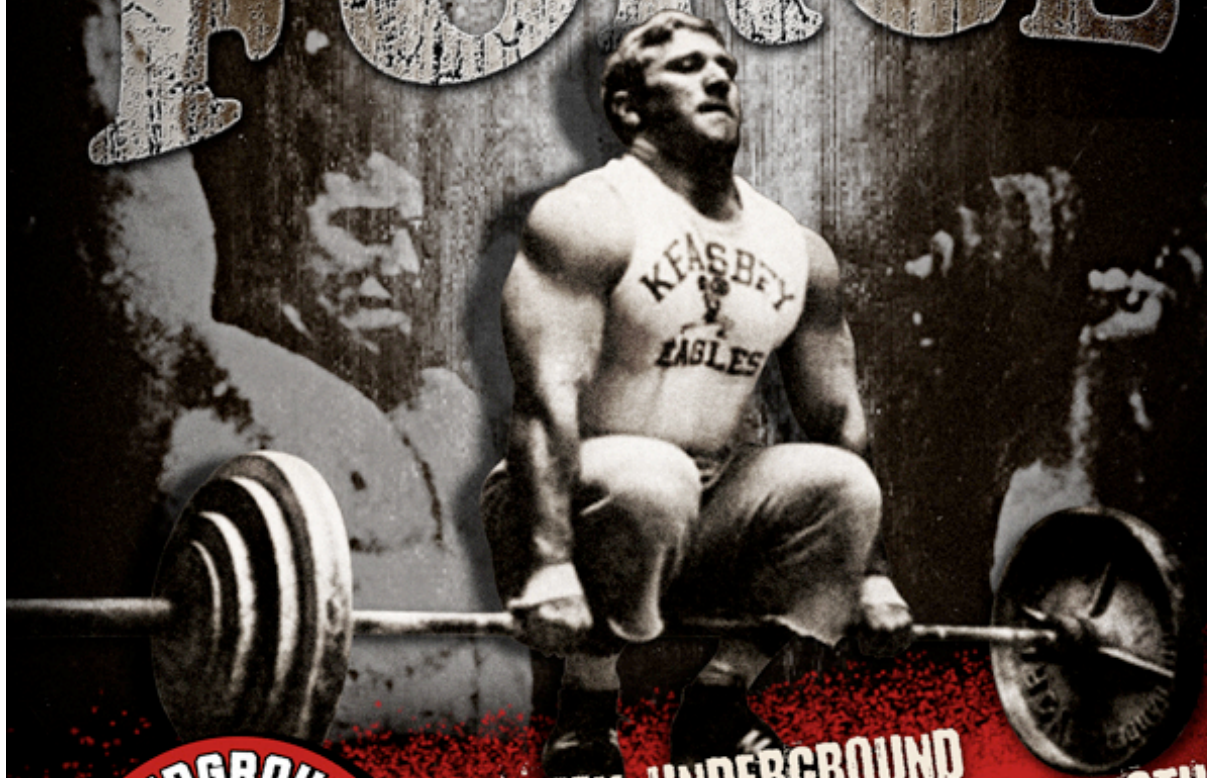


BRUTE FORCE



8 WEEK UNDERGROUND
BLUE-PRINT FOR BRUTE STRENGTH
& EXPLOSIVE POWER

ZACH EVEN-ESH

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BRUTE FORCE TRAINING COURSE NOTES:

- ALL Sets listed are working sets. Warm up as necessary before each workout and before each exercise.
- SM = Sub Max Reps (leave 1 -2 reps in the tank)
- BB = Barbell
- DB = Dumbbell
- KB = Kettlebell
- BW = Bodyweight

HOW TO PROGRESS?

ON WEEK 2, try to add a few pounds using the SAME rep pattern that you used during Week 1.

ON WEEK 3, try to break a record again on as many exercises as possible.

ON WEEK 4, you will DeLoad, reducing weights by approx. 50% and perform lighter sets of 10-15 reps per set. Feel free to switch some of the exercises slightly if needed.



WEEK 1 - 3 / WEEK 4 DELOAD USING SAME EXERCISES

DAY 1: FULL BODY WORK

- 1) Barbell Hang Clean + Press x 6, 4, 2, 2, 2 reps
- 2) Lateral Jumps Over Bench 3 x 5/5 each side
- 3A) ring pull ups 4 x submax reps
- 3B) ring push ups 4 x submax reps
- 4A) Kettlebell / Dumbbell farmer walks 3 x 150 ft
- 4B) sprints 3 x 150 ft.
- 5) ab circuit 4 x non stop x 12-15 reps per exercise

GET GYMNASTIC RINGS [HERE](#)

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DAY 2: UPPER BODY

1) Clapping OR Chest Slap Push Ups 5 x 2 reps

2A) Neutral Grip Floor Press (Barbell or Dumbbells - Thick Grip Preferred) x 8, 5, 3, 3, 3 reps

2B) Mixed Grip Pull Ups (vertical pulling motions) 5 x submax reps

3A) close grip medicine ball push ups 3 x MAX reps

3B) 1 arm DB rows 3 x 10 /10 reps ea. side

4A) Underhand BB Shrugs 3 x 8 - 12 reps

4B) face pulls with band / cable using triceps rope 3 x 10-15 reps

5A) Zottman Curls 3 x 8 / 8

5B) Dips 3 x submax reps (8 - 15 rep range, add weight if necessary)

5) Circuit: 4 Rounds of:

A) run x 200 meters

B) ab exercise x 15 reps

DAY 3: LOWER BODY

1A) zercher squats (bar or sandbag) x 6, 3, 3, 3 reps

1B) sprint x 200 meters after every set

2A) DB bulgarian split squats 4 x 8 / 8 ea. leg

2B) KB / DB swings 4 x 10 reps

3) car / truck push 4 x 100 ft.

4) any ab exercises x 50 reps total



WEEKS 5 - 7 / WEEK 8, DELOAD USING SAME EXERCISES

DAY 1: FULL BODY

1A) Weighted Pull Ups: 4 x 3 - 6 reps per set

1B) Flat Bench (Neutral Grip if possible): 4 x 3 - 6 reps per set

2A) Back Squats 4 x 8, 5, 3, 15 reps. On 4th set, drop weight by approx. 30% and hit a hard set of 12-15 reps

2B) Box Jumps OR MAX Vertical Jumps x 2 reps each set

3) KB / DB Farmer Walks 4 x 150 ft

4) Sprint 5 x 200 meters

5) Any Ab Exercises x 60 total reps



DAY 2: UPPER BODY

1A) Military Press: 3 sets strict, 3 sets push or jerk: 3 - 5 reps ea. set

1B) Weighted AND BW chins 6 x submax reps (First AND Last set = bodyweight pull ups. Sets 2, 3, 4 & 5 = weighted).

NOTE: If you can NOT perform weighted pull ups for 3 - 6 reps, stick to BW on All sets.

2A) incline DB bench (neutral palms) 4 x 6-10 reps

2B) 1 arm DB rows 4 x 6-8 reps ea. arm

3) 100 Push Ups AFAP (As Fast As Possible)

4) Run 1/2 Mile AFAP

DAY 3: LOWER BODY

1) Jog 1/4 Mile warm up

2) MAX Broad Jumps 5 x 1 rep

3) Trap Bar Deadlift 3 x 5 reps (same weight), 2 x 2 reps (heavier weight)

4) Walking DB / KB Lunges 3 x 10 / 10 ea. leg

5A) Weighted Back XT 4 x 10 - 15 reps

5B) Leg Raise Variations 4 x 10-15 reps

6A) Lunge Jumps 4 x 5/5 ea. leg

6B) Squat Jumps 4 x 10 reps

7) Run 1/4 Mile AFAP

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FAQ

QUESTION: *Can I repeat this training cycle when I finish these 8 weeks?*

ANSWER: Yes. You can repeat the training cycle again with the goal of trying to add weight to some of the exercises, OR, you can perform the 4 week training cycles for 2 weeks, followed by the next cycle, followed by a 5th week deload.

QUESTION: *What should I do on my off days?*

ANSWER: Depending on your goals, I still recommend staying active with light physical activity. If you have a goal of getting leaner, then use these “off days” to attack hill sprints or jump rope sprint intervals.

If your goal is pure mass building and you have a tough time putting on weight, focus on recovery, get a nap on these off days and use that extra time to prepare your meals by cooking in quantity.

Small things such as ab workouts are fine as well. **Do NOT freak out and think that** playing some basketball or any such activity will suddenly put an end to your ability to gain muscle and strength.

Being fit, in shape and healthy overall will actually help you tolerate and recover better from heavy, intense workouts. In a nut shell, be healthy and fit FIRST & foremost, don't turn into a fat slob.

QUESTION: *What do you recommend for improving grip strength and building bigger forearms?*

ANSWER: I've used a handful of specialized grip tools that have become my bread and butter, but the BIG factor in developing a strong grip and gnarly looking forearms will come from your time in the gym, grabbing heavy weights.

Farmer walks, deadlifts, rows, shrugs, etc will be GREAT for developing the grip / forearms. Heavy duty Captains of Crush grippers are great for strength. Use them for

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higher reps and they are great for adding muscle size. The old school wrist roller will blow up your forearms and are great for adding size.

You can find these grip tools [HERE](#).

QUESTION: *I train at home and don't own a squat rack. What can I replace my back squats with?*

ANSWER: The true answer is that there is NO replacement for back squats. The body responds VERY uniquely to heavy loads placed on the back. You CAN, however sub zercher squats if you must.

My suggestion would be to pony up, save some cash and get even a cheap set of squat stands from e bay or craigs list. If you want quality, get yourself a set of squat stands from [ROGUE](#). If you are serious about getting strong and TRULY pushing your potential, you WILL find a way. Period. End of story.

QUESTION: *How should I eat to build muscle and still see my abs and stay lean?*

ANSWER: If you are VERY lean already and in need of pushing the envelope with the calories, I would have a protein AND carb at each meal, 3 - 4 meals a day with one salad somewhere in your day, every day.

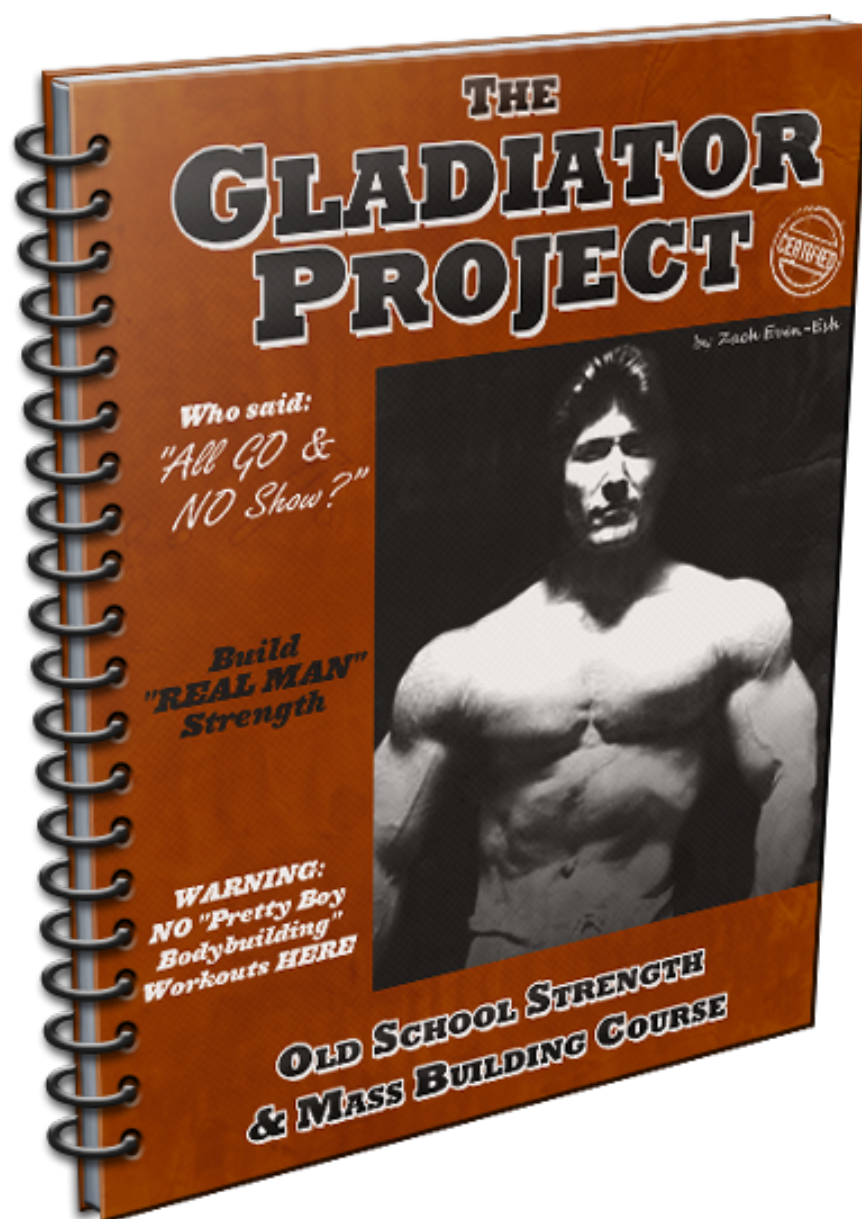
If you tend to gain fat easily, then drop the carbs except for post workout and go with protein and veggies at each meal. Don't complicate the eating, either, just like lifting. You should eat "clean" and we All KNOW what that means: Don't eat cereal, stay away from dairy unless you are under age 21 and haven't developed a dairy allergy, avoid breads, grains, sugars. Chicken, steak, fish, sweet potatoes, yams, unlimited greens, some fruits.

"I'M DONE... WHERE DO I GO FROM HERE?"

After you've finished this short training cycle it's time to commit to one of our programs below. If you feel this program beat you up too much, left you overly sore and you couldn't recover well, go with our [Bodyweight Bodybuilding Course](#). If this program was right up your alley, go with [The Gladiator Project](#).

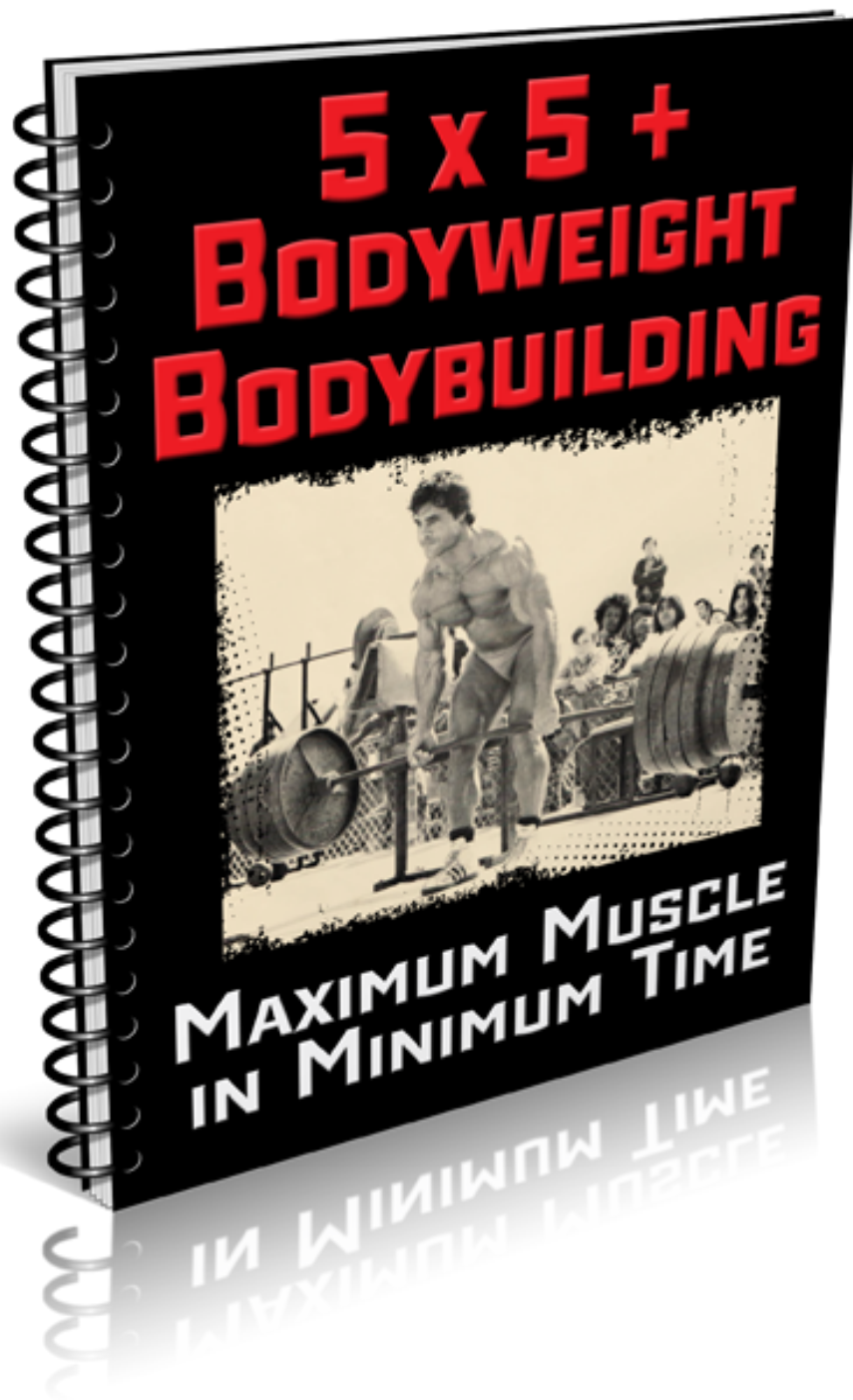
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THE GLADIATOR PROJECT - [CLICK HERE](#)

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