ea. leg
- F)** High Pulls
- G)** Bent Over Rows

WORKOUT # 13

My Weights: 135 on PP + Curls / 185 on Squats

*** Adjust weights as needed ***

1A) BB Push Press x 10, 8, 6, 4, 2

1B) BB Cheat Curls x 10, 8, 6, 4, 2

2A) Back Squats x 10, 8, 6, 4, 2

2B) Swings x 10, 8, 6, 4, 2

3) Run 1 Mile AFAP

WORKOUT # 14

“Uncle Mike” - Uncle Mike of The Training Room in NJ is infamous for putting us through grueling “finishers”. The guy never stops, no breaks and is always ahead of the pack. He is also 10 years our senior and Leads From The FRONT! #LiveTheCode

Note: This Is a “Finisher” to be performed at the end of a workout

- 30 seconds of each exercise

- 5 rounds non stop

- finish w/ 1.5 mile run

1A) KB farmer Walks x 30 sec.

1B) Bear Crawls forwards / backwards x 30 sec.

1C) Swings x 30 sec

2) Run 1.5 Miles

WORKOUT # 15

- Sandbag should be approx. 50 - 60% of your bodyweight
- Do NOT perform pull ups until ALL sandbag shouldering is complete

- 1) Sandbag Shouldering x 30 total reps (15 each side)
- 2) Pull Ups x 30 reps

WORKOUT # 16

Sandbag Complexes

5 rounds of:

- 1A) clean & press x 6
- 1B) shouldering x 3/3
- 1C) back squats x 6
- 1D) reverse lunges x 6/6
- 1E) overhead carry x 100 ft.

WORKOUT # 17

- 1) KB Snatch Test x 5 minutes x max reps
- 2) Bodyweight Squats x max reps x 2 minutes
- 3) Push Ups x max reps x 2 minutes
- 4) Run 1 Mile AFAP

WORKOUT # 18

PERFORM AFAP

- 1) KB Swings x 100 reps NON Stop
- 2) Pull Ups 1 x MAX Reps
- 3) Squat Jumps x 20
- 4) Lunge Jumps x 10/10
- 5) Push Ups 1 x MAX Reps
- 6) KB Swings x 50 reps NON Stop

WORKOUT # 19

“CINDY AUSTIN”

- Inspired during a workout I put together while holding an Underground Strength Coach Cert in Austin, while mixing in CrossFit workout, “Cindy”

- Use atlas stone or heavy sandbag

- 20 lb chain or weight vest required

7 Rounds AFAP: Use 20 lb chain / vest for bodyweight exercises

1A) stone or sandbag shouldering x 1/1

B) pull ups x 5

C) push ups x 10

D) squats x 15

WORKOUT # 20

20 Minutes x Max Rounds

Or.... 10 Minutes x Max Rounds As Finisher To Workout

A) Dive Bomber Push Ups x 10

B) Close Grip Push Ups x 10

C) Pull Ups x 5

D) Recline Rows x 10

E) Squats Jumps x 10

F) Lunge Jumps x 10

G) Double KB Cleans x 5

WORKOUT # 21

1) Run 1 Mile AFAP

2) Rest 3 minutes

3) Run 1 Mile

4) Rest 2 minutes

5) Run 1 Mile

6A) Pull Ups 5 x 10

6B) Push Ups 5 x 20

6C) Squats 5 x 30

WORKOUT # 22

AFAP (5 Rounds of Work)

1A) Sandbag Clean & Press x 10, 8, 6, 4, 2 reps

1B) Burpees x 10, 8, 6, 4, 2 reps

1C) Recline Rows x 10, 8, 6, 4, 2 reps

1D) Run 1/4 Mile

FINAL WORDS ON MENTAL TOUGHNESS WORKOUTS

THE OLDER YOU GET, THE MORE EXCUSES YOU WILL BEGIN TO MAKE FOR NOT TRAINING HARD, FOR NOT RUNNING, FOR WHY YOU CAN'T GET LEAN AND MEAN, ETC.

I'VE SEEN IT FROM OTHERS AND EVEN EXPERIENCED IT MYSELF. I HATED IT AND HAD TO FACE THIS BULL SHIT HEAD ON. YOU MUST DO THE SAME. I WENT BACK TO THE WORDS SPOKEN TO ME WHEN I WAS 18, BY A GUY TRAINING FOR THE ISRAELI NAVY SEALS, AND LATER WENT ON TO BECOME US NAVY SEAL.

HE TOLD ME....

**“THE WORST THING A MAN CAN DO, IS
LOSE HIS EDGE.”**

Those words still ring true to me today. I push daily to live by them. You MUST do, as they say, “keep fighting the good fight”.

This means that life will find ways to make excuses for you. You’ll become busy with work, family and life. You’ll try to train later, after work, or after this or that. Before you know it, the day is over and you’ve not only skipped 1 workout, you’ve wound up skipping weeks, months or perhaps years of workouts.

These mental toughness workouts will push you to become one with your inner Warrior. They will require commitment on your part.

Commitment to start them, commitment to finish them, commitment to find a place and time to DO them. If that’s at 6 AM or 5 AM before all distractions begin in your life then FUCK it, wake up and GO.

These workouts WILL hurt. They are tough and perhaps in your eyes, they are extreme. Well, extreme measures are often times what we need to wake up and get shit done.

I am committed to YOUR success but that means NOTHING unless you commit to yourself. Remember: It’s You VS YOU!

In Strength,

-- Z --

RECOMMENDED MENTAL TOUGHNESS RESOURCES



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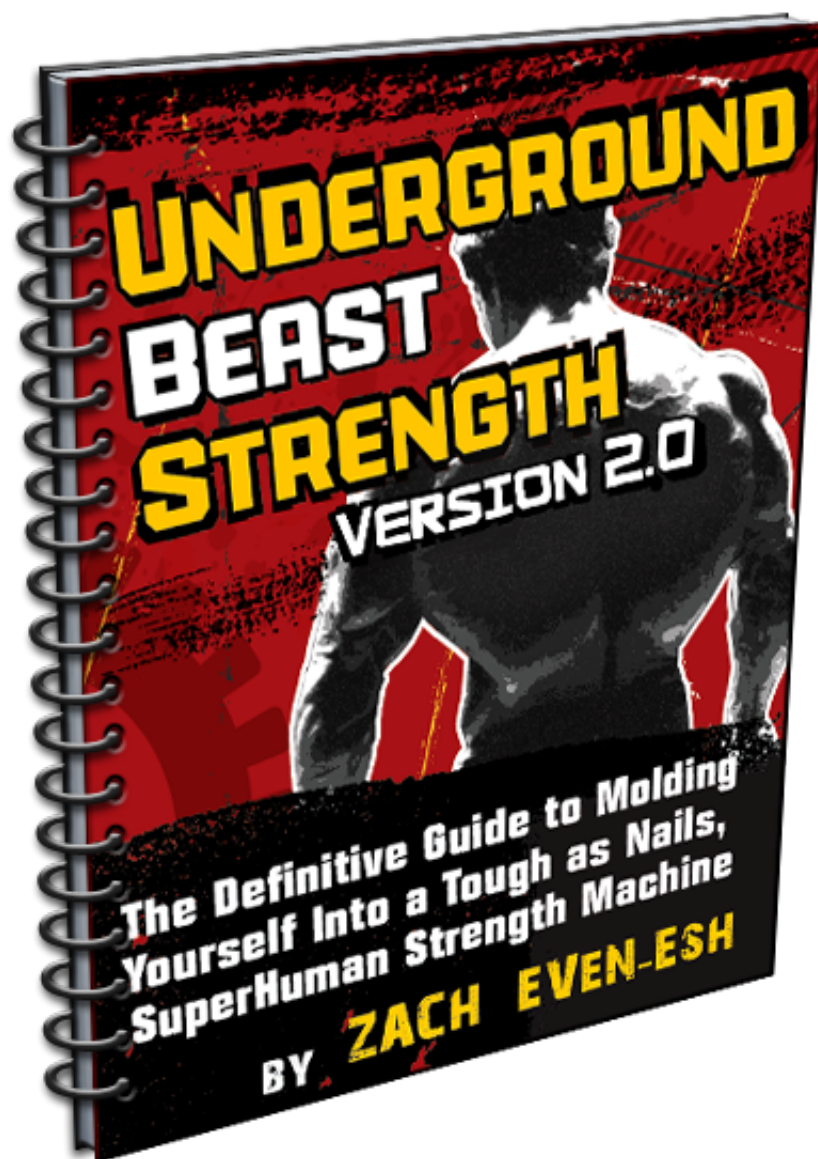
I am a member of UMA and have found this to be one of the most powerful resources I've been involved with to date.

I am ALWAYS educating myself AND receiving Coaching. The opportunity to be coached from a former Navy SEAL was an opportunity I could not and did NOT want to pass by. You should take this opportunity to learn from Mark Divine as well.

UMA SPECIAL DETAILS ARE [HERE](#)

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