

ZACH EVEN-ESH'S **FREAK** **STRENGTH**



OLD
SCHOOL
SECRETS
FOR
FREAKISH
GAINS
IN
BRUTE
STRENGTH
&
RUGGED
MUSCLE

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Strength Coach**

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The FREAK Strength Muscle Building Course

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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 This e book. 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.

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.

Regardless of your age, you need to understand. The world has gotten soft. *YOU* have gotten soft. You want to train in comfort. You check your phone in between every other set.

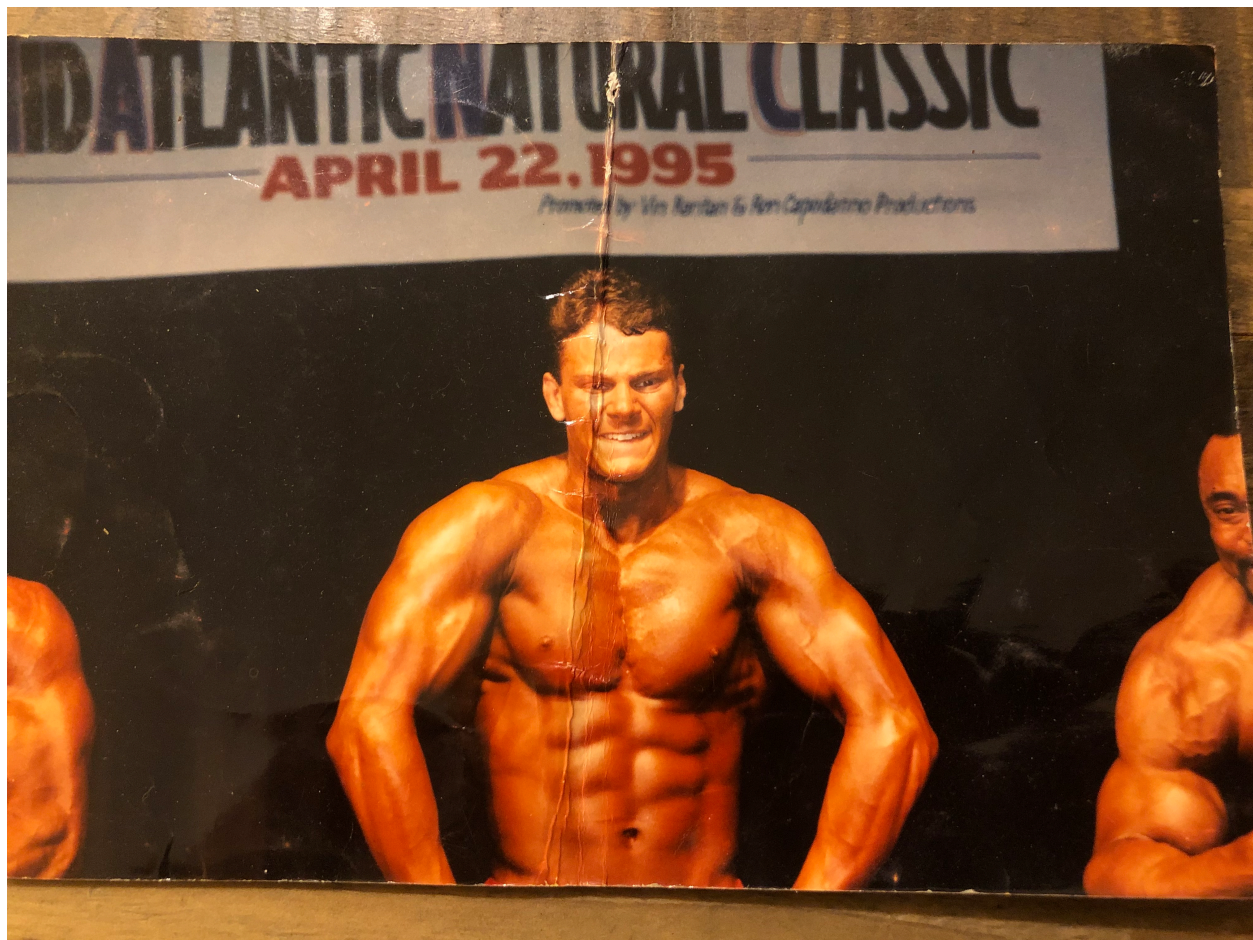
You do what you want instead of what you need. You have hit a wall and struggle to achieve greater results because the program you're following simply does not challenge you.

That which does not challenge you will not change you.

The Underground Strength Gym is a small warehouse gym and my beginnings stem from a corner of my parents garage and their backyard. I trained with stones, sledge hammers, a few dumbbells, a shitty barbell and a squat stand.

Shocking to most, these training methods brought about freakish gains in strength and size and our Underground trained athletes were dominating and shocking the competition with our unconventional training 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, using only what provided the best and fastest results.



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!”

Today, this is called “functional muscle”. Today, everything needs a fancy name. It’s all part of the game. The fads and buzz words pull people in. Well, let me set the record straight here. I am selling hard work and dedication. If you’re not prepared to do the work, then shut it down and steer clear of my work.

I will not lie to you and dupe you into thinking training half hearted will get you results. The world is crazy and dangerous place. I am not doing easy anything. Prepare to work.

Nowadays, too many people look strong but can't perform with high levels of strength and / or power. Many of these bodybuilder physiques have NO work capacity. If you're training for athletics or as we get older, "Training for Life", you must be able to move your body. In this crazy world which keeps getting more dangerous, ask yourself, will your training help you dominate in life?

Guess what? I used to be one of those guys who looked great but got out-muscled and over-powered. I was an athlete / wrestler training like a bodybuilder because I had no mentors and no access to the information that athletes really need. Well, lucky for you, I'm going to change that so you don't have to experience the injuries, setbacks and emotional struggle that I went through.

In the bodybuilding photo above, I was 19 and won the Mid Atlantic Natural teenage division. That same day I placed 2nd in the men's novice division while competing against men in their late 20s and mid 30s.

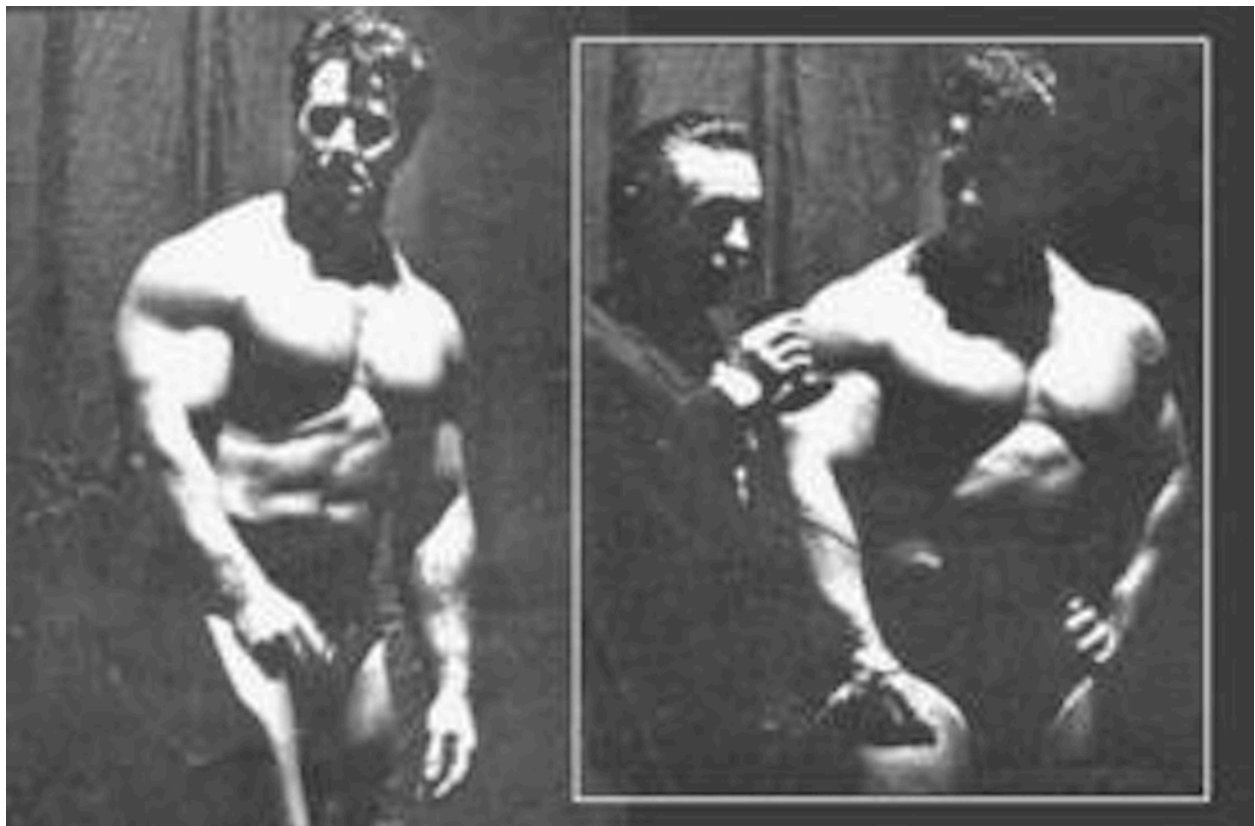
Training like a bodybuilder did not help me in wrestling. In this book, I'll share with you the tried and true old school methods blended with the modern day science of today to ensure you achieve results in performance AND appearance.

The bodybuilders of the 50s through the 70s were part of The Silver & Golden Era of Bodybuilding. These men were built like brick shit houses. They often competed in bodybuilding and powerlifting or Olympic Weightlifting.

Recommended Article:

<https://zacheven-esh.com/how-to-get-built-like-a-brick-house/>

Today's bodybuilders lack that functional strength. If all hell broke loose, these men are in trouble. Most men who trained purely for aesthetics are unable to run, jump, climb, sprint or push and pull heavy objects for extended periods of time.



(C) <https://ZachEven-Esh.com>

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 that deliver Results. That is what we are always after. RESULTS.

If you enjoy this free e book, I encourage you to share with friends to sign up for their FREE gift at <https://ZachEven-Esh.com> as well, I’d appreciate you spreading the “movement”.



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" aka normal. Normal attitude = normal effort = normal results. In my book, average sucks and I have NO tolerance for average. If you do something, aim for greatness, plain and simple. Attack life with the Relentless Pursuit of Excellence.

True Strength Must Transcend the Gym Walls.

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 of which work differently and all serve the purpose of getting you brutally strong and jacked with functional muscle.

On the flip side, if all I had was a stone I would still be able to build FREAKS. How far you take this program is up to YOU.

- Stones
- Barbells
- Kettlebells
- Climbing Rope
- Sandbags / Heavy Sand Balls
- Medicine Balls
- Thick Bars (Dumbbells & Barbells)
- Gymnastic Rings
- Sleds
- Bands

Much of our training is focused on ground based lifts. If you look at the powerlifters and weightlifters of the 50s, 60s and 70s before support gear was readily available, much of their training was barbells, dumbbells and bodyweight).

Photo, Alan Mead, circa 1924. Alan lost his leg in WWI 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.



We also implement partner gymnastics based movements, basic gymnastics (cartwheels, tumbling, hand walking), hand balancing and ring training. Lots of sprinting and jumping as well.

Recommended Article with Videos:

<https://zacheven-esh.com/wrestling-warm-ups-training/>

The men of the Golden Era also trained with higher volume and frequency than what many are accustomed to today. Ask an athlete nowadays what extra training he does and the majority do little to nothing extra. Many athletes run around and have 5 - 10 different coaches. They are BUSY yet NOT getting better.

Do NOT Confuse Activity with Accomplishment

There certainly are times when I apply a minimalist approach if someone's schedule requires it, but the fact is many people have the time, they simply choose to waste it. I have trained 2 x week for extended periods of time and made tremendous progress but mentally / emotionally, I need the training to satisfy my mindset. I am a worker and feel better when I put in the work.

The lifts favored by these Golden Era FREAKS were ALL compound lifts which in turn packed on slabs of rugged muscle very quickly. These men also did not fear eating. They ate plenty of steak / beef, eggs, vegetables, fruits and whole milk.

Of course, the food and the milk of 50+ years ago was much less tampered with compared to the food of today. The men of the Golden Era trained regularly, and as a result, they also had very high levels of fitness & work capacity, which is what

most people lack today. I've known countless men tell me that they skipped their training because they just played with their kids, just mowed the lawn, had a long day at work, etc.



I remember as a teenager seeing countless guys show up to the gym around 7 or 8 pm with jeans and work boots on. They had worked manual labor all day and here they were, about to do more manual labor in the gym. THAT is the type of work ethic that is missing in today's day and age. The mental toughness and physical fortitude is lacking BIG time.

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

SAMPLE GOLDEN ERA GLADIATOR TRAINING

7 Days FREE ==> Gladiator STRONG

Golden Era Lower Body Workout

EXERCISE	SETS	REPS	NOTES
1A) Squats	5	15, 12, 8, 6, 3	
1B) Leg Curls	5	10-15	
2A) Leg Extensions	4	15	
2B) Barbell Reverse Lunge	4	8 / 8	
3A) Weighted Back Extensions	3	15-20	
3B) Crunches	3	25	

I'm sure people will cry "steroids" when someone trains high volume but with that weak attitude, you will never get strong. You can make tremendous strength and size gains being natural. Consistency will beat intensity in the long run.

When we train at The Underground Strength Gym, you'll see I often use the abbreviation "SM". This stand for SubMax. We rarely max out and instead focus

on technique maxes, which is when you still lift heavy, but not at the expense of shitty technique that often leads to injury.

Golden Era Back Workout

EXERCISE	SETS	REPS	NOTES
1A) Chin Ups	4	MAX (8-12 reps)	Add Weight if 12 Reps is Easy
1B) Bent Over Row	4	8	
2) Deadlift	5	3 - 6	Start Light, Build up to 2 HARD sets
3A) Seated Cable Row	4	8 - 12	
3B) DB / BB Shrugs	4	8 - 12	
4) 1 Arm DB Row	2	12 / 12	

The men of The Golden Era Bodybuilders implemented a lot of variety in their training. The variety stimulated the body AND the mind. In addition to variety, these bodybuilders trained HEAVY. Reg Park popularized the 5 x 5 method which is excellent for sports performance, bodybuilding and strength building.

RECOMMENDED VIDEO / ARTICLE:

<https://zacheven-esh.com/5-x-5-strength-training-push-ups/>

The Old School methods that still work today and help you set PRs (Personal Records) which can be done 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
- Performing a unique variation of the same lift

For example, to vary your squats, you can choose from any of the below, and I am sure you can come up with more ideas with creativity:

- Box Squats
- Wide Stance Box Squats
- Front Squat
- Tempo Eccentric Squats (5 seconds eccentric)
- Zercher Squats
- Belt Squat
- Kettlebell Squats (Many Variations with a KB or Pairs of KBs)
- Dumbbell (DB) Goblet Squats
- Anderson Squats

Stimulating new Muscle Growth & Strength Gains came when Variety was further introduced by:

- Changing exercises

- Changing the angle of the exercise
- Using a different training tool
- Training with NEW partners who were stronger than they were (Environment is crucial for Success)
- Training at different gyms / use of different equipment
- Higher Reps / Lower Reps / Varied Resistance



Bill Clark performing his favorite lift, the Zercher Lift, at a meet in Leavenworth Prison in the early 1960's. There is 405 pounds on the bar.

The list goes on and on for how to implement the conjugate method / variety for getting Stronger. The bottom line was this: every workout was a battle to become a better lifter, a stronger lifter, a more muscular lifter. These guys trained HARD, which is the most basic premise that is missing today. People do NOT train hard.

RECOMMENDED READING:

<https://zacheven-esh.com/squats-stones-thick-bars/>

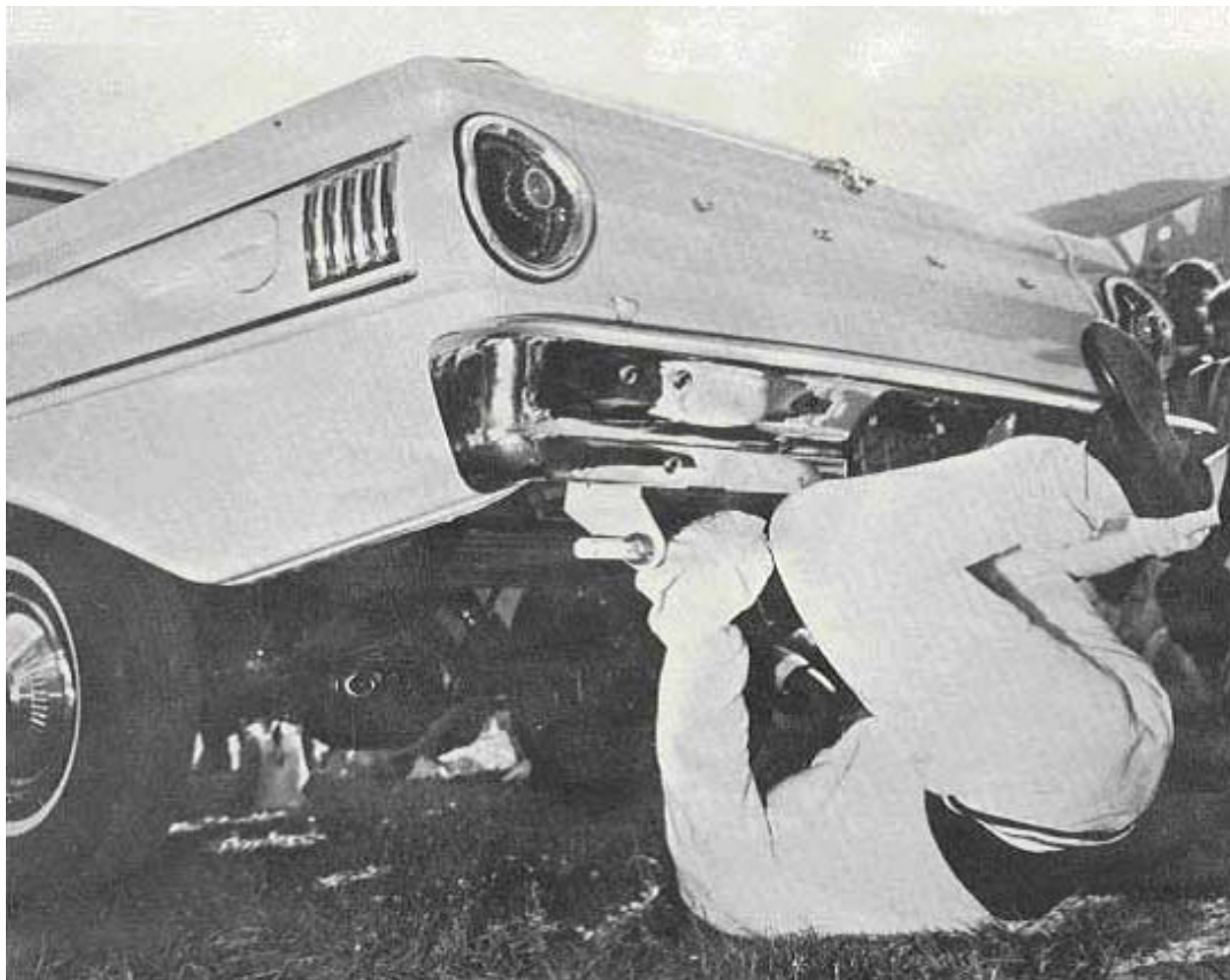
Unlike many of today's men who sit on their phone and on machine while avoiding the intensity required to break records, the men of yester-year moved weights that shock many of today's most advanced lifters. There were plenty of bodybuilders deadlifting over 600 lbs, benching 405 and Squatting 500+ lbs for reps.

Reg Park benched 500 lbs. Chuck Sipes benched over 500 lbs weighing 215 lbs wearing a tank top, NO support gear. These men were built like BRICK SH-T HOUSES!

RECOMMENDED READING:

<https://zacheven-esh.com/man-strength-how-to-get-it/>

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 barbell set from Costco, a pair of 50 & 100 lb DBs and a flimsy squat stand which I used for squatting and benching. I used an old tool box to elevate the flat bench for incline dumbbell benching. It wasn't pretty but it worked and those training sessions were some of the best ever.



Not to my surprise, I got strong as hell training in my garage and I packed on a very different type of muscle than I had ever experienced before. I had that rugged look, like the Golden Era greats. I had never gained muscle & strength this quickly. I had barely any room in this tight, crammed garage space. Knowing what I know now, these gains were all because I was “limited” to going heavy on basics and basics alone! I am using the word “limited” loosely here, these were great “limits” to have!



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 since the garage was freezing cold. One weekend, while training at a Gold's Gym, the kid at the front counter started chatting with me after my workout as he wondered where I trained since he had never seen me at the gym 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 high school wrestler, and he got to talking to me about his workouts at this fancy Gold's Gym (I wish things were more like the original Gold's Venice). His workouts revolved around all the machines and fancy equipment most of which were isolation movements.

That is the difference. "Workouts" tend to be machines and lots of sitting / laying down. Training is different. Training is centered around WORK. I explained to this kid, training on so many machines and performing all body part isolation was BIG MISTAKE, especially since he was a wrestler. Athletes in general should minimize machines and focus on free weights and calisthenics.

Once in a blue moon, I will train an athlete that is so weak, he can't even perform 1 push up. Those kids / young men would actually benefit from using machines for 3 months to build muscle. They should lift on machines and build muscle. Do every damn machine and push yourself for sets of 8-15 reps.

NEVER would I imagine that kids would be unable to do push ups, but it happens ALL the time now. How the hell is it that a high school can't do 1 push up? The reason being is this: THEY HAVE NO THREAT. It's not like growing up in the 80s where the burn outs and neighborhood bully was gonna kick your ass and steal your bike.

As a kid, you began training out of FEAR. So you knew if you looked Strong, you were less likely to be a victim. I love those full body workouts that guys like Reg Park, Steve Reeves and John Grimek would follow. I also love how they

emphasized BIG eating to support muscle growth. None of this tofu bull shyt eating for skinny teenagers like today's generation is encouraged to follow.

Below is a HIGH Volume routine from Reg Park. I would split it up into 2 days but it shows you, today, we overthink and fear everything. Maybe this volume IS good, because training like this will force you to eat and adapt!

Third Strength Course for Bodybuilders	
Prone Hyperextensions	4 sets of 10 repetitions
Front Squat	5 sets of 5 repetitions
Regular Squat	5 sets of 5 repetitions
Press Off Stands	5 sets of 5 repetitions
Bench Press	5 sets of 5 repetitions
Bent Over Rowing	5 sets of 5 repetitions
Deadlift	5 sets of 3 repetitions
Press Behind Neck	
or Arm Dumbbell Press	5 sets of 5 repetitions
Barbell Curl	5 sets of 5 repetitions
Lying Triceps Curl	5 sets of 8 repetitions
Heel Raise	5 sets of 25 repetitions
Again train on this course 3 nights a week for three months.	

I have explained to Strength Coaches during my Certifications (USC and SSPC) that you should never underestimate just how weak someone can actually be. If someone is so damn weak that they can't perform 1 push up, then they will benefit from using machines for a solid 3 - 6 months. These young men should still work

hard, push for getting stronger on these machines and force themselves to EAT strong, healthy foods.

Let me tell you something that no one will ever tell you.....

You Will Get STRONG When You Get Pissed Off, Sick & Tired of Being Weak!

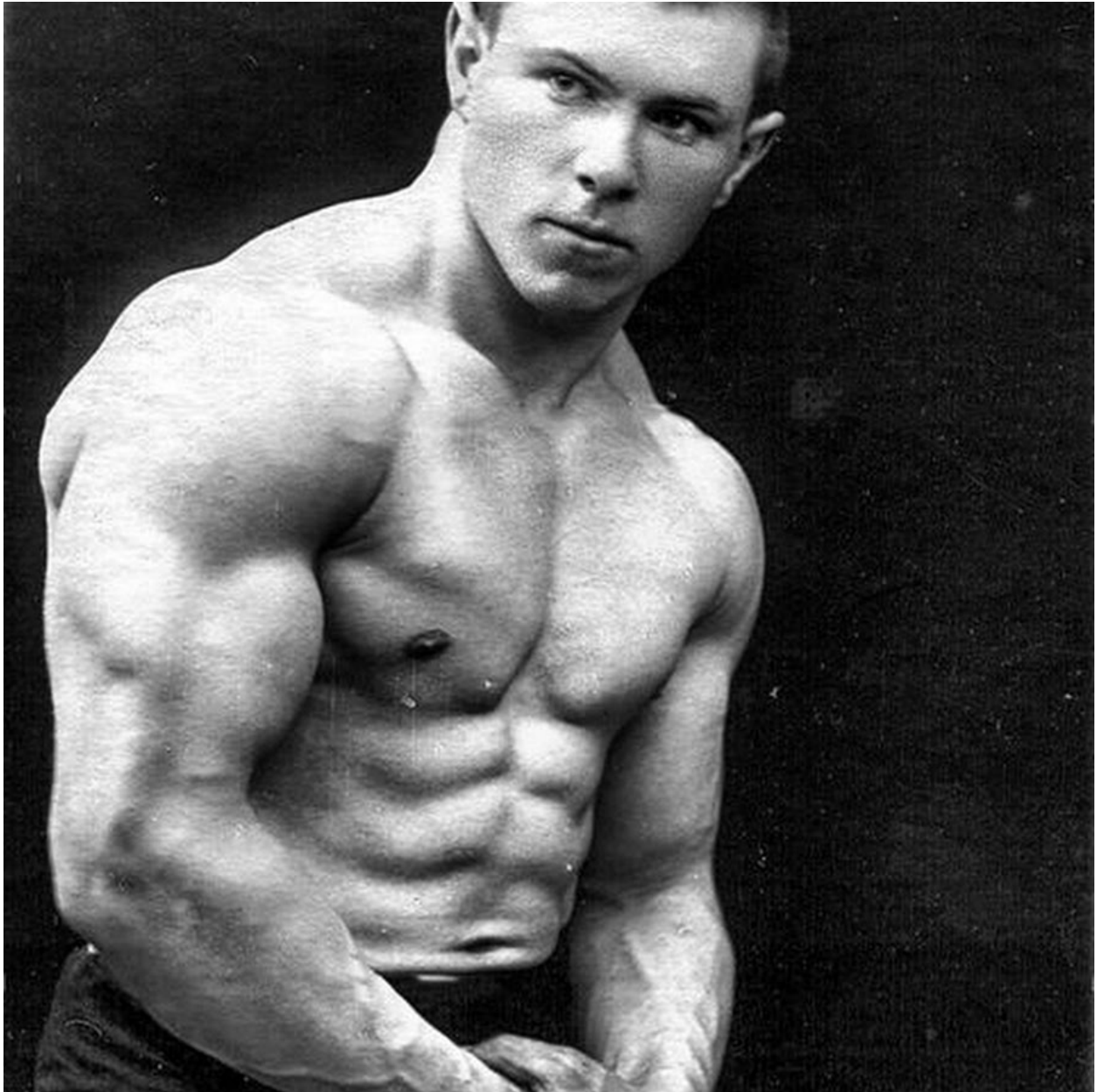
What does this mean?

Well, do you need a Coach to get better at push ups, bodyweight squats, lunges and hill sprints? NO. You can do them anytime, anywhere, on your own. No one is stopping you but yourself. Those bodyweight exercises are GREAT. When in doubt, you can't go wrong with:

- 1) Calisthenics
- 2) Carries (Carry KBs, DBs, Kegs, sandbags, etc)
- 3) Sprints and / or Sleds

Now, back to the story of the kid questioning how I got so jacked and strong from my garage. When he explained to me his training program, I explained to him that all of his exercises had him sitting or lying down. I started chatting with him about George Hackenschmidt aka The Russian Lion, the great wrestler who was also incredibly strong, even at the young age of 19, he was above and beyond the norm. We spoke about heavy Olympic Lifting, powerlifting, heavy ground based lifts and

overhead presses. His eyes lit up and we mapped out a simple training program that had him training 3-4 days a week in the off season and 1 - 2 x week in season.



George Hackenschmidt pictured above, aka The Russian Lion, sporting a seriously rugged physique! This story of when I was at Gold's Gym, I was still training with bodybuilding methods and using a split workout template. But, I was training more like what I would consider a power – bodybuilder. It was the early 2000s and I was modeling my training after men like Reg Park and Dave Draper.



Press on Bench with Barbell. Reg likes to train in track suit or T-shirt to work up a good sweat.

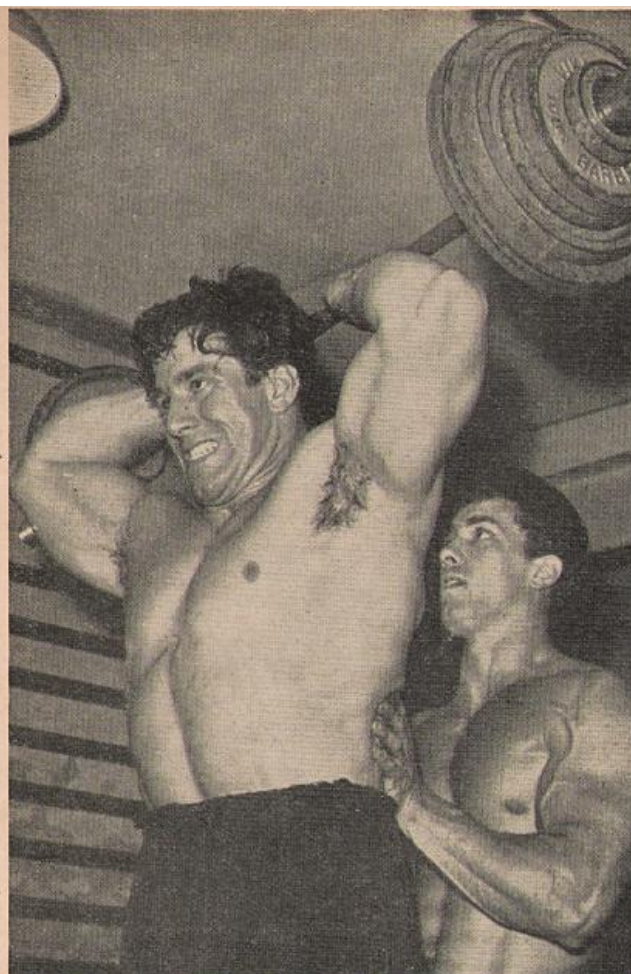
IN MOST EXERCISES Reg does 4 or 5 sets of 10 reps. He trains 3 or 4 times a week, 3 hours a day, with tremendous concentration. Uses a weight that will make him force out last few reps.



Above, massive arm and shoulders shown in seated DB curl. Right, tough work on lat machine.



10



JUST A LITTLE ENCOURAGEMENT

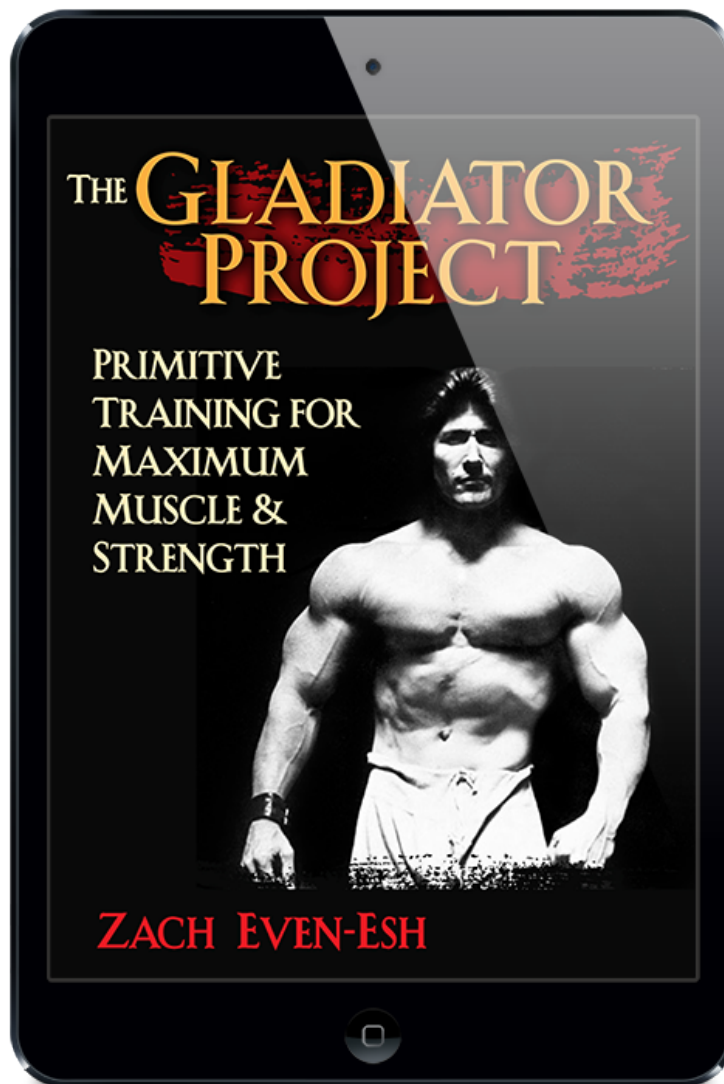
On the French Press, Reg sweats out those all-important last few reps. Spencer steadies his back during this pure muscle work.

11

OVER

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 experience as a high school wrestler. The past is the past. Now, my goal is to help others avoid ALL my mistakes.

The program is here: <https://zacheven-esh.com/gladiator/>



Back when I was training with this power-bodybuilding regime from my garage, I was also coaching wrestling at the time and had no problem wrestling for 20 - 30 minutes non stop, not an easy task, especially against the younger wrestlers who have endless energy.

The wrestling was my conditioning. You should still implement conditioning when trying to gain size, especially as you get older and become less active throughout your day. I prefer hill sprints, trail hiking and rucking. When the weather is warm I jog on the beach and mix in swimming as well. In the Fall I go mountain biking. It is important to keep the heart pumping to build a wide aerobic base which also speeds up recovery and improves muscle building. When I began implementing regular cardio, it actually made me stronger and improved my ability to recover from intense lifting workouts.

You can still train with a “Bodybuilder” split and get Old School Results. See below for an outline.

Warm up properly before training. For warm ups, I prefer 3 - 5 exercises for 3 rounds of high reps (10-20 reps per exercise).

For example, before Legs, a warm up would be 3 Rounds of:

- A) Sleds x 150 ft
- B) Walking Lunges x 10 / 10
- C) Bodyweight Pause Squats x 10 (2 count pause in bottom)
- D) Hanging Leg Raise x 10
- E) Rear Delt DB Fly x 15

Sample Upper Body Warm Up x 3 Rounds:

- A) Band Face Pull x 15
- B) Band Triceps Extensions x 15
- C) Push Ups x 15
- D) Chest Support Row x 15
- E) Band Dislocators x 10
- F) Hanging Leg Raise x 10

Here's a sample weekly Gladiator Training plan for you.

Day 1: Shoulders, Arms

1. Clean & Press 3 heavy sets x 3 – 5 reps (touch floor every rep)
2. 1 Arm DB Laterals (heavy) 2 heavy sets x 8 – 12 reps each arm
3. Bent over DB laterals 2 heavy sets x 12 reps
4. BB shrugs 2 heavy sets x 8 – 12 reps
- 5A) BB cheat curls 3 x 6 – 10 reps
- 5B) Lying DB Triceps extensions 3 x 12 reps
- 6) Finish with Grip + Ab Work 4 x each

Day 2: Lower Body

1. Pause Squat: 3 heavy sets x 8, 6, 4 reps (2 count pause in bottom)
2. DB walking lunges 3 x 8 / 8
3. RDL 3 heavy sets x 6-8 reps
4. KB Swings 3 x 10 reps
5. Finish with Jump Rope or Jog x 5 minutes

Day 3: Chest & Back

1A) Pause Bench Press – work up to 2 Heavy Sets x 6, 3 reps (2 count pause on chest)

1B) 1 arm DB rows - work up to 2 heavy sets x 10 / 10 each arm

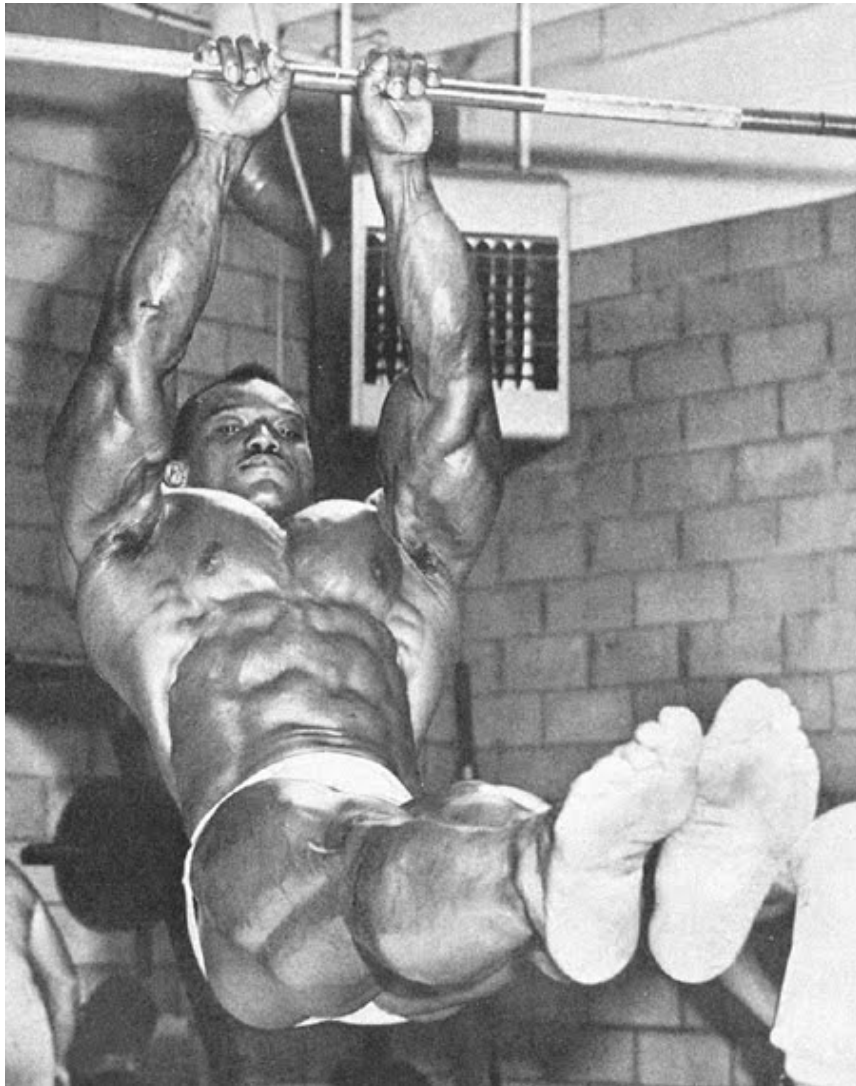
2A) Incline DB bench 3 x 8 reps

2B) Underhand BB row 3 x 8 reps

3A) Mixed grip chin ups 3 x max reps

3B) Push Up Variations 3 x max reps (feet elevated, weight vest, clapping)

**** 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

(C) <https://ZachEven-Esh.com>

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.

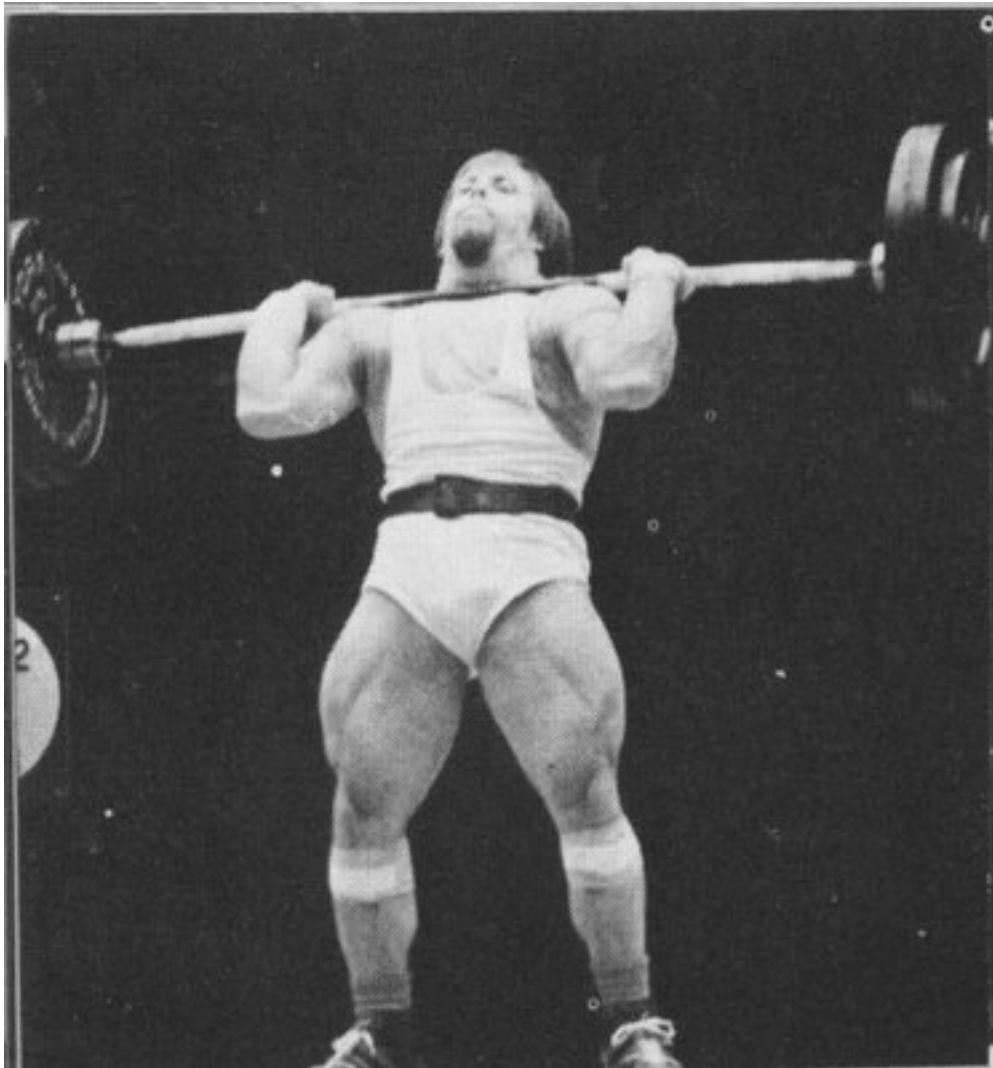
George would usually perform only 2 exercises per workout. How many sets? Countless sets! He would perform countless sets for 30 - 60 minutes! NEVER going to failure, BUT, always training heavy!

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 of the 80s and 90s.

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 Deadlift (RDL), the bench press, weighted dips, barbell cheat curls, skull crushers, etc. What a freak this guy was, built like a Brick Sh-t House!

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. Get the job done. Many of the bodybuilders from the 50s through the 70s worked manual labor day jobs and so they trained at 5 AM before work or 6 PM after work.

FARM BOY TRAINING

As a high school wrestler in NJ, I heard a lot of stories of the wrestlers from Pa. and Ohio. The story was that these kids lived on farms and so before and after school, they would carry buckets of water, bags of feed, bailing hay, pushing wheel

barrows and more. The other story was that every wrestler in Pa. and Ohio had a climbing rope in their barn or garage and would climb rope every day.

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 pickup trucks or stack piles in a barn. They would carry bags of animal feed, farmer walk buckets of animal feed / water, 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! Reminds me of Rocky IV which even though it's a movie, there is a LOT to learn from the training in the Rocky films.

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 wheelbarrows and carrying sandbags or mulch. His work ethic and work capacity was second to none.

When he was working on our first house, he noticed my climbing rope in the backyard 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 old cherry trees in my back yard and left me a few logs. The cherry trees were dying so we cut them down. He KNEW I would find a use for the tree logs when training my athletes and he was 100% correct.

Recommended Reading:

<https://zacheven-esh.com/we-need-more-people-getting-farm-boy-strong/>



We started using the logs for all our carries and lower body movements and our wrestlers benefited tremendously. 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 to achieve through traditional lifting

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. See my videos and articles for more info.

YouTube: <https://YouTube.com/zevenesh>

- Barbell Clean & Press / Clean & Jerk
- Military Press / Push Press
- Barbell High Pull (Clean Grip & Snatch Grip)
- Hang Clean / Power Clean / Full Clean
- Barbell Row / Yates Row
- 1 Arm DB Row
- DB Hammer Curls / Power Curls
- BB Cheat Curls / Power Curls
- DB snatch
- DB Clean & Press
- Squats: Front Squat, Back Squat, Zercher Squat, Box Squat
- Deadlift: Conventional, Sumo, Snatch Grip
- BB or DB Floor Press

- Bench Press / Incline Bench
- Pull Ups / Weighted Pull Ups
- Dips / Weighted 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 be on the road to FREAK 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.

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 3 – 8 rep range (unless performing calisthenics), and once a week perform a high rep workout with lighter weights with a rep range anywhere from 12 – 20 reps per set. Sometimes on dumbbells and bodyweight you can go all the way to 50 reps per set. Yes, you read that correctly, all the way up to 50 reps!

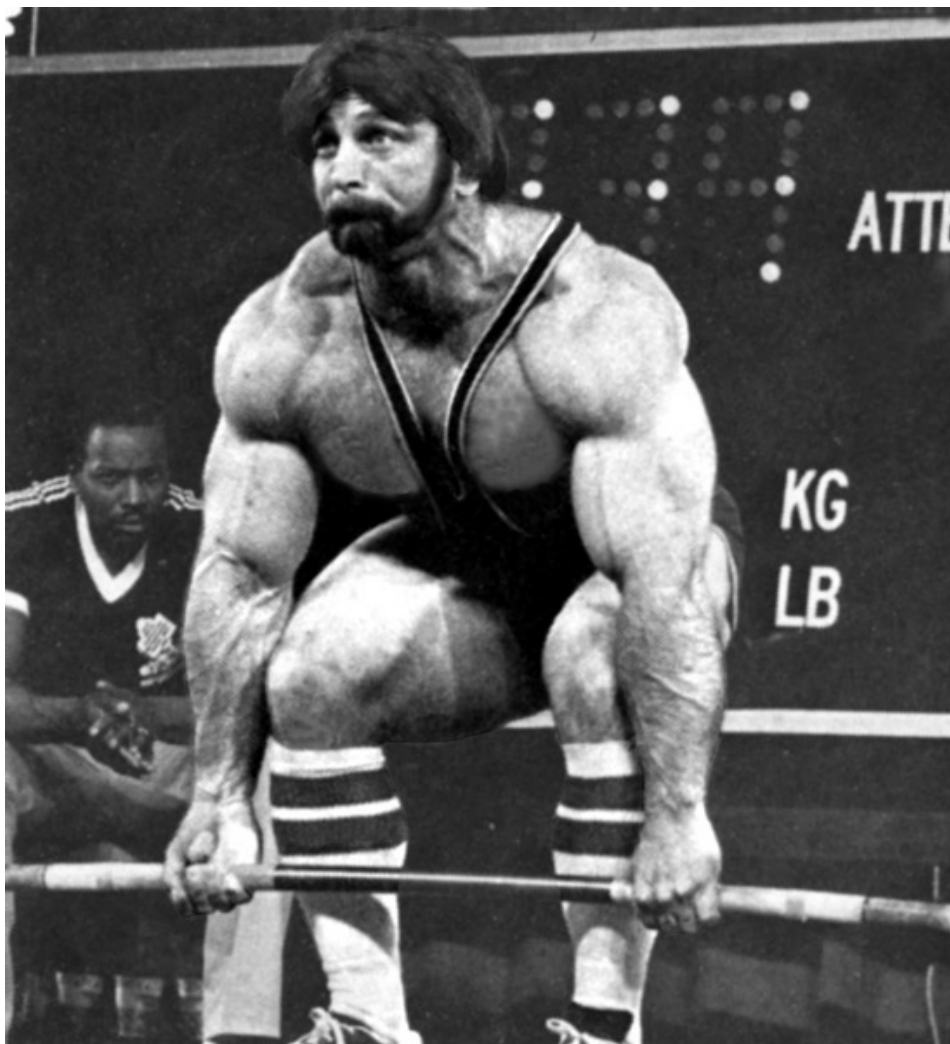
High rep training can be a great catalyst for building muscle. It is also very challenging, so be mentally prepared to push through the pain zone when your muscles are screaming with fatigue. I suggest these high reps for advanced lifters.

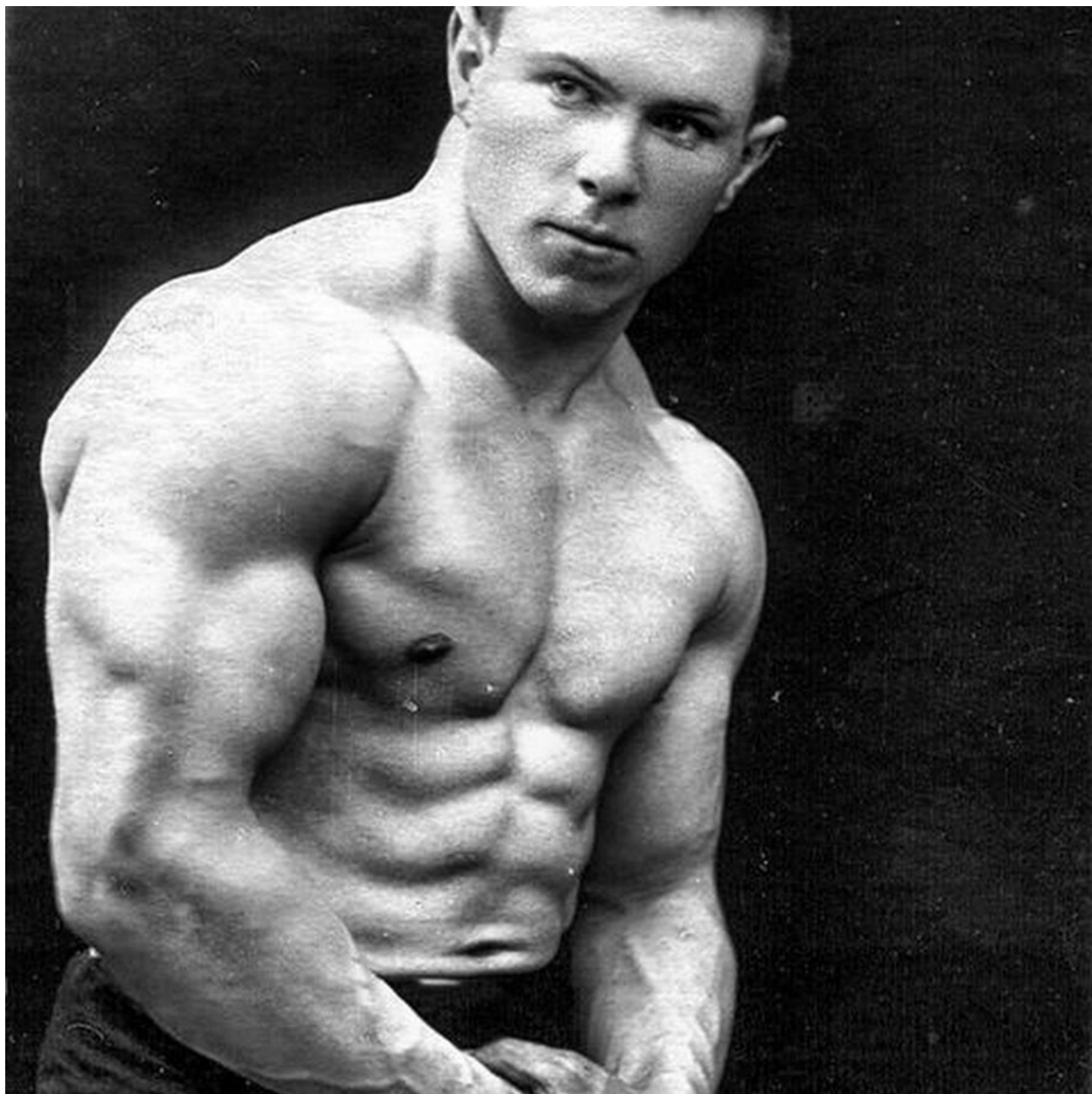
If you're a beginner or intermediate, stick to reps in the 3 - 8 rep range. You can't go wrong with the tried and true 5 x 5 program.

Suggested Article:

<https://zacheven-esh.com/5-x-5-strength-training-push-ups/>

After training hard for 4 weeks, take one week and train light with high reps and moderate intensity. 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 strength and rugged muscle. Your nutrition should contain plenty of quality protein and healthy fats that come from red meat, fish, chicken. If you’re a hunter then your game meat will always be as natural as it can get compared to the pumped up hormones that spoils much of our food today.

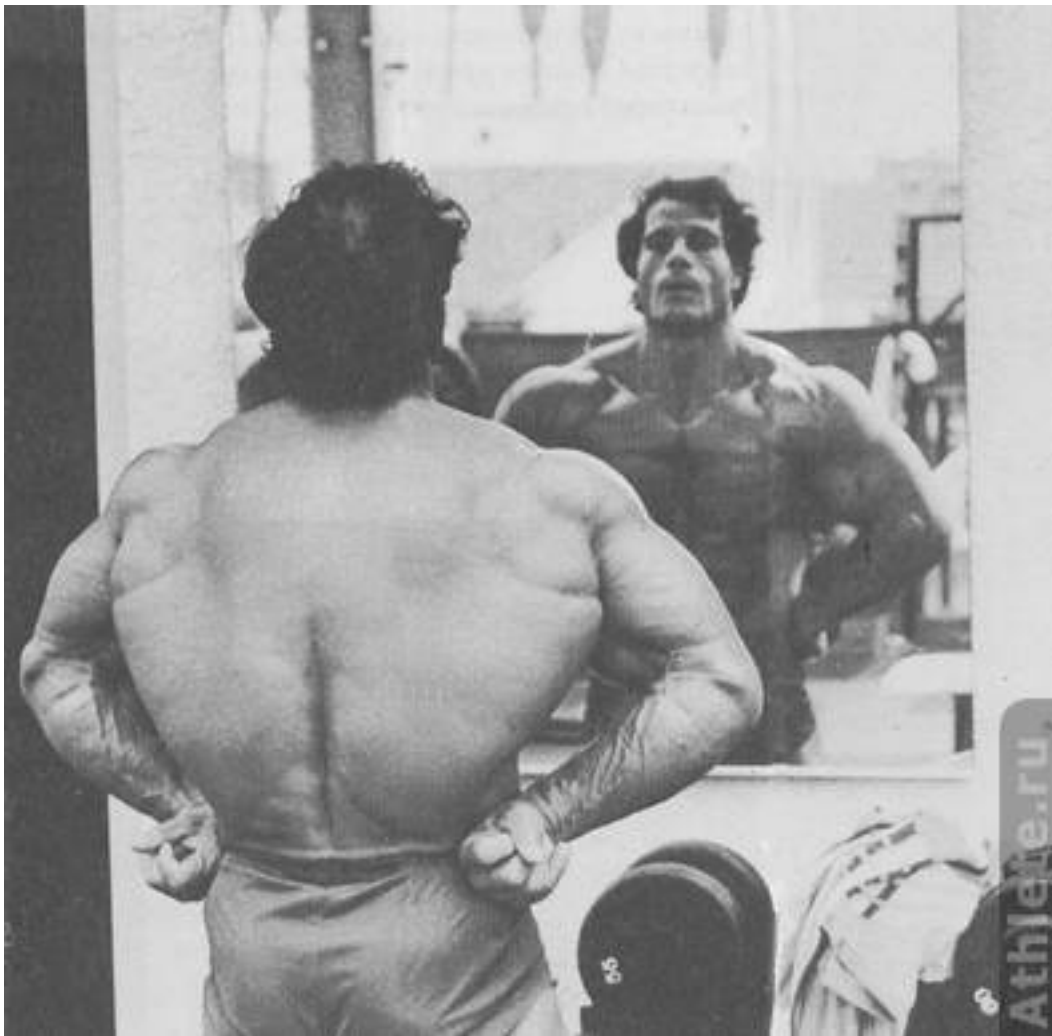
I try to consume one salad a day or a few pieces of fruit. If you need to gain weight then you must NEVER skip meals, if you need to shed fat then get rid of all breads, milk and dairy and discipline your eating habits.

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. George Hackenschmidt, known as the 'Russian Lion', was absolutely strong, powerful and jacked. He was a wrestler from the early 1900's. "Hack" regularly trained with heavy barbells and dumbbells to develop dominating strength, power and a rugged physique that many aspire to achieve today. Hack did this under what many today would consider shitty conditions.

I have experimented with MANY Nutrition methods since the early 90s 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.

If I am trying to lean out I might go through a short cycle of skipping breakfast and then first meal is a late lunch. I prefer to get my healthy fats from trail mix, organic butter, coconut oil, 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 with regards to getting lean and strong.



The less breads, milk and dairy I consume the leaner I get and the better I feel. If eating regularly through the day I suggest higher protein, moderate carbs and moderate fats. Carbs are good before and after your training or if you're a younger high school / collegiate sport athlete, then carbs can be eaten more frequently. I do NOT encourage skipping meals / intermittent fasting for competitive athletes.

Typical Day of Eating:

6 AM: 4 scrambled eggs, small cup of blueberries or strawberries mixed, tea or coffee

* If I am training in the AM, I have breakfast AFTER training.

9 AM: small cup of trail mix

Lunch: protein source 6 - 8 oz (chicken, steak, hamburger patties) + veggies + small carb serving (sweet potato / yams)

3 / 4 PM Afternoon: Small Dinner or No Meal depending on schedule

Dinner: Same as Lunch but larger quantity. Salmon + gluten free pasta, Chicken + Rice, Steak + Asparagus.

Late Night: Any of the below:

- Small serving of meat
- scrambled eggs
- Greek Yogurt

Eating late at night can sometimes interfere with sleep as you get older. If trying to lean out, your last meal should be no later than 7 PM.

I used to consume meal replacement shakes when on the run, once a day. I currently rarely use them. Most tend to bother my stomach and that is rule # 1

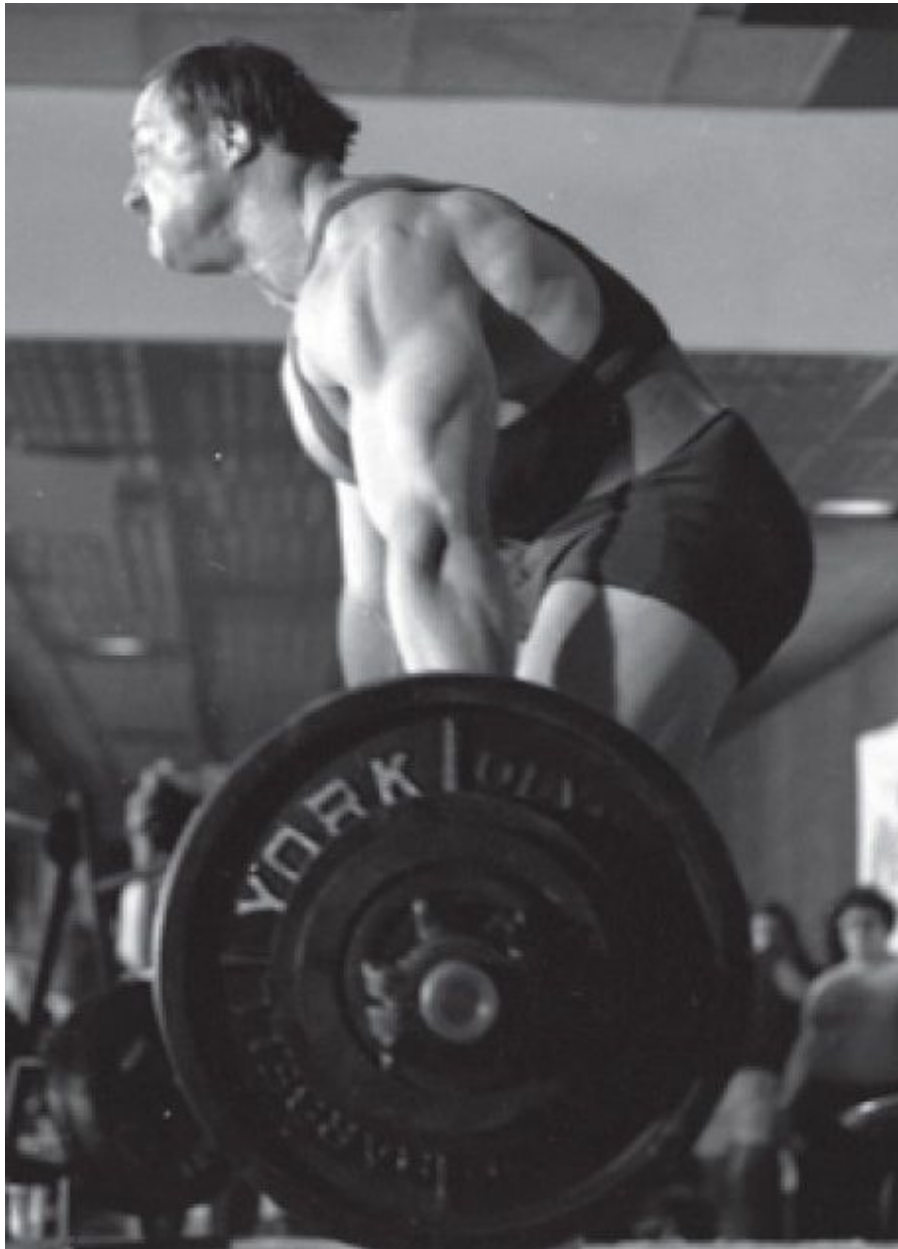
regarding choosing foods or getting rid of them. If they make you feel crappy, get rid of them.

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

In a nut shell, I suggest either intermittent fasting OR consuming 4 -5 small meals through the day, 1 salad every day or every other day, several pieces of fruit through the day. Keep carb consumption in moderation and consume plenty of healthy fats & proteins. Stay away from processed breads, milk and dairy. If consuming meats, try to consume grass fed and / or organic meats.

If you're a teenager, drinking milk is often times a plus, once you hit early to mid 20s you often develop an allergy to milk so this is an individual decision depending on how your body reacts to milk.

Let's take a look at some of the tools they used back in the day, which have made a comeback in today's training for many individuals, athlete or not. I must warn you though, this training takes guts and work ethic. The training that delivers results requires effort. You must be willing to push yourself and challenge yourself. You'll be sore in places you never felt before so make sure you get plenty of quality rest and nutrition. And of importance is to be open minded. I can't help you if you think you already know everything and have a closed mind.



EQUIPMENT LIST

Below is a list of equipment that you will want to start collecting 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 hard. Most gyms demonize the

workers and make you feel like you're breaking the law for training heavy and getting after it. Leave those weak minds to their own dissolve and build your OWN training compound.

Many of the strongest, best developed physiques were developed in dungeon type gyms that are either in basements, garages or old schoolgyms. The YMCAs of the 60s - 80s were known for having some of the strongest powerlifters and best bodybuilders.

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 or build them yourself, then move on and purchase equipment as needed.

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 & back 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 extend quickly and powerfully. Start with lighter tires to perfect your form and prep the body for future heavy loading.

Technique Video:

<https://zacheven-esh.com/tire-flip-strongman-training-technique/>

The tire flip is one of the most effective movements for developing full body strength. 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.

Farmer Walk / ANY Carry



Anytime you can incorporate a farmer walk or carry of some sort, do it. These movements develop tremendous overall strength and size. We utilize many different carry variations but the most challenging carry is HEAVY walks with long farmer handles. We use sandbags, heavy sand balls, thick dumbbells, kegs, rolling thunder handles with chains attached. You can search for various farmer walk / carry variations on my YouTube:

<https://YouTube.com/zevenesh>

When you begin performing heavy farmer walks you'll notice how your back and legs develop greater strength and size. There isn't a muscle in your body which gets a chance to relax when you perform heavy carries.

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

The Barbell

Investing in a solid barbell will pay you back for years and even decades. I've got barbells in great condition dating back to 2003. If you're low on funds, check the online classified ads and see what you can find for a slight discount but don't go cheap on a barbell. 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 floorpresses.

Otherwise, you'll be cleaning the bar from the floor before you squat or overhead press. I did this in my early garage days and my upper back and shoulders gained more size and strength in record time compared to my traditional training before my garage gym was set up.

Squatting can be done for ultra high reps with a weight that you can press overhead and get on your back. Sets of 10-20 will blow up your legs and test your mindset to

new heights. Squatting with moderately heavy weight on your back does something to your entire body that other movements simply can't replicate.

Recommended Articles:

<https://zacheven-esh.com/squat-life-best-coach-advice/>

<https://zacheven-esh.com/5-squat-variations/>

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 2 Basic Options for Program Design

Option 1: FULL BODY TRAINING:

Perform one movement each for:

- upper body pushing (Bench, Overhead Press, Dips, DB Bench)
- upper body pulling (Pull Up, DB / BB Row, Rope Climb)
- lower body (Split Squats, Front / Back Squats, Lunges)
- Finish OR start the workout with one full body movement using one of the odd object lifts listed inside **The Underground Strength System** (i.e. – tire flip, sandbag or keg shouldering, power clean, etc.).

Train in this fashion 3 x week on non-consecutive days, all workouts are full body workouts.

Sample Full Body Day:

1A) Hang Power Clean 4 x 4

1B) DB Bench 4 x 8

2A) Pause Squat 4 x 4 (2 count pause in bottom)

2B) Lunge Jumps 4 x 4 / 4

3A) Double KB Rack Walk 3 x 100 ft

3B) Sled Drags 3 x 100 ft

4A) Chin Ups 2 x MAX

4B) Dips 2 x MAX

Mon 10/18	Tue 10/19	Wed 10/20	Thu 10/21	Fri 10/22	Sat 10/23
10/18/21 1A): Back Squat (5 x 3 (5 second eccentric)) 1B): ANY Jumps (5 x 3) 1C): Prime Times (5 x Across Turf) 2A): Hang Clean (4 x 3) 2B): Med Ball X Over Push Ups (4 x 4 / 4) 3): Metcon (No Measure) 3 Rounds: A) Sleds B) Speed Shuffle x Turf C) Recline Row x 10	10/19/21 1A): Back Squat (5 x 3 (5 second eccentric)) 1B): ANY Jumps (5 x 3) 1C): Prime Times (5 x Across Turf) 2A): Hang Clean (4 x 3) 2B): Med Ball X Over Push Ups (4 x 4 / 4) 3): Metcon (No Measure) 3 Rounds: A) Sleds B) Speed Shuffle x Turf C) Recline Row x 10	10/20/21 E) BPAs x 15 / 15 F) Animal Crawls G) Med Ball Throws Against Wall x 15-20 H) Front Squat x 6 I) Lateral Lunge x 6 / 6 1A): Squat Clean (5 x 2) 1B): Skater Jumps (5 x 2 / 2) 1C): Plyo Push Ups (5 x 2) 2A): Jammer Press (3 x 10) 2B): Chest Supported Row (3 x 10-15)	10/21/21 E) BPAs x 15 / 15 F) Animal Crawls G) Med Ball Throws Against Wall x 15-20 H) Front Squat x 6 I) Lateral Lunge x 6 / 6 1A): Squat Clean (5 x 2) 1B): Skater Jumps (5 x 2 / 2) 1C): Plyo Push Ups (5 x 2) 2A): Jammer Press (3 x 10) 2B): Chest Supported Row (3 x 10-15)	10/22/21 MOF 1A): Bench Press (4 x 3 (5 second eccentric), 1 x 15) 1B): Sandbag / Ball Carry (5 x Turf) 1C): Iso Lunge + Alternate Med Ball Slam (5 x 5 / 5) 2A): Weighted Jumps (3 x 5) 2B): Med Ball Drop Throw (3 x 10) 3): Metcon (No Measure) 3 Rounds: A) Sleds B) BB Curl x 10	10/23/21 C) 1 Arm KB Carries D) Hanging Abs + Planks E) BPAs x 15 / 15 F) Animal Crawls G) Med Ball Throws Against Wall x 15-20 H) Front Squat x 6 I) Lateral Lunge x 6 / 6 1A): Sandbag Squats (10, 8, 6, 4, 2) 1B): Broad Jumps (5 x 3) 2A): Renegade Row (4 x 5 / 5) 2B): Close Grip Bench (4 x 6 - 8)

Option 2: Upper / Lower / Full Body (Training 3 x Week)

Above is a screen shot from The Underground Strength Gym where you can see there are days where we focus more on upper, more on lower, then full body days.

Our warm ups are quite thorough, with lots of calisthenics, bands, med balls, sleds, light kettlebells and mobility. You can see videos of our warm ups inside <https://UndergroundStrengthCoach.com>

The two samples above for program design are general, but guess what, BIG strength and size comes from the big lifts. The basics will never let you down.

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 training only. This tends to be reserved for advanced / experienced lifters and the combat sport athletes love this type of training.

(C) <https://ZachEven-Esh.com>

After a thorough warm up, they performed the strongman workout below:

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

When the Strongman training was finished, a light circuit was performed, then recovery and mobility work as well. Strongman training is very taxing on the body so we work some “in between muscles” afterwards to fill the gaps and finish with at least 5 minutes of foam rolling / soft tissue work and relaxation breathing.

3 Rounds of:

- A) Flat DB Bench x 12 - 15 reps
- B) Chest Support DB Row x 12 - 15 reps
- C) Band Face Pull x 15 reps (SLOW Tempo)
- D) Bulgarian Split Squats x 10 / 10 (Bodyweight Only SLOW Tempo)
- E) Alternating Side Plank x 5 / 5



Below is a sample Upper Body Workout from our athletes after a thorough warm up / prep:

1A) Swiss Bar Floor Press: 3 heavy sets x 3 - 6 reps

1B) Standing Rear Delt Flys x 15 reps each set

2A) Neutral Alternating Incline DB Press: 3 x 6 - 8 reps each arm

2B) Weighted Pull Ups 3 x 3 - 6 reps

3A) BB Cheat Curls 3 x 6 - 8 reps

3B) DB Tate Press 3 x 15 reps

4) Grip + Abs 4 x each

Sample Full Body Workout / Work Capacity Focus

1A) 1 Arm Kettlebell Snatch 4 x 6 / 6 reps

1B) Kettlebell Off Set Carry 3 x 50 ft each (1 KB in rack, 1 KB in suitcase position)

2A) Thick Bar Pause Bench 4 x 3 - 6 reps (2 count pause on chest)

2B) Hand Over Hand Rope Pull with Sled 4 x 50 ft

4 Rounds of Circuit Below:

A. Battling Ropes x 60 seconds (switch exercise at 30 seconds mark)

B. Jump Rope x 60 seconds

C. Sled Drags x 150 ft (Backwards Only)

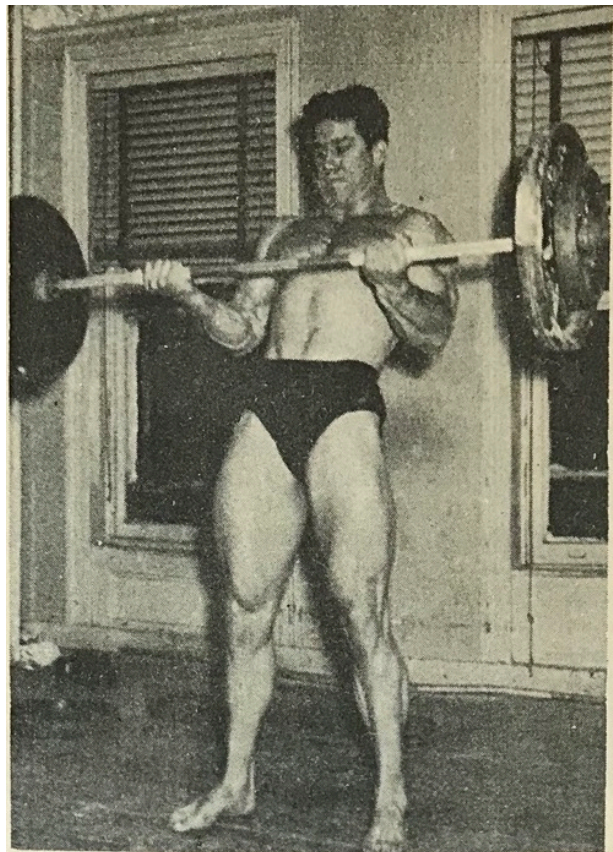
D. Sledge Hammer Strikes x 20 reps (switch top hand at 10th rep)

As you can see, we focus on quality, NOT quantity. If you are an intermediate, just perform 1 hard set and move on. Keep the volume low to moderate. I've learned that it is best to let our athletes leave with energy in the tank rather than maxing out at all times as it keeps them hungry for more and keeps progress coming.

Especially as you get older, leave with 10% in the tank. This helps preserve the body and reduce injuries.

Strength Lessons from the Metuchen YMCA

I will always remember that hole in the wall YMCA I trained at when I was 14 years old. I began training there the Summer before high school and membership was \$5 /month. There was some jacked up dudes moving enormous weights in that tiny gym. They had very little in the way of fancy equipment but the me who trained there looked like they could kick some ass with their strength and size. Many of the lifters were influenced by the training of The Golden Era, so heavy basics were the common theme. The lack of equipment gave them no other choice.



Here's the favorite biceps movement of Reg Park . . . the cheating curl with barbell. Build power and size with this exercise. All the top bodybuilders use it.

—LON.

The atmosphere was great because the gym was so small, you had nowhere to hide. There were 2 flat benches, 1 incline bench, an old York Isometric rack, a cable crossover machine with a pull up bar in the middle. There was a dip bar, old York Dumbbells, York plates everywhere, a few barbells and a curl bar, a duo leg extensions / leg curl machine and in the back was a speed bag.

I would see almost every guy in the Y hitting that speed bag. It was common to see men benching 315 and squatting 405. The biggest guy in the gym was always covered up in sweats but his muscles stretched the limits of his sweats and you could tell he was a TANK.

His name was George and I've written about him often. Here's an article detailing his training from when I saw him in 1989 and 1990. Read, learn & take action.

<https://zacheven-esh.com/strongest-guy-george-ymca/>

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!

If you read this free report from top to bottom, good for you. You're a RARE BREED. Most people can't do that nowadays. They are a slave to the constant scrolling of social media.

If you're an action taker, see the resources below. Eventually, the worst thing you can do is avoid having skin in the game.

Try my Online Coaching Program for 7 Days FREE:

<https://zacheven-esh.com/online-training-coaching/>

Become a Certified Strength Coach:

Start Here: <http://UndergroundStrengthCert.com>

The next here is here: <http://SSPCoach.com>

See ALL my Training & Business Courses Here:

<https://zacheven-esh.com/store/>