

**IN SEASON**

**WRESTLING  
WORKOUTS  
BLUE PRINT**



**WORKOUTS FOR X-TREME  
STRENGTH, POWER  
& CONDITIONING**

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## **You must get your physician's approval before beginning this exercise program.**

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only. The information in this book is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

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# The In Season Training Files: The Domination Blue Print

Alright, time to lay down the law on training the RIGHT way IN season! This is a HOT topic and a very controversial topic. I will lay down concrete rules for in season workouts as well plenty of flexibility with regards to intensity where you will implement what I call “the art of coaching”.

The art of coaching can be applied to yourself as a wrestler or as a Coach / Parent working with others. I use the art on myself, simply by training as intensely as I feel the need to. If a Coach or wrestler can implement this art he will be able to train in a fashion that plays to his energy levels.

This is called “Auto-Regulation” - In a super simple to understand nutshell, this means that if you feel good, train hard, you feel exhausted or beat up, back off, train lighter and less intense or skip the workout altogether.

I am creating this program focused on the **high school wrestler**, the calendar will be based on a typical wrestling season in NJ. I understand the season is different out in California and perhaps a few other states but most high school seasons are 12-14 weeks depending on how far you make it at the end of the season.

**The basic format will remain the same.**

**During Month 1**, you will train 2 x week.

**During months 2 and 3** you will train 1 x week unless you find that you have the extra energy and want some extra strength work.

**Deloading and time off will be optional before big events** such as a county or league tournament. But, at the **end of the season** when you get to regions and hopefully states, **the deload will be mandatory.**

**The deload will be mandatory at the end of the season to keep you strong and healthy, both mentally and physically.**

If you've already listened to the Coach Reeve Audio CD (found inside <http://TrainToPIN.com> & <http://UndergroundStrengthManual.com>) you'll recall how he performed 500 push ups the morning he won the states.

Not too many wrestlers in the world could handle that type of intensity and commitment let alone would WANT to do it.

**My point is, that ALL wrestlers are different**, and some of them need AND desire to train intense even during the in season simply because they believe the training gives them an edge their competition doesn't have. In a nut shell, it's purely psychological for them.

When the psychological confidence is there it has a IMMENSE carry over to the mat. This is why I am flexible with deloads and your intensity of training in season. I've worked with countless wrestlers, ALL of them with different personality traits and ALL of them with different physical needs.

Some of these wrestlers thrived on intense workouts year round, even in season. If I tampered too much with their emotional needs it would have damaged their confidence and very likely lessened their success.

I've also worked with other wrestlers who thrive on feeling rested and healthy, these wrestlers train with very short workouts and sub-max intensity. In addition, these wrestlers spend EXTRA time on recovery.

Recovery is paramount during the in season, so please use the videos linked below for recovery work before, during and after lifting sessions as well as during practice. You can pick up your foam rollers from local sporting goods stores or from Perform Better.

## **Recovery Videos - MUST Watch**

**Video 1 - [Watch](#)**

**Video 2 - [Watch](#)**

The more you utilize the recovery methods in the 2 videos above, the better you will feel, the healthier you will be and the stronger, faster and more conditioned you will be.

You're only as strong as your recovery allows you to become.

**Better Recovery = Better Wrestling**

**Before we get into the workouts,  
understand this....**

The **MOST** critical thing during wrestling season is wrestling, period. If the workouts interfere with your wrestling performance then you must make adjustments by performing less volume. This means less sets, slightly less weight and yes, even slightly less intensity.

These workouts should **NOT** shock the body as by now you should have been following some variation of the workouts inside [Train to Pin](#) or [Workouts That WIN](#).

**If not, then you have some work to  
review below, and then, get to WORK...**

**Review the links below and take ACTION immediately:**

[- Bodyweight Workouts for Wrestlers](#)

[- Louie Simmons Audio Interview on How Wrestlers MUST Train](#)

[- Coach Ethan Reeve on Wrestling Training](#)

**Once you are ready to implement these in season wrestling workouts, here is what I want you to do.....**

**FIRST:** Test drive a few in season workouts. If they beat you up too much, back off and adjust according to the guidelines I have explained above (1 less set, stop each set 2 - 3 reps short of fatigue, shorter workouts, etc)

**As always, NEVER skip your post workout recovery work.** Find a medicine ball, LAX ball or buy a foam roller and massage all muscles, especially those experiencing the most soreness.

These Recovery Videos are Critical:

**Video 1 - [Watch](#)**

**Video 2 - [Watch](#)**

**When choosing your weights** for each workout, warm up and work your way up to the heavier sets.

**The sets posted in the workouts are all “working sets”.**

This means your warm up sets are NOT included, warm up as YOU feel necessary.

The stronger you are, the longer it takes to warm up.

**The Warm Up:** Be smart, be safe and do NOT burn out on warm up sets. The warm up gets your mind AND body prepped for the intense work ahead.

### **Regarding WHEN to train in relation to your matches:**

You want to try to schedule workouts that are **not performed the day before a match**. If possible, have 2 days of NO strength work before your matches unless it is sub-max effort calisthenics.

**If you feel your conditioning is not up to par in season, even with all the wrestling you are doing, you want to assess the points below before making changes in your workouts and adding activities like running, etc:**

- 1) Are you **drilling aggressively** and at high intensity? High speed drilling is one of the best ways to improve your conditioning.
- 2) Are you **training too much** perhaps, leading you to always being in an overtrained state? Over training leads to fatigue and can confuse the wrestler / coach thinking he needs more when in fact he needs more REST.
- 3) Are your practices simply **not challenging enough** for you? If not, then add ANY of the options below for conditioning:
  - A) Battling Ropes Circuits (Video [HERE](#) & [HERE](#))
  - B) Swimming Sprints (Swim intervals are excellent and save the knees, ankles and back from constant pounding and also act as a therapeutic / recovery work)
  - C) Jump Rope Sprint Intervals / Tabata Protocol
  - D) Rest MORE - if you are over-trained your conditioning and overall strength will suffer. Poor recovery leads to a weaker body / poor wrestling

Here we go, let's crank....

## **KEY: CRITICAL NOTES BELOW**

**SM = Sub-Max Effort:** leave 1 - 2 reps in the tank, do NOT go to max effort

**DB = Dumbbell**

**KB = Kettlebell**

**SB = Sandbag**

**Videos are highlighted / linked** to my video so you can see proper form. ANY questions, please ask on our members forum [HERE](#)

If you don't have a [Kettlebell](#) you can sub with a dumbbell.

If you don't have a Sandbag please Make One or purchase one [HERE](#), follow this tutorial it is EASY and Cheap (Make Your Sandbag Tutorial [HERE](#)).

Make a Sandbag Video [HERE](#)

**How Long to Rest?** When you see exercises listed as 1A) then 1B), etc this mean perform the exercises back to back, resting 60-90 seconds after the last exercise listed.

**If NO rest period is listed** then move AFAP (as fast as possible)

Start AND Finish each workout with the recovery work provided in the videos below:

Video 1 - [Watch](#)

Video 2 - [Watch](#)

## MONTH 1 (Day After Thanksgiving + December)

### Week 1

#### Workout 1

- 1A) 1 Arm [DB Snatch](#) 4 x 4 reps
- 1B) Mixed Grip Pull Ups 4 x SM (90 seconds rest)

- 2A) [ring push ups](#) 3 x max reps (palms neutral)
- 2B) KB Swings 3 x 10
- 2C) Hanging Leg Raises 3 x 10

#### Workout 2

- 1A) Trap Bar Deadlift 4 x 4 reps SM
- 1B) Handstand Push Ups 4 x SM reps (90 seconds rest)
  
- 2A) recline rows 4 x max reps
- 2B) [band pull aparts](#) 4 x 15 - 25 reps (find a heavier band, NOT a light band) (NO rest)
  
- 3) ab circuit 3 x 15 reps each ab exercise

## Week 2

### Workout 1

1A) SB clean & press: 3 x 5 reps

1B) Rope Climb 3 x (60 seconds rest)

2A) DB Bench Press (Palms Neutral) 4 x 6 - 8 reps

2B) KB Goblet Squat 4 x 6 - 8 reps (60 seconds rest)

### Workout 2

#### Max Rounds in 10 Minutes

1A) Handstand Push Ups x 75 % effort (2 - 3 reps in tank)

1B) Rope Climb x 1 ascent

1C) KB Swings x 6 reps

2) KB or DB farmer walks 3 x 150' (60 seconds rest)

## Week 3

### Workout 1

1A) 1 Arm DB Snatch 4 x 4 reps

1B) Underhand Pull Ups 4 x SM (leave 1 - 2 reps in tank) (30 seconds rest)

2A) ring push ups with feet elevated 3 x max reps (palms neutral)

2B) KB Swings 3 x 10

2C) Hanging Leg Raises 3 x 12

### Workout 2

1A) Sandbag Squat 5 x 6 reps SM

1B) Handstand Push Ups 5 x SM (30 seconds rest)

- 2A) recline rows 4 x max reps
- 2B) Heavy Band Pull Aparts 4 x 20 reps
  
- 3) ab circuit 3 x 15 reps each

## Week 4

### Workout 1

- 1A) [SB Shouldering](#): 4 x 3 / 3 each side
- 1B) Rope Climb 4 x (30 seconds rest)
  
- 2A) DB Bench Press (Palms Neutral) 4 x 6 - 8 reps
- 2B) KB Goblet Squat 4 x 6 - 8 reps
  
- 3A) Handstand Push Ups 2 x Max Reps
- 3B) Mixed Grip Pull Ups 2 x Max Reps (60 seconds rest)

### Workout 2

#### Max Rounds in 10 Minutes of # 1

- 1A) Handstand Push Ups x SM
- 1B) Rope Climb
- 1C) KB Swings x 10 reps
  
- 2A) [KB or DB farmer walks](#) 3 x 100'
- 2B) Sandbag Zercher Carry 3 x 100' (30 seconds rest)

## Week 5 (Last Week of December)

**\*\* This week is often a busy week with the holidays and usually a BIG Holiday Tournament so we will still train 2 x this week but with much **shorter workouts and a focus on recovery** to ensure you are not sore and banged up for your Holiday Tourney \*\***

### Workout 1

- 1A) DB Snatch: 3 hard sets x 5 reps
- 1B) Medicine Ball [Cross Over Push Ups](#): 3 x 10 reps (5 ea. side)
  
- 2A) KB Goblet Squat 3 x 6 (moderate weight for speed)
- 2B) KB Swings 3 x 6 (moderate weight for speed)
  
- 3A) Ring Push Ups 2 x max reps
- 3B) Rope Climbs 2 x
  
- 4) Grip + Abs 3 x each

### Workout 2

#### 10 Minutes X Max Rounds

- 1A) Jump Rope x 100 speed reps
- 1B) [sandbag power clean](#) x 5 reps
- 1C) handstand push ups x 5 reps (or hold for submax time)
- 1D) [Recline Rows](#) x 10 reps
- 1E) [power wheel ab roll outs](#) x 5 reps

**MONTH 2:** From here on out, you will strength train 1 x week. If you feel at any time during the season you are lacking in strength, speed / power and / or conditioning, remember to assess the situation, allowing you to determine whether you are overtrained (need more rest) or need an extra workout with specialized focus to bring up a weak area.

The workouts will simply be listed as week 1, 2, etc. **If you have extra energy**, add a 2nd workout on your own using strength based calisthenics such as handstand push ups, rope climbs, ring push ups, lunges, etc.....or, use that energy more efficiently and train harder during practice.

## **Train Hard AND Rest Hard**

### **Week 1**

- 1) [1 Arm KB or DB Clean & Press](#): 3 x 5 reps (30 sec. rest)
- 2) Weighted Pull Ups: 3 x 5 reps (If you can't perform pull ups w/weight for 5 reps, stick to bodyweight if that is challenging enough. The 5 reps should be TOUGH)
- 3) Trap Bar Deadlift: 5 x 2 reps (use 60% of your normal weight & focus on speed)
- 4) grip / abs 3 x each

### **Week 2**

- 1A) [SB Back Squats](#): 3 x 6 (clean & press bag onto your shoulders, then squat)
- 1B) 1 Arm DB rows: 3 x 6 - 8 each arm (60 sec. rest)
- 2A) Ring Push Ups + weight 4 x 8 - 12 reps
- 2B) Recline Rows 4 x max reps
- 3) grip + abs 3 x each

## Week 3

1) [Double KB Clean & Press](#) 3 x 5 reps

**10 Minutes of # 2, Rest 15 seconds after each exercise**

2A) SB clean x 5

2B) Handstand Hold x 30 seconds (squeeze ENTIRE body)

2C) Rope Climb x 1 ascent

## Week 4

1A) 1 Arm DB Snatch: work up to 3 heavy sets x 5 reps

1B) Mixed Bodyweight Pulling x 90% effort every set (1 rep in tank)

2A) Medicine Ball Cross Over Push ups x 10, 8, 6, 4, 2 reps

2B) Squat Jumps x 10, 8, 6, 4, 2 reps

3) Battling Ropes OR Jump Rope 3 x 1 minute (30 seconds rest after each set)

## Month 3

### Week 1

1) Trap Bar Deadlift: work up to 5 moderate sets x 3 reps (75% max weight, focus on speed, 30 seconds rest between sets)

2A) Incline Dumbbell Bench Press 4 x 6 - 8 reps (90% effort)

2B) Mixed Bodyweight Pulling (pull ups, recline rows, rope climbs, etc) 4 x 90% effort (1 or 2 reps in tank)

3) Jump Rope Tabata Style 20 seconds work / 10 seconds rest x 4 minutes

4) grip + abs 3 x each

## **Week 2 (Begin Moderate Deload)**

1A) 1 Arm DB Clean & Press: work up 3 medium sets of 4 reps (leave 2 reps in the tank ea. set)

1B) 1 Arm DB Row: 3 medium sets x 6 reps ea. arm (leave 2 reps in the tank ea. set)

2A) [KB Goblet Squat](#) 4 x 6 reps (leave 2 reps in the tank ea. set)

2B) KB Swings 4 x 6 reps (speed & light weight)

3A) Battling Rope 4 x 30 seconds

3B) Speed Jump Rope 4 x 30 seconds

## **Week 3 (2nd Deload Week - LIGHT Weights)**

**\*\* This is the approximate time the district tournament is about to begin. If by chance you are feeling beat up / exhausted, it is time to stop extra lifting altogether and focus on quality wrestling workouts, quality nutrition and quality rest (8 -9 hrs sleep each night). Your recovery is critical. If you feel good, go through this workout with light weights.**

1A) Light SB shoulder + squat 3 x 3 reps each side (6 reps total) (shoulder the bag + squat, alternate shoulders each rep)

1B) Ring Push Ups 3 x submax reps (75% effort)

2A) Band Pull Aparts 4 x 25 reps

2B) Band Triceps Pushdowns 4 x 25 reps

2C) power wheel ab roll outs 4 x 6-10 reps

3) grip work 4 x

**Week 4:** This is the week of the Regions, depending on how many matches you have, you might need to skip this workout or continue the deload. Don't worry, you will NOT get weaker if you take this week off. (Light Training if you still feel good)

1A) Double KB Push Press 3 x 6 reps (light weight)

1B) Recline Rows 3 x 12-15 reps

2A) DB or KB farmer walks 3 x 100'

2B) hanging leg raises 3 x 10 (toes to bar)

3) Jump Rope Tabata 20 seconds work / 10 seconds rest x 4 minutes total

4) Grip 2 x

**After 12 weeks of training** it is time for the state tournament. Workouts should be extremely short at this time. I stay away from movements that fatigue the legs as you are constantly working legs through stance, drilling and live wrestling.

**Do This:** If you simply focus on a few quality sets of submax effort of movements such as ring push ups, handstand push ups, rope climbs and mixed bodyweight pulling you will maintain and continue to develop upper body strength and power.

**Continue training your abs** through various leg raises, ring exercises and the power wheel to keep your abs and hips strong.

**Every day, aim for 2 - 3 x times each day, performing soft tissue work** using a foam roller, hard medicine ball or lacrosse ball. I have also had our wrestlers walk on each other's legs and entire backsides. We do this VERY carefully as too much pressure can be VERY dangerous. When performed properly, this is VERY effective.

**Look at The Underground Polish Training Videos [HERE](#)** and you will see the weightlifter's performing massage on themselves and on one another after workouts.

I know of a wrestler who trained under J. Robinson (Minnesota) and he told me how they were always massaging each other at the end of their workouts to aid in recovery. I know that J. Robinson spent time training with overseas wrestlers (Russians) and learned a LOT from them - he understood that if he was going to trail The Minnesota wrestlers as hard as possible, he had to EQUALLY focus on their recovery!

**The BEST way to implement these in season workouts is to follow them as they are outlined..... BUT..... allow for flexibility through your intuition.**

**\* If you feel **strong**, attack the workouts.**

**\*\* If you feel **average / moderately energetic**, hit the first exercise with submax effort and deload all the others.**

**\*\*\* If you feel **exhausted and beat up**, deload or simply skip the workout and come back STRONGER for the next workout.**

**Rest is an equal part of the equation when it comes to your training. Treat your rest as seriously as you treat your workouts!**

## **Stories of Our Most Successful Wrestlers**

You MUST listen to your body as the messages your body send to you is critical in helping you adjust workout intensity. I have worked with some wrestlers who have trained hard all the way to the states, and others who deloaded and even stopped training altogether the week before districts and did not train until the season was over.

This is what worked best for them and we learned this by understanding that all of these wrestlers are individuals and need to train differently from one another with regards to rest and intensity.

## **I worked with a very talented wrestler who was a senior in high school, very much on the verge of burn**

**out....** due to an overzealous parent who pushed him over the edge. He hated all the training that had to go into wrestling, so we trained only once a week for VERY short periods of time, usually only 10 - 15 minutes in length, NOT including our recovery work.

He spent time performing soft tissue work before, during and after his workout, this was critical as I KNEW he needed more recovery.

**We NEVER trained to failure and made sure the workouts were FUN (WOW! What a novel idea, YES, wrestling AND training should be FUN!).**

We took a week off from lifting the week of the county tournament and then stopped lifting completely the week before the districts. He wound up placing 4th in the state his senior year in high school and was VERY successful that season because we LISTENED to what his body wanted to do.

## **Here are some of his sample workouts:**

### **Sample 1: 10 Minutes x Max Rounds:**

- 1A) Rope Climb x 1 ascent
- 1B) Handstand Push Ups x 75% max reps
- 1C) Squat Jumps x 10 reps

### **Sample 2:**

- 1) Trap Bar DL: 5 x 5 reps (80 % effort)
- 2A) Mixed Bodyweight Pulling 4 x submax reps

2B) Ring Push Ups 4 x submax reps

3) grip + abs 3 - 4 x

### **Sample 3:**

1A) KB Goblet Squat 5 x 6 reps

1B) Recline Rope Rows 5 x 10 reps

2A) KB Swings 4 x 6 reps

2B) Lunge Jumps 4 x 5/5 ea. leg

3) grip + abs 3 x

### **Sample 4:**

1A) Barbell / Dumbbell Floor Press (neutral hands) 5 x 5

1B) rope climb or mixed grip pull ups 5 x submax effort

2) Jump Rope x 6 minutes w/mixed foot work

3) power wheel abs 3 x 10

4) grip work 3 x

### **Sample 5:**

1A) sandbag squats 4 x 6 reps

1B) ring push ups + 20 lb chain 4 x 80% effort

1C) pull ups + 20 lb chain 4 x 80% effort

As you can see, his workouts were VERY short and we kept plenty of energy in the tank. My goal was to help this wrestler LEAVE my gym feeling strong & more energetic than when he walked in!

Most coaches try to kill these wrestlers thinking exhaustion is THE best sign of a successful workout. This is WRONG and counterproductive.

## **Think about having Optimal workouts, NOT Maximal workouts.**

Unless you are very energetic and can handle lots of work on top of intense wrestling training, I also suggest having these short workouts in season, which, as you can see, I have outlined for you to take action with.

Most of our most successful wrestlers did NOT perform long distance running in season or OFF season. I suggest circuits such as battling ropes, tabata style jump rope drills and most importantly, high speed drilling and giving your best during every practice.

Our wrestlers found that the **distance runs** simply beat them up too much and negatively impacted their wrestling so we simply removed anything that did NOT help their performance.

I found **distance runs** negatively affected my wrestling as well, on the other hand, swim sprints / intervals worked better for my conditioning and did NOT negatively affect my energy levels. I was too brain washed back then, believing like everyone else, I had to run long miles and out work every opponent. **Truth be told, I had to train smarter than my competition.**

I encourage you greatly, that if you feel the workouts are too long or too intense, just cut each set short of fatigue slightly more than recommended, cut the sets down and improve your recovery methods.

## **Recovery Methods come from:**

- **proper nutrition:** tons of fruits and veggies and plant based protein sources
- **proper rest:** 8-9 hrs of sleep each night
- massage / soft tissue work / Eischens Yoga
- Meditation / Positive Psychological Influence (movies, books, etc)

Often times the healthiest wrestlers experience the most success, not always the best wrestler. Sometimes the best wrestler gets injured, often times the injury comes through

over training, going too far and too intense with his workouts and not focusing on using training to improve performance.

Instead, wrestlers, coaches and parents are using workouts to kick the crap out of the wrestler, have him leave the gym crawling and view that exhaustion as a “good workout”. BIG mistake.

The best workouts are what I have outlined for you, as they will improve your performance and have you feeling energetic and strong, not exhausted, beat up and fatigued.

In the off season, follow the [T2P](#) or [WOTW](#) workouts as planned and as I emphasize so often, adjust the overall intensity as you need for yourself, don't copy what someone else does as it may not work for you.

Good luck to you this season and if you live in NJ I look forward to seeing you at the states or connecting with us to train at [The Underground Strength Gym!](#)

Train Smart and Dominate!

**In Strength,**

-- Zach Even - Esh --

*Zach Even - Esh*

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<http://UndergroundTrained.com>

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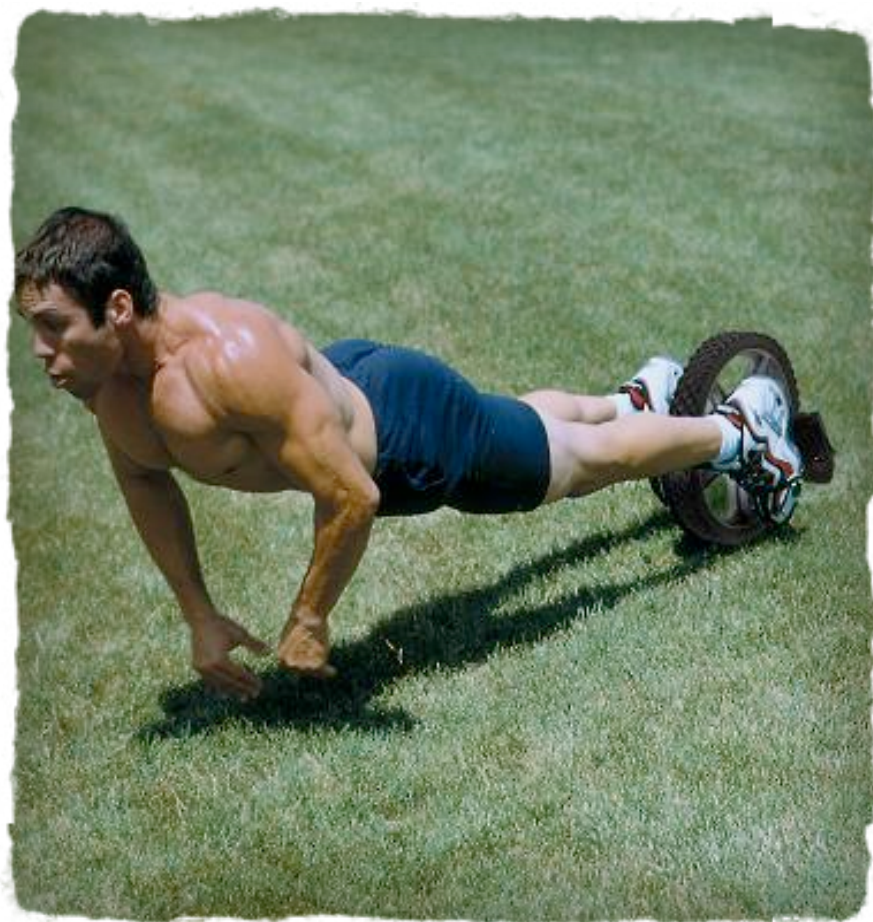
## THE UNDERGROUND STRENGTH COACH CATALOG



Zach Even - Esh is a Strength & Performance Specialist located in NJ. Zach is the Founder of [The Underground Strength Gym](#), a private warehouse gym for athletes and hardcore strength addicts. You can gain insider access as to how Zach trains his athletes and operates his business via the resources below and by taking advantage of our [30 Day Trial to The Underground Inner Circle](#) - [click HERE](#).

## The Power Wheel

<http://ThePowerWheel.com>



**The Power Wheel is one of the most powerful training tools I have ever used for wrestlers.** It allows us to walk on our hands, perform animal movements, abdominal / core exercises, hamstring exercises and much more. You can use them on grass, cement or a wrestling mat. If you use them on cement wear work gloves or cooking mits to protect your hands from sharp objects. This is a **MUST** have tool for **ALL** serious wrestlers.

**Get one of the best upper body and core training devices on the planet at**

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

**Underground Kettlebells**  
**[www.UndergroundKettlebells.com](http://www.UndergroundKettlebells.com)**



Using Kettlebells You will develop tremendous grip strength, athleticism, speed / power and full body strength. We use Kettlebells extensively at The Underground Strength Gym and they have become an integral part of helping everyone pack on functional muscle quickly!

**Get your Kettlebells at [www.UndergroundKettlebells.com](http://www.UndergroundKettlebells.com)**

## The Underground SandBag

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



**Sandbags are one of the most effective training tools for wrestlers.** They are, literally, an all in one gym. You can perform movements for lower body, upper body as well as full body movements. You can throw your bag for power and carry your bag for conditioning. The sandbag is extremely versatile, allowing you to perform complexes where you combine 2 – 5 exercises in a row using the sandbag without having to change the weight or even put the sandbag down.

**Get Your Sandbag at [www.UndergroundSandbag.com](http://www.UndergroundSandbag.com)**

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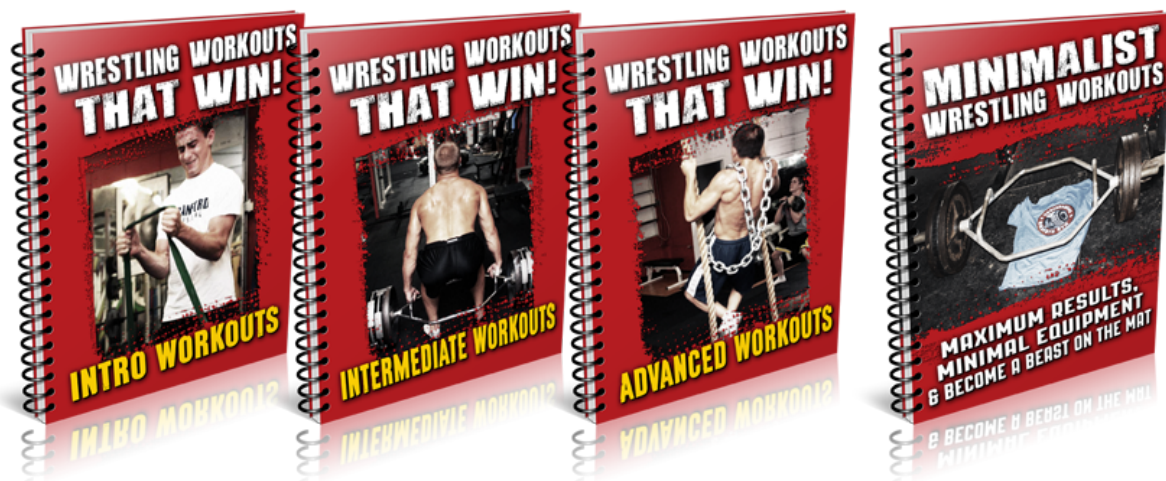
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