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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 book is not meant to supplement, nor 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 book, 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.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. 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 Train to Pin. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. This publication is intended for informational use only. Zach Even - Esh and Underground Strength Coach, LLC will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

Dear Wrestler, Coach & Wrestling Parent

I'm going to lay to rest some of the myths that are holding you back from success as a wrestler, or, if you're a Coach or Parent, holding back the wrestlers you train. Gimmicks and fancy BS tend to sell in the magazines or for fancy exercise equipment, but for the development of wrestling strength, speed / power, conditioning and mental toughness we're going to go back to the basics.

I've been on your side before. I spent an entire year losing wrestle offs to a kid who was stronger, tougher and more aggressive than I was. I got pinned EVERY single time!

I remember losing by 1 point my senior year to the county champ. I took him down, put him to his back and he benched press me off of him!

I made countless mistakes with my wrestling training and I payed the price for it. I still see wrestlers today making these mistakes. I'm gonna put those mistakes to rest so YOU can avoid the painful mistakes I made.

Mistakes that lead you to losing matches, getting pinned, being out-muscled, out-conditioned or simply out-toughened. **Those days are gone IF you choose to commit yourself to these rules.**

**These Workouts Are NOT Gonna be
Pretty OR Fancy
Results Are What Count, Period.**

RULE # 1: GET AS STRONG AS AN OX

The stronger you become through athletic movements the more explosive you become and the better your conditioning becomes. Strength is the foundation for which your wrestling performance relies on. To be a dominant wrestler, brute strength is a must. **More specifically, *strength endurance* is what a wrestler needs.** This is considered a “special strength” as is “power endurance”, both of which we focus on when creating our wrestling workouts. Once you become stronger, you will find that it is easier to finish your takedowns, easier to lock up pinning combinations and easier to escape on bottom.

THE TOP 10 EXERCISES TO BECOME A PINNING MACHINE

Trap Bar Deadlift / Straight Bar Deadlift



Deadlift Video Footage [Click HERE](#)

Video ==> <http://www.youtube.com/watch?v=Y1JdaS7zwOo>



[TrapBar DL Video HERE](#)

Video ==> <http://www.youtube.com/watch?v=6Msbin8JiZA>

[Barbell / Dumbbell Floor Press Video HERE](#)



Video Here ==> <http://www.youtube.com/watch?v=lQlb2S64AXo>



Above, Floor Pressing With Barbell & Dumbbell

Barbell / Sandbag Zercher Squats

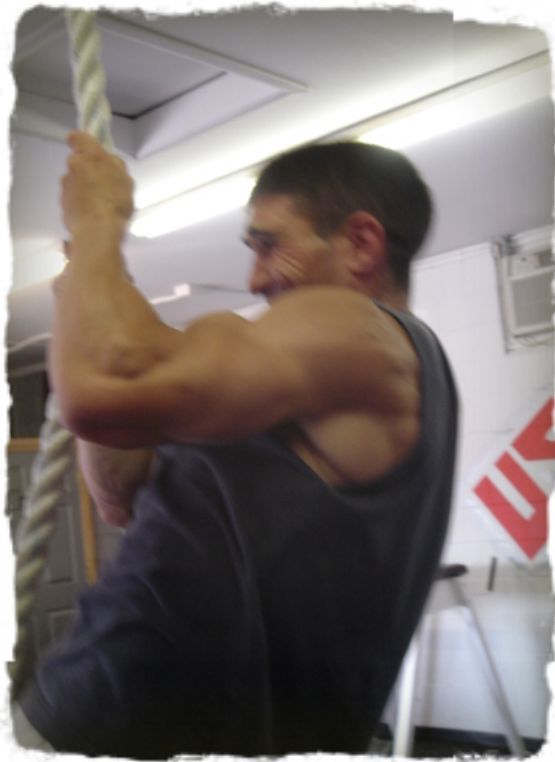


[Barbell Zercher Squat Video HERE](#)

Video Here ==> http://www.youtube.com/watch?v=Md9pM_5Q_C4

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**ALL Bodyweight Pulling Movements (Pull Ups, Rope Climbs,
Recline Rows, etc)**



Rope Climbing Video: <http://getwrestlingstrength.com/wrestling-training-and-rope-climbing>

Gorilla Strength Video: <http://getwrestlingstrength.com/wrestling-workouts-training-like-an-animal>

ALL Bodyweight Pushing Movements



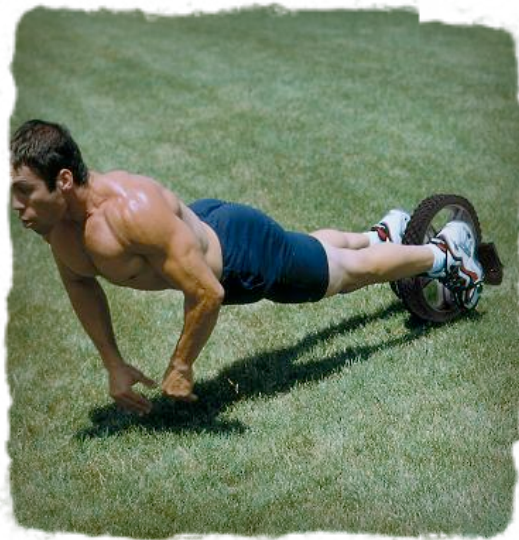
Rings Available at <http://CombatRings.com>

Wrestling Bodyweight Challenge Workout [HERE](#)

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Playground Assault - Bodyweight Playground Workout [HERE](#)
The Power Wheel for Core and Upper Body Strength - A MUST Have
Training Tool for Wrestlers

Hand Walking Variations with Partner, Power Wheel & Parallel Bars



Farmer Walk Variations ([Video HERE](#))



Upper & Lower Body Jump Training (Box Jumps, Plyo Push Ups, etc)



Odd Object Training ([Video HERE](#))



ODD OBJECT TRAINING IS NOTHING NEW. It has been around for centuries and used by wrestlers (as far back as we know) since the late 1800s and even prior.

The use of stones, heavy sledge hammers, **Sandbags**, tires, truck pushing / pulling and even tree logs are great ways to work muscles that simply do NOT get attacked when you train with conventional barbells and dumbbells.



[Stone Training Videos](#) [Click HERE](#)

Before you begin using odd objects, you must build a strong foundation in the basic movements using dumbbells and bodyweight. This will develop strength in your entire back side (posterior chain) as well as stability in your joints, both of which are critical when you begin wrestling with odd objects.

I also suggest starting with lighter weighted odd objects if possible to perfect technique. If technique is not on point, you dramatically increase your chances of injury so focus on technique first and your strength will improve readily.

[Click HERE](#) for Sandbag Strength Training Videos
[Click HERE](#) to Get Your Own Underground Sandbags





NOTE: The Various Movements & Methods Listed Above & All their variations are NOT the end all be all of movements you should choose from. There is MORE.

We also use **gymnastics movements in our workouts**, sprints on hills and up stairs, sprints using weighted sleds of various shapes and sizes and more strongman training variations as well. **You will see an entire system for you inside our [Train To Pin Course HERE](#).**

But, to unleash ALL of what we just listed above will confuse you and lead to sporadic progress. **You need a systematic approach to keep progressing**, day in and day out. You need to start with the basics and attack them religiously and get EXTREMELY good at them, aka, Strong as all heck at these basic movements! Strength is a skill and must be practiced regularly if you want to improve at it. Inside [Train To Pin](#) we lay out a complete beginner program if you are new to working out in addition to a full blow course progressing you from a beginner level to a Pinning Machine!

Practice the bodyweight movements regularly, such as handstand push ups, rope climbs, ring training exercises and hand walking. If you have a [power wheel](#) you can hand walk anywhere, if not, use a partner from your team.

When training for strength, you do NOT need to go to exhaustion or fatigue as this often leads to poor form, dangerous technique and over training. Your body must recover to develop strength. If your body is always torn down and beat up from the heavy, intense training you will always be in a state of recovery. Being broken down like this will actually turn you into a weaker and slower wrestler!



**Above, Feared AND Famous Wrestler, George Hackenschmidt,
aka *The Russian Lion***

The strongmen wrestlers of the late 1800s and early 1900s all approached their strength training as a skill, so, they never trained to fatigue. Instead, they practiced wrestling, sprinting, olympic lifts with barbells and dumbbells, stone lifting, heavy band training (sometimes called cable training) and gymnastics.

To improve your conditioning, perform explosive bouts of intense activity followed by incomplete rest periods. **Here are some highly effective conditioning methods:**

- Jump Rope Speed Intervals
- 400 Meter sprints with incomplete recovery time (rest 30 seconds between runs)
- Swimming Intervals at high speed (swim sprints w/short rest periods)
- Hill Sprints
- Hill Sprints + Calisthenics or Pummeling at Top of Hill (walk down, repeat)
- Stadium Stair Sprints, Jumps, Hops, Wheel Barrows
- **Battling Ropes**
- **Metabolic Conditioning** (Mixing strength work and conditioning into aggressive circuits)

Before we move on to the workouts, there has been a HUGE misconception on the use of strongman training. I see wrestling clubs and inexperienced Coaches using these methods before the wrestler is physically ready for these advanced techniques and the coaches allow the wrestlers to train with dangerous technique. This is another case of wrestlers being fooled by inexperienced coaches because they have the same “training tools” as someone else does, yet no REAL understanding of how to properly AND safely apply these principles and methods.

It's the same as me having a truck full of Footballs. Am I now qualified to coach Football? Absolutely NOT. Don't be fooled by Coaches trying to copy others with NO real understanding or experience in the realm of properly applied strength and conditioning.

Here are a few Videos for you to review for safety:

[Tire Flip Instructional](#)

[Tire Flips + Sledge Hammers + Kettlebells](#)

[Log Clean & Press Video Footage](#)

Now, let's get started with your workouts. They are basic and simple, but NOT easy. If you are NOT ready for these workouts, use your best judgement and build yourself up to these workouts through proper introductory workouts as we outline fully for you in **[Train To Pin, HERE](#)**

Below are 12 Wrestling Workouts. You can train 2 x week or 3 x week, preferably not 2 days in a row for optimal recovery and results. If you don't understand how to properly perform the movement, simply go through the videos at

<http://GetWrestlingStrength.com> to see video instructional or click colored links.

Warm Up & recover fully before / after each workout w/ calisthenics, jump rope / movement, soft tissue work by rolling on medicine balls, lacrosse balls &/or foam rollers.

Let's GO!!!

**** Important Training Notes ****

Submax Reps = Leave 1 - 2 reps in the tank

Heavy Sets = Use a heavy weight / strength focus

Medium Sets = Use moderate weight / speed strength focus

Workout 1

- 1) Deadlift (straight bar or trap bar): 2 - 3 warm up sets, 3 heavy sets of 3 - 5 reps
- 2A) Handstand Holds or Push Ups 5 x submax reps
- 2B) Mixed Grip Pull Ups 5 x submax reps
- 3) Run 1/2 Mile as fast as possible
- 4) Ab Circuit: 3 exercises x 15 reps each

Workout 2

- 1) Barbell or Sandbag Zercher Squat: 2 - 3 warm ups, 3 moderately heavy sets of 6 - 8 reps
- 2) Dumbbell Farmer Walks: 3 x 150'
- 3) Rope Climb 3 x 1 (rope should be 12-18' in length)
- 4) Jump Rope x 6 minutes with mixed foot work
- 5) Hanging Leg Raise 2 x 10 reps

Workout 3

- 1) Run 1/4 Mile as Fast as Possible
- 2) Walking Lunges w/Dumbbells or Sandbag 3 x 10 ea. leg
- 3A) Weighted Push Ups 4 x 8-12 reps (use weighted back pack, weight vest, chains or plate on back)
- 3B) Recline Rows 4 x MAX reps (use **rings** or ropes)
- 4) Run 1/4 Mile as Fast as Possible
- 5) Abs + Grip 4 x each (**[Grip Videos HERE](#)**)

Workout 4

- 1A) Floor Press w/Barbell or Dumbbells: 2 warm up sets, 3 heavy sets x 5 - 8 reps
- 1B) Weighted Pull Ups: 1 warm up with bodyweight, 4 sets with weight x submax reps

- 2A) Sled Drags Forwards / Backwards 4 x 200' (switch direction every 100')
- 2B) Sandbag Carry 4 x 100'
- 2C) Dumbbell Farmer Walk 4 x 100'

Workout 5: Circuit

5 Rounds for Best Time:

- 1A) Run 1/4 Mile
- 1B) Rope Climb
- 1C) Mixed Style Push Ups x 20 reps
- 1D) Sledge Hammer Strikes x 20 (switch top hand at 10 reps)

Workout 6

- 1A) Sandbag Clean & Press: 2 warm up sets, 3 heavy sets x 3 - 5 reps
- 1B) Recline Rows: 1 warm up set, 4 x max reps
- 1C) Jump Rope 5 x 100 speed reps

- 2) Sledge Hammer Strikes x 100 total (50 each side) for Best Time
- 3) Ab Circuit: 4 exercises x 15 reps each

You will repeat Workouts 1 - 6 again (7 - 12) and will notice slight changes. This allows you to improve skill, strength, technique and conditioning. This is very similar to how you wrestle, getting better and better at the basics, drilling them over and over again! **Your goal with workouts 7 - 12 is to use heavier weights, use better technique and to finish the workouts faster.**

Workout 7

- 1) Run 1/4 Mile as Fast as Possible
- 2) Deadlift (straight bar or trap bar): 2 - 3 warm up sets, 3 heavy sets of 5 reps
- 3A) Handstand Push Ups 5 x submax reps
- 3B) Mixed Grip Pull Ups 5 x submax reps
- 4) Run 1/2 Mile as fast as possible
- 5) Ab Circuit: 4 exercises x 15 reps each

Workout 8

- 1) Barbell or Sandbag Zercher Squat: 2 - 3 warm ups, 3 medium sets of 10 reps
- 2) Dumbbell Farmer Walks: 3 x 150'
- 3) Rope Climb 3 x 1 (rope should be 15' in length)
- 4A) Jump Rope x 100 speed reps (50 forwards / 50 backwards)
- 4B) Partner or **Power Wheel** Hand Walk x 50'

Workout 9

- 1) Run 1/4 Mile as Fast as Possible
- 2) Walking Lunges w/Dumbbells or Sandbag 3 x 12 ea. leg
- 3A) Weighted Push Ups 4 x 10 - 15 reps (use weighted back pack or plate on back)
- 3B) Recline Rows 4 x MAX reps
- 4) Run 1/4 Mile as Fast as Possible
- 5) Abs + Grip 4 x each (Grip Videos **HERE**)

Workout 10

- 1A) Floor Press w/Barbell or Dumbbells: 2 warm up sets, 3 heavy sets x 6 - 8 reps
- 1B) Weighted Pull Ups: 1 warm up with bodyweight x MAX Reps, 4 sets with weight x submax reps

- 2A) Sled Drags Forwards / Backwards 4 x 200' (switch direction every 100')
- 2B) Sandbag Carry 4 x 100'

2C) Dumbbell Farmer Walk 4 x 100'

Workout 11: Circuit

5 Rounds for Best Time: (Beast Last Time)

1A) Run 1/4 Mile

1B) Rope Climb

1C) Mixed Style Push Ups x 20 reps

1D) Sledge Hammer Strikes x 20 (switch top hand at 10 reps)

Workout 12

1A) Sandbag Clean & Press: 2 warm up sets, 3 heavy sets x 5 reps

1B) Recline Rows: 1 warm up set, 4 x max reps

1C) Jump Rope 5 x 100 speed reps

2) Sledge Hammer Strikes x 100 total (50 each side) for Best Time

3) Ab Circuit: 4 exercises x 15 reps each

IF THESE WORKOUTS ARE TOO HARD FOR YOU....

Or, you are unable to perform them with proper technique, you need to practice 5 days a week the pull up, rope climb, handstand push ups, truck pushing, hill sprints, push ups, jumping rope.... The Basics of Bodyweight Training!

Good luck to you in your wrestling and I look forward to hearing about your newfound success on the mat AND in life. The lessons you will learn through wrestling and the training you use to prepare for wrestling will help you become a Leader in the real world.

Dedicated to Your Success,

-- Zach Even - Esh --

Founder, Underground Strength Gym

Wrestling Strength & Conditioning Courses

The Underground Strength System & Train To Pin - [Click HERE](#) For Details On Becoming A Pinning Machine

