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How to Organize Training Blocks

- Perform each training block for 4 weeks.
- Use a training journal & record all weights used, sets & reps.
- *Week 1* is an intro week. Establish solid technique for all exercises.
- *Week 2* is where you add weight, refine technique and break a record on the main lift.
- *Week 3* is a time to lift heavier and set PRs mainly on the BIG lift but also on the assistance exercises. Feel free to switch the assistance exercises on week 3, but do NOT switch the main lift as this is the exercise you are measuring.
- *Week 4* is a time to deload by reducing weights and total sets by a good 50% and focusing on higher reps and getting a serious pump. This deload week always sends you back ready for the next training block with greater mental AND physical energy.



Training Block 1

Day 1:

1A) Back Squats 8 x 3 (3 warm up sets, 5 heavy sets)

1B) Various Jumps 8 x 3

2A) Handstand Push Ups 4 x submax reps

2B) rope climbs / rope pull ups 4 x submax

3A) KB Swings 3 x 12

3B) 1 Arm DB Row 3 x 10 / 10

3C) Battle Ropes 3 x 50 reps (2 exercises x 25 reps each)

4) Sled Drags x 5 Min Non Stop (Alternate forwards / backwards every 100 ft)

5) Grip & Abs 4 x each

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Day 2:

1A) Floor Press 6 x 3 (2- 3 build up sets, 3 sets heavy)

1B) Bodyweight Pulling / Rowing Exercises 6 x submax reps

2A) DB Bulgarian Split Squat 3 x 8 / 8

2B) Weighted Ring Push Ups 3 x 10-15 reps

3A) Double Overhead KB carry 3 x 50 ft

3B) Rack KB Walk 3 x 50 ft

4) Wheel Barrow / hand walk (Use Power Wheel if training alone) 2 x 50 ft.

5A) BB Curls 3 x 15

5B) Band Triceps 3 x 25 - 35 reps

5C) Band Pull Aparts 3 x 15 / 15 (overhand / underhand)

5D) Sleds 3 x 150 ft

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Day 3:

1A) Trap Bar DL 5 x 3 – 5 reps (2 - 3 build up sets, 2 heavy sets)

1B) Plyo Push Ups 5 x 3 – 5 reps

1C) 1 Arm KB Clean & Press 5 x 3 / 3

2) Walking KB Lunges (Rack Position) 3 x 50 ft

3) Chest Supported DB or KB Rows 3 x 10

3A) Sleds 3 x 150 ft

3B) band pull aparts 3 x 15 / 15



Training Block II

DAY 1:

1A) Flat Bench 5 x 3 – 6 reps (2 -3 build up sets, 2 heavy sets x 5 & 3 reps)

1B) 1 arm DB row 5 x 6 / 6

**** Elevator DB Bench ****

2A) Incline DB press 4 x 3-5 reps

2B) Flat DB bench 4 x 3 – 5 reps

2C) Chest To Bar Pull Ups 4 x 3 - 5 reps (Speed & Power Focus)

3) Run x 12 minutes x max distance

DAY 2:

1A) Barbell Zercher SQ 5 x 5 (2 - 3 warm ups, 2 heavy sets)

1B) Box Jumps 5 x 2

2A) Double KB Clean & Press x 5, 4, 3, 2, 1 reps

2B) Recline Rowing 5 x submax reps

3A) Lunge Jumps 4 x 6 / 6 ea. leg

3B) Swings 4 x 12

3C) Sled Sprints 4 x 150 ft.

5) Grip / Abs 4 x

DAY 3:

1) Pause Front Squat 5 x 3 - 6 reps (2 second pause at bottom)

2A) Chain Push Ups (Use Rings If Available) 5 x 8-12 reps

2B) Band Face Pulls 5 x 10

3) Kettlebell Farmer Walk / Sandbag Carry 4 x 150 ft

4) Run / Calisthenics Intervals x 10 rounds of Run + Calisthenics:

A) Run x 1 Minute

B) Mixed Bodyweight Exercise x 10 reps (Choose 1 each set: squat jumps, walking lunges, push ups, pull ups if at Playground)

4) Grip / Abs 4 x



Training Block III

DAY 1:

1A) Box Jumps 6 x 2

1B) Clapping Push Ups 6 x 2

2) BB Floor Press 5 x 5

3A) Handstand Push Ups 3 x submax reps

3B) Double Kettlebell Rows 3 x 6 – 12 reps

4) ANY form of conditioning for approx. 10 Minutes x MAX Work

Conditioning Ideas: Light barbell or Kettlebell complexes, sprints and shuttle runs, sled sprints, battle ropes, sledge hammer work, or a mixture of all the ideas listed!

- Kettlebell Combat Complex Video: <http://www.youtube.com/watch?v=XkSgG3kPyOI>

- Kettlebells + Bodyweight Circuit Video: <http://www.youtube.com/watch?v=SnaYbg801L0>

DAY 2:

1) Box Jumps x 20 Total

2) Keg Carry 5 x 100 ft

3) Rope Climbs 3 x

4A) Deadlift 8 x 2 reps (speed - use 65-75% of your 1 RM)

4B) Bench Press 8 x 2 reps (speed - use 65-75% of your 1 RM)

5) Sled Drags 3 x 200 ft

DAY 3:

1A) KB Snatch 5 x 3 / 3 reps

1B) Hurdle / Bench Jumps 5 x 3 reps

2A) Double KB clean & press 5 x 3 reps

2B) Sprint 5 x 200 meter

3) Sandbag Shoulder 5 x 3 / 3 ea. side

4A) Recline Rows 3 x submax reps

4B) KB Swings 3 x 12 reps

4C) Feet Elevated Push Ups 3 x submax reps



Critical Things To Do During Your 3 Month Phase Of Underground Strength Training:

1) **Take Before / After Pics.** Send your transformation pics to support@zacheven-esh.com .

If we use your pics on our web site you'll get a FREE Underground Strength T Shirt. That means you gotta stay committed and create a kick ass transformation for yourself!

2) Be mentally tough, learn about the power of the mind. Listen to the Navy SEAL Success Audios from <http://RussianLionPower.com>

3) Create a training log on the <http://UndergroundInnerCircle.com> forum. You can ask me questions 24 / 7 on the forum and gain the support of other like minded Undergrounders.

4) If you've hit a wall in your training it's time to shock the body with some different training tools and methods. Get yourself a few chains, some bands and different bars for squatting and benching. You can get these added training tools from <http://zacheven-esh.com/Rogue>

These added training tools help overcome plateaus, reduce joint strain and reduce chances of overuse injuries which commonly occur when always squatting and benching with a straight bar.

Thank you for trusting me with your training and I look forward to hearing about your success.

Live The Code,

Zach Even-Esh



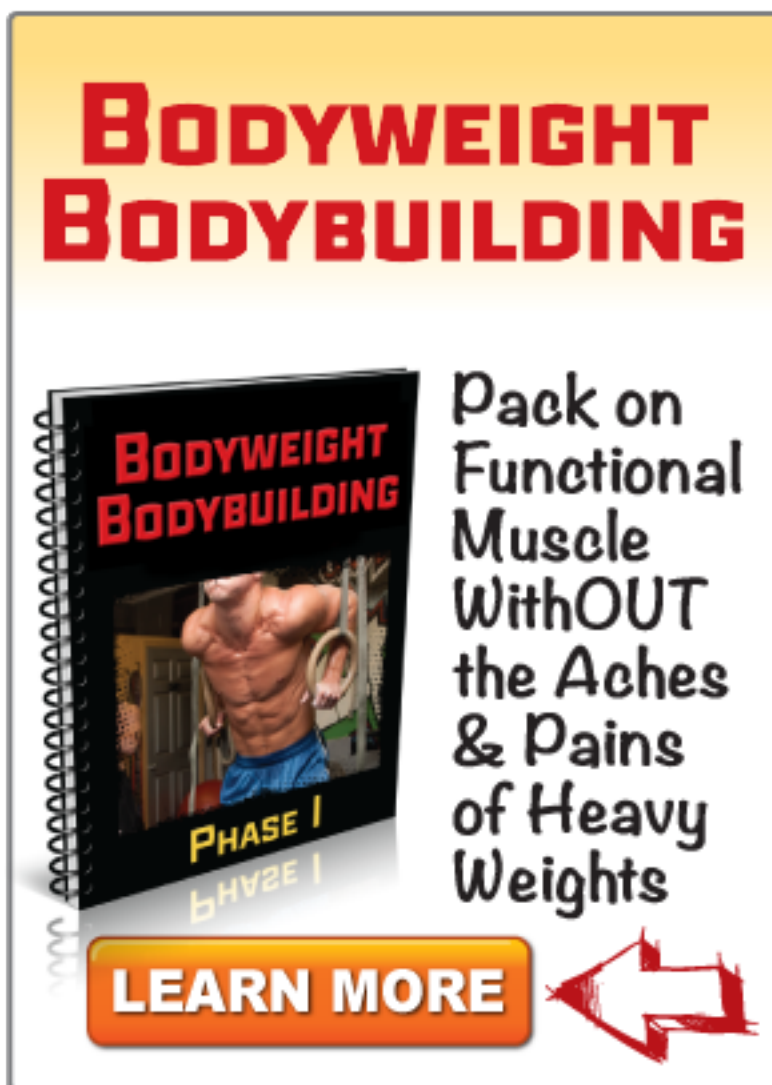
UNDERGROUND STRENGTH CATALOG RECOMMENDED RESOURCES



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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 or simply want to develop the body & performance of an athlete, THIS is the training program for you. One of our Most Popular training programs.

Click [HERE](#) for BW BB Details

THE UNDERGROUND STRENGTH COACH CERTIFICATION



<http://UndergroundStrength.org>

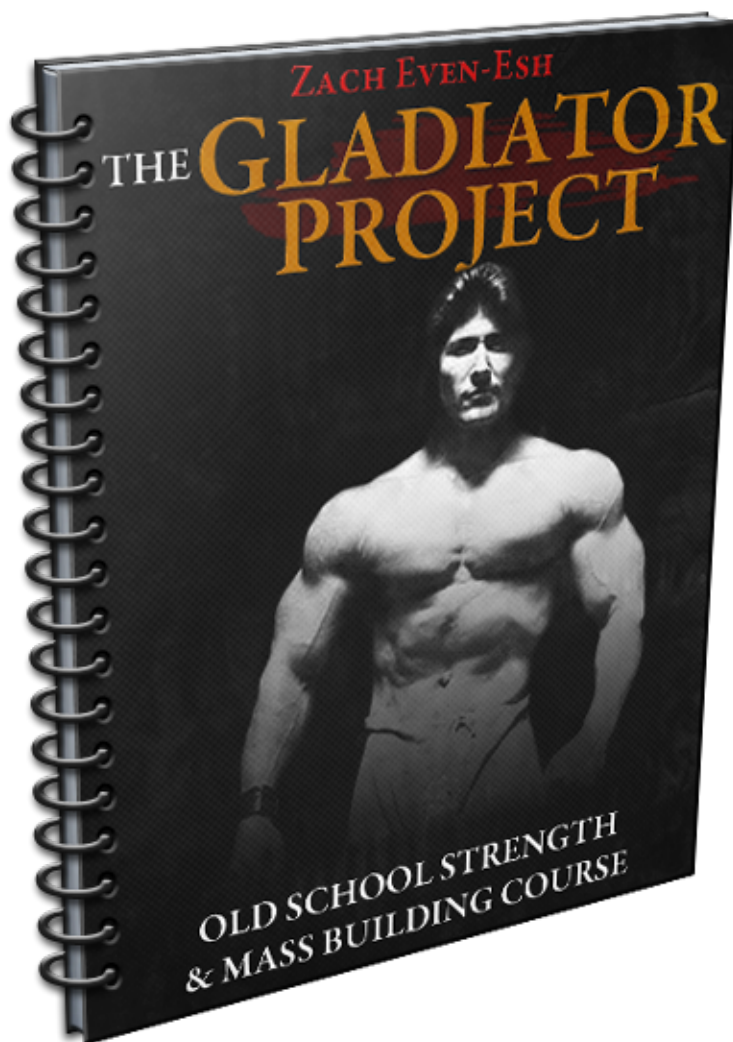
This is THE full blown, inside access to my training system, the behind the scenes of my gym & online business, the mindset & strategies that create success, powerful results and ALL the things you NEVER see either on my web site or on the web. Nothing is held back and your life is to be changed during this event.

CHECK OUT THE COUNTLESS SUCCESS STORIES HERE.

NOTE: Coaches receive a **LIFETIME Access To A Private Mastermind Group** with 24-7 access to me, daily connection to other Underground Strength Coaches as well as 1 Year of Underground Inner Circle Membership.

THE GLADIATOR PROJECT

OLD SCHOOL MASS BUILDING COURSE



All you need is free weights and your own body. This course is based on the old school methods of strength & bodybuilding, using workouts that Undergrounders around the world have used in their home gym, their garage or local commercial gym. Also included is a strength & mass building diet & nutrition guidelines.

DETAILS AT [HTTP://GLADIATORPROJECT.COM](http://GLADIATORPROJECT.COM)

[HTTP://RUSSIANLIONPOWER.COM](http://RUSSIANLIONPOWER.COM)

THE RUSSIAN LION POWER COURSE PLATINUM



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Honesty • Integrity
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**ASK QUESTIONS, HANG OUT &
BECOME STRONGER IN MIND, BODY & SPIRIT**

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