

ZACH EVEN-ESH'S
BODYWEIGHT
MUSCLE
MANIFESTO



THE TRUTH
About How
To Use
Bodyweight
Exercise for
Lean Muscle
& Less
Joint Pain

WARNING: 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 report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors & 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. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement & consult a physician immediately.

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 18 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 Performance Systems, LLC & Underground Strength Coach 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.

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The beauty behind bodyweight training is that it can be performed anywhere, anytime and without the use of any equipment minus a pull up bar or a set of portable gymnastic rings.

But, you've heard that line before haven't you? Promises of getting lean, building muscle and how easy and simple it all is. It's going to be simple but NOT easy. If you want results, that takes WORK, both in training and overall lifestyle.

In this special report I'll share with you training, lifestyle and nutrition strategies to help you achieve these goals: added lean muscle mass, reducing joint aches / pains, burning fat and increasing you energy levels.

Here's the truth and this is why I am inspired to share these tips with you. I've been training since age 13, it was the Spring of 1989. That's a LOT of years of lifting weights. HEAVY weights, none the less. But it's NOT just the heavy weights that beat up your body, it's your lifestyle. It's the foods you eat, your quality of sleep and your quality of food. They ALL count.

Your body starts to get beat up and you can feel like shit with anything that throws your lifestyle for a loop. Experiencing pain, fatigue and stress just ain't cool when you wanna live a pain free life AND still be strong, look strong and get lean and mean.

I'm NOT telling you to ditch the free weights entirely, I still use them, just not nearly as often. And, when I wanna get rid of those aches and pains, I get into a phase of strictly bodyweight training and it gets me feeling great immediately.

I've found a select few bodyweight exercises to be my "go to" exercises when it comes to getting stronger, getting leaner and feeling like an agile, mobile and hostile machine.

Sounds cool, right? It is cool :)

I want you to take these tips seriously. Nothing works unless YOU do the work. Consistent work. I'm not trying to scare you, I just prefer to tell you the truth vs the typical snake oil and empty promises being touted on the internet.

Let's get started....

THE TOP 6 BODYWEIGHT BODYBUILDING EXERCISES TO BUILD MUSCLE, SHRED FAT & REDUCE JOINT ACHES & PAINS

1) Squat Jumps

2) Lunge Jumps

* Squat Jumps & Lunge Jumps [Video HERE](#)

* Or Here: <http://zacheven-esh.com/bodyweight-workout-challenge/>

3) Handstand Push Ups / Handstand Holds

Handstand Push Ups [Video Here:](#)

<http://zacheven-esh.com/the-power-behind-push-ups/>

4) Mixed Grip Pull Ups / Rope Climbs

[Video HERE](#)

Or Here: <http://zacheven-esh.com/bodyweight-workout-with-ladders/>

5) All Push Up Variations

Video Here: <http://zacheven-esh.com/bodyweight-beast-workout/>

6) Hanging Leg Raise Variations / Front Lever Practice

Blog Post Here: (See Exercise # 11 on this Blog: <http://zacheven-esh.com/top-10-bodyweight-exercises-making-you-a-true-beast/>)

**CRITICAL LIFESTYLE & NUTRITION TIPS TO
REDUCE JOINT ACHES / PAINS & BURN MORE FAT**

- 1) This is OLD SCHOOL, but, sleep is critical.** Not just how much sleep you get but also the quality of your sleep. If you're a working adult I am gonna recommend 8 hours of sleep every night, those younger can aim for 9 hrs every night. Find a way to get your work done and have lights out by 11 PM. Getting to sleep by 11 PM is much more powerful than the post midnight hours.

Remove all electronics from your room such as cell phones, tablets, etc. As your sleep time approaches, dim the lights throughout your house and relax your mind.

I like to do some light stretching and mobility to reduce tension in my muscles. I also perform deep breathing while stretching and working my mobility.

See this Blog Post for mobility exercises to perform at home:

1) <http://zacheven-esh.com/jill-miller-life-health-success-passion/>

2) <https://www.youtube.com/watch?v=y5NKZJDLuo4>

Another powerful tip to improve sleep quality is something I've been doing since my early 20s: Read at least 2 pages of an autobiography or

inspiring book before bed time. 2 pages often becomes more but what happens here is that you fall asleep with positive, inspiring thoughts running through your mind.

Many people tend to fall asleep with stress about the next day's "to do list" and this pre sleep reading ends your worries improves your mood.

2) Some Simple Yet Powerful Nutrition Tips:

These simple tips and tweaks to your nutrition will decrease inflammation of your joints and in turn increase your energy levels.

Get rid of breads / gluten, milk / dairy products.

If you're under the age of 23 you might be OK with bread and dairy but once your mid 20s hit you often develop an allergy to gluten and dairy, if not earlier.

Take note of how you feel after you eat a sandwich or drink milk. Most people report feeling like they want to fall asleep on the spot.

Here is something to give you a wake up call and take this more seriously: **3/4 of your immune system is in your digestive tract.**

When you eat like shit your body will feel like shit.

Simply removing or at the very least, greatly reducing breads / gluten, milk and dairy from your nutrition will make you feel infinitely better. This is essentially called a Primal Lifestyle. It embodies exercise, nutrition, mindset and your overall lifestyle. It is a way of life.

In a Nut Shell:

**Bodyweight Training + Proper Lifestyle + Primal Eating = Feeling,
Looking and Performing at Your Best**

HOW TO USE THESE BODYWEIGHT BODYBUILDING EXERCISES FOR FAST RESULTS...

You can use the Bodyweight Bodybuilding Exercises in MANY ways, here are a few favorites:

- **Circuit Training:** This is best if your goals are fat loss and improved muscular endurance.
- **Finishers** to your workout AFTER a heavy squat, bench or deadlift session or after any heavy lifting (strongman, weightlifting, etc. This is great for adding muscle and improving work capacity.
- **Bodyweight Bodybuilding ONLY workout.** This is great for strength and power.
- **GTG or Grease The Groove** (Perform several sets, several times a day). To understand how to use GTG, read this article:

<http://zacheven-esh.com/grease-the-groove/>

Below is a favorite Bodyweight Bodybuilding workout of mine.

I use this for my athletes as well as for myself. It's a fast and effective workout for developing athletic power and lean muscle mass.

- * Perform the 5 exercises below as a circuit.
- * First round is 12 reps of each.
- * 2nd round is 10 reps, 3rd round is 8 reps, etc.

Video of this workout is linked below.

* The faster you finish the workout below the stronger and more muscular you will get. Time yourself every week and measure your progress!

- 1) Pull Ups x 12, 10, 8, 6, 4, 2
- 2) Push Ups x 12, 10, 8, 6, 4, 2
- 3) Squat Jumps x 12, 10, 8, 6, 4, 2
- 4) Lunge Jumps x 12, 10, 8, 6, 4, 2
- 5) Hanging Leg Raise x 12, 10, 8, 6, 4, 2

You can also perform the [Bodyweight Bodybuilding workout above](#) with variations described below.

Try it 3 - 4 x week, for the next 4 weeks with the options and variations below:

- Instead of 12, 10, 8, 6..... Try starting at 2 reps and then working up to 4, 6, 8.... 12. This is ver challenging and allows you to use this workout as your warm up.
- Add weight to your pull ups and push ups with a chain hanging from a belt, weight vest or weight belt.
- Add resistance to your jumps with bands or a light sandbag
- Perform a predetermined number of reps on each exercise before moving to the next. For example, 25 total pull ups, then 50 total push ups, then 50 total squat jumps....
- Perform one exercise a day, working the exercise throughout the entire day until you achieve a predetermined number of reps. This is called [GTG or Grease The Groove](#).

- For example, with a goal of 250 squats before the day ends, you would perform 25 squats every other hour until you are at 250 reps. Or if you want to improve your pull ups, you would practice pull ups several times throughout the day to practice technique and strength while fresh.
- Perform plyo push ups (clapping push ups) instead of traditional or weighted push ups.

Here's The TRUTH About The Benefits of Bodyweight Workouts

- **MOST** guys use them ineffectively and inefficiently. They treat bodyweight exercises only as finishers or only as circuits. This is **NOT** the way to pack on muscle with Bodyweight Exercises.
- You **CAN** pack on muscle with specially organized bodyweight training with the proper sets and reps and the proper program design model. We explain that in detail with our [*Bodyweight Bodybuilding Course HERE*](#)
- You **CAN** develop serious athletic strength & power as well as burn fat through Bodyweight Only training. **NO** Gym needed.
- Most people will use bodyweight as a circuit or as an after thought to their **BIG** exercises such as finishers after benching heavy, etc.
- That is fine and great for a finisher, but it's **NOT** the most effective way to utilize bodyweight training and bodyweight workouts in general.

TRY THIS SAMPLE BODYWEIGHT BODYBUILDING WORKOUT

**** Warm up thoroughly before each workout, ALL sets listed below are WORK sets, the warm up sets are NOT included ****

DAY 1: STRENGTH DAY

1A) Weighted Push Ups 5 x 8 - 12 reps

1B) Weighted Pull Ups 5 x 3 - 6 reps

2A) Squat Jumps 5 x 5 reps

2B) Lunge Jumps 5 x 5 / 5 ea. leg

3) Hanging Leg Raise w/ankle weights 5 x 5

DAY 2: CONDITIONING DAY

1) Run 1/2 Mile HARD! AFAP (As Fast As Possible)

Circuit of 5 Rounds:

2A) Hand Walk (use power wheel or partner holds ankles) 5 x 40 ft. (less distance if necessary / Bear Crawl if alone)

2B) Pull Ups 5 x submax reps (leave 1 rep in the tank)

2C) Dips 5 x submax reps (leave 1 rep in the tank)

2D) Dip Bar Leg Raises 5 x 10 reps

2E) Walking Lunges 5 x 20 reps (10 ea. leg)

3) Finish: Run 1/2 Mile HARD!

DAY 3: BODYBUILDING / MUSCLE BUILDING DAY

NOTE: ** On Bodybuilding Day, Focus on a slower tempo, squeezing reps, pausing at the top of each rep **

1A) Bulgarian Split Squats (back foot elevated on bench) 4 x 12 / 12 ea. leg

1B) Dips 4 x submax reps

2A) Mixed Grip Pull Ups (3 second pause at top) 4 x submax reps

2B) Close Grip Push Ups (3 second pause at top) 4 x submax reps

3A) Recline Rows 3 x MAX Reps (3 second pause at top)

3B) Side Planks 3 x 30 / 30 seconds ea. side

4) Squat Jumps x 50 total reps AFAP (As Fast as Possible)

Note how each workout was broken down with a focus. This makes your bodyweight workouts 20 X more productive than the typical bodyweight finisher or only using bodyweight as a circuit.

Give them a shot and let me know how you do!

If you're ready to go full force and commit to the entire [Bodyweight Bodybuilding](#) System then [click HERE to get Started](#).

If you're serious and want to attack the complete 12 week Bodyweight Bodybuilding program [Click HERE](#).



Thank you for trusting me to help you reach your goals in strength and fitness!

Zach Even-Esh



**FOR MORE INFO ON
BODYWEIGHT BODYBUILDING
[PLEASE CLICK HERE](#)**



BODYWEIGHT BODYBUILDING

DETAILS HERE

A Results Proven Bodyweight Only Training Program to Help You Shred Unwanted Belly Fat, Increase Energy Levels, Dramatically Reduce Joint Pains & Build Lean Muscle *FAST*

