



The STRENGTH, SIZE & TOUGHNESS BLUEPRINT

All rights reserved. No part of this manual may be reproduced (by any means) without the expressed written permission of Zach Even - Esh.

This manual is being offered for education and information purposes only. There is inherent risk with any physical activity.

Please consult your physician before starting this (or any) exercise program. Underground Strength Coach & zach Even - Esh Performance Systems, LLC can not be held responsible for any injury that may occur while participating in this program.

How to Organize These 3 Training Blocks

- Perform each training block for the 2 prescribed weeks.
- Use a training journal & record all weights used, sets & reps.
- **Week 1** is an intro week. Establish solid technique for all exercises. Do NOT max out on any lifts. Perform each set with 80-90% of full intensity. This means leaving 1 - 3 reps in the tank.
- **Week 2** is where you add some weight, refine your technique and focus on going heavier than week 1. You are still leaving 1 - 2 reps in the tank to ensure proper technique on the BIG lifts, but the supplemental lifts can be repaid out on.

Optional: You can turn each 2 week “mini cycle” into a 4 week cycle if you’re a beginner lifter. This allows more practice of each lift which also leads to greater strength and size gains.

- **Week 3** is a time to lift heavier than Week 2 and set PRs mainly on the BIG lift(s) of that day but also can be done on the assistance exercises as well. 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 / testing your strength gains with.
- **Week 4** is a time to deload by reducing weights and total sets by approx. 50% and focusing on higher reps and getting a serious pump. Rep ranges should be 8 - 20 reps with light weights. This deload week always sends you back ready for the next training block with greater

mental AND physical energy. **On week 4 you can vary your exercises and use a mix of training tools.**

- **MANY lifters** refuse to make week 4 a deload week, they want to push until they break down and instead of making progress they end up going backwards, getting weaker and often times getting injured.

Jim Wendler hammered this home to me and he reminded me that progress is to be made “slow & steady”. I am a BIG proponent of intensity and pushing the envelope but I have learned that smarter training is what always leads to MAXIMUM results in the realm of strength and size. Results are what count!

NOTES:

SM = SubMax Reps (Leave 1-2 reps in tank)

DB = Dumbbell

BB = Barbell

SB = Sandbag

KB = Kettlebell

Training Block 1

Weeks 1 & 2

Day 1:

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

1B) Various Jumps (Box Jumps, Broad Jumps, Vertical Jumps) 8 x 3

2A) Handstand Push Ups 4 x submax reps

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

3A) KB Swings 3 x 12

3B) 1 Arm DB Row 3 x 12 / 12

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

Day 2:

1A) Floor Press 6 x 3 reps (2- 3 build up sets, 3 sets heavy) 1B)
Bodyweight Pulling / Rowing Exercises 6 x submax reps

2A) DB Bulgarian Split Squat (Back Foot elevated on bench) 3 x 8 / 8
ea. leg

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

*** Proper Ring Push Ups Technique:** <http://www.youtube.com/watch?v=m8GZIHJlc8>

3A) Double Overhead KB carry 3 x 50 ft

3B) Double Rack KB Walk 3 x 50 ft

4) Wheel Barrow / Hand Walking (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

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

(Push Ups Video: <http://www.youtube.com/watch?v=LIXYwK-D9J4>)

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

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



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

Training Block II

Week 3 & 4

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 ea.

**** Elevator DB Bench **** Go from Incline to Flat using same dumbbells

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 (Add resistance if possible: hold DBs, ankle weights, weight vest, etc)

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

2B) Recline Bodyweight 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.

4) Grip / Abs 4 x

DAY 3:

1) Pause Front Squat 5 x 3 - 6 reps (2 second pause at bottom / 2 warm up sets, 3 heavy)

2A) Chain Push Ups (Use Rings If Available) 5 x 8-12 reps (No Chains? Use a weighted backpack)

2B) Band Face Pulls 5 x 10 (**Video:** <http://www.youtube.com/watch?v=gdi5JV1PoQs>)

3) Kettlebell Farmer Walk 4 x 150 ft

4) Running / Calisthenics Intervals x 10 Rounds:

A) Run x 1 Minute

B) Mixed Bodyweight Exercise x 10 reps (Choose 1 of each exercise for each interval: squat jumps, walking lunges, push ups, pull ups, burpees, if at Playground, jumping jacks, mtn. climbers)

5) Grip / Abs 4 x

Grip Training Videos: <http://zacheven-esh.com/grip-strength-exercises-for-bone-crushin-hands/>



Training Block III

Week 5 & 6

DAY 1:

1A) Box Jumps 6 x 2 reps (Add weight if possible)

1B) Clapping Push Ups 6 x 2 reps

2) BB Floor Press 5 x 5 (2 warm up sets, 3 heavy)

3A) Handstand Push Ups 3 x submax reps

3B) Double Kettlebell Rows 3 x 8 – 12 reps

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

Sample:

A) Jump Rope x 1 minute

B) Battle Rope x 1 Minute

C) Burpees x 1 Minute

D) Sledge Hammer Strikes x 1 Minute

More 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 AFAP (Video: <http://www.youtube.com/watch?v=mbDR66H2RCQ>)

- 2) Heavy Keg Carry 5 x 100 ft (Video: http://www.youtube.com/watch?v=IWC7_FYXNFw)

- 3) Rope Climbs (Rope Pull Ups If Necessary) 3 x

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

- 5A) Sled Drags 3 x 200 ft
- 5B) Burpees 3 x 10

DAY 3:

1A) DB 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

3A) Recline Rows 3 x Max reps

3B) KB Swings 3 x 12 reps

3C) Feet Elevated Push Ups 3 x submax reps

4A) Jump Rope 5 x 30 seconds

4B) Hanging Leg Raises 5 x 30 seconds

Training Block IV

Week 7 & 8

Day 1

1A) Squat Jump 5 x 5

1B) Clapping Push Ups 5 x 3

1C) Lunge Jumps 5 x 3 / 3 ea. leg

1D) Chest to Bar Pull Ups 5 x 3

2A) DB or KB Farmer Walk 4 x 150 ft.

2B) KB Snatch 4 x 6 / 6 ea.

3) BB Zercher Squat 5 x 2 reps

4) Sprints (warm up with some light tempo runs first):

5 x 40 yards / walk back to recover

Day 2

1A) Power Clean 6 x 2 reps

1B) DB Squat Jumps 6 x 2 reps (Hold 15-25 lb DBs when Jumping)

2A) 1 Arm DB Row 3 x 12 / 12

2B) 1 Arm DB Military Press 3 x 6 / 6

3A) Burpees 3 x 10 reps

3B) KB Swings 3 x 10 reps

3C) V Ups 3 x 10 reps

4) Any Grip Work 6 sets total

Day 3

- 1) Bench Press: Find 1 RM (If NO Spotter, find 95% 1 RM)
- 2) Pull Ups x Max Reps in 5 Minutes (NO Kipping)
- 3) Walking Lunges Bodyweight x 60 reps each leg
- 4) Push Ups x Max Reps in 5 Minutes

Training Block V

Week 9 & 10

Day 1

- 1A) Pause Squat (2 second pause in bottom) 6 x 2
- 1B) DB Snatch 6 x 1 / 1 (Pull DB from floor)
- 2A) DB Bulgarian Split Squat 3 x 10 / 10
- 2B) KB Swings 3 x 10
- 3A) Double KB rack walk 3 x 150 ft.
- 3B) Any Ab Exercise 3 x 15 reps
- 4) Run + Burpees: Run 1 minute then do 10 burpees x 4 Rounds Non Stop

Day 2

- 1A) Bodyweight Squats 3 x 33
- 1B) Push Ups 3 x 33
- 2A) Double KB Clean & Press 4 x 10
- 2B) Pull Ups 4 x Max Reps
- 3A) Dumbbell Bench 4 x 10
- 3B) Double KB Rows 4 x 10
- 4) Jump Rope x 30 seconds work / rest x 6 minutes

Day 3

- 1A) Deadlift 10 x 1 rep (Use 60-70% of 1RM)
- 1B) Clapping Push Ups 10 x 2 reps
- 1C) Lunge Jumps 10 x 2 / 2 ea. leg
- 2) Front Squats 5 x 2 reps
- 3A) DB Side Raise 2 x 15 reps
- 3B) DB Rear Delt Raise 2 x 15 reps
- 3C) DB Front Raise 2 x 15 reps
- 4) Grip / Abs 4 x Each

Training Block VI

Week 11 & 12

Day 1

- 1) Squat: Find 1RM (If No Spotter go approx. 95% Max)
- 2) Power Clean: Find 1 RM
- 3A) BB Row (Underhand Grip) 4 x 6 - 8 reps
- 3B) Underhand BB Shrugs 4 x 6 - 8 reps
- 4) Burpees x 50 Total AFAP

Day 2

BB Complex - Do Not Let Bar Touch Floor Between Exercises

- 1A) Hang Clean 5 x 5 reps
- 1B) Back Squat 5 x 5
- 1C) Reverse Lunges 5 x 5 / 5 ea.
- 1D) Good Morning 5 x 5
- 1E) Bent Over Row 5 x 5
- 2A) Ring Push Ups 3 x Max Reps
- 2B) Recline Row 3 x Max Reps
- 3) Run: 400 mtr, 300 mtr, 200 mtr, 100 mtr (Rest 1 Min. Between Each Run)

Day 3:

- 1) Car / Truck Push 4 x 100 ft
- 2A) BB Floor Press 5 x 3 reps
- 2B) 1 Arm KB Row 5 x 6 / 6 reps
- 2C) 1 Arm KB Swings 5 x 6 / 6 reps
- 3A) Burpees x 10, 8, 6, 4, 2 reps
- 3B) Pull Ups x 10, 8, 6, 4, 2 reps

After Finishing Your 12 Weeks.....

There are MANY options, the Most important of which is to Keep Training!

You can repeat this 12 week cycle or you can seek out more training through

<http://UndergroundStrengthCoach.com>

My workouts always remain simple, and although I repeat the same exercises often, I change the sets and reps, I change the weights, I change the order in which they are performed but the Basics Always WIN.

NO Fancy BS needed.

If you need a break from the weights, take a week off and go with Bodyweight Only. If you're loving the Bodyweight only workouts, keep going and follow either of these programs:

<http://ConvictConditioningWorkout.com>

<http://BodyweightBodybuilding.com>

My training changes with the seasons. You can read about my own training at <http://zacheven-esh.com> - During the warmer weather months I spend more time outdoors with mtn biking, surfing, tennis and still lifting hard.

Winter and colder months have more in the gym training although I still attack the outdoors, no excuses. It keeps you tough. Never lose your edge. Ever.

Nutrition Tips

Back when I was a bodybuilder, I would eat on a regular basis throughout the day. I felt great physically and mentally and was lean and mean. I was also extremely strong. Some call it young age but I say that's not all it was. You don't get GREAT results just because your young. Using age is a poor excuse and unacceptable

As my teaching career continued and I began transitioning into more work and higher stress activities such as coaching wrestling, teaching at a middle school, teaching at a college, my body began to go through changes for the worst, not the better.

I slept less, my stress was high and I began to stray away from my clean eating habits that were also frequent feedings, every 3 - 4 hrs on average. I began following "diets" that I came across. They worked well for my lifestyle in one sense, giving me more freedom from the regular eating

and constant food preparation. They also helped me lose weight. But, my strength levels went down and along with weight loss I lost lean muscle mass as well.

Through a good decade of my life I stayed away from my healthy days of eating, some call this eating like a bodybuilder but in a nut shell, it is simply eating to be healthy. Eat breakfast, eat lunch and eat dinner. Have 2 snacks in between those meals, usually a protein shake or a strong salad and some mixed nuts or salad plus fish or chicken.

Why did I get away form the basics that helped me look great, perform great and feel great?

Probably for the same reason as you: all this information out there gets confusing, so when you hit a minor obstacle you begin thinking that the next fad is the answer to your problems.

Lucky for me, I have a very close friend who is also a top notch nutritionist. He had been nudging me for a while to get my blood checked in detail vs the basic blood analysis of checking cholesterol.

I knew something was off as I was starting to lose my usual motivation to train, that is a rarity for me. I also felt very tired by the afternoon and relied heavily on coffee. I was skipping breakfast, eating a lunch

(sometimes) and then not eating until very late at night since I would run my gym in the afternoon and evening.

In a nut shell, my body was eating away at my hormones and adrenaline because there were NO nutrients to feed my body. I was running on adrenaline and my mental toughness. I embraced being hungry, being tired, being tough, working harder than everyone else and thinking I was a badass.

I've always said that if you're gonna train hard you need to rest "hard". Add to that, you must eat "hard". What does "hard" mean in these cases? It means with full blown commitment. Sure, you will sleep at times, but for the majority, you gotta get those healthy meals in, be fully prepared and that likely means picking up a healthy meal replacement or protein shake.

I use a meal replacement shake from my nutritionist and our mutual friend, Shawn Phillips. Shawn created Full Strength and was the founder of EAS in the 90s, which was the only supplements I ever took that actually made me feel better.

In a nut shell, this same style of eating, 3 meals a day plus 2 smaller meals is what I prescribe for my athletes. Simple and effective. Don't let life get in your way of being healthy, I made that mistake and although I

looked strong and performed strong, that was just the surface. As I always say, your Health is # 1.

Program Design Videos from The Underground Strength Gym

To help you better understand the training, below are 3 Videos you can download (please be patient, these are large files) so you can see the training of our athletes and how / why we program for them as we do:

- 1) <https://s3.amazonaws.com/undergroundic/April-2013-WOM.m4v>
- 2) <https://s3.amazonaws.com/undergroundic/April-2013-Movie.m4v>
- 3) <https://s3.amazonaws.com/undergroundic/May-2013-WOM-Movie.m4v>

Current Daily Eating Sample

6 AM - Rise

6:30 AM Coffee (8-12 oz) add coconut or MCT oil, sometimes small amount of grass fed butter.

7 AM - 3 - 4 scrambled eggs with mixed veggies. 2 - 3 days a week a few pieces of bacon or sausage added. Morning vitamins are taken along with Greens drink (<http://zacheven-esh.com/greens>)

Or: Morning Greens Smoothie + Protein Powder (Video:

<https://www.youtube.com/watch?v=Z3O6hbTPVQU>)

Plant Based Protein Powder: <http://bit.ly/vega-protein>

12 PM - 8 oz of Protein Source (chicken, steak, hamburger patty, fish), 2 - 3 spoons of Hummus, mixed veggies (cucumbers, tomatoes, peppers, etc)

3 PM - Small Serving of Almonds & Cashews

5 or 6 PM - Meal Replacement Drink mixed with Water

9 PM - Dinner: Large Salad with 8 - 12 oz meat / fish. Take vitamins again. Vitamins are C, D, B Complex, Fish Oils, DHEA
Minerals are Magnesium, Calcium

* If I am hungry throughout the day I allow myself small amounts of mixed nuts or some extra Hummus, a few pieces of fruit here and there. Fruit is in moderation.

* NO breads

* 1 - 2 Glasses of Almond Milk per day

* Minimal Dairy (small amounts of cheese on omelette 2 - 3 x week)



Pic Below, 6 Weeks Out from the 1995 Teen NJ & Teen Mid Atlantic Natural Bodybuilding Contest.

Consistent Clean Eating & Hard, Basic Lifting Provided the Results!



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

The below sample is what my day looked like back when I regularly followed a bodybuilding lifestyle, and, I see MANY smarter powerlifters and athletes realizing the power of simply eating healthy and frequently vs playing tricks on your body with fasting, etc.

7 AM Breakfast: 8 egg whites, 1 yolk, bowl of oatmeal, 1 glass orange juice, 1 cup coffee **10 AM:** Whey protein shake with water

12:30 PM Lunch: 6 - 10 oz protein serving (chicken, beef, meat), 6 oz serving of brown rice or red potatoes, veggies mixed, water, sometimes added a protein bar

4 PM: Meal Replacement Shake

5:30 PM - Can of Tuna + Spoon of Mayo

7:30 PM Dinner (Post Workout Meal) - Similar to Lunch Meal **9:30 PM** - Small Dinner Left Overs

This was a basic yet results driven nutrition program. I ate clean and felt great, with energy around the clock. No fasting, no starving, just a balanced, healthy approach.

Depending on your size you might need to adjust the calories and quantity of food. In a nut shell, once your satisfied, you are done eating. Do NOT eat until you are stuffed. Post workout is a time to have a protein shake and then within 45 minutes you want a real meal with balanced protein, fats and carbs.

You can NOT train like a thoroughbred and eat like a typical person who skips breakfast, eats a crappy lunch and then eats nothing until dinner time. If you eat healthy, clean foods like those listed above you can and will keep your metabolism going at a high rate where you burn fat around the clock and nourish the muscles properly.

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

1) **Take Before / After Pics.** Send your transformation pics to me at UndergroundStrengthCoach@gmail.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!

The ticket to your transformation is sticking to the clean, balanced nutrition as outlined above.

- . **2)** Be mentally tough, learn about the power of the mind. Listen to the Navy SEAL Success Audios from

[***http://RussianLionPower.com***](http://RussianLionPower.com)

- . 3) Create a training log on the

[***http://UndergroundStrengthCoach.com***](http://UndergroundStrengthCoach.com) forum.

You can ask me questions 24 / 7 on the forum and gain the support of other like minded Undergrounders. This will keep you on track as well as give you inspiration plus support that you need.

- . **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.



Above, Underground Trained Athlete, Weighing 178 lbs in BOTH photos. Training + Nutrition Helped Drop BodyFat and Increased Lean Muscle Mass & Functional Strength BIG time.

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. Consistency on training AND nutrition is THE ticket.

Live The Code,

Zach Even-Esh



UNDERGROUND STRENGTH CATALOG

RECOMMENDED RESOURCES

Underground Inner Circle - 50% Off VIP Special

- 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 VIP Offer

UNDERGROUND INNER CIRCLE - SPECIAL VIP INVITE



NO FADS, NO GIMMICKS

There Is NO Time Here To Be Wasted On A Cutesy, Hyped Up, Bull Shyt Headline.

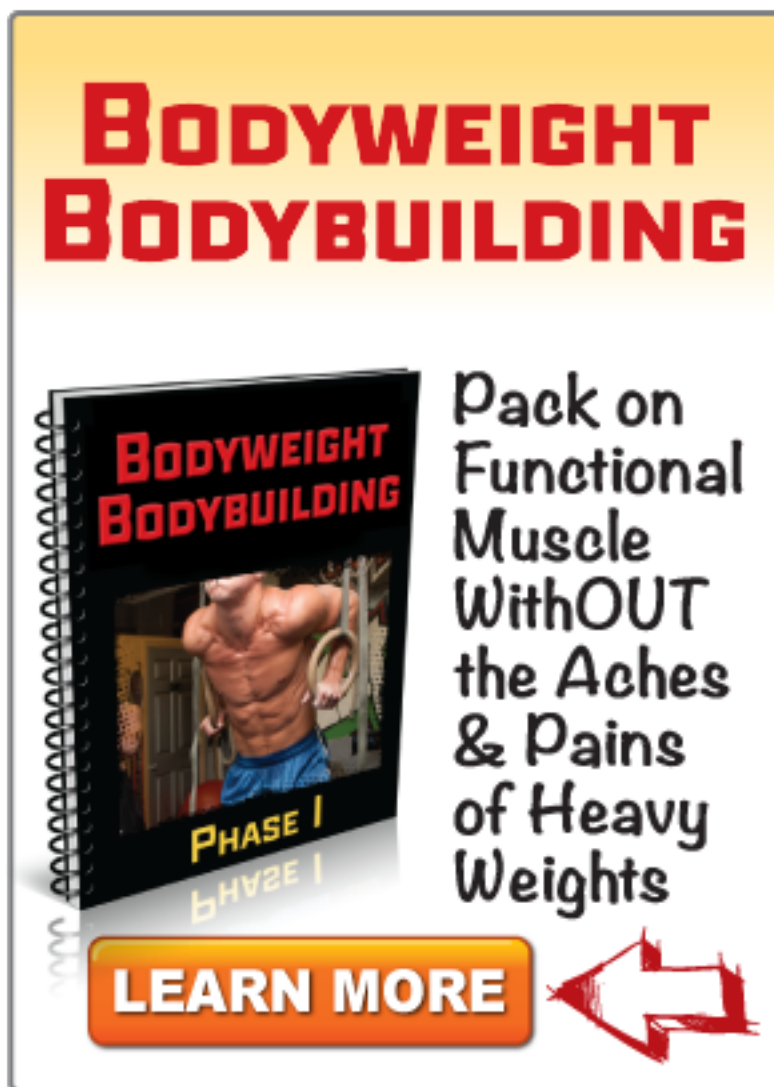
This Site Is About Training & Learning What It Takes To Kick Ass In Life & Lifting Along With 24-7 Access To Me.

Take Action HERE ==> <http://UndergroundTrained.com>

<http://BodyweightBodybuilding.com>

How to pack on size, strength & muscle while developing athleticism, power and a lean body using only your bodyweight.

One of our Most Popular training programs.



**BODYWEIGHT
BODYBUILDING**


**BODYWEIGHT
BODYBUILDING**

PHASE I

PHASE I

Pack on
Functional
Muscle
WithOUT
the Aches
& Pains
of Heavy
Weights

LEARN MORE



<http://BodyweightBodybuilding.com>

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 going to be changed during this event.

**Check Out The Countless Success Stories
HERE**

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



Calendar of USC Certifications [HERE](http://undergroundstrength.org/calendar):

<http://undergroundstrength.org/calendar>

The Gladiator Project

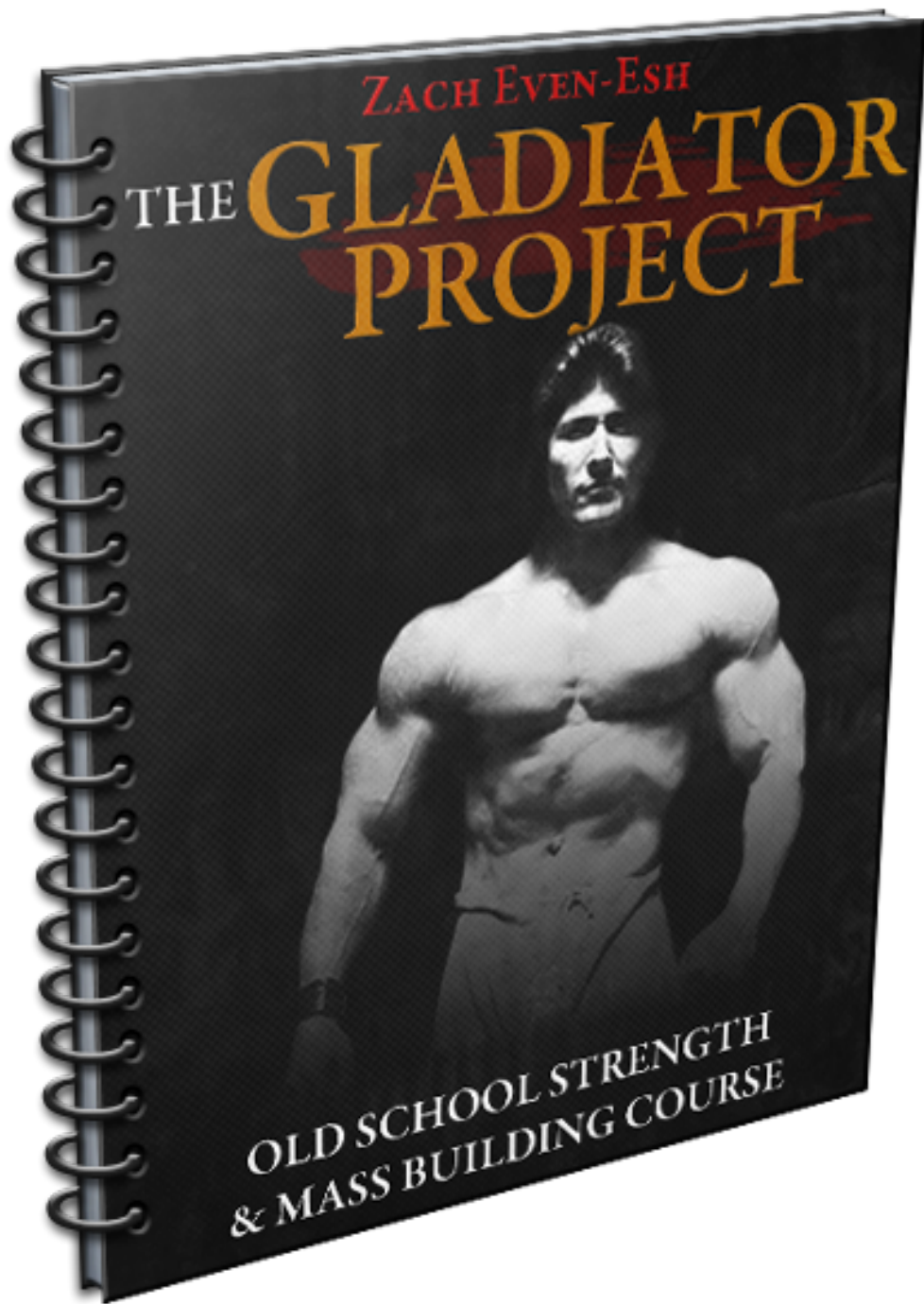
Old School Mass Building Course

All you need is free weights & a die hard attitude with NO fear of HARD work.

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>

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

<http://RussianLionPower.com>

THE RUSSIAN LION POWER COURSE PLATINUM

