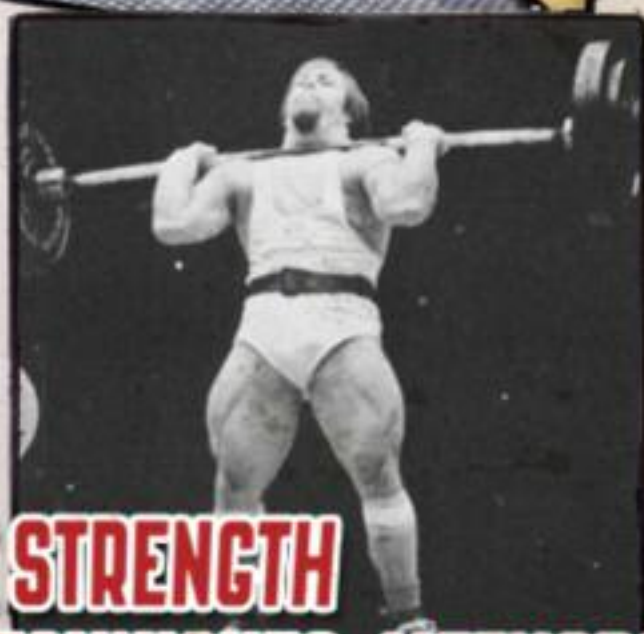


# **OLD SCHOOL**

**BY ZACH  
EVEN-ESH**

## **STRENGTH POWER & MUSCLE**



## **EXPLOSIVE STRENGTH & MUSCLE BUILDING TECHNIQUES, METHODS & WORKOUTS FROM THE 50S, 60S & 70S**

**EXPLOSIVE STRENGTH  
& MUSCLE BUILDING  
TECHNIQUES, METHODS  
& WORKOUTS  
FROM THE 50s, 60s & 70s**

**BY ZACH EVEN - ESH**

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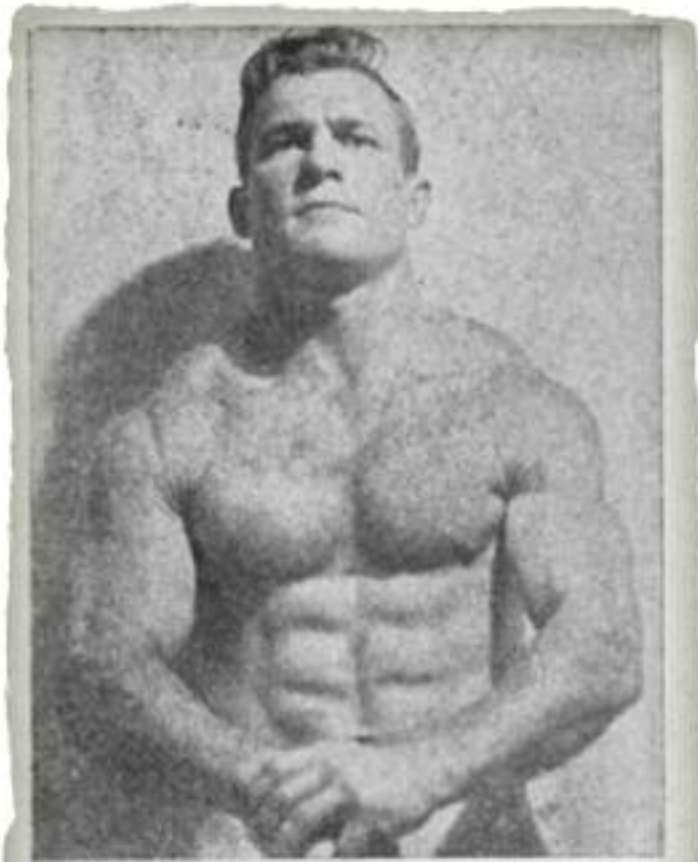
# WHY YOU NEED OLD SCHOOL TRAINING



**T**he men of the past knew how to train for strength and serious muscle. In my eyes, the “past” wasn’t that long ago. It was the late 80s and the early 90s when men trained like men, ate like men and strength AND muscle were synonymous.

The bodybuilders I knew and trained with ALL did heavy squats, deads, presses, rows, etc. MANY bodybuilders trained side by side WITH the powerlifters, there was no separation amongst these two groups.





*T/S ELLWOOD HOLBROOK, second place winner in the light-heavyweight class at the Sr. Nationals. After the meet he gave the audience a demonstration of the bent press, his favorite lift, and he easily pressed 250 pounds. He is stationed at Lincoln, Neb.*

Today, I see guys showing up to the gym with their hair done, sun glasses, cool looking socks and fashionable shirts. In between sets they check their hair, their cell phones and talk about gossip stuff the same way old women do in their 70s.

I'm on a mission to bring Old School Workouts back to the forefront. Strength is an important trait to have. Strength of your muscles, your mind and the development of a "Never Quit" Spirit.

You can expect these workouts to help you develop those 3 traits, BUT, let's NOT make this a commercial with tricks and empty hype. YOU are gonna have to do some WORK here. Make NO mistake about it.

Let me assure you something about the GREATS in the world of lifting and sports. They ALL utilize the basics over and over. They have a love and passion for the basics. They don't want fancy exercises that look cool, they only care about results, as should you.

This manual will not bring forward fancy, innovative, crazy exercises. I'm here to give you what REALLY works, nothing less. If it's a barbell you've got, you're going to squat, press, push and row it. Same goes for the stone or the sandbag. It will be the same movements no matter what the tool. You will have to fall in love with becoming stronger than yesterday. Improvement in some shape or form, be it physical or mental, is a must have to achieve success.

There will not be an excess of variety either. Variety is not as necessary as many think. Too much variety in your workout program and exercise selection and you will never improve your skill in a movement.

Olympic Lifters aggressively practice the olympic lifts and the variations, as do powerlifters.

This might be a wake up call for you to get back to the basics you used to follow until you got swept up in this trend towards being a fitness model of some sort, or, it may be completely new to you as you cross over to the “Dark Side” for your very first time.

Either way, welcome aboard, I am proud of you and honored that you have made this commitment to bettering yourself.

## **EQUIPMENT NEEDED: BARBELLS, DUMBBELLS & BODYWEIGHT**



The dumbbell exercises can be replaced with Kettlebells if you wish. Having a power rack will be helpful, but not necessary. Training can simply be performed in a basement or in your garage.

Your training area **MUST** be free of distractions. Get a stereo and pump your favorite tunes to eliminate all background noises or train in silence, as you wish. Do not allow phone, e mail, TV, etc to distract you.

I once read an article from a popular fitness author who trained at home yet he claimed how he was always tempted to stop every 10 minutes and run to check his e mail. Training time must be uninterrupted and intensely focused.

Too much technology will lower your testosterone levels. I'm no Doctor but I gotta say, it is insane to see how much time and energy people waste sitting behind a computer on social networks and the like.





# HERE IS THE LIST OF OLD SCHOOL STRENGTH EXERCISES YOU WILL “POOL” FROM (PLEASE REVIEW ALL VIDEOS LINKED BELOW):

**\*\* You can use Kettlebells in place of Dumbbells if you prefer \*\***  
**\*\* Kettlebells available HERE: [www.undergroundkettlebells.com/](http://www.undergroundkettlebells.com/)**

1. Bench Press - Video HERE → <http://www.youtube.com/watch?v=jWigq0zyinU>  
& Floor Press - Video HERE → [http://www.youtube.com/watch?v=FFQ\\_usGb9eo](http://www.youtube.com/watch?v=FFQ_usGb9eo)
2. Deadlift - Video HERE → [http://www.youtube.com/watch?v=FFQ\\_usGb9eo](http://www.youtube.com/watch?v=FFQ_usGb9eo)
3. Zercher Squat - Video HERE → <http://www.youtube.com/watch?v=gl85dLLw-KY>
4. Back Squat - Video HERE → <http://www.youtube.com/watch?v=f-65MEWaVY>
5. Swings - Video HERE → <http://www.youtube.com/watch?v=DIrz4VcZQEM>
6. Snatch - Video HERE → <http://www.youtube.com/watch?v=4gKBk2wyZ8o>
7. Overhead Press - Video HERE → <http://www.youtube.com/watch?v=uucszJRyOWw>
8. Bent Press - Video HERE → [http://www.youtube.com/watch?v=Id0Ku5q\\_qH0](http://www.youtube.com/watch?v=Id0Ku5q_qH0)  
& Instructional Video HERE → [http://www.youtube.com/watch?v=Id0Ku5q\\_qH0](http://www.youtube.com/watch?v=Id0Ku5q_qH0)
9. Clean & Press - Power Clean Video HERE → <http://www.youtube.com/watch?v=mCUmi2oqlvA>
10. Turkish Get Up - Video HERE → <http://www.youtube.com/watch?v=RNVi6H3OUVs>
11. Get Up Sit Up - Video HERE (I prefer these 1 arm at a time)  
→ <http://www.youtube.com/watch?v=tfrRVi080Js>
12. 1 Arm Rowing - Video HERE → <http://www.youtube.com/watch?v=utmQXXVQfqc>
13. Good Mornings - Video HERE → <http://www.youtube.com/watch?v=RaO-7OhH3Sc>
14. Barbell Snatch - Video HERE → <http://www.youtube.com/watch?v=7h4r8tWGAKM>

**T**hese movements are all basic lifts and can be performed using both 1 and 2 hand lifts, barbells, dumbbells or kettlebells. Variations can be added by changing the angles of a bench, using different barbells, standing on blocks, squatting onto a box, etc.

Many of these movements are ground based lifts, forcing your entire body to work as one unit. Even the floor presses require your legs to work as you drive them into the floor and squeeze your abs and legs throughout the exercise.

Follow the specifics of each movement from the videos, making sure you perform all movements correctly is your number one priority. From perfect execution you can begin to add weights slowly.

Consistency and longevity with the basics will produce incredible results. As you become more advanced it can take longer and longer to add 5 or 10 lbs. to a best lift but your focus **MUST** be slow and steady gains.

Having the desire, will power and passion to stick to it is what brings forth results and separates you from those who complain about training and how they used to be in shape, could be in shape “only if \_\_\_\_\_” and those who “almost made it.”

The majority of the time, rep ranges will remain low on these basic movements to enforce proper form. As you advance you may choose to have a high rep day where you can perform reps anywhere from 12 - 20.

Otherwise, sets in the 2 – 5 rep range will work best for these movements. Other times you may want to utilize very high reps are when you find that results are starting to slow down.

Your body is sending you signals that it is ready for a change, and high reps will often do the trick. Try squatting heavy for 20 reps and you’ll experience a workout unlike ever before.

In addition to the above listed basic movements, you can certainly add your own exercises to round out the program in a way that keeps you passionate to continue training.

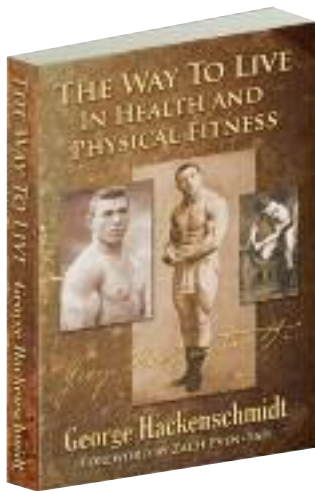
But, do **NOT** switch up the prescribed workouts beyond small tweaks when accommodating and adjusting around injuries or equipment availability.

Once you begin making all kinds of changes you truly are no longer following The Russian Lion Program and from there, the results are out of my ability to help you.



# OLD SCHOOL

## STRENGTH POWER & MUSCLE



In Hack's Book, 'The Way to Live', you should follow Hack's calisthenics and movement preparation exercises to supplement your training as well as warming up.

I advise my athletes to perform extra calisthenics throughout their day a few times a week. This works great for improving your technique on basic strength on movements such as push ups, squats, pull ups and abdominal exercises.

Every day, perform mobility and soft tissue work. My favorite resource for this is Mobility WOD <http://www.mobilitywod.com/> - Please utilize this web site daily to further improve health & longevity.

Time to get this show on the road. Remember: The strongest men did NOT get strong because they performed fancy workouts and neither will you. It might look cool on TV or in the magazines, but in the real world, basics WIN.



# PROPERLY PERFORMING THE OLD SCHOOL STRENGTH EXERCISES



## BARBELL / DUMBBELL FLOOR PRESS

(Video HERE w/Squats) —> [http://www.youtube.com/watch?v=FFQ\\_usGb9eo](http://www.youtube.com/watch?v=FFQ_usGb9eo)

If you have a power rack you can set up your barbell in the rack. If not, you have other options: One is to have a training partner deadlift the weight and hand it to you carefully, or, I have seen people place their barbells on milk crates or heavy duty wooden boxes.



For dumbbells, you will need a training partner, or, you can press one dumbbell at a time and get it into place on your own which is quite the challenge: Clean the dumbbell, squat down slowly and use free hand to support yourself (just as you would during a Turkish get up) and lay down slowly. When you are finished you can come up with a Turkish get up.

- Keep your elbows close to the body with the barbell. Do not take a wide grip, slightly wider than shoulder width is preferable. Lower the body as if it were going to touch your nipple line or slightly below and press straight back up.
- With the dumbbells, keep your palms neutral and elbow tight to the body.
- There is NO bouncing off the ground with either variation of the floor press.
- When using a traditional Bench Press, keep the grip no wider than slightly outside shoulder width, if possible, use a swiss grip barbell (neutral grip)

## FLOOR PRESS

(Video HERE) —>

[http://www.youtube.com/watch?v=FFQ\\_usGb9eo](http://www.youtube.com/watch?v=FFQ_usGb9eo)



1 Arm Dumbbell Floor Press



Above, the start of the Thick Bar floor press. Thick bars were often times the norm rather than the rarity back in the day. Because of this, the old timers ALL had tremendous grip strength.

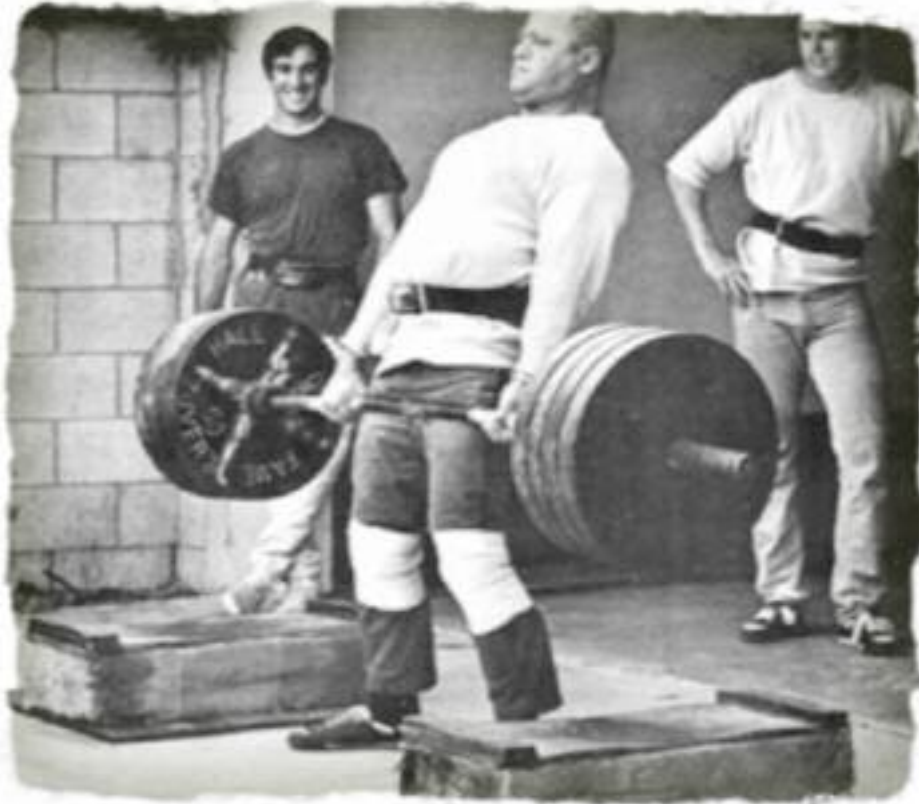


At the bottom of the floor press, your triceps gently touch the floor and then you explode the weight back up. There should never be a bounce from the floor.



### THE DEADLIFT

(Video HERE) —> [http://www.youtube.com/watch?v=FFQ\\_usGb9eo](http://www.youtube.com/watch?v=FFQ_usGb9eo)



The deadlift is as primitive as it gets. It sounds as simple as grabbing a barbell and ripping it off the ground, but, I will go over the finer points to help you maximize the benefits you will receive from this powerful exercise!

There are various types of deadlifts: sumo, stiff leg / Romanian deadlift and traditional bent leg. Most of you will use the old stand by, the bent leg deadlift, but, variation is always great for adding extra stimuli so every 3 – 4 weeks, feel free to switch up your deadlift style to give your body a break or replace the deadlift with the zercher squat.

Deadlifting can be brutal on the nervous system when performed all out every workout, week after week. I suggest keeping your efforts in the submax zone, which simply means leaving 1 – 3 reps in the tank.

***My motto is this:  
Kill the deadlift and the  
deadlift will kill you***



The body simply can not effectively tolerate heavy, maximum exertion deadlifts week after week. In addition, there is no need to perform more than 5 reps per set on the deadlift, and you will most regularly use the 2 – 3 rep range for deadlifts, unless you are experimenting with a high rep day.

With the bent leg Deadlift version, your feet will be shoulder width apart or slightly closer. You can grab with a double overhand grip if you prefer, but, to move more weight I suggest using an over – under grip.

Hand spacing is generally slightly wider than the shoulders, although some people feel comfortable going up to 12” wider than the shoulders.

Your low back must maintain its natural neutral curve, do not allow your lower back to round out. With heavy loads the upper back may round out, but be extra cautious with your low back.

Grip the bar with a vise like grip, tense your entire body, pressure on the heels at all times. Keep your arms straight (do not dip down, bending the arms and then snap up to lift the weight) and drive through your heels as you drive the weight up. Pause at the top for a brief moment and then lower the bar slowly by sitting back (push your hips and butt back). Sitting back keeps pressure on the heels and stops you from pitching forward. The barbell should be as close as possible to the shins and legs on the way up. It's not uncommon to scrape your shins with a properly performed deadlift.



On the Continent it is more usual for top physiques also to be top power lifters. Here ARNOLD SCHWARZENEGGER makes a new dead lift record of 710lb!



## DUMBBELL SWINGS

(Video HERE) —> <http://www.youtube.com/watch?v=DIrz4VcZQEM>



This heavy swing is one of the most powerful movements you can do for the hips and your entire back side. It is a very explosive, aggressive movement, so do NOT try to resist the dumbbell on the way down.

Instead, learn to “Go with the flow”, so when the dumbbell begins to come down from the top position (arms are parallel to floor or slightly higher at the top position), you should begin to push your hips back in sync with the upper body lowering the dumbbell.

The 2 hand dumbbell swing performed with a 130 lb. dumbbell. This is a very powerful movement for the back & hamstrings & you should NOT fear the use of Heavy dumbbells.

As shown in the old school pic with John Grimek, you CAN swing fully above the head or you can swing to arms parallel with the ground. My preference is to ALWAYS keep the free arm OFF your legs when swinging or performing ANY 1 arm lift.

The 1 arm dumbbell swing requires a tight, vise like grip to ensure the dumbbell does not slide around in your hand. Begin by deadlifting the dumbbell up, holding the dumbbell in the center of your body, feet slightly wider than the shoulders, upper back tight, shoulders pulled back tightly, low back arched naturally. The dumbbell should be held with your thumb facing up (neutral grip).

Next, push your hips back, pressure on your heels and swing the dumbbell back through and behind your legs. As the dumbbell travels through your legs and behind you, you will be in a 'Good morning' position. This position is not like a squat, instead, your hips are pushed back maximally and your legs / knees have a slight bend to them. The degree of knee bend would be that of a 1/3 squat. This will push your chest down as opposed to a regular squat where your chest is held high.

Once the dumbbell has stretched far through your legs, snap through with your hips as if someone just kicked you in the ass, this will ensure an aggressive hip snap. The hip snap is what generates the force to swing the dumbbell up.



Above, the 2 and 1 hand dumbbell swing.

Your body will be tight and completely upright at the top, make sure there is NO leaning back at the top. The dumbbell and your arm will / should reach parallel to the ground on a correct rep, but many old timers would raise the dumbbell almost entirely overhead. At the top, there will be a brief moment where the dumbbell is weightless, do NOT pull the dumbbell down, instead, let it come down on its own as you remain in sync with the movement of the dumbbell.

For the 2 hand dumbbell swing, Place both hands on the dumbbell handle, and once again, with a neutral grip. All the same principles apply as with the 1 hand swing, except, you may have preference to raise the dumbbell almost completely overhead, which was a popular way of performing the swing back in the early 1900's. Back then, they had swing dumbbells, with handles on each end and the weight centered in the middle (this was more comfortable than getting both your hands inside a dumbbell handle). The 2 hand swing also allows you to use a much heavier dumbbell, so go heavy on these.



### 1 ARM DUMBBELL SNATCH

(Video HERE) —> <http://www.youtube.com/watch?v=4gKBk2wyZ8o>



The critical cue to this movement is to “Pull and Punch”. You will aggressively high pull the weight straight up. Lead the movement with your elbow, ensuring your elbow is higher than your hand. Once the weight reaches just above your chin height, you need to quickly punch your fist up. The “punch” portion helps you keep this ONE smooth movement.

Be aggressive on this exercise and allow your feet to naturally jump off the ground as you use your entire body to pull the weight overhead.

## FLOOR PRESS & DUMBBELL SNATCH

(Video HERE) —> <http://www.youtube.com/watch?v=jWigq0zyinU>

Incorrect technique would result in getting the dumbbell stuck after the high pull and having to finish the movement with a shoulder press, which makes it look like two movements ( the clean & press), instead of one smooth power snatch. If you pull and punch aggressively, the weight will lock out overhead in a fraction of a second and there will be no hesitation or sticking points throughout the exercise.

Hold the dumbbell overhead for a 1 count to demonstrate control and work the stability in your shoulder, lower down to your shoulder, sit back and allow the weight to go down to approximately knee height and then begin your next rep with another “Pull and Punch. I prefer to look up at the weight when it is locked overhead which helps control the weight and keep focus.

## 2 ARM DUMBBELL PRESS

(Video HERE) —> <http://www.youtube.com/watch?v=uucszJRyOWw>



This is a very powerful full body exercise, and the push press is one I favor over any variation of the strict military press. I like using full body lifts as often as possible. Strict presses focus primarily on the upper body while a push press requires power from the feet to travel all the way up through your entire body, allowing your legs to get involved with the movement.

To begin, you must clean the dumbbells up to your shoulders, which is no small feat in itself, especially with a pair of heavy dumbbells! Using a neutral grip is preferable here and often times feels less stressful on the shoulder joints.

Cleaning the weight from the ground (Video HERE) —> <http://www.youtube.com/watch?v=mCUmi2oqlvA> up requires a slight dip in the hips and then an explosive upward pulling motion where you are exploding up on your toes and pulling the weights onto each shoulder. This requires a lot of leg, back and hip power so do not try to curl the heavy weights up using upper body only.

Your first rep, the clean, is a critical aspect of getting stronger and adding a lot of muscle to the back, shoulders and biceps.





With heavier weights, you may have to dip **UNDER** the dumbbells quickly as you press the weights up to help get the weight up. This dip and press is performed simultaneously and will take some practice. Often times this dip and press happens naturally as you move heavy weights overhead. This is what is called as the “Jerk”.



Above, preparing to clean the dumbbells.



Above, dumbbells held in the rack position of the clean.

## 1 ARM DUMBBELL PUSH PRESS / BARBELL PUSH PRESS

(Video HERE) —> <http://www.youtube.com/watch?v=uucszJRyOWw>

With the 1 arm dumbbell push press you will clean the weight up to your shoulder. Begin by taking a slight dip in the knees and explosively press the dumbbell overhead with the help of your lower body. Look at the dumbbell while overhead to aid in stability, hold it locked out for a brief pause and then lower under control.

Keep your elbow tight as well as every inch of your body. Those who press with strength tense their entire body as these men understand that overhead presses are truly full body movements!



Above, the Thick Bar being used for the clean and press. Thick Bar training was a regular part of strength training for the old timers. If you can use a thick bar for your training do so as often as possible. It is tremendous for developing a mighty grip.

## SPLIT JERK WITH BARBELL / DUMBBELL(S)

(Video HERE) —> <http://www.youtube.com/watch?v=7SU0tmbsIQc>

The barbell and dumbbell jerk require the dipping of your body under the weight at the same time as you press the weight overhead. This is often times easier learned with one dumbbell first, and progressing to a barbell jerk. I have found that some athletes gravitate towards the jerk naturally without coaching. They are pushing a heavy load overhead and naturally begin dipping under the weight as they struggle with a push press, and naturally end up performing a jerk. This is when the jerk is best used, when it naturally occurs.

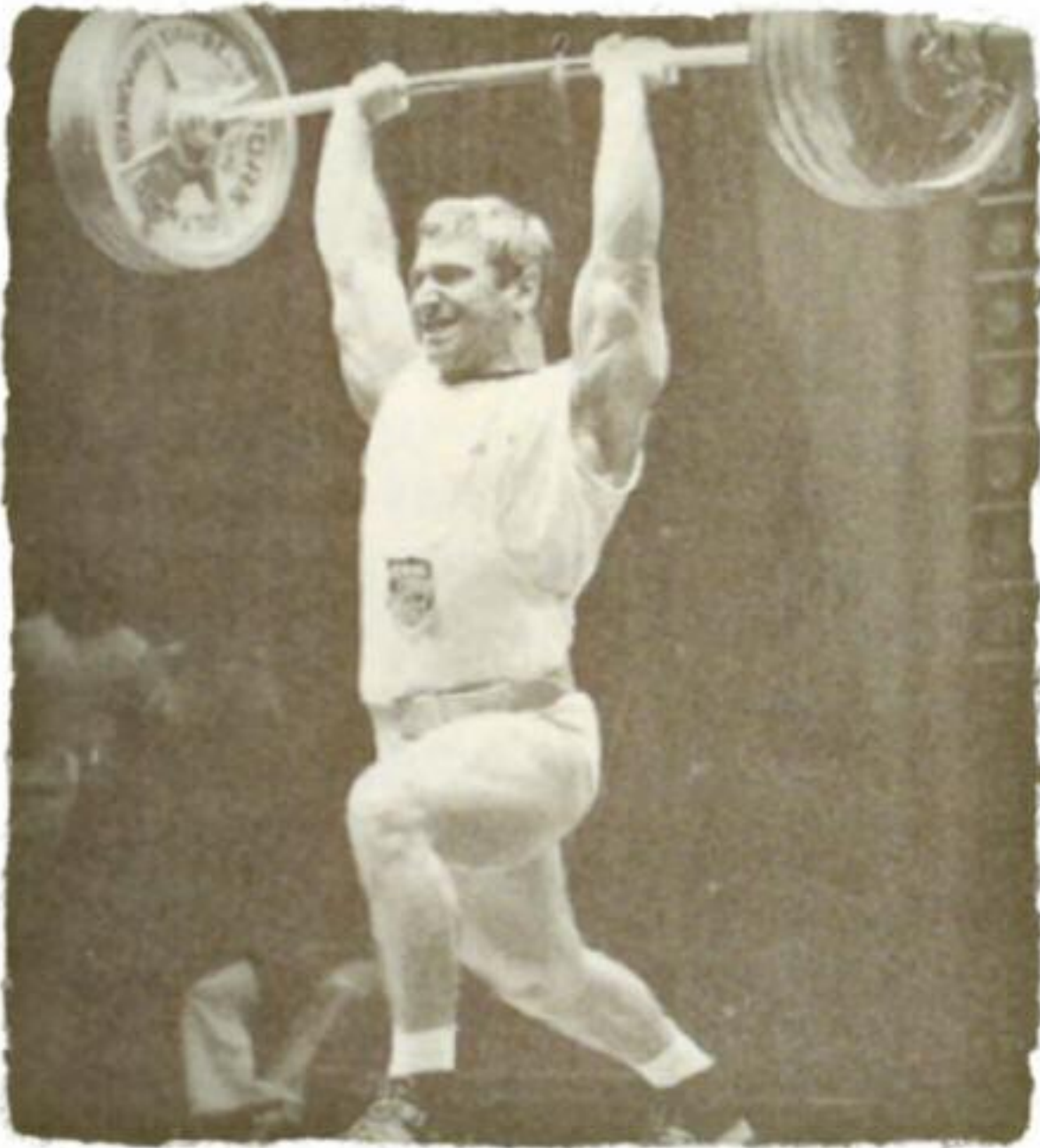


The Barbell Split Jerk. As you press the weight up you immediately dip under the weight with one leg lunging back. This movement is difficult to learn and I never teach it, but, as mentioned previously, some athletes will naturally begin performing the split jerk under heavy loads.





Above, the 1 Arm Dumbbell Split Jerk



Above, Barbell Split Jerk



### THE 1 ARM BENT PRESS

(Video HERE) —> [http://www.youtube.com/watch?v=Id0Ku5q\\_qH0](http://www.youtube.com/watch?v=Id0Ku5q_qH0)

The bent press was often performed with a barbell or a short bar. The short bar was approximately half the length of a traditional barbell but not quite as short as a dumbbell. The long bar was very challenging to balance and press, but men of the past were experts at leveraging weights and using their entire body as one powerful unit to move massive amounts of weight.

The hip must be kicked out to the side as far as possible, while the pressing arm must actually sit behind your lat. Do not misconstrue this movement due to the name being “press”. You will not be pressing the weight overhead as you do with other variations of the press. Instead, you will be rotating UNDER the dumbbell while holding the dumbbell in place. As you bend under the weight your arm will eventually be fully locked out and you will stand upright with the weight.

Although you are not pressing the weight, your entire body must work very hard to get under the weight and then stand upright with it, especially shoulder stability.







Left, The traditional old school style of bent pressing using a barbell.

Below, Bent Pressing a 200 lb Dumbbell



## ***Benefits of Bent Pressing***

There was a time when I was experiencing shoulder pains after preparing for a strength & conditioning competition / challenge.

Overhead presses, snatches, etc. were painful so I decided to test drive bent pressing with low reps (1 – 3 per set) and low volume. My shoulders immediately began feeling better and in no time I was using the 88 lb Kettlebell for bent pressing.

My shoulder pain quickly went away. My mobility and flexibility improved and I felt more athletic. The rotational movement required from the bent press is very unique and helps open up the body to a degree that does NOT get stressed through normal exercises and mobility exercises.

The bent press also strengthened my abdominals tremendously. The rotational aspect of this movement intensely works your abdominals, obliques & your entire trunk intensely.

I have found that the abdominals are often undertrained and weak. When you develop greater strength and stability in your abdominals your back will feel healthier & stronger. In addition to a healthier back, your numbers will improve in the critical strength and muscle building movements such as the zercher squat, back / front squat and deadlift.



Heavy bent pressing using two kettlebells at same time. This stresses the hands & grip to a MUCH greater degree.

[www.undergroundkettlebells.com/](http://www.undergroundkettlebells.com/)

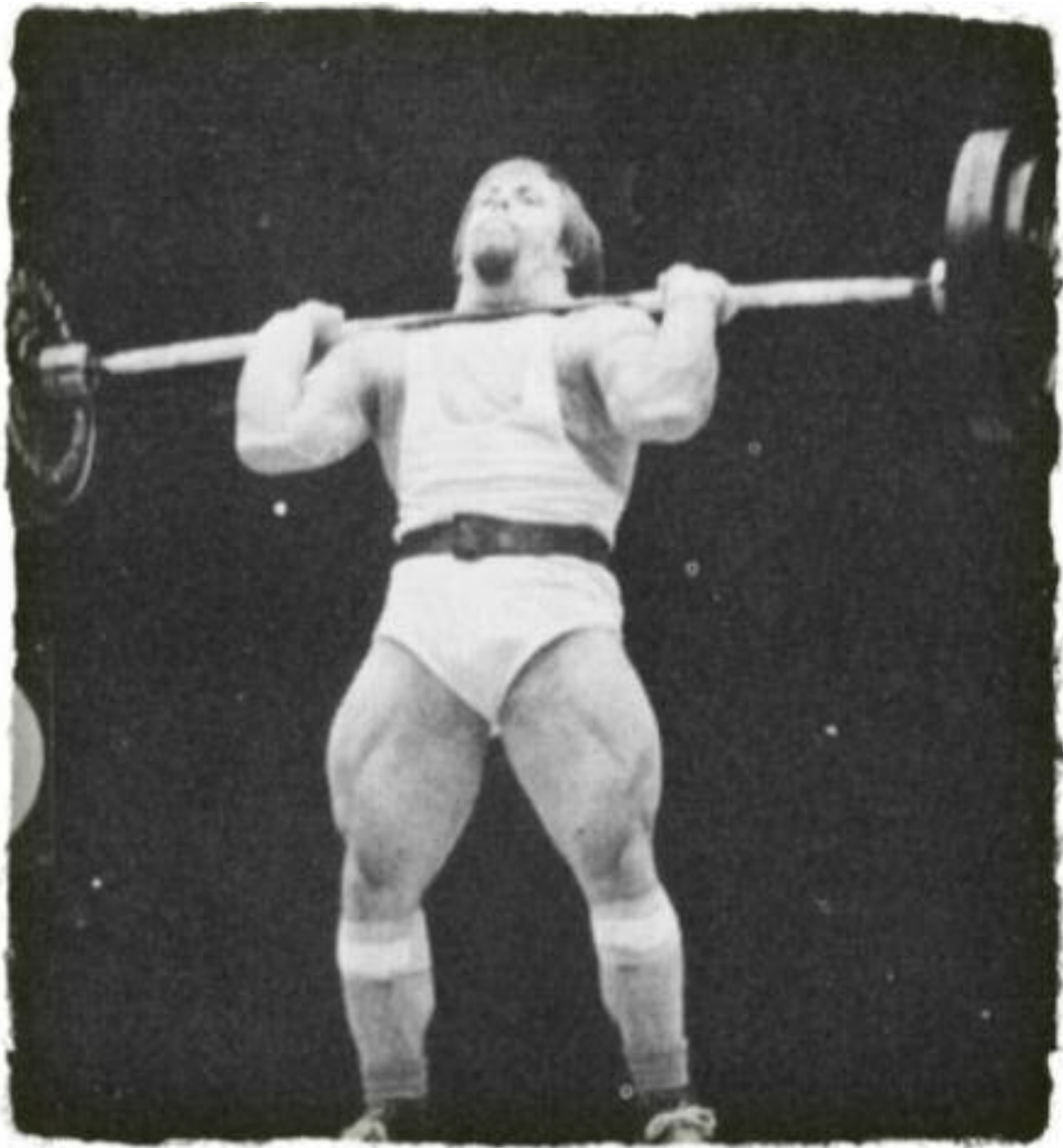
### THE CLEAN & PRESS

(Video HERE) —> <http://www.youtube.com/watch?v=mCUmi2oqlvA>





The 1 Arm DB Clean & Press is a very powerful yet super simple movement. The constant squatting, pulling and pressing make this a full body workout like no other. I enjoy one handed movements because the opposing side still works intensely as it must stabilize and remain tight throughout the entire movement. As the weight becomes heavier you may slightly shift away from the weight as you press it upward, making this a modified version of a bent press!



Above, the rack position of the BB Clean

The BB clean and press is another full body lift that ranks amongst the best of them. You can either perform this movement from the floor every rep, or, you can perform this is a hang clean where the bar goes down to approximately mid shin level.

Using too heavy a weight with the BB clean will result in poor form, especially for those not well versed in Olympic lifts. I recommend starting with the dumbbells first for all cleans and snatches and then progress to using both barbell and dumbbell. The 1 arm dumbbell clean can be learned quickly and easily.

With a barbell, the advantage is of course being able to use a heavier load. But, sometimes, there are people who are stronger using one dumbbell at a time and get better results from the dumbbell. To each his own. You will only learn by training regularly and seeing what works best for you!

### BARBELL CHEAT CURL



Richard Sorin said it correctly regarding the Barbell Cheat Curl, "Go heavy and cheat like hell!" Put your hips, legs and entire back and upper body into this exercise. Turn it into a hang clean using an underhand grip.





Above, 225 lb cheat curls with Casey Viator

### THE TURKISH GET UP

—> <http://www.youtube.com/watch?v=RNVi6H3OUVs>

This is a long forgotten and rarely used exercise. The reason is very likely because it is DIFFICULT, especially when performed with heavy loads. Your abs will receive a great deal of work here and you will need to be very explosive coming off your back or you will simply get stuck!



A very critical part in the TGU is to always keep your eye on the dumbbell overhead. This keeps the stability in the shoulder and helps you focus on standing up.

I suggest, as always, beginning with your non-dominant side first. For the most part, this is an exercise that should be performed first in a workout when you are fresh and at your strongest.



The TGU was actually a staple movement of strongmen from back in the day, and of course, you will never see this performed in a traditional gym. Only in old school gymnasiums, garages and basements will these be seen. And trust me, there are very, very few old school physical culture gymnasiums left in this world.



## BARBELL ZERCHER SQUAT

(Video HERE) —> <http://www.youtube.com/watch?v=gl85dLLw-KY>

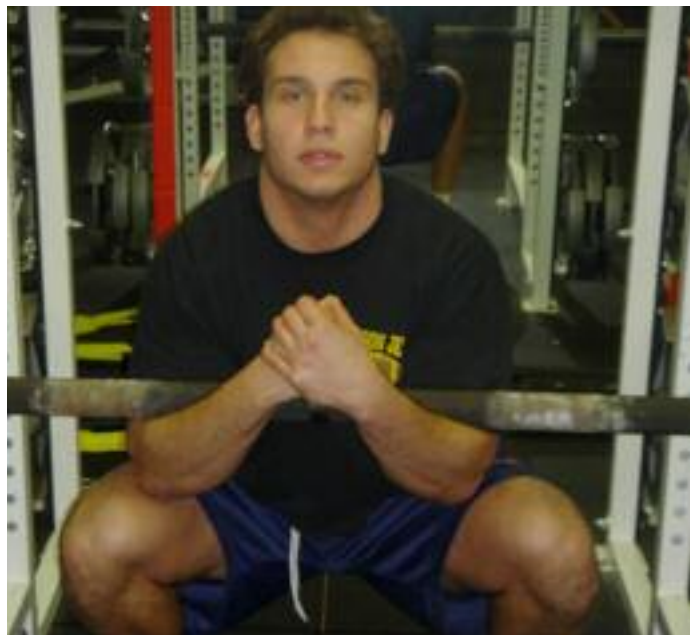
The Zercher Squat is a very powerful full body lift, and stresses the legs and back to the greatest degree. Using a thick bar is more comfortable in your arms than a traditional barbell, but, you can also wrap a towel around the bar to add some comfort.



You must keep your hands held as high as possible or the barbell will roll down your forearms. If your hands are lowered then your elbows will also drop and fall onto your quads ultimately limiting the full range of motion that is required in this movement.

In addition, keep your posture as upright as possible to prevent the weight from pulling your upper body down. This is where the strength of your back comes into play. Use a weight allowing for 1 – 5 perfect reps in the zercher squat.

I suggest alternating the zercher squat and deadlift every 2 – 4 weeks to avoid burn out from these two powerful exercises. If you do not own a power rack, then elevate the barbell by placing it on milk crates or another sturdy object. This will allow you to get under the bar and situate yourself properly. It is said that this movement was used often in prisons where no squat racks were available and the powerlifters in the prisons would begin the lift from the ground, a very difficult feat when used with heavy loads!





Bill Clark, the author, and an associate editor of Lifting News, is shown making a 405 Zercher lift. This was named after the famed old time Missouri strong man who developed and practiced it. A full squat is done while holding the weight in the elbows, as shown, and if you think this isn't rough, just try it. Bill has done 455 in this manner. He is shown performing before the Leavenworth prison in July at a contest he helped to promote there. Bill has also performed a 505 squat, 550 dead lift and 590 in the hack lift.

### GET UP SIT UP

(Video HERE) —> <http://www.youtube.com/watch?v=tfrRVi080Js>

Performing weighted abdominal movements are an excellent way to help increase your strength in big lifts such as squatting and deadlifting. The get up sit up is a very powerful movement and is a MUST have in your workouts.

Performing endless sit ups and crunches will be nothing in comparison to 2 or 3 heavy sets of the get up sit up using 5 reps per hand.



Using a Kettlebell or Dumbbell, lay flat on your back, legs straight and with the bell locked out. Keep your eye on the bell and explosively perform a straight leg sit up. Lower yourself slowly with a 3 – 5 count and repeat for desired reps. To use more weight, have a partner hold your legs down or anchor your legs under a heavy sandbag or lock your feet in a pair of heavy kettlebells.



## THE KING: THE BARBELL BACK SQUAT

(Video HERE) —> <http://www.youtube.com/watch?v=f-65MEWaVY>



If you happen to have a pair of upright stands or even a make shift squat rack, this exercise is a must have. But, this manual is centered more so around using **ONLY** a barbell and dumbbell, having nothing else. But, if you can, back squats are **AWESOME** and develop strength and muscle gain like nothing else.

Showing Dave Draper performing a **FULL** squat was only fitting, as this is how the old timers trained. Today, you can walk into most gyms and the majority of guys are squatting half way down and refuse to squat to at least parallel position.

When I first began training old school, it was in my parent's home in their small, cramped, run down garage. I bought an **OLD** pair of upright racks that allowed me to squat, which I **KNEW** was critical. I **ALWAYS** loved squatting, and I was smart enough to vary the sets and reps. Heavy squatting is not the only way to go. Sets of high rep squats with moderate weights can be brutal, and this was the way of Arthur Jones when he trained bodybuilders using **HIT**. Squats were performed for 20 – 30 reps until complete exhaustion.

If you have no upright stands for squatting, you will stick to the zercher squat, the deadlift and the Romanian deadlift (stiff leg deadlift). If you have upright stands, you should definitely use them for lower body as I have prescribed, performing a variety of set – rep patterns.

Here are a few set – rep patterns for you to follow for the Basic Movements:

- 10 x 2 reps (Great for Power OR Strength)
- 5 x 5 reps (GREAT blend of strength & muscle building)
- 8 x 3 reps (Great for Power OR Strength)
- 20 x 2 reps (1 set on the minute x 20 minutes)
- 30 x 1 rep (1 rep every 30 seconds)
- 1 x 20 – 30 reps (HIT style - 1 ALL Out Set!)
- 4 x 12 reps (Bodybuilder / Hypertrophy)

The above patterns will constantly keep your lower body guessing, but even better, all the squat variations you will be using have a positive effect on your upper body. This simply means they help your upper body grow! I suggest rotating squats, deadlifts and zercher squats every 2 – 3 weeks.

Rotating these movements will allow you to work the same movement pattern, which is in essence squatting, yet not the same exact exercise. This helps avoid burn out, injury and getting stale on one exercise.

If you've been at the iron game for some years, you know that constant repetition in the same exercise over and over again will eventually lead you to a brick wall.

Some simple Variety is going to keep the body growing while remaining healthy on a regular basis.

## GRIP EXERCISES

(Video HERE) —> <http://zacheven-esh.com/gift2/>

Many people use tons of chalk on their hands while perform grip training which is a big mistake. You want to strengthen and challenge your grip so do not give yourself an extra advantage with chalk. If you do use chalk, use it minimally!



Plate pinching is a great way to strengthen your hands and fingers. Keep the outer plates on the smooth side and try to use minimal chalk. Using 10 lb. plates works best here, with holds of 5 – 15 seconds per set. You can perform these one hand at a time or work both hands at the same time. There are grip specialists who perform this as a feat of strength using large Olympic plates ranging from 25 – 45 lb. plates!

The wrist curl is great for adding muscle to the forearms as well as developing wrist strength. Wrist strength is often a major weak link in the overall picture of hand and grip strength. If your wrists are weak you can not flex your wrists under heavy loads. Being able to flex your wrists while holding heavy objects helps you get a stronger grip. Perform wrist curls for sets in the 10 – 30 rep range. High reps are brutal and work great for adding muscle while heavier loads and lower reps strengthen your wrists greatly.







The Grimek forearms get a workout as he winds up a 25 pound plate on the wrist roller. This exercise can also be done by placing the arms downward and using a heavier weight.

You see Hack using the wrist roller in his book. These can be made with a wooden dowel and some rope or chain or using PVC piping. These are excellent for developing the flexors and extensors of the forearms.

# HOW MANY EXERCISES PER WORKOUT?

It is recommended to perform only 2 – 4 exercises per workout with these old school movements. Instead of performing countless exercises, you should focus on a select few with a higher numbers of sets (5 sets per exercise minimum) and low reps (1 – 5 reps per set). This will be the type of set – rep scheme best advised to develop absolute strength and high skill in each movement.

If you decide to perform only one exercise for a workout, I suggest you utilize some form of a full body movement, although there truly are no absolutes for how one must train due to the fact that everyone responds differently. If you want to deadlift or overhead / floor press only for 20 – 30 sets for 1 – 3 reps per set, then go for it! Some of the strongest men in the world perform these workouts with 20 – 30 sets of low reps and reap tremendous results in strength development.

# OLD SCHOOL STRENGTH & MUSCLE BUILDING WORKOUTS

## **Notes:**

- Rest Periods are 45 – 90 seconds between each set.
- You can add calisthenics to finish your workouts as described in ‘The Way to Live’
- Sets listed are “working sets” - perform as many warm up sets as you need before jumping into your heavy, working sets
- Train 3 - 4 x week (every other day works best on heavy lifting routines)
- On rest days, remain active with “play” - swimming, tennis, jogging, light sport practice, etc.
- NEVER skip the “old school warm up” listed below

Old School Warm Up: Perform 2 rounds with soft tissue work / mobility work before each round. Mobility Videos. Video # 1 <http://www.youtube.com/watch?v=y5NKZJDLuo4>  
& Video # 2 <http://www.youtube.com/watch?v=y5NKZJDLuo4>

**\*\* Sample Warm Up - Video HERE <http://www.youtube.com/watch?v=Gt5o8B4cWy0> \*\***

- 1) Soft Tissue x 3- 5 minutes
- 2) Jump Rope x 1 minute
- 3) Yoga Push Ups x 10 reps - Video HERE --> <http://www.youtube.com/watch?v=Xp-7fMVFDsY>
- 4) Pull Ups OR Recline Rows x 10 reps
- 5) Walking Lunges x 6 ea. leg
- 6) forward / backwards jog x 50 ft. each direction
- 7) side shuffle x 50 ft ea. direction
- 8) skip forwards / backwards x 50 ft ea. direction
- 9) hop on one foot x 25 ft. ea. foot
- 10) moderate sprint x 100 ft.
- 11) band pull aparts (overhand, underhand) x 10 reps each
- 12) band dislocators x 10 reps



### Workout 1

- 1) Deadlift 8 x 3 reps
- 2) Barbell Floor Press 8 x 3 reps
- 3) Get Up Sit Up 2 x 5 each arm

### Workout 2

- 1) Zercher Squat 10 x 2 reps
- 2) 1 Arm Dumbbell Push Press 5 x 3 reps
- 3) Barbell Cheat Curl 2 x 5 reps

### Workout 3

- 1) Barbell Hang Clean & Press 10 x 2 reps
- 2) 2 Hand Dumbbell Swing 4 x 10 reps

### Workout 4

- 1) 1 Arm Dumbbell Push Press 5 x 5 reps
- 2) 1 Arm Dumbbell Snatch 5 x 5 reps
- 3) Get Up Sit Up 3 x 3 reps each hand

### Workout 5

- 1) Barbell Push Press 15 x 2 reps
- 2) Barbell Cheat Curls 3 x 3 reps

### Workout 6

- 1) Zercher Squat 5 x 5 reps
- 2) Deadlift 5 x 1 rep
- 3) 2 Hand Dumbbell Swing 2 x 12 reps

### Workout 7

- 1) Turkish Get Up 5 x 2 reps ea. side
- 2) Dumbbell Bent Press 5 x 3 reps ea. side
- 3) 1 Arm Dumbbell Snatch 5 x 3 reps ea. side

### Workout 8

- 1) Barbell Hang Clean & Press 5 x 5 reps
- 2) 1 Arm Dumbbell Floor Press 3 x 5 reps ea. side
- 3) Deadlift 5 x 2 reps

### Workout 9

- 1) Back or Zercher Squat 10 x 2 reps
- 2) 2 Hand Dumbbell Swing 4 x 10 reps
- 3) Get Up Sit Up 2 x 5 reps each ea. side

### Workout 10

- 1) Barbell Floor Press 20 x 2 reps
- 2) Barbell Cheat Curl 5 x 3 reps

### Workout 11

- 1) Back Squats 5 x 5
- 2) Military Press 5 x 5
- 3) 1 Arm DB Row 5 x 5 ea. side

### Workout 12

- 1) Good Morning 6 x 2 reps
- 2) Floor Press 8 x 3 reps
- 3) DB Bent Press 4 x 2 reps ea. side

### Workout 13

- 1) Deficit Deadlift 5 x 2 reps (Video [HERE](http://www.youtube.com/watch?v=VDguhgVSIN8))
- 2) Barbell Floor Press 20 x 2 reps (on the minute x 20 minutes)
- 3) Get Up Sit Up 3 x 5 each arm

### Workout 14

- 1) Back Squat 10 x 2 reps
- 2) 1 Arm Dumbbell Snatch 5 x 3 reps ea. side
- 3) Barbell Cheat Curl 5 x 5 reps

### Workout 15

- 1) Barbell Hang Clean & Press 20 x 2 reps  
(1 set on the minute x 20 minutes)
- 2) 1 Arm Row 4 x 12 ea. side

### Workout 16

- 1) 1 Arm Dumbbell Push Press 3 x 3 reps
- 2) 1 Arm Dumbbell Snatch 3 x 3 reps
- 3) Deadlift 3 x 3 reps
- 4) DB Swings 4 x 12 reps

**Workout 17**

- 1) Barbell Press 10 x 2 reps
- 2) Barbell Cheat Curls 4 x 10 reps
- 3) DB Swings 5 x 5 reps

**Workout 18**

- 1) Zercher Squat 8 x 3 reps
- 2) Deadlift 5 x 2 reps
- 3) Dumbbell Floor Press 4 x 12 reps

**Workout 19**

- 1) Turkish Get Up 5 x 2 reps ea. side
- 2) Dumbbell Bent Press 5 x 2 reps ea. side
- 3) 1 Arm Dumbbell Snatch 5 x 2 reps ea. side

**Workout 20**

- 1) Barbell Hang Clean & Press 5 x 2 reps
- 2) Dumbbell Floor Press 5 x 5
- 3) 1 Arm Row 3 x 12 reps ea. side

**Workout 21**

- 1) Back Squat 10 x 2 reps
- 2) 2 Hand Dumbbell Swing 4 x 12 reps
- 3) Get Up Sit Up 4 x 3 reps each ea. side

**Workout 22**

- 1) Barbell Floor Press 4 x 12 reps
- 2) Barbell Hang Cleans 5 x 2 reps
- 3) Barbell Cheat Curl 3 x 12 reps

**Workout 23**

- 1) Back Squats 5 x 5
- 2) Military Press 5 x 5
- 3) 1 Arm DB Row 5 x 5 ea. side

**Workout 24**

- 1) Good Morning 5 x 2 reps
- 2) Floor Press 10 x 2 reps
- 3) Barbell Hang Clean & Press 5 x 2 reps



# ADJUSTMENTS FOR ATHLETES

If you are a Coach or a competitive athlete & want to use these workouts for athletic preparation I am going to add a few considerations & adjustments.

- This program is an off season program, NOT in season. The volume is too high for in season
- This program is best followed by an athlete who is well versed in strength training, NOT a beginner or intermediate lifter
- Add box jumps <http://www.youtube.com/watch?v=mbDR66H2RCQ> or hurdle jumps into the warm ups
- Perform sports skill work on off days to keep skill level from deteriorating as your body gains muscle mass and strength
- This is a mass building course so you can expect to GAIN lean muscle mass & weight on this program. If you're worried about gaining weight you need to adjust caloric intake OR simple face the fact that developing strength will come with greater muscle mass which means weight gains.

Listed above, you have 24 workouts to complete. These are very intense, high volume – high intensity workouts. You should not perform workouts such as those above two days in a row.

# **SAMPLE EXCERPTS & WORKOUTS FROM *STRENGTH & HEALTH* MAGAZINE**

The workouts & article written / listed below are from a 1972 article on strength & conditioning for wrestlers:

*It is not the purpose of this paper to discuss the training or conditioning techniques during the regular season, but to discuss instead, the best methods of conditioning the wrestler after the season is over and before it resumes again. If the athlete takes his sport seriously, he must realize that is a year round affair, if he desires to become a champion.*

*In my opinion, there is no sport in which strength is more useful than wrestling. Weight lifting could possibly be the only exception*

## **APRIL - SEPTEMBER (OFF SEASON)**

**Monday:**

Weight Lifting: Press & Snatch

Several heavy sets of 3 - 5 reps each movement

**Tuesday:**

Interval Training:

- 1) 6 x 100 yard sprints + 100 yard jog
- 2) 4 x 220 yard sprints + 220 yard jog
- 3) 1 x 440 yard jog

**Wednesday:**

Weight Lifting: Clean & Jerk, Press

**Thursday:**

Intervals as Tuesday

**Friday:**

Weight Lifting

Snatch, Clean & Jerk

**Weekend: Rest**

*A good circuit program for pre-season conditioning for wrestling could consist of the following exercises:*

- 1) Squat Jumps
- 2) Pull Ups
- 3) Sit Ups
- 4) Wrist Rolling
- 5) Step Ups (On Bench)
- 6) Push Ups
- 7) Squat Thrusts (Burpees)
- 8) Jumping Rope

It is suggested that the above circuit be repeated at least 3 times for maximum results.



## EXCERPTS FROM BILL PEARL ARTICLE ‘THERE ARE NO SECRETS!’

**B**odybuilding & competitive weight lifting is hard work & if you think you are the type of person who is willing to let these people think for you, you will never become a champion either. You will be jumping from one trend to another, always looking for these secrets, spending your money & time on one new fad after another, until you eventually become so confused & discouraged, you give up in disgust and tell yourself it wasn't for you anyhow.

To shed a little light on this subject, I would like to say there are no rules to follow in bodybuilding. There are guidelines, of course, but not rules. I doubt that any two physique champions train the same. They know what reps, sets, exercises, etc work for them personally and this is what they do. Certainly, none of these people wait for the magazines to come out so they can be told what to do. They know what to do because they took the time to be an expert on their own bodies.

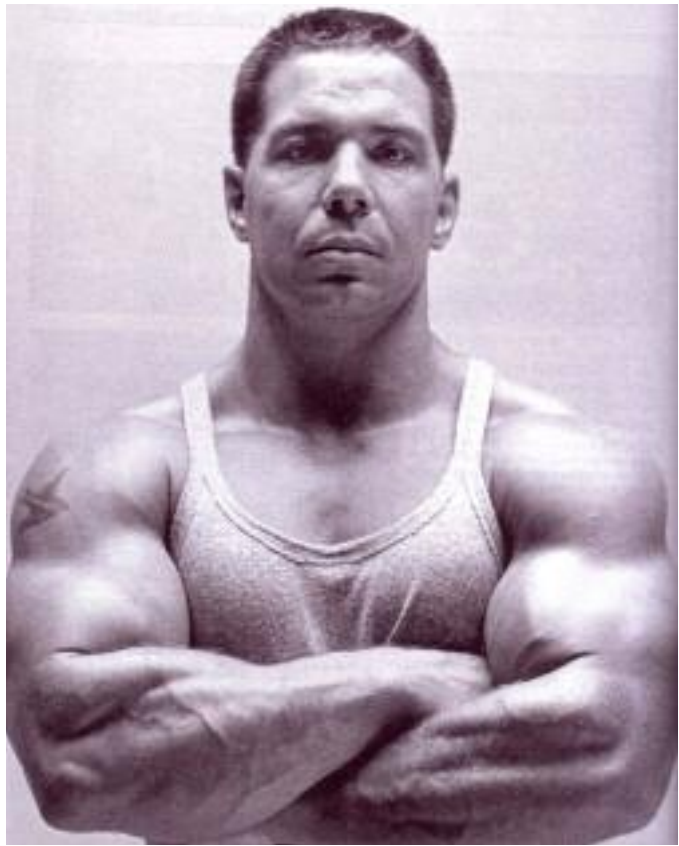
You must do the same. Become an expert on your own body, Don't wait for someone to do it for you.



*Regardless of what anyone tells you, there is still no replacement for barbells & dumbbells, benches, sit up boards & squat racks.*

*For those of you who dream of becoming a champion, I can say the only secrets are hard work, and the knowledge of knowing what works for you. None of the champions have special equipment they can secretly train on. They are not eating anything you couldn't eat if you researched proper nutrition.*

I recommend performing these workouts three times per week on nonconsecutive days. On other days perform the calisthenics and light dumbbell training as outlined in *'The Way to Live'*. You can also finish every other workout with 1 or 2 grip exercises to keep your hands healthy and strong.



# **JANUARY 1971 (ARTICLE EXCERPTS)**

## **SOME NEW IDEAS ON DEADLIFT TRAINING**

### **BY GEORGE FRENN AS TOLD TO DON SCOTT**

**I**n talking to Gary after he defeated me I learned that he did many Deadlifts off a box, and that the bar rested on his toes when he did the exercise. Reportedly, Young had made 685 off the low box. I figured it was a good challenge, so I started to train in this way. I started out by making 500 for 1 rep, bar resting on the toes.

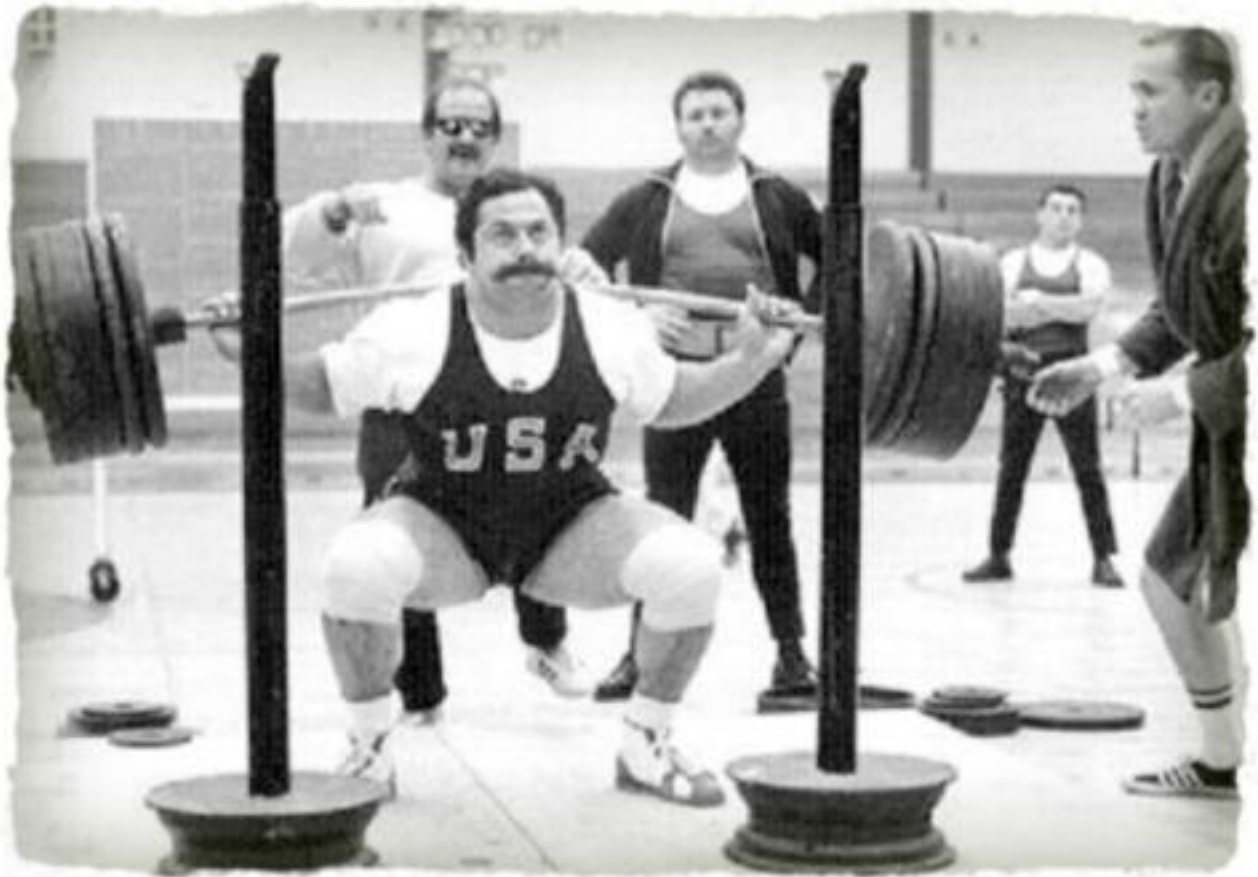
After training this way for several months I tried 550 for 10 reps. This I made, but my regular deadlift was NOT going up any higher. After talking to Bill West I was advised to try singles for a while. I got up to 675 for 1 but strangely enough, my regular Deadlift got NO better. I kept on the heavy-rep program for 3 months, and with Bill's help I stayed on the singles program for 3 months.

I had almost given up hope that I would ever approach the 720 - 750 pound category when I decided that I would try the heavy-rep program. This time I set myself a goal of 600 for 10 reps. I figured that if I made this weight I should be able to lift about 765 - 800 lbs for the regular Deadlift.

I started to train very hard. I got back to the 500 lb for 10 reps. After about 6 weeks I made 575 for 10 reps in Joe Gold's Gym. They said it was very impressive.

On several occasions I tried to make the 660 for 10 reps but I failed. I can honestly say that I have made 600 for 6 reps.... 625 for 3.... and 645 for 2 reps. I believe that on the day I did 675 for 1, I could have done 2 with it. So in the final analysis this was the best lifting that I had done off the box. Still, my deadlift had not moved above 700 lbs in training, so I decided to lay off.





When Gary Young came on the scene & made his record lifts - feats I had thought out of my reach before then - his victories inspired me so greatly that I began to reexamine my concepts of training.

*After about 10 days I decided to train again. I went to the following routine:*

*On Tuesdays I worked up to no more than 425 lbs for 3 sets of 10 reps. That was the entire workout for that night. I then would come in on Saturday and do a warm up in the deadlift but I never did more than 3 reps with any given weight. After the bar got above 500 lbs I did only singles in 70 lb jumps.*

*At first, this program was not too successful, but after 3 weeks I got up to doing a Deadlift with 725 lbs. In 2 weeks after that, I made 740 lbs and then every week after that I got to be consistent with 750 lbs to 800 lbs. This I did with many witnesses present. I made this lift in late November 1968.*

*I also squatted 800 lbs in the same workout. All this at a bodyweight under 240 lbs. At the present time I can lift over 750 lbs in the lift and I am looking forward to the L.A. City Championships to try and get the record back.*

*I am maintaining the power by laying off for a week every 3 weeks so that I can give my back a chance to rest. I later discovered that the reason why my deadlift was not moving the way I wanted it was because, even though I felt rested, my back was still tired.*

*I firmly believe that the Deadlift can be improved without continuous heavy training. One day during the week should be devoted to the maintaining of tendon strength by the use of high reps with a medium heavy weight. This conditions the muscle without making it tired. Then one day during the week can be devoted to heavy singles.*

*On the heavy day, I found that as I was increasing my strength, I would shoot for a certain poundage for a certain number of singles. So as I was first trying this new program, I tried to make 700 for 3 singles. But maybe on some other day when fully rested, I would try for 700 for 3 reps and then I would be finished for the day.*

*Continually switching your main sets around is a good idea because you continually have new goals to shoot for. One day your main set might be for a maximum single record, or it might be for a maximum rep record.*

*I never do more than 5 reps with any Heavy Deadlift. My best to date are: 675 lbs for 6 reps & 700 lbs for 3 reps, & 725 lbs for 2 reps.*

*I hope this program helps you if you are having the troubles that I was, I really believe this method works. I feel that with a little patience and hard work, it will work for you.*

*~ George Frenn ~*

**(1966 ARTICLE EXCERPTS)**

# **“PEANUTS” WEST & HIS MUSCLE POWER FACTORY**

**BY BOB HISE**

**A**s a youth, West belonged to a Police Junior League in his home town of Philadelphia where he tried his hand in the manly art of fisticuffs. It was here that he met his first muscle man, and Bill was curious to know how the young man, and Bill was curious to know how the young man had developed his physique.

Upon asking, the young boxer replied, “Iron Pills”. With a puzzled look, Bill wondered where these food supplements could be bought, only to be told by one of the police instructors that the term meant training with weights. In further conversation, the policeman informed young West that he could train at John Fritshe’s Gym for a small sum per week.

West lived a long way from Fritshe’s Gym & it was difficult for a young high school student to find the time and the money for three times per week bus fare and weekly membership dues. With the well known “bull dog” determination that Bill West possesses, funds were raised so as to never miss a workout session. All the time he was dreaming about far away California. Between lifts Bill was enthralled by the stories (and all who know George Eifferman can appreciate his tall tales) that Mr. America told of the Golden West and the attractions of Southern California: Joy’s “Muscle House by the Sea” and famed “Muscle Beach.”

Bill deserted the friendly city of “Brotherly Love” and landed in Los Angeles with a buck sixty-five. Having heard of the protein value of peanuts, he purchased 69 cents worth of goobers, (35 cents for a bus ticket to Santa Monica) and has been eating copious quantities of the famed George Washington Carver developed food ever since. (You wonder why everyone calls him “Peanuts”?)





### SPACE-AGE BENCH PRESSING FOR SPEED-OF-LIGHT UPPER-BODY GAINS



is the muscle wizardry that makes such a sensational lift possible?

Like the success of any modern-day endeavor, great weightlifting more and more becomes a joint effort, a pooling of talent and enthusiasm. One such pool is Culver City's (California) fine West Side Barbell Club, neatly constructed in a garage belonging to Muscle Beach strongman Bill West who back in 1956 experienced an enchantment when he saw the titanic Paul Anderson bench press 520 two reps. The vision crystalized when a strong boy named Marvin Eder, weighing only 200, did a limit 515 Prone. Bill envisioned the possibilities of creating an official competitive lift from this basic bodybuilding exercise. National power lift competition was thinly organized at the time but, to

make a long story short, present day power lifting (Prone, Squat, Deadlift) is now being given Olympic consideration.

#### ALL-TIME BENCH PRESS CHAMP PAT CASEY JOINS THE CLUB

One evening about a year before while Bill and his buddies were training, a young quiet giant appeared, introduced himself as Casey, and asked to work along with them. The strength of this pound behemoth was well known and Pat was warmly welcomed. He dragged out his favorite barbell and added them to the gym. The unerring instinct in the power lifters, he had sought out this group because of his competitive spirit (Continued on

Not the 98 but the 87 pound weakling was Bill West's story of his start in the weight game. From that meager beginning at 17, Bill has advanced to one of the most outstanding power lifters in the world.

*Mr. West's long struggle on the road to fame in weight lifting had its start by winning a three Olympic lift contest at Muscle Beach. In this impromptu meet Bill had gained to the great bodyweight of 123 lbs and pressed 140, snatched 110, and clean & jerked 170.*

Bill believes strongly in keeping a diary of his weight training sessions and contests that he lifts in. This log was started in 1951 and contains each lift and repetition he has made since that time. From time to time he refers to his history book of lifting to check his progress and study his plateaus.

Though West was a good Olympic Lifter (best official lifts: 260, 230, 315; unofficial 305, 240, 340), he felt that his temperament and leverages would not allow him to be a first class lifter. His love for Powerlifting gained momentum and he, more than any other single person, has been responsible for the rapid rise of this phase of lifting & its acceptance by the A.A.U.



No fewer than 13 dead stop bench presses with 320 pounds were performed by Bill West on the day these photos were made. His best single is around the 400 mark.

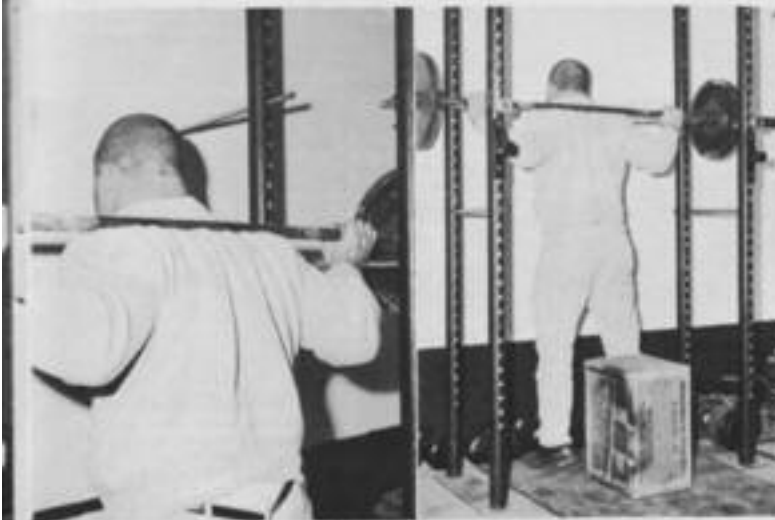
Probably Bill's greatest asset is his genuine love for helping others & this has earned him many friends. There are no charges assessed for training at The Bill West Muscle Factory, those who train there are those who have been invited & that number is great.

<i>Bill West's Stats:</i>	<i>Official Lifts</i>	<i>Training Lifts</i>
Olympic Press	260	305
Snatch	230	240
Clean & Jerk	315	340
Bench Press	415	450
Curl	175	190
Squat	575	622 1/2
Deadlift	580	615





(Above) The ideal position for the Power Rack Bench Squat is shown here. The height of the box allows the hips to touch several inches above parallel, in order to handle maximum weight. Box must be heavily strengthened, for West hoeders 900 pounds in this exercise at times. (Below) Greatly important are the position of the bar across the shoulders, for balance and comfort, and the position of the bar when taking it off the rack. With immense poundages a slight error is magnified and can cause severe injury.



by ARMAND TANNY  
Mr. USA & Power Editor  
for Muscle Builder

The chrome steel bar drooping threateningly across the squat rack in Bill "peanuts" West's West Side Barbell Club was loaded to 900 pounds. Bill himself had always subscribed to the belief that in order to lift heavy weights you had to get used to the feel of heavy weights. Nine hundred pounds at the time was about 400 pounds over his best official squat. All he wanted to do was take it off the rack and do a few partial movements. He was alone. But taking the bar off the rack on his shoulders and moving forward a few inches had never been difficult for him. As he stepped forward this time, his balance was off slightly and a wobble went through him which he easily corrected. Okay. But only okay for a brief moment before a strange thing happened. Another wave of imbalance went through him, coming from nowhere, stronger this time, and he fought it hard. Then the third one engulfed him, like giant ocean waves, made him stagger, and he went down, out of control, as iron plates cascaded all over the place.

It was an embarrassing day for Bill as they hoisted him into the glittering ambulance, rigid as a stick, his back out of whack, conscious mainly of what they were thinking, the neighbors (heh, heh). They had always expected this. He knew they were right. That's what made living in suburbia so much fun. The bizarre tragedies. Not the simple ones like alcoholism, infidelity or embezzlement.

But the insurmountable Bill had developed a lot of toughness from his years of lifting and he came out of it with nothing more than a badly strained back. That was four years ago. Since then he has created not only a new National Squat Record of 582 in the 198 pound class but also a safe and convenient method of doing partial squats with a heavy weight through the use of his privately designed power rack.

From this mishap he learned one everlasting lesson, and that was never to (Continued on page 72)



**(YEAR UNKNOWN ARTICLE EXCERPTS)**

# **“PEANUTS” WEST & HIS MUSCLE POWER FACTORY**

**BY ARMAND TANNY**

**H**e was little when he arrived in California from Philadelphia in 1952. He stood 5'4" weighing an insecure 90 lbs at an uneventful age of 17. He found protective covering at the famous Muscle House by The Sea, a bodybuilder haven at Santa Monica that cloistered at that time such great luminaries as Steve Reeves, Henry Lenz, Joe Maury, Jerry Ross, Bud Prior, Chuck Collras and Jack Dellinger.

He, himself, came up the hard way, Way back in the early fifties he knew nothing of the power rack, the Weider's low reps - limited sets system principle, the touch system (sometimes called "Forced Rep" principles), sectional development - training principles he used throughout the years to build his size and power.

During his first 60 days of training he did 3 sets of 10 reps on all his exercises. His body was a siphon, and he gained to 123 lbs bodyweight. A year later in 1953 he weighed 148, and in competition did 290 squat and 225 bench press. In 1964 he weighed 165 lbs, his gains coming mostly from a diet consisting of peanuts and honey.

By 1957 he weighed 181 & did 340 bench press, 440 squat & 550 deadlift. In 1958 he bulked up to 219 and did 385 bench press, 440 squat and 550 deadlift.

In 1958 he bulked up to 219 and did 385 bench press, 535 squat and 580 deadlift. In 1959 he lost some bulk and at 214 did a standing push jerk with 385, an a seated double dumbbell press with a pair of 150s. To stay bulked up past 200 meant to languish among the super heavies, so Bill dropped his weight to 198, cleanly muscular for him, and ever since 1959 has won every

*The three regular powerlifts make up about half of his whole training program. The others are supplemental exercises, partial power movements that involve the incline, the power rack, elevation blocks, rubber recoil pads & grip straps.*

*In a recent contest just passed, Bill learned one very interesting fact - that contest conditions are very unlike training conditions.*

*In training, one manages to arrange the ideal set up, regular hours, familiar equipment, the encouraging hand of training partners & perfect timing of attempts. In regular contests the lifting may start at 6 in the evening and end at 2 in the morning.*

*Anyway, Bill now trains at least one day a week in a manner that stimulates meet conditions. He stretches his lifting out over several hours, taking long breaks between the different lifts. On occasions, he will go into the gym at 2 in the morning, a traumatic experience for anyone less dedicated.*

### **Bill's Routine:**

#### **Monday - Rest Day**

#### **Tuesday:**

- 1) *Bench Press - Work up to 5 singles (loose fashion, cheating them out with hips)*
- 2) *Strict Bench with 100 lbs less than Cheat Style - Deadstop every rep x 10 reps*
- 3) *Squat - 5 singles at heavy weight*
- 4) *Bench Squats - Add 100 lbs above singles, 3 x 10 reps*  
 \*\* *If energy is available, drop weight again, perform more free squats and bench squats*
- 5) *Deadlift - moderate deadlifts, singles only, focus on technique. warm up then 5 or 6 singles with progressively heavier poundages*

#### **Saturday**

- 1) *Bench Press - 6 singles using hips*
- 2) *Strict Bench Press - 100 lbs lighter, as many strict reps as possible*
- 3) *Squats - 5 singles using the tough system (forced reps)*
- 4) *Deadlift (High - off boxes / Bar is 1" below knees) - Work up progressively heavier for 5 or 6 singles*

5) Walk 40 ft. with 400 lb bar on back

**Diet:**

*Morning: Steak, eggs, juice*

*Lunch: pure grape juice, tuna sandwiches*

*Evening: Steak, vegetables, orange juice (NO Milk)*

*Saturdays before his heavy workout he takes a protein shake made with fresh juice & banana. He takes plenty of vitamin, mineral & protein supplements, in excess of any listed minimum requirement. Plus wheat germ oil. After every workout he takes 400 mg of Vitamin C for quick recuperation & repair.*



# LESSONS LEARNED FROM THE “OLD SCHOOL” GREATS

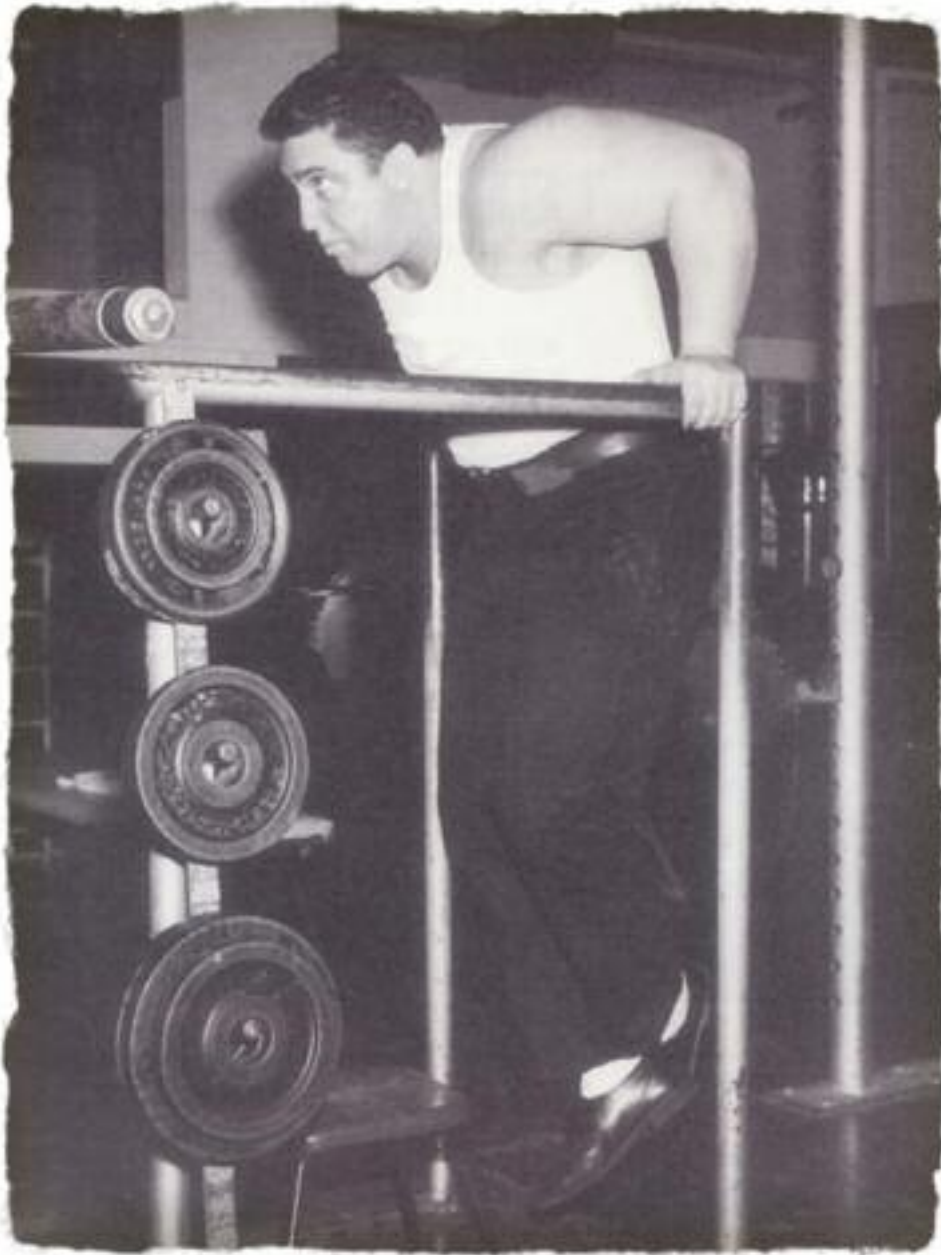
I am blown away when reading the articles from these men of strength. I am beyond inspired. What you can easily learn from these greats is that it ALL comes down to the basics, time and again.

- The Basics of Lifting
- The Basics of Nutrition
- The Basics of Consistency & Commitment

While reading about the great, Pat Casey, his workouts were basic yet brutal. He made the squat, bench deadlift & military press the cornerstone of his training. He performed high volume of sets and practiced the basic lifts often, not just once a week but often times 2 - 3 x week.

His assistance work was also heavy, basic and brutal. Heavy triceps extensions and heavy weighted dips. He once challenged himself to complete 200 reps of dips with a weight that only allowed him to perform 5 reps at a clip. He did this the first time around with 185 lbs of weight, next time 225 and next time 250 lbs.

At 250 lbs it took him a total of 7 hours to get 200 reps. he was so fatigued he was doing only one rep at a time. Who else has such commitment to train? Who else breaks rules like this?



SERIOUSLY. Can we say “Forget about the rules” at least some of the time? The programs being sold and hyped today with these perfect set & rep formulas are exactly that, ALL hype.

They have scared everyone into thinking they will die if they train more than an hour at length. It has created weak bodies AND weak minds.

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**Think about it:** What if you focused your attention on these lifts 2 x week:

- Squats
- Deadlifts
- Bench Press
- Military Press
- Dips
- Pull Ups
- Sprints
- Curls
- Sit Ups

Even if you didn’t worry about the sets or reps, instead, you just trained HARD and basic, consistent and focused. The result? You would become an ANIMAL. You could change the style of powerlifts every few weeks.

- Use dumbbells instead of barbells
- Deadlift from deficit or with a trap bar
- Squat on a box or use the zercher position

EVERY workout I look through on the strongest men from the 60s were all based around the basics. None of these men are using the fancy equipment of today such as bench shirts and suits. Nope. They did these lifts with sweat pants or shorts and a t shirt or tank top. Their weight belts were flimsy leather belts that you can purchase today for about 15 bucks.

There were some tweaks to training when the York Isometric Rack came out such as pulling or pressing from various height pins, then holding lock out positions for extended time periods to aid lock out strength as well as tendon strength.

Some of these men performed the olympic lifts in conjunction with the powerlifts and none of them shunned things like direct arm work. Hey, nothing wrong with hitting heavy cheat curls and triceps extensions when those lifts improve your BIG lifts.



# STOP BEING SCARED



**It's time to leave the fear behind.** Stop being scared to train because you don't have perfect flexibility or the best mobility in the world. I look back at the quality of athletes I produced when I trained guys from my house, the backyard and the school playground. You can catch some of our earliest workouts on my YouTube channel HERE --> <http://www.youtube.com/user/zevenesh>

Our warm ups, attention to mobility, flexibility, etc were about 10% of what they are today but those athletes were stronger, meaner & tougher than the majority of those I've built today.

Our training methods are still brutal, BUT, athletes are confused as are their parents thanks to all the bull shit floating around on the internet. If you could step in a time machine and see the workouts from the original Westside Barbell Club, The York Barbell Club, The Dungeon in Venice, Ca. and the like you would understand these men didn't spend time scared of training hard and heavy. They simply payed attention to how they felt, trained accordingly, ate healthy and stayed consistent. They trained for the love of it. Bigger biceps weren't THE motivating factor, training was something special and it should be the same to you.

I wanna hear about you kicking ass and taking names, OLD SCHOOL STYLE. keep me posted. I'd like to see you as a member of The Underground Inner Circle and start up your training log.

There aren't enough places to find a place to find solace in. You need to keep the dream live.

Live The Code

I look forward to hearing about your success!

Dedicated to your success,

*Zach Even-Esh*

**PS: Please see our Recommended Resources, Below. Thank You!**

# UNDERGROUND STRENGTH COACH RECOMMENDED RESOURCES



## Underground Inner Circle - 50% Off VIP Special

<https://www.undergroundstrengthcoach.com/public/670.cfm>

Gain access to everything that goes down at my Underground Strength Gym with private videos for training, business, lifestyle, success & more.

Regular audio interviews with top strength coaches, special reports, e books and members-only discounts offered that are not available elsewhere.

## Click HERE for Your Special Offer

<https://www.undergroundstrengthcoach.com/public/670.cfm>





## The Convict Conditioning Workout

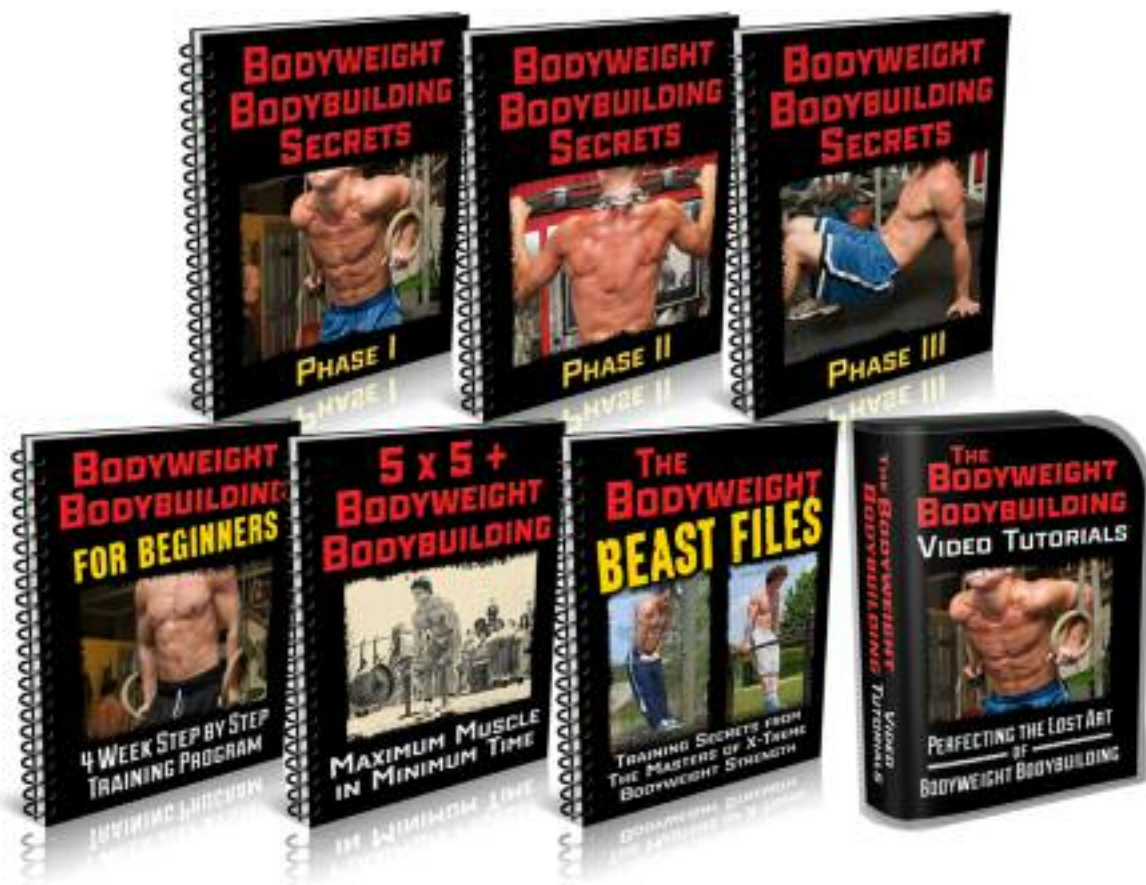
<http://convictconditioningworkout.com/>

This is by far the best book on bodyweight training that I have ever read.

These Bodyweight training methods were derived from an inmate who served in some of the deadliest prisons in the world.

This is one of the best training resources I have ever read, bar none, a MUST have for All Undergrounders.

<http://convictconditioningworkout.com/>



# BODYWEIGHT BODYBUILDING

<http://bodyweightwarriors.com/bodybuilding>

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, THIS is the training program for you.

<http://bodyweightwarriors.com/bodybuilding>

# **The Underground Strength Coach**

## **C E R T I F I C A T I O N**



**Check Out The Countless Success Stories [HERE](http://undergroundstrengthcoachcertification.com/).**

<http://undergroundstrengthcoachcertification.com/>

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.

**More Details [HERE](http://undergroundstrengthcoachcertification.com/).**

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