

UNDERGROUND BEAST STRENGTH



**The Definitive Guide to Molding
Yourself Into a Tough as Nails,
SuperHuman Strength Machine**

BY ZACH EVEN-ESH

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THE 12 MONTH UNDERGROUND BEAST STRENGTH PROGRAM

Follow The Underground Beast Strength Program for the next 12 months and you will experience your greatest gains ever in strength, speed / explosive power, athleticism, conditioning, mental toughness and self confidence.

This program has not been created for the normal, average Joe who wants to train at the local gym where his buddies hang out, look in the mirror checking their hair and sending text messages between sets. That's Bull Sh*t.

UNDERGROUNDERS are a Different Breed.

WE'RE A RARE BREED, but NOT a dying breed. There are "Underground Strength Cells" around the world as we speak..... garages, backyards, playgrounds, basements, military outposts and who knows where else.

THE UNDERGROUND BEAST has rebelled against the pussification of the human body and man kind in general and taken physical and mental preparation into his own hands.

**“RULES NEED NOT APPLY, AS THE FIRST RULE OF THE
UNDERGROUND IS THERE ARE NO RULES.”**

From this point on you can forget about being normal. If you're going Underground you are either in or you're not, ALL or Nothing, there is no half way.

Don't look back, instead, charge forward relentlessly, for this is how the mind and spirit of Underground Beasts work.

I have provided you with the plan to transform yourself physically AND mentally, below. You must provide the work ethic, the sweat and the intensity. Many will try to join you, few will make it, only the "Top Percenters" will continue in your Underground Journey.

If you fall, get back up. Winning is an internal game. Let the Journey Begin.....

As you've probably read in [The Underground Strength Manual](#), the program design method I favor is a 3 week mini cycle followed by a 1 week deload. This allows you to progress in a fashion described below:

Week 1: Introduce movements and establish baseline poundages. Re-establish technique if necessary.

Week 2: Break records by adding weight / reps, the focal improvement area should be on improving your core lift of the workout (i.e. tire flip, deadlift, bench press, sandbag clean & press, etc)

Week 3: Break records again by adding a rep or small poundage. OR, you may feel the need to deload on week 3, so, reduce overall volume by 50% on this week. Volume is relative to everything: the weight you use, the reps and total sets and intensity.

Sometimes we lighten the weights on week 3 and keep intensity high, focusing on more speed.

Your focus is to develop strength endurance, power endurance and overall a VERY high level of work capacity and mental toughness. The fast pace will work new muscle fibers and spur muscle growth.

Our warm up includes various calisthenics, soft tissue work while rolling out on foam roller or hard ball (LAX Ball or Tennis Ball), jump rope training or movement skills such as skips, hops, jogs, tempo runs, lateral and backwards movements.

You can also utilize Indian club swings of various forms for several minutes and of course some explosive jumping variations, particularly before your lower body workouts – all of these prep the mind and body as well as hype up the nervous system for the work ahead of you.

As stated before, your 3 weeks of training will look like this:

Week 1: Introduce each movement, refine technique, establish baseline loading

Week 2: Break records from week 1, push intensity up a notch and maintain perfect technique

Week 3: Break as many records as possible, especially in the core lifts, maintaining perfect technique

Your 4th Week: If all training went according to plan, and week 3 was a strong week for you, Week 4 will be the Deload week.

Week 4 / Deload Week: Your deload week will NOT be prestructured for you. I suggest going by your own feel and energy levels, and abiding by my suggestions of reducing volume / intensity by 50% minimum, no loading of the spine via deadlifts / squats and utilizing lots of bodyweight, bands, light kettlebells or other forms of active recovery (swimming, hiking, mountain biking, outdoor activities).

**** Recovery work before / after EVERY workout is a must, using the foam roller, tennis or lacrosse ball. This goes a long way to helping you feel healthy. ****

I also utilize Yoga after workouts and on my off days to improve recovery.

**** Sometimes, week 3 becomes a deload. Listen to your body to determine if this is necessary. ****

Week 4: Deload with bodyweight, light kettlebells, bands and light sled work. Utilize extra recovery methods before and after workouts. Intensity and overall volume is cut down 50% or more.

Now, something to be noted and of very serious importance: The above schedule is NOT to be written in stone, nor are all the workouts below. I never write it in stone and am always ready to make changes on the fly if injuries or changes of energy occur due to individual stress levels.

In addition, the fact that I do not know your personal needs means this program should be tailored to your needs as you go through each training cycle.

On the flip side, those who constantly change their workouts tend to make minimal progress and have difficulty tracking progress. Without a plan you can expect to make less gains compared to when you have a plan.

Sometimes, during week 3 you are not as strong as week 2. Sometimes, week 3 needs to be a deload week. I go by what the individual communicates to me, verbally and non-verbally. I do this for myself as well.

In the real world, schedules can be thrown out the window as life is ever changing and thus energy levels fluctuate day to day.

But, as much as possible, I try to stick to the above schedule. Just so you know, feel free to adjust accordingly because doing so will allow for greater gains.

How Many Heavy Sets? Often times the core lift shows approximately 5 sets. We usually perform 1 warm up and 1 - 2 medium sets before attacking the movement full steam ahead for 2 quality sets.

Warm up as necessary for each movement and aim to get 2 quality sets that are pushing your limits. Depending on your experience and strength, ONE intense set might be all you need to get the job done.



BEFORE YOU BEGIN, YOU MUST REVIEW THESE VIDEOS, LINKED BELOW....

I HIGHLY RECCOMEND YOU [WATCH OR REVIEW THE UNDERGROUND VIDEOS HERE](#) to give you powerful insight into some of the Underground movements and methods you are about to experience.

NOW THAT YOU HAVE REVIEWED YOUR UNDERGROUND VIDEOS...

IT IS TIME..... TIME TO BEGIN YOUR JOURNEY THROUGH THE UNDERGROUND BEAST STRENGTH PROGRAM.....

MONTH 1: THE UNDERGROUND RITE OF PASSAGE

* 3 full body workouts, performed on non consecutive days *

Workout 1

- 1) [Trap Bar DL](#) 5 x 5

- 2A) [Thick Bar Floor Press](#) 4 x 3 – 6 reps
- 2B) [Mixed Grip Pull Ups](#) 4 x max reps

- 3A) DB hammer cheat curls 2 x 6 – 8 reps
- 3B) ring push ups 2 x max

- 4) ab circuit 4 movements x 15 each
- 5) [Grip Work:](#)
 - DB hex holds 3 x 10 – 15 sec. approx.

- wrist roller 3 x max

Workout 2

1A) Sandbag Squats 5 x 5 - 10 reps (decrease reps as poundage increases)

1B) Sprint 5 x 100 yds.

2) Walking sandbag lunges 2 x 50'

3A) handstand push ups 3 x max

3B) recline rope rows 3 x max

4) Sled Drags x 5 minutes non stop: switch forwards / backwards every 100'

Workout 3

1A) [sandbag clean & press](#) 5 x 5 (Begin ea. rep with a clean off the ground)

1B) [1 Arm Dumbbell / Kettlebell row](#) 5 x 6 - 10 reps

2A) [Double Kettlebell swings](#) 3 x 10, 8, 6

2B) [Double Kettlebell Cleans](#) 3 x 10, 8, 6

3) jump rope tabata style x 5 minutes: 20 seconds work:10 seconds rest



MONTH 2: GLADIATOR WORKOUTS

This month will include 1 full body workout and upper / lower splits

Workout 1: Full Body Workout

1A) [Double Kettlebell Snatch](#) x 10, 8, 6, 4, 2

1B) Tire Jumps (Tire should be at least waist high) x 10, 8, 6, 4, 2

2A) Weighted Pull ups 3 x 3-6 reps

2B) [Weighted Ring push ups](#) 3 x 12-15 reps

3) ab circuit 4 exercises x 15 reps each

Workout 2: Lower Body Workout

1) [Deadlift](#): work up to a heavy set of 5 and 3 reps

2) Walking kettlebell lunges (held at side) 2 x 100'

3) [Good morning with Band](#) 3 x 33 reps

4) Sleds x 6 minutes non stop (forwards / backwards x 100')

Workout 3: Upper Body Workout

1A) Double Kettlebell See Saw Military Press 5 x 5 reps each

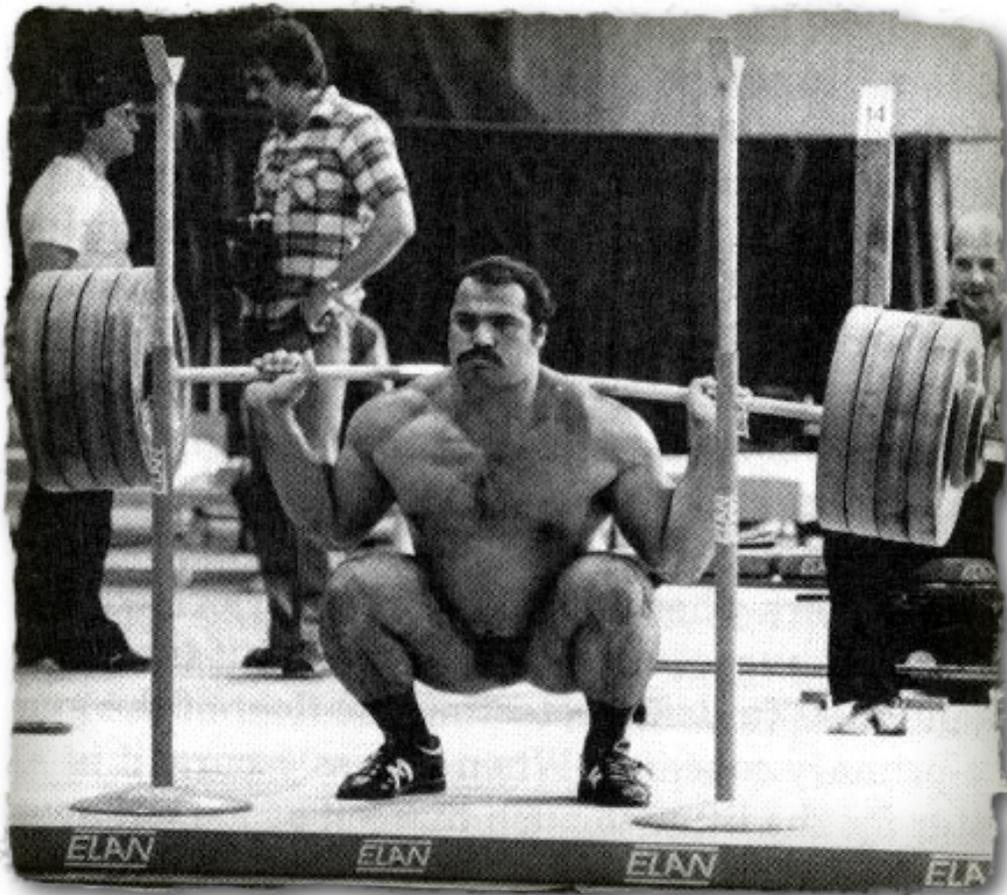
1B) Double Kettlebell Bent Over Rows 5 x 10 reps

2A) 1 arm KB floor press 3 x 5-10 reps

2B) recline rope rows 3 x max reps

3A) Dumbbell shrugs 2 x 30 seconds

3B) Band pull aparts 2 x 50 reps



MONTH 3: UNDERGROUND MUSCLE MOLDING

*** This month will be upper lower splits, performed 2 days on, 1 day off, 2 days on, 2 days off ***

* The first 2 workouts should be used w/heavy loads, the 2nd two workouts should be performed with loads of approx. 50% of your 1 RM and performed for speed *

Workout 1: Lower Body

- 1) Jumps onto High tires or High box: 3 x 5 reps
- 2) [Squats \(NO Box\)](#): 5 x 3 – 8 reps
- 3) Barbell forward OR reverse lunges: 3 x 6 – 8 each leg
- 4) 1 hand Kettlebell swings 2 x 15 each hand

Workout 2: Upper Body

- 1) Close Grip Bench Press 5 x 3 – 6 reps
- 2) Reverse Grip Bent Over BB Row 4 x 6 – 10 reps
- 3A) [chest slap plyo push ups](#) 3 x 6
- 3B) rope pull ups 3 x max reps

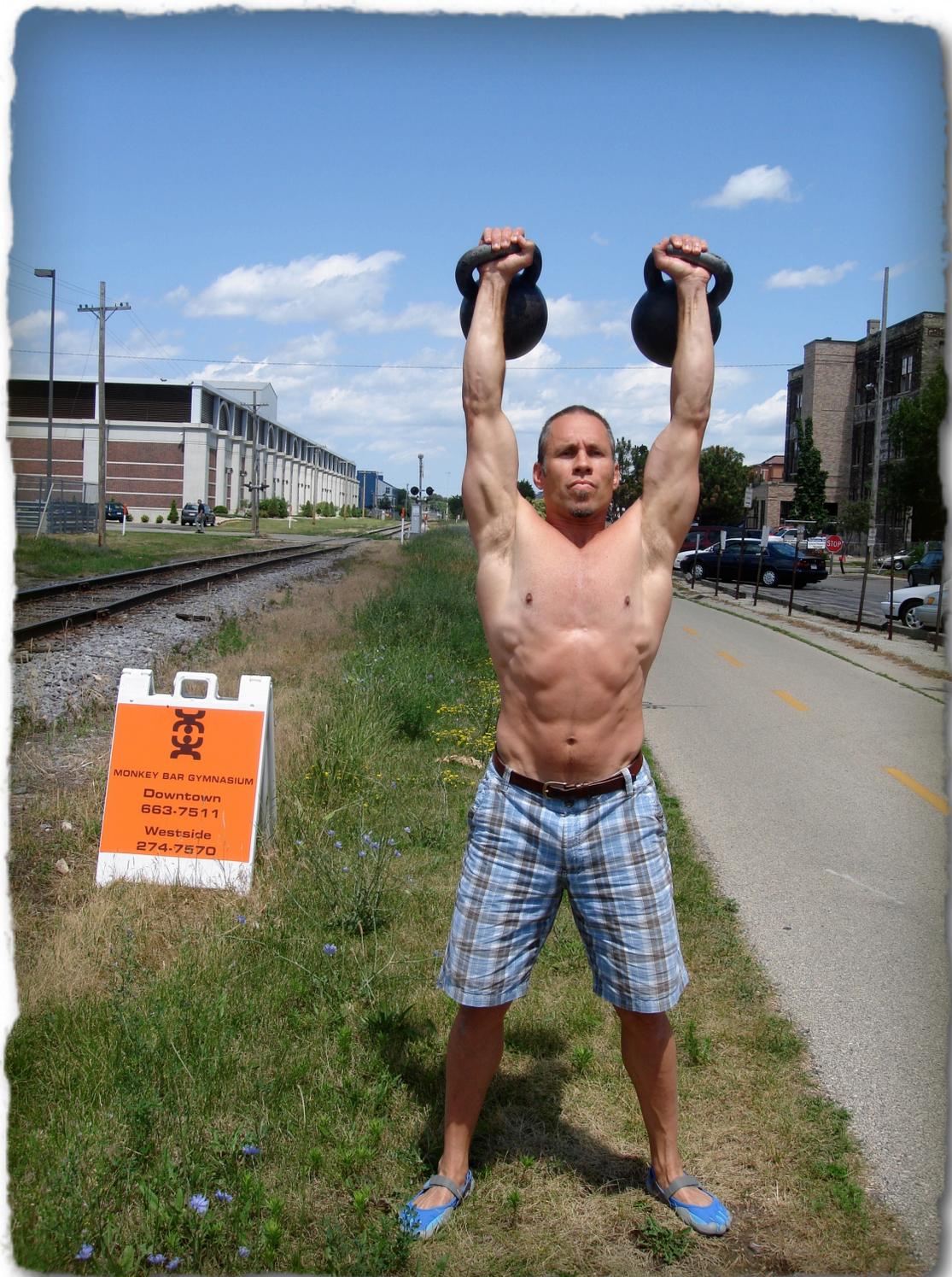
4. [Grip:](#)

- Hex DB Holds 3 x 10 – 15 seconds
- Captains of crush gripper 5 x 5 reps (non stop on all sets)

** You might feel that repeating 2 workouts is too little variety, BUT, most people vary their workouts too often and this does not allow for the following to happen:

- You can not improve your skill in the basic movements. Strength is a skill. You must get VERY good at the basics to improve strength.
- Regular repetition / practice of these movements must be performed over and over again for years, not just 1 month. So don't freak out over the simplicity of this program.

Finish TWO workouts every week with a abdominal program. One day should be a 5 exercise abdominal circuit, the next workout should be performed with loaded movements such as kettlebell get up sit ups, v ups holding a med ball, med ball Russian twists, etc.



MONTH 4: NO BS WORKOUTS

** Back to 1 full body workout followed by an upper / lower split workout, perform 3 x week.

Workout 1: Full Body Workout

1A) [Kettlebell clean & press](#) 5 x 5

1B) [rope climb](#) 5 x

2A) sandbag reverse lunges 4 x 6 ea. Leg (switch placement of Bag on every set)

2B) band pull aparts 4 x 25

3) jump rope tabata x 8 minutes: 20 sec. work/10 sec. rest

4) ab circuit: 4 exercises x 20 reps each

Workout 2: Upper Body

1A) [handstand push ups](#) 5 x max

1B) [Rope Pull Ups](#) 5 x max

2A) double bent over Kettlebell rows 3 x 6 – 12

2B) [double Kettlebell Bench press](#) 3 x 6 – 12 (clean the bells, sit on bench and lay back, press away with elbows tucked tightly against body!)

3A) thick rope curls (loop rope through Kettlebell) 2 x 8 - 12

3B) close grip push ups w/hands on med ball 2 x max

4) ab work: hanging leg raises / knees to elbows: 30 reps total

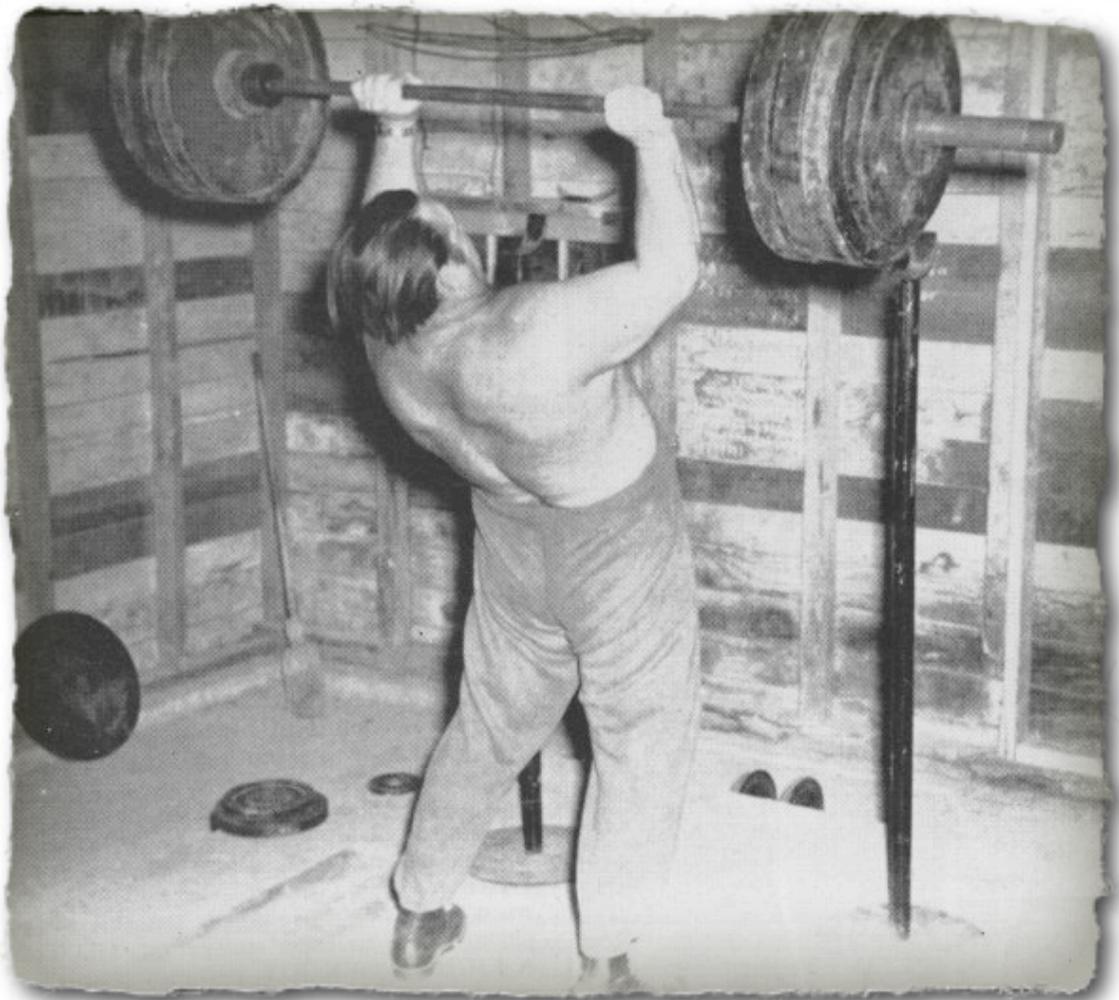
Workout 3

1) Barbell Zercher Squat 5 x 3 – 6 reps

2A) Bodyweight Squat Jumps 3 x 10

2B) Bodyweight Lunge Jumps 3 x 10

3. Sleds x 8 minutes non stop: alternate forwards / backwards every 100'



MONTH 5: THE OLD SCHOOL POWER- BODYBUILDING WORKOUT

This will offer a great change of pace from traditional workouts, but will also add serious strength and muscle to your frame. Although these are “Bodybuilding” workouts, I’m making them into what I like

to call “Power-Building” as it will build some SERIOUS, REAL World Functional Strength!



Day 1 – Chest, bis, abs, forearms

- 1) [Bench Press](#) 5 x 3 – 10 reps
- 2) [Incline Dumbbell Press](#) 3 x 10 – 20 reps
- 3) Weighted Parallel Bar Dips 2 x 6 – 10 reps
- 4) [Barbell cheat curls](#) 3 x 5 – 10 reps
- 5) Barbell wrist curls & reverse wrist curls 2 x 15 – 20 each direction, supersetted
- 6) Ab circuit x 5 exercises x 12 – 15 reps each

Day 2 – Legs

- 1) [Squats \(NO box\)](#) 8 x 3 reps
- 2) [Sled drags](#) x 15 minutes non stop (alternate forwards / backwards x 100')

Day 3 – Shoulders, Tris

1A) Dumbbell Military Press 5 x 3 – 5 reps

1B) band pull aparts 5 x 25 reps

2A) [Barbell Hang Clean](#) 5 x 3 reps

2B) band face pulls 5 x 15 reps

3) [tate presses](#) on floor 3 x 10 – 20 reps

4) band push downs 3 x 33 reps

Day 4 – Back, abs

1) [wtd. Pull ups](#) 4 x 3 – 6 reps

2) [bent over barbell rows](#) 4 x 6 – 8 reps

3) [1 arm DB rows](#) 3 x 6 – 12 reps

4) DB shrugs 3 x 25

5) Wtd. Back extensions 3 x 12 - 20 reps

6) Wtd. Ab circuit: hold med ball and perform 15 reps each of sit ups, v ups, Russian twists and repeat for 2 rounds

MONTH 6: STRONG AS HELL WORKOUTS

This month will return to a lot of odd object lifting, a GREAT way to develop strength and endurance as well as adding muscle.

All 3 workouts will be short, full body workouts, especially because many of these drills are full body lifts.

Day 1

- 1) Keg Clean & Press x 5 minutes. Perform 2 reps every 30 seconds for 5 minutes total.
- 2) [Sandbag Power Clean & Catch](#) x 5 minutes. Perform 2 reps every 30 seconds for 5 minutes total.
- 3) [Tire Flip](#): Perform 2 reps every 30 seconds for 5 minutes total.

Day 2

- 1) 1 arm KB or [DB snatch](#) x 50 reps each hand. (Choose a weight that allows you to perform 6 – 8 hard reps per hand)
- 2) Sandbag Squat x 50 reps. (Choose a weight that allows you to perform 6 – 8 hard reps per set)
- 3A) [mixed grip pull ups](#) 3 x max
- 3B) mixed grip push ups 3 x max
- 4) dip bar leg raises x 50 total

Day 3

- 1) [Keg Carry](#) (carry on your lap if very heavy or zercher style if moderately heavy) 4 x 200'
- 2) Double Kettlebell Rack Walk 2 x 200'
- 3) Rope + Kettlebell Farmer Walk (sling rope or towel through KB handle) 2 x 200'
- 4) Double Kettlebell Swings 3 x 10
- 5) Sled Drags 4 x 200' (alternate forwards / backwards every 100')

MONTH 7: PHYSICAL CULTURE TRAINING



This month will be a throwback and you will mimic the training methods from the early 1900's, a time where Physical Culture was at it's height.



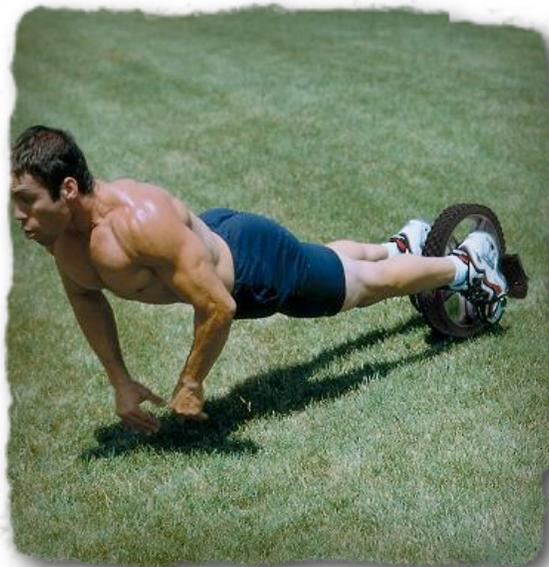
Above, a Turner Hall, which was the popular type of gymnasium where Physical Culture training actually took place. Notice the countless gymnastics apparatuses, climbing ropes, rings and open space for movement. You would also find countless kettlebells, Indian clubs and medicine balls available!

These workouts will focus on full body workouts, 3 times a week, on non-consecutive days.

Day 1

1A) Handstand Push Ups 5 x max

1B) [L Seat Rope Climbs](#) 5 x



2A) Squat Jumps 5 x 10

2B) Lunge Jumps 5 x 10

3A) Power Wheel Roll Outs 3 x 10

3B) Dip Bar Leg Raise 3 x 10

4) Grip Work: Wrist roller 1 x palms up, 1 x palms down

Day 2

1A) Double Kettlebell Push Press 4 x 8

1B) Double Kettlebell Cleans 4 x 8

1C) Double Kettlebell Swings 4 x 8

Watch This ==> ** Kettlebell Training Video ** < == Watch This!

2) Trail Running x 10 Minutes: Run through trails, up hills, over obstacles, jump, run, sprint, climb, be agile and move through the woods or obstacle like area non stop for 10 aggressive minutes

Day 3

1) Standing Broad Jumps OR [jumps over obstacles](#) 5 x 3 reps

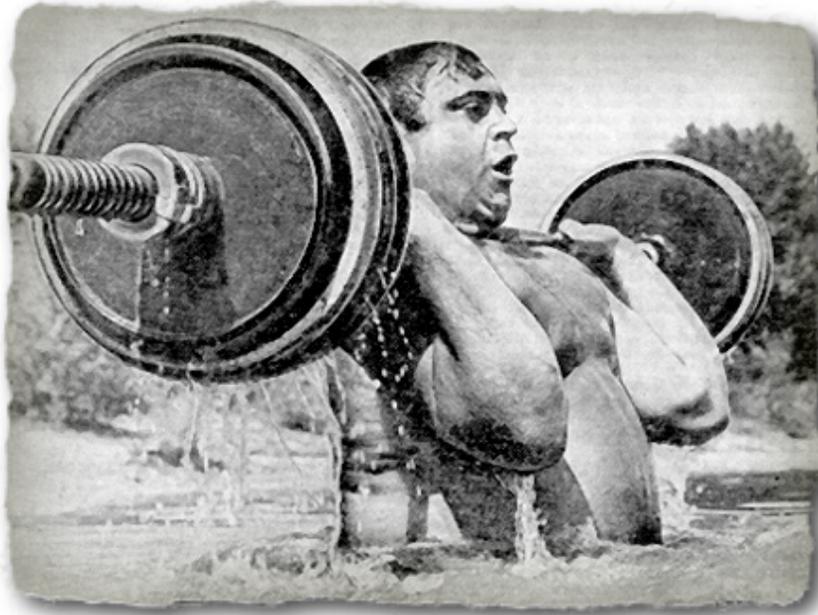
2) Bottoms Up Kettlebell Clean & Press 5 x 2 reps

3) [Power Wheel Hand Walking](#) 4 x max distance

4) Medicine Ball Throws / Tosses from various angles for distance x 25 total reps

5) Jump Rope x 30 seconds sprint / 15 sec. rest x 10 minutes total

MONTH 8: POWER BODYBUILDING TRAINING



4 x week / Upper / Lower Split

Day 1: Lower Body

- 1) [Squats](#) 8 x 2 reps
- 2) Deadlift 5 x 1 rep
- 3) [Leg Curls on Power Wheel](#) x 100 reps total

Day 2: Upper Body

- 1) [Sandbag Clean & Press](#) 5 x 2 reps
- 2) [Weighted pull ups](#) 5 x 3 reps
- 3A) weighted dips 3 x 6 – 12
- 3B) [barbell cheat curls](#) 3 x 6 – 12
- 4) grip + abs: 3 x each

Day 3: Lower Body

- 1) Barbell / Dumbbell Reverse Lunges 4 x 6 ea. Leg
- 2) [Double KB Cleans 3 x 10](#)
- 3) [Double KB Swings 3 x 10](#)
- 4) Sled / Prowler Work x 12 minutes non stop

Day 4: Upper Body

- 1A) Barbell or DB Floor Press 5 x 2 – 5 reps
- 1B) [mixed grip pull ups](#) 5 x max reps
- 2A) bent over barbell row 3 x 6 – 8 reps
- 2B) [ring push ups w/chains on neck](#) 3 x 10 – 15
- 3A) band pull aparts 3 x 33 reps
- 3B) dumbbell hammer curls 3 x 6 – 8 reps
- 4) grip + abs 3 x each

MONTH 9: BAGS & BELLS



- Train 3 x week on non consecutive days
- On “off” days, feel free to add extra calisthenics, outdoor activities, recreational sport play and / or sled dragging (In other words, be an ATHLETE!)

Day 1

- 1A) 1 arm Kettlebell clean & press 5 x 5
- 1B) mixed grip pull ups 5 x max

- 2A) double Kettlebell Squats 3 x 5
- 2B) double Kettlebell rows 3 x 5

- 3) sled / prowler x 8 minutes non stop

Day 2

- 1) sandbag squats x 10, 8, 6, 4, 2
- 2) Kettlebell snatches x 10, 8, 6, 4, 2
- 3) Weighted push ups (backpack, chains, vest, etc.) x 25, 20, 15, 10, 5
- 4) Grip + abs 3 x each in circuit style

Day 3

- 1A) 1 arm Kettlebell Floor Press 5 x 5
- 1B) 1 arm Kettlebell Row 5 x 5
- 2) Walking KB rack lunges 2 x 50'
- 3A) Double Kettlebell swings 2 x 10
- 3B) Double Kettlebell cleans 2 x 10
- 4) jump rope x 5 minutes 15 sec. work / 15 sec. rest



MONTH 10: COMBAT READINESS

Even if you're NOT a combat athlete, there are times your body must REALLY push to get "in shape" – I'm talking strength endurance, power endurance, overall work capacity, mental toughness, killer conditioning and overall brute strength.

It's time to test your limits. Train 3 x week on non consecutive days and KILL IT!

Day 1: Underground Combat Circuit

4 Rounds for Best Time

- 1A) Tire Flip x 5
- 1B) Kettlebell snatch x 5
- 1C) Weighted Pull Ups x 5
- 1D) Sled Drag x 100' forwards / 100' backwards

Day 2: Coach Reeve

** If you haven't listened to the [Coach Reeve Audio Interrogation, Get It!](#) **

** 10 rounds in 20 minutes OR max rounds in 20 minutes

** Reps are modified to improve technique, Coach Reeve did 10 sets of 10!

** A sandbag can replace the barbell (sandbag must be 1/2 your bodyweight, minimum)

1A) Barbell Power Clean x 10, 9, 8, 7, 6, 5.....1

1B) Pull Ups x 10, 9, 8, 7, 6, 5.....1

Day 3: Strongman

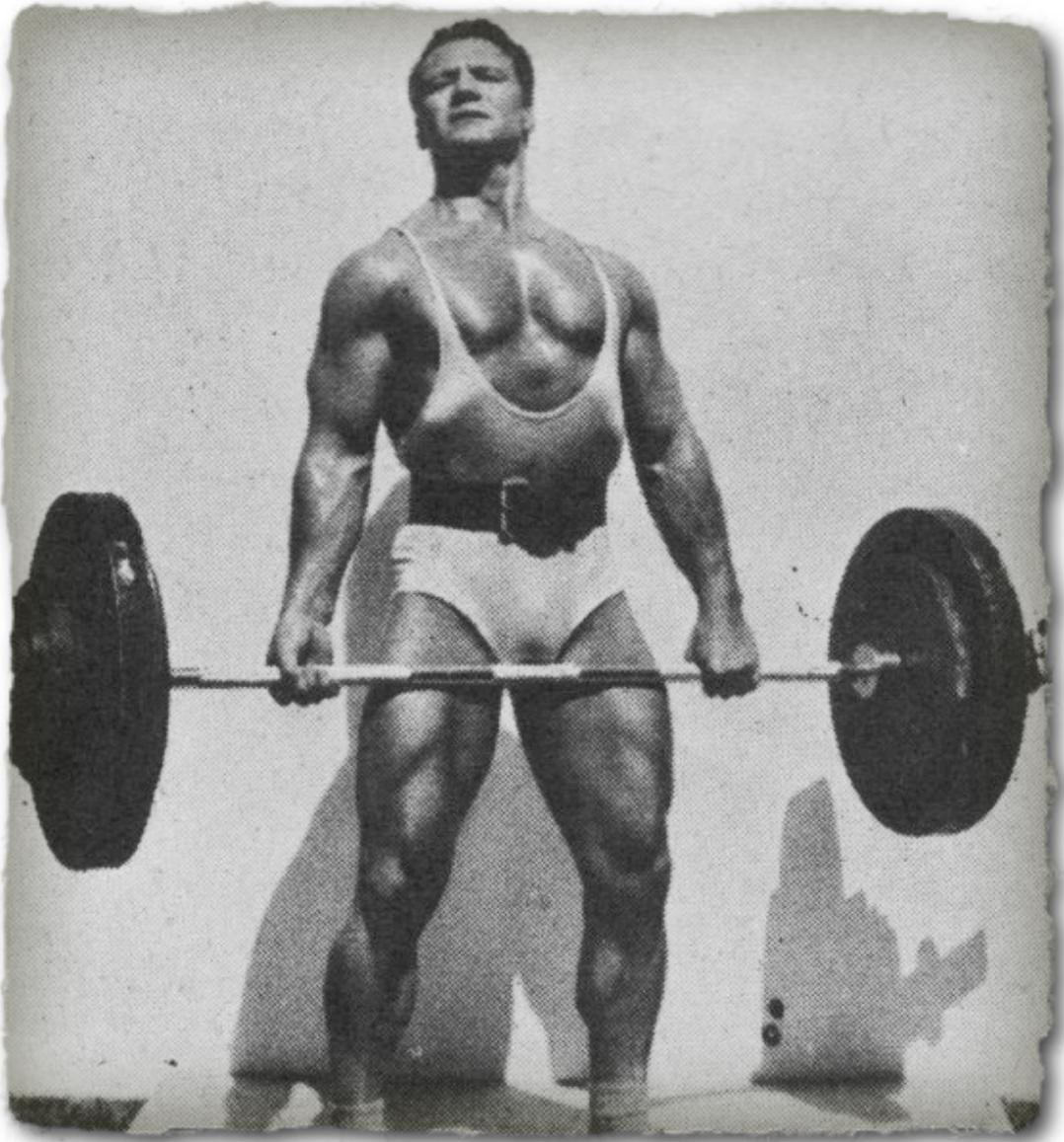
- 1) [Log Clean & Press](#) x 2 reps every 30 sec. x 5 minutes
- 2) Thick Bar Deadlift 2 reps every 30 sec. x 5 minutes (No thick bar? Wrap a towel around the bar where you grip the barbell)
- 3) Medley: Carry each object x 100', sprint back and carry again. 4 rounds, 1 - 2 min. rest between ea. round
 - Farmer Walk
 - Sandbag zercher carry
 - Keg carry
 - Forward / Backwards sled pull



ABOVE.... WEAPONS OF MASS CONSTRUCTION

MONTH 11: GOLDEN ERA TRAINING

Make no mistake about it. The Golden Era may have been a time of “bodybuilding”, but, these men trained for strength, size, muscle gain AND performance. Supersets kept the metabolism revved and they all were truly strong, they didn’t just “look” strong!



You will train 3 – 4 x week, no more than 2 days in a row. You will alternate between upper and lower body workouts. Feel free to take 2 days off after leg workouts if they beat you up and you train intensely. You can always utilize sleds and bands for active recovery which will help speed recovery and improve your work capacity.

Day 1: Lower Body

- 1) Squats 5 x 10 reps
- 2) Walking Barbell Lunges 2 x 50'
- 3) Romanian Deadlift 3 x 5 reps
- 4) Ab circuit 5 exercises x 12 reps each

Day 2: Upper Body

- 1A) [Barbell Military Press \(Strict\)](#) 5 x 10 reps
- 1B) Bent Over Rows 5 x 5 reps

- 2A) Wtd. Dips 5 x 10 reps
- 2B) mixed grip pull ups 5 x max

- 3A) Barbell cheat curl 3 x 10
- 3B) [lying dumbbell extensions](#) 3 x 10

Day 3: Lower Body

- 1) [Zercher Squat](#) 5 x 5
- 2) Barbell reverse lunge 3 x 10 ea. Leg
- 3) Kettlebell swings 3 x 20
- 4) sled drags 4 x 200'

Day 4: Upper Body

- 1A) [Thick Bar Bench Press](#) 5 x 6 – 12
- 1B) [Barbell hang clean](#) 5 x 3
- 2A) 1 arm dumbbell row 3 x 10
- 2B) incline dumbbell bench 3 x 10
- 3A) dumbbell hammer curls 3 x 10
- 3B) lying tricep extensions w/kettlebells 3 x 10

MONTH 12: NO RULES TRAINING



- Train every other day, which will turn out to being 3 x week one week, 4 x week the next week.
- On “off” days feel free to perform light workouts w/kettlebells, sleds, bodyweight or active recovery activities.

Day 1: Stones and Bodyweight

- 1) [Atlas stone or large stone loading](#) onto object approx. chest height x 50 total reps for time (rest as needed)
- 2A) mixed pull ups x 50 total reps
- 2B) ring dips x 50 total reps
- 3) Double Kettlebell swings 3 x 10

Day 2: Playground Assault: 5 rounds for time!

- 1A) [picnic table 1 hand military press](#) x 10 reps ea. hand
- 1B) mixed grip pull ups x max reps
- 1C) hand walking on parallel bars x down and back
- 1D) Broad Jumps: Distance from bars to the picnic table

Day 3: Beast Strength

- 1) Deadlift 5 x 2 reps
- 2A) 1 arm Kettlebell Floor Press 5 x 5 each hand
- 2B) rope climbs 5 x

- 3) farmer walks 3 x 200'
- 4) ab circuit: 5 exercises x 15 reps each

Day 4: Fight Club: Kick Ass or Get Your Ass Kicked!

- 1) [Kettlebell Chain \(snatch + push press + clean & press = 1 rep\)](#): start at your lightest KB, work up to your heaviest and then work all the way back down. Perform 1 rep per hand. For example: 36 lb, 53 lb, 70 lb, 88 lb, 70 lb, 53 lb and 36 lb. Do all this non stop. Perform 2 sets, rest 1 minute after each set
- 2A) [Sandbag Shouldering](#), each rep off the floor: 4 x 5 ea. Side
- 2B) rope pull ups 4 x max
- 3A) ring dips 3 x max
- 3B) Kettlebell Swings 3 x 25, 20, 15
- 4) Sled drags / Prowler x 5 minutes non stop

MY FINAL THOUGHTS...

During the course of your 12 month Underground Beast Program, you should be listening to your body, deloading after every 3 weeks, or, deloading on any given day you feel the need to back off.

Become part of <http://UndergroundStrengthCoach.com> and visit my Blog daily at <http://ZachEven-Esh.com> - this way you can constantly communicate with other Undergrounders around the world, connect with me frequently on the Underground forum or my blog and of course, it would be awesome to see you n person at an Underground Strength Mentorship / Certification Event.

I hold both 1 and 2 Day Events.

[1 Day Underground Mentorship / Certification](#)

[2 Day Underground Mentorship / Certification](#)

Educating yourself to greater degrees and being motivated by fellow Undergrounders is critical to improving your performance levels.

The BIG secret that most people forget is quite simple yet NOT easy:

- Train hard
- Train consistently
- Eat tons of quality foods
- Never give up

One year of training on The Beast Program will mold you into a new being, inside and out. BIG gains takes years and years, consistency all the way along. I have been training for over 20 years and continue to improve!

You have to break records as often as possible.

In the next 12 months you can pack on more muscle and strength than you have ever experienced before if you eat properly and get the proper rest along with your training program.

Sleeping 8 hrs. each night is critical to your success, sneaking in a nap as often as possible also works wonders while boosting recovery and your immune system. Getting to sleep before midnight will ensure a better quality of sleep as well, so get things done and lights out before midnight.

Caveman Nutrition for Undergrounders

Many people have asked me about my nutritional advice, how I personally eat and how I recommend others should eat.

I have a few clients who are Vegan and love the energy they get from all the greens. They get protein from seeds, nuts, beans, protein shakes.

I personally am not a Vegan, although who knows, I may go that direction one day.

I do sometimes detox from red meats and get away from them for a week at a time, sometimes longer. If my advice and personal nutrition resemble anything “out there” it would be the Paleo diet, which resembles what scientists believe to be the way cavemen ate in prehistoric times.

Cavemen derived their Proteins came from lean meats and fish, as well as seeds and nuts. Carb intake was derived from potatoes, yams, fruits and veggies.

If we were to compare this or apply this to what we have in front of our eyes today, it's quite simple.

You will NOT be eating foods that are in a box or wrapper. If it did not roam the earth or waters, or did not grow from the ground, do not eat it.

Around age 22 or 23 I began to minimize my dairy intake: milk, cheese, yogurt, etc. I found they were negatively effecting my energy levels and causing me store excess body fat.

Breads are also minimized, especially white breads.

I found the simplest way to get someone to alter their physique and energy levels is to get them to reduce and eventually stop consuming dairy, especially if they are in mid 20's or older.

From there I look to add 1 salad a day or several servings of greens and other vegetables. Fruit is also added to the daily nutrition, and although experts suggest removing fruits from the daily consumption around 4 pm if you want to lean out, my first concern is health, so I encourage fruits to be consumed throughout the day in moderation.

Don't sit down at night with a HUGE plate of fruit.

Once you have stabilized and controlled your daily nutrition with the above mentioned guidelines and you decide you want to get leaner, it is time to incorporate the following modifications:

1. **Cycle your carbohydrate intake:** This simply means going for 1 - 3 days with minimal to NO carb intake followed by 1 - 3 days of balanced protein, carb and fat intake.

The way I balance the low carb days is to increase my consumption of healthy fats (nuts, seeds), slightly increase protein consumption and have unlimited veggies with each meal.

Many make the mistake of lowering carbs and then not altering anything else, which causes you to go stir crazy to say the least and often end up bingeing on shitty foods.

2. **Test drive some controlled undereating or controlled fasting.** I have used this with great success but mostly find it works when used sporadically. You basically do not consume whole meals through the day and instead snack on veggies, fruits and small servings of nuts / seeds and at the end of the night you have a large, balanced dinner.

The best way to keep your nutrition in check is via common sense and discipline, plain and simple. It's critical to keep your fridge and cabinets stocked with plenty of quality foods to keep you from seeking shitty food to fill you up.

The common sense is what everyone has. The discipline is what only a few percent have, so take the road less traveled and go lean and mean!

Thanks for being an Undergrounder, the world needs more of us!

In Strength & Honor....

--Coach Z--

UNDERGROUND STRENGTH COACH

RECOMMENDED RESOURCES

Here is a list of my favorite web sites, products, training tools and resources.

Enjoy!

[My Blog](#) - Lessons in Lifting, Life, Business and Success!

[Underground Strength Coach 30 Day Trial](#) - Private Videos and Membership Forum giving you inside access to my coaching and advanced training methods as well as unshared info from industry leaders.

[15 Minute Muscle](#) - The training I utilized when the shit hit the fan! Back when I was working countless hours and trying to squeeze it all in, trying to balance being a husband and father, working 9 - 5, building a internet business, building and managing my **[Underground Strength Gym](#)** and STILL training hard and heavy!

If I did it so can you, perfect for the **[Busy Man](#)**.

[Underground Strength System](#) - The Entire Underground Collection: 3 training manuals, The Beast Strength Program and The Underground Freak Strength Audio Collection!

[Underground Kettlebells](#) - The Best Kettlebells in the World. Period.

[The Underground Sandbag](#) - Built for use and abuse and of course, getting you Strong as Hell!

[The Purposeful Primitive](#) - One of my Favorite books, revealing some of the most amazing methods, stories and insider secrets on how the strongest, most muscular men in the world trained!

[The Lost Secrets of Strength Seminar](#) - Joe DeFranco and I unleash our training secrets and take a crew of hard core Strength Coaches through the workout of their life!

[Kettlebells for Combat](#) - The Most Kick Ass DVD Set on Kettlebell training. Period. This course has stayed under the radar for too long, now you can get your hands on it [HERE](#).

[The Sandbag Assault](#) - F**K the Gym! Make a sandbag and train at home, in your garage, backyard or basement. Scare the s**t out of your neighbors and onlookers but you'll also get Jacked and Strong as a Beast.

[Grip Experts](#) - The Ultimate Resource on developing Real World, Functional Strength and hand of steel that crush like Vise Grips.

[The Russian Lion Power Course](#) - The definitive training course on how one of the strongest men in the world developed his body and mind.

[The Power Wheel](#) - The most effective core and ab training device I have ever used. In addition, it is a brutally effective and fun tool for training the upper body, performing hand walking and even lower body training!