



# UNDERGROUND STRENGTH WORKOUTS

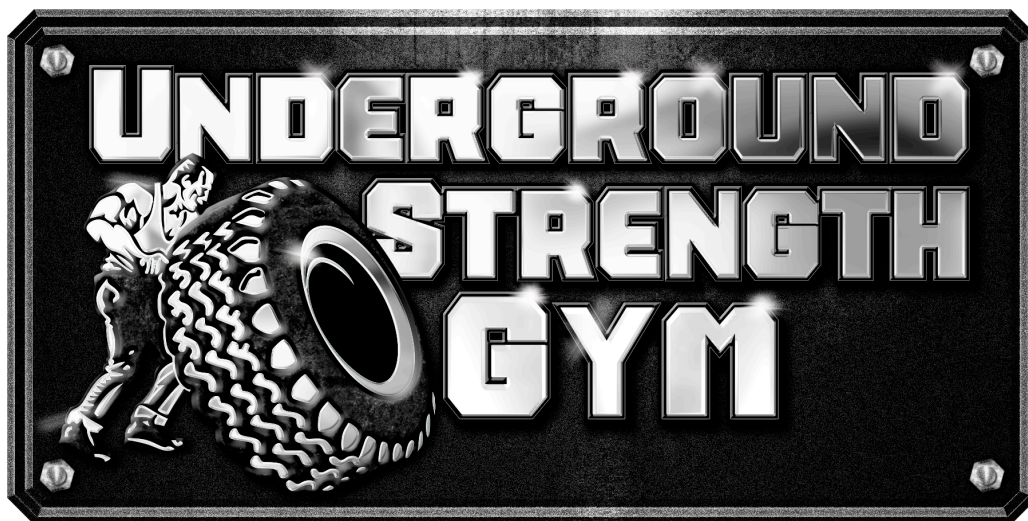
## (PRINTABLE VERSION)

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# INTRO – NOT FOR PUSSIES

## PROJECT X – PHASE I

In this printable document you're going to find a 12 week collection of my workouts created through the years. These workouts are gonna push you like a MadMan and you'll be doing a shit ton of soul searching during this training course. You're training for life. Period. I already warned you that this would be hard.

Each workout will push you in a different manner, physically & mentally. Some workouts are focused on muscle building and strength, others on strength endurance, speed endurance & conditioning, others.... a blend of muscle building, absolute strength & explosive power. Most of these workouts are straight up a test of your character.

You can quit during your first week due to the shock of the overall intensity and follow a normal training program, lying to yourself, telling yourself you did your best.... or. you can get your head together and find a way to enjoy the challenge.

It might take you a few workouts or it might take you a few weeks. Heck, it might take you all 12 weeks to discover how to laugh at these workouts. This is a BIG mind shift you're about to go through but you won't know unless you REALLY try and refuse to quit.

I've been influenced through my years in training since 1989 from MANY resources: old school bodybuilding, Navy SEALs, SEALFit.com, CrossFit, Dragon Door authors, the powerlifting community (especially Louie Simmons, Bill "Peanuts" West & Jim Wendler) and plenty more. Experience has taught me the most, because after decades of in the trenches experience, I learn the difference between scientific training methods and shit that works in the real world.

I've been lucky enough to learn from Navy SEALs as well, whom I've met through my years as a Strength Coach. These men have mentored me, inspired me & taught me that the body is FAR more capable than we allow it to be. I can't thank these men

enough, they know who they are and they've helped shape me into a stronger man, inside and out.

With all the bull shit floating around on the internet nowadays about CNS burn out, over training and in essence, setting up boundaries like some conspiracy theory to create a weak, hopeless society, I felt it was high time to unleash the intense workouts that you CAN do & SHOULD do.

If you feel you're in need of extra conditioning when following any of the programs, then add conditioning of ANY sort. Use extra CrossFit workouts, SEALFit, The SEAL Quest, Gym Jones, etc. Better yet, start thinking for YOURSELF and attack YOUR weak areas. You KNOW what needs to be done.

## DO NOT.....

Don't e mail me asking what to do on conditioning days, just get out there and beat the piss out of yourself. Period. Do NOT e mail me asking me how to perform these exercises. Go and search my you tube channel or other respectable sources. NO short cuts, NO excuses, NO substitutes. Get it done, ALL of it.

**This course is for advanced lifters, not beginners or intermediates.** I've already warned you before your purchased this course.

If you don't know what a recline row is, a dip bar leg raise, etc then do NOT e mail me asking me such lazy, stupid questions. Look it up on [my you tube channel](#) or do your own due diligence and research.

**To preface that last sentence, by now, you should KNOW what these movements are. Period. If you don't know what they are then you obviously haven't trained seriously, EVER. Your technique should be dialed in and you are using these workouts to guide you to the next level. Nothing fancy here. NO pictures, etc. It's time to do some serious WORK.**

**I've said it countless times and I'll say it again:**

(C) <http://UndergroundStrengthCoach.com>

## ***“READ LESS, TRAIN MORE!”***

**These workouts have been modified from their original versions with MUCH higher intensity.**

**This means more overall volume: more sets, more conditioning, etc. The standard is higher and I’ve raised the bar.**

**Seriously. I HATE working with complainers, cry babies & pussies. This entire collection of workouts is branded for the men / women who want to step up their game BIG time.**

**USE these workouts and face them head on. If they collect “dust” on your computer you suck and you never should have gotten these workouts in the first place. Do NOT contribute to the Pussification Of America OR the world. I’ve had pussies e mail me asking for refunds on products with comments such as:**

*“The program didn’t work for me, I tried, and I want a refund....”*

*“I forgot I bought this program, can I get the \$27 refund, that’s a lot of money where I come from....”*

Fuck you and fuck your refunds. ALL of these programs work when YOU do the work. If 27 bucks or 47 bucks is a lot of money for you then go get a fucking job at McDonald’s for A FEW hours a week and you’ll make MORE than 47 dollars. Seriously, these pathetic excuses make me sick. That is WHY I created Project X. It is NOT for the cry baby complainers. It’s for YOU, the person who has guts and understands that training for life is gonna HURT.

## QUICK WORD ON NUTRITION:

I've played around with my nutrition for years.... years.... I've used the Warrior Diet, The [Renegade Diet](#), Paleo, etc.

When you train the way you're about to train, intermittent fasting is NOT gonna make the cut. Your body will be screaming for healthy calories.... MORE of it. These workouts do NOT give you an excuse to eat like shit. Listen to your body and eat clean and healthy, how's that for complications? It's simple to do.

Eat breakfast, lunch and dinner. Have healthy snacks in between. Have one salad every day. Eat healthy fats as they will be your best source of energy for these long, intense workouts. Pound plenty of water and increase your intake of Vitamin C to help with tissue repair.

I take Vitamin C, [Athletic Greens](#), Echinacea, Garlic, Calcium, Potassium, Magnesium & B Complex. I've tried skipping breakfast on training days and I felt like shit. These workouts are long and require serious energy. If you're doing shorter, strength & power type workouts then intermittent fasting will work great.

Still, listen to your body. If you want to experiment on these workouts with an empty stomach give it a go and take it from there. Your body will tell you what it needs.

Read empowering books, watch empowering movies and continually feed your brain empowering knowledge. ALL of this helps improve mental toughness. If you're NOT mentally ready for these workouts and have excuses before even trying, go fuck yourself, you're a pussy and don't e mail me. Thank you very much.

Now, let's get busy and kick some serious ass!!

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## NOTES:

**SM** = SubMax Reps (leave 1 - 2 reps in the tank)

**MAX** = Max Reps

**AFAP** = As Fast As Possible

**AMRAP** = As Many Rounds As Possible

**KB** = Kettlebell

**SB** = Sandbag

**DB** = Dumbbell

**BB** = Barbell

**BW** = Bodyweight

**REST:** Rest as needed between sets, but do NOT go for full recovery. These workouts are NOT about the optimal scientific rest periods, push yourself to Get Some & Go Again before your body wants to. The MIND has to want to.

I've removed suggested rest periods to avoid setting limits. Your goal should be able to lift heavy AND fast. Lifting with 3 - 5 minutes of rest between sets is not as challenging as going heavy with 30-60 second rest periods, or resting long enough to change weights and go again.

**WARM UPS:** Perform a solid, long warm up before every workout. Use calisthenics, mobility, soft tissue work, light Kettlebell training, basic gymnastics & tumbling, band work for shoulder prehab & stretching as needed.

Perform [MobilityWod.com](http://MobilityWod.com) every day, regardless of it being a training day or rest day. If you train hard, plan to recover "hard" - this means take your recovery seriously, along with your nutrition. Your warm up should fuck other people up.

Use a light Kettlebell as part of your warm up and perform 1 or 2 rounds of [The Kettlebell Combat Complex](#)

**Below is our sample warm up.** Our warm ups will seem like a workout in and of itself the first few times around for you. We do this for ALL our athletes, regardless of age,

gender, big or small, etc. We do NOT discriminate. Just like being BIG isn't an excuse for being a shitty runner.

***Our complete warm up is found inside membership for The Underground Inner Circle. [That Video is HERE.](#)***

## **UNDERGROUND STRENGTH GYM WARM UP:**

- 1) Foam Rolling / Soft Tissue Work x 3 - 5 minutes
- 2) light jog forwards / backwards
- 3) light skip forwards / backwards
- 4) side shuffle left / right
- 5) butt kicks + high knees
- 6) arm circles forwards / backwards
- 7) clapping front + back
- 8) Yoga Push Ups x 5 - 10
- 9) Squats w/ groin stretch & hold at bottom x 5 - 10
- 10) bear crawls / crab walks
- 11) band work for shoulder prehab: pull aparts, dislocators, distraction
- 12) walking lunges
- 13) tumbling
- 14) cart wheels & round offs (lead left hand / right hand)
- 15) any ab exercise
- 16) power skips
- 17) medium jog x 200 ft
- 18) fast run x 200 ft
- 19) Kettlebell Carries
- 20) Light KB Complex
- 21) partner carry on back x 100 - 200 ft
- 22) Various Jumps (box jumps, hurdle or bench jumps)
- 23) Soft Tissue Work / Stretches x 3 - 5 minutes

It's also not unusual to add medicine ball throws or sled work to the warm up, some extra running, an ab circuit, etc.



It looks like a lot of work but the warm up slowly blends into the workout and takes approx. 15 minutes but has helped our athletes improve overall conditioning and GPP, improved athleticism and overall healthier and more mentally alert.

**On “Off Days” or When Not “Lifting”** - You should be active 5 - 6 x week. Lifting / Heavy Training is typically 3 - 4 x week. On other days, you should be training hard in the forms of running, swimming, biking, sporting events, etc.

**Once a month kick your ass and set a crazy challenge that takes more than 2 hours to achieve.** Every workout should be a challenge but once a month, something that makes you feel alive and gives you that “edge” is what you should do.

If you can find a training partner or a crew of guys to train with on the regular, you are lucky and I encourage you to all stick together for the long run.

You can follow each program from beginning to end or in 4 week training cycles. As long as you utilize your “off” days with aggressive physical activity you will remain strong and tough, and continue to grow, stronger & tougher.

The best way to connect with me is through [The Underground Inner Circle](#). Kick ass & take names.

Live The Code

*Zach Even-Esh*

# 12 WEEK PROJECT X

## PHASE 1

### UNDERGROUND STRENGTH WORKOUTS

**NOTE:** On “Off Days” it is crucial to continue training via conditioning through the use of various sports / activities (swimming, soccer, basketball, tennis, mtn biking, hiking, kayaking, etc).

Being big & strong is useless without conditioning. Always perform our Underground Strength Gym warm up, including The KB Combat Complex, plenty of calisthenics, running drills, gymnastics drills, band work for shoulder prehab, etc. Your warm up should be a workout to the majority of others.

#### WEEK 1

##### DAY 1:

1) Push Ups x 100 AFAP

2A) Double KB Clean & Press 5 x 5 / 5

2B) double KB snatch 5 x 5

3A) box squats 8 x 2 reps

3B) box jumps 8 x 2 reps

4A) sleds 4 x 150 ft

4B) abs 4 x

**DAY 2:****4 Rounds / 2 Minutes rest between each round**

- A) tire flip heavy x 3 reps
- B) farmer walks x 150 ft
- C) hand over hand sled pulls x 150 ft
- D) sled drags x 150 ft

**DAY 3:**

- 1) run 1 mile AFAP
- 2A) Barbell Snatch 8 x 2 reps
- 2B) ring push ups + weight 8 x 6 - 8 reps

**5 Rounds Bodyweight AFAP:**

- 3A) BW squats x 30
- B) dips x 20
- C) pull ups x 10
- 4) ab circuit 5 x 15-20 reps
- 5) 20-30 lb Ruck Jog x 1 Mile

## **WEEK 2:**

### **DAY 1: Work Capacity / Mental Toughness**

- 1) Burpees x 50
- 2) Trap DL x 50
- 3) Push Ups x 50
- 4) Recline Row x 50
- 5) KB Farmer Walk x 300 ft
- 6) sledge hammer strikes: switch top hand every 10 reps (100 total reps)

### **Day 2: Lower Body & Strongman**

1) Tire Flips AFAP: 10-15 HEAVY reps **OR** 25 reps for speed / lighter tire

2A) Squat Jumps 8 x 5 reps

2B) KB Goblet Squats 8 x 5 reps

2C) KB Swings 8 x 5 reps

3A) Reverse Lunges (Sandbag on shoulder) 3 x 8 / 8

3C) SB Shoulder Carry 3 x 100 ft. ea. shoulder

4) ab circuit 4 x 20 reps ea. exercise

**Day 3: Upper Body**

1A) BB Floor Press 8 x 3 reps

1B) Burpees 8 x 6 reps

2A) Underhand BB Row 3 x 10

2B) 1 Arm KB Push Press 3 x 5 / 5

2C) 1 arm KB shrugs 3 x 5 / 5

3) Rope Climbs OR Rope Pull Ups 3 x

4) Carry ANY Object: stone / keg / sandbag X Max Distance X 5 Minutes

**WEEK 3:****DAY 1: Full Body Work Capacity**

1) Run 1/2 Mile

2) BW Trap Bar DL x 50 reps AFAP

3A) Handstand Push Ups 5 x SM

3B) Rope Climbs 5 x

**5 Rounds Circuit (Add 20 lb vest / ruck or chain to ALL BW exercises)**

3A) pull ups x 5

3B) push ups x 10

3C) squats x 20

4) Sledge Hammer Strikes x 100 total, switch top hand every 10 reps

5) Prowler Suicides X 2 Rounds

## **Day 2: Lower**

1) Turkish Get Up + Snatch 5 x 1 / 1

2) Tire Flip 5 x 2 Heavy OR 5 x 5 light / speed work

3A) Box Jumps 6 x 3 reps

3B) Box Squats 6 x 3 reps

3A) Sandbag Zercher Walking Lunges 3 x 10 / 10

3B) Double KB Cleans 3 x 6

3C) Double Unders 3 x 30 seconds

4) Overhead Sandbag Carry 3 x 100 ft

## **Day 3: Upper**

### **Med Ball Throw Complex x 3 Rounds \*Non Stop\***

1A) Overhead Wall Throw x 10

1B) Slam x 10

1C) Rotational Throw RT x 10

1D) Rotational Throw LT x 10

1E) Jump + Chest Pass x 10

2A) BB Floor Press x 8, 7, 6, 5, 4, 3, 2, 1 reps

2B) Burpees x 8, 7, 6, 5, 4, 3, 2, 1 reps

2A) 1 Arm KB Snatch 4 x 5 / 5

2B) 1 Arm KB Push Press 4 x 5 / 5

3) 20 - 30 lbs Weighted Push Ups x 50 AFAP

4) Carry Any Odd Object (Stone, Sandbag, Keg) 3 x 150 ft

5A) Run 5 x 200 meters

5B) V Ups 5 x 10

## **WEEK 4:**

### **DAY 1: Lower**

1A) Squat Jumps 5 x 3

1B) Lunge Jumps 5 x 3 / 3

1C) Sprint 5 x 100 ft

1D) Sprint Backwards 5 x 100 ft

2) Trap Bar DL + Shrug 8 x 2

3A) KB Goblet SQ 4 x 6

3B) KB Reverse Lunges 4 x 6 / 6

4A) Glute Ham Raise OR Back XT 3 x 15



4B) sleds 5 x 200 ft

## **Day 2: Work Capacity**

**\*\* Start with 25 box jumps followed by 1/2 Mile Run \*\***

1) SB shouldering 4 x 4 / 4

2A) DB Snatch 4 x 6 / 6

2B) Ring Push Ups 4 x 10-15 (Add weight if easy)

2C) swings 4 x 12

3) Tire Flips X Max Reps x 5 Minutes

4A) KB farmer walks 3 x 200 ft

4B) sleds 3 x 200 ft

5) Run 1/2 Mile AFAP

## **Day 3: Upper**

1A) Jump Rope 5 x 30 seconds

1B) Run 5 x 200 ft

2A) Military Press 6 x 3

2B) mixed bodyweight pull ups 6 x SM

3A) plyo push ups 4 x 3

3B) DB benching 4 x 6

4A) chest to bar pull ups 4 x 3

4B) BB High Pull 4 x 6

5A) band triceps x 100 total reps

5B) band biceps curls x 100 total reps

6) Ruck Jog x 2 Miles - Perform 25 push ups with ruck at 1 mile mark & at end of 2 mile

## **WEEK 5:**

### **DAY 1: Lower Body**

1) Bike OR Run x 20 minutes aggressive on varied terrain (trails, hills, etc)

2) SB Bear Complex 5 x 5 (Clean & Press + Back Squats)

3A) Trap Bar DL + Shrug 5 x 3 - 6

3B) Lateral Jumps Over Bench 5 x 3 / 3

4A) Sleds 4 x 200 ft

4B) Back XT 4 x 10

4C) Abs 4 x

## **Day 2: Upper Body + Conditioning**

**\*\* Start with 20 box jumps \*\***

1A) Floor Press 5 x 3 - 6

1B) 1 arm row 5 x 8 / 8

1C) BB Power Clean 5 x 3

2A) KB see saw press 4 x 6 / 6

2B) Double KB Snatch 4 x 6

3A) Recline Rope Climb 4 x Max Reps

3B) Low Box Jumps 4 x 20 reps

## **Day 3: FULL BODY**

1A) 1 Arm KB Swings 3 x 8 / 8

1B) 1 Arm KB Cleans 3 x 8 / 8

1C) 1 Arm KB Snatch 3 x 5 / 5

1D) 1 Arm KB Thrusters 3 x 5 / 5

2A) Double KB clean + thrusters x 10, 8, 6, 4, 2

2B) Pull Ups x 10, 8, 6, 4, 2

3A) Burpees x 10, 8, 6, 4, 2

3B) recline rows x 10, 8, 6, 4, 2

4A) weighted sit ups 3 x 10

4B) weighted push ups 3 x 10

4C) ) sleds 3 x 200 ft

## **WEEK 6:**

### **Day 1: Lower Body**

1) Run 8 x 200 meters

2) Stone Shouldering 6 x 1 / 1 (every 30 seconds)

3A) Box Jumps 5 x 3

3B) Box Squats 5 x 3 - 6 reps

4A) Chaos Bulgarian Split Squats (Chain on Neck + Hold KBs) 3 x 8 / 8

4B) KB Swings 3 x 12

5A) Sleds 4 x 200 ft

5B) Any Ab Exercise 4 x 25

6) 1.5 Mile Ruck Walk + 15 squats every 1/2 mile

### **Day 2: Upper Body**

1) Run 1.5 miles (Every 1/2 Mile 10 burpees)

2A) Flat Bench 5 x 3 - 6

2B) Rope Climbs 5 x

3) BB Clean & Press x 1, 3, 5, 7, 9, 7, 5, 3, 1

4A) Ring Face Pulls x 12, 10, 8, 6, 4, 2

4B) Ring Push Ups x 12, 10, 8, 6, 4, 2

5) SandBag Get Ups x 5 Minute AMRAP (Alternate shoulders every 5 reps)

### **Day 3: Work Capacity / Toughness**

#### **1) Sandbag Fran:**

A) Sandbag Thrusters x 21, 15, 9

B) Pull Ups x 21, 15, 9

2A) KB Snatch x 12, 10, 8, 6, 4, 2 ea. arm

2B) Ring Push Ups x 12, 10, 8, 6, 4, 2

2C) KB Goblet Lunge x 12, 10, 8, 6, 4, 2 (alternate legs)

3A) Elevator DB Bench (3 angles in each set: high, mid, flat) 3 x 3 - 5 reps ea. angle

3B) KB Farmer Walks 3 x 150 ft

#### **4) Finish AFAP**

A) Recline Rows x 50

B) Push Ups x 50

C) Lunge Jumps x 25/25

4) Battling Ropes 5 x 30 seconds

## **WEEK 7:**

### **DAY 1: LOWER BODY**

1A) Stone Shoulder 5 x 2 / 2 (every minute)

1B) Run 5 x 200 meter

2A) Box Squats 8 x 3

2B) Hurdle Jumps 8 x 3 reps

3A) Sandbag Lunges 3 x 8 / 8

3B) KB swings 3 x 15

4) Sled Work x 6 minutes non stop

5) Ab Circuit: 4 x 12-15 reps

### **DAY 2: UPPER BODY**

**1) Med Ball Throw Circuit x 10, 8, 6, 4, 2, 4, 6, 8, 10 reps on each**

A) Wall Overhead Throw

B) Slams

C) Rotational Throws x 10 left / 10 right

2A) Floor Press + Chains 10 x 3

2B) 1 arm DB rows 10 x 5 / 5

2A) [mixed medicine ball push ups](#) x 10, 8, 6, 4, 2, 4, 6, 8, 10

2B) mixed pull ups x 10, 8, 6, 4, 2, 4, 6, 8, 10

3) Sledge Hammer X 200 Total (100 ea. side) AFAP

4) Med Ball Wall Throw x 100 Total

5) Run 4 x 1/4 mile (Rest 30 seconds between each set)

### **DAY 3: FULL BODY**

1) Low Box Jumps x Max Reps x 2 Minutes

2) Sledge Hammer Strikes x Max Reps x 2 Minutes

3) Sit Ups x Max Reps x 2 Minutes

4A) Double KB Push Press 4 x 6

4B) Recline Rope Rows 4 x Max

5A) Mixed KB Carries 4 x 150 ft (Hold each KB in a different position)

5B) Mixed Pull Ups + Weight 4 x 3 - 6 reps

### **10 Minutes AMRAP:**

3A) SB Shoulder Carry x 100 ft

3B) prowler sprints x 200 ft

3C) Swings x 15



## **UNDERGROUND STRENGTH CHALLENGE: Eye of The Tiger**

### **For Time AFAP:**

- A) 25 Pull Ups
- B) KB farmer walk (50% of your bodyweight in ea. hand) x 200 ft
- C) Run 400 meters
- D) Push Ups x 50 reps
- E) KB farmer walk (50% of your bodyweight in ea. hand) x 200 ft
- F) 25 Pull Ups
- G) Push Ups x 50
- H) Run 800 meters

## **WEEK 8**

### **Day 1: Work Capacity (Fast & Furious)**

#### **\*\* Start & Finish with 1/2 Mile Ruck Run \*\***

1A) Sandbag Shoulder x 10, 8, 6, 4, 2 (split reps each shoulder)

1B) Pull Ups x 15, 12, 9, 6, 3

2A) Glute Ham Raise OR Swings 5 x 10-15

2B) Sleds 4 x 200 ft

3A) Bear Crawl + Crab Walk 3 x 100 ft each

3B) BW Lunges 3 x 200 ft

4) Grip / Abs 4 x each

## **Day 2: Lower Body**

- 1) Sled Drag Forwards x 5 Minutes Non Stop
- 2A) Zercher Squats 5 x 5
- 2B) Hurdle Jumps 5 x 3
- 3) Sandbag Lunges (SB on Shoulder) 4 x 6 / 6
- 4A) Sleds 4 x 200 ft (forwards / backwards half way)
- 4B) Run 4 x 200 meter
- 5) Truck Push 4 x 200 ft

## **Day 3: Upper Body**

- 1A) HEAVY Weighted Push Ups 5 x 5 - 10 reps (Video: <http://www.youtube.com/watch?v=NJKVV747Q0A>)
- 1B) Rope Climbs 5 x
- 2A) Thick Bar Bench 5 x 6
- 2B) Double KB Rows 5 x 6
- 3A) Incline DB Press x 15, 10, 5 reps
- 3B) BB High Pulls 3 x 5 reps
- 4A) Wheel Barrow Hand Walks 3 x 50 ft
- 4B) BB Cheat Curls 3 x 8 - 12
- 4C) Ring Scarecrows 3 x 10

5) Run 1.5 Miles AFAP

## **Week 9**

### **Day 1: Lower Body BEAST**

1A) Squats 10 x 2

1B) Box Jumps 10 x 2

2A) Trap Bar Deadlifts for Speed 5 x 2

2B) Lunge Jumps 5 x 5 / 5

3A) truck push 3 x 200 ft

3B) battling ropes 3 x 99 reps (perform 3 different exercises x 33 reps each)

4A) Keg Carry 3 x 200 ft

4B) Sled Drag 3 x 200 ft

4C) Run 3 x 200 ft

### **Day 2: Upper Body Heavy**

1A) Floor Press 6 x 3 - 6

1B) Plyo Push Ups 6 x 3 reps

1C) BB Clean & Press 6 x 3

2) rope climbs 4 x

3A) BB High Pulls 3 x 8

3B) dips 3 x 15 - 20

4) battling ropes 6 x 30 seconds work / 30 sec. rest

### **Day 3: Toughness Training / Gut Check**

1A) Bench Press Bodyweight 5 x Max Reps

1B) Rope Pull Ups 5 x

2) KB Snatch Test x 5 Minutes (Equal Reps Each Arm)

3) Run 1 Mile AFAP

4) KB Farmer Walk x 1/4 Mile (20 Push Up Penalty Each Time You Stop)

5) Push Ups x 200 AFAP

6A) Swings x 20, 15, 10, 5

6B) Battle Ropes x 60 seconds, 45, 30, 15

## **WEEK 9**

### **Day 1: Lower Body**

1A) Zercher SQ 5 x 5

1B) Box Jumps 5 x 3

2A) Walking KB lunges (held at side) 3 x 50 ft

2B) Glute Ham Raise or Back XT 3 x 12-20

3) Sled Sprints 4 x 200 ft

4) Abs 4 x 15-20 reps

5) Run 1/2 Mile AFAP

## **Day 2: Upper Body**

1) KB Turkish Get Up + Windmill 5 x 1 / 1

2A) Military Press 5 x 3 - 5

2B) Mixed Pull Ups 5 x SM (add weight for sets 2, 3 & 4)

3A) mixed med ball push ups 4 x 12

3B) recline rows 4 x SM

4A) ring face pulls 3 x 12

4B) ring push ups 3 x 12

5) DB Floor Press x 4 Minutes MAX Reps (Light Weight = High Reps = BURN!!)

6) grip / abs 4 x

## **Day 3: Work Capacity**

1) SB shoulder + SQ combo 4 x 3 / 3

2A) BB Hang Cleans 3 x 5

2B) double KB see saw rows 3 x 6 / 6

2C) double KB high pulls 3 x 6

3A) Med Ball Slams 3 x 20

3B) SQ Jumps 3 x 10

3C) Lunge Jumps 3 x 5 / 5

4) Battling Ropes 4 x 60 seconds

5) grip/ab circuit 3 x

## **WEEK 10**

**Day 1: Ladder Day: 2, 4, 6 reps then rest & repeat for prescribed rounds**

**EX: 2 reps, rest 15 sec., 4 reps, rest 15 sec., 6 reps, rest 60-90 seconds & repeat for prescribed rounds**

**\*\* Start & Finish Workout w/ 10 box jumps \*\***

1) KB push press x 2, 4, 6 reps x 4 rounds

2) Double KB Squat x 2, 4, 6 reps x 4 rounds

3) Pull Ups x 2, 4, 6 reps x 5 rounds

4) Double KB Deficit Deadlift (stand on block) x 2, 4, 6 reps x 5 rounds

5) Dips x 2, 4, 6 reps x 5 rounds

6) Lunge Jumps x 2, 4, 6 reps x 3 rounds

7) 1 Arm KB Rows x 2, 4, 6 reps x 3 rounds

**8) \*\* Finish with 10 box jumps again**

## **DAY 2: Full Body**

1) Pull Ups 1 x MAX reps

2) 1 Arm KB Snatch x 6, 5, 4, 3, 2, 1 each arm, NO rest

3) Pull Ups 1 x MAX reps

4A) Flat DB Bench (neutral) 4 x 6 - 10 reps

4B) BB Hang Cleans 4 x 4 reps

5) Push Ups + 20 lbs 1 x MAX Reps

6A) Glute Ham Raise 3 x 10-15

6B) Sleds 3 x 200 ft

7) Push Ups + 20 lbs 1 x MAX Reps

8) grip/abs 3 - 4 x

## **DAY 3: Conditioning / Work Capacity**

### **1) 10 Minutes AMRAP:**

A) Handstand Push Ups x SM

B) Rope Climb x 1

C) Swings x 6



**2) 10 Minutes AMRAP:**

- A) Trap Bar DL x 7
- B) BB Floor Press x 7
- C) Swings x 7

3) Run MAX Distance in 10 Minutes

**WEEK 11****Underground Strength Challenge:**

- Use a sandbag 50 - 60% of your bodyweight
- Perform 30 reps of sandbag shouldering (15 ea. side), from the ground up every rep, for TIME.

Perform this challenge on week 1 and then again on week 3 as a re-test

**Day 1: Lower Body**

- 1A) Squats (use safety bar if possible) 5, 5, 5, 3, 3, 3
- 1B) 1 Arm DB Snatch 6 x 2 / 2

2) Double Unders x 1 minute

3A) Dumbbell Walking Lunges 3 x 10 / 10

3B) Glute Ham Raise or Back Extensions 3 x 10 / 10

4) Double Unders x 1 minute

5A) Swings 4 x 10

5B) Sleds 4 x 200'

6A) Abs 3 x 15

6B) Double Unders 3 x 1 minute

## **Day 2: Upper Body**

1A) Double Overhead KB carry 3 x 100 ft

1B) Double KB Rack Walk 3 x 100 ft

1C) KB Farmer Walk 3 x 100 ft

2A) double KB clean & press 5, 5, 5, 3, 3

2B) rope climbs 5 x

3A) floor press (thick bar or swiss bar) 4 x 8

3B) double KB Rows: 4 x 12

4A) Recline Row 3 x 30 seconds

4B) Ring Push Ups 3 x 30 seconds

4C) Ab Wheel Roll Outs 3 x 30 seconds

### **Day 3: Full Body OR Sandbag Challenge + Workout Below**

**\*\*\* If you perform the SB Challenge, rest 5 minutes, then, continue workout below, as prescribed**

1) Mixed Object Clean & Press: (ANY Tool: SB, KBs, stones, kegs, BB, DB, etc) x 10, 8, 6, 4, 2 reps

2A) dips 5 x 15 - 20

2B) Thick Grip / Rope Pull Ups w/mixed grips 5 x 10

3A) Double KB Rack Walks 2 x 100 ft

3B) Double KB Squats 2 x 5

4A) KB farmer walk 2 x 150 ft

4B) KB Rows 2 x 5

5) Run 2 miles: Run 1/4 Mile Hard, 1/4 Mile Medium, alternating for entire run

## **WEEK 12**

### **Day 1: Lower Body**

1A) Box Squats 8 x 2

1B) Box Jumps 8 x 2

2A) Sandbag Reverse Lunges 4 x 6 / 6

2B) SB Good Morning (Bag on Back) 4 x 6

3) Sleds Sprints 10 x 100 ft

4) Sledge Hammer Strikes x 4 Minute AMRAP (Switch Top Hand Every Rep)

## **Day 2: Upper Body**

1A) BB Hang Snatch 5 x 2

1B) BB Hang Clean 5 x 2

2A) Floor Press + Chains 6 x 3 reps

2B) Mixed Bodyweight Pulling 6 x SM reps

3A) Chest Support KB Row (Bench on 45-60 Degree Angle) x 10, 8, 6, 4, 2

3B) Flat DB Bench x 10, 8, 6, 4, 2

**4) FIVE Minutes of sled rope pull + push ups AMRAP: <http://www.youtube.com/watch?v=vLDmL0r1dks>**

4A) hand over hand sled rope pull x 20 ft

4B) Push Ups x 10

## **Day 3: Full Body Work Capacity**

1A) DB Snatch 4 x 6 / 6

1B) Lunge Jumps 4 x 6 / 6

2A) See Saw Kettlebell Rows 3 x 15 / 15

2B) KB See Saw Floor Press 3 x 10 / 10

3A) Push Ups 4 x 15 seconds

3B) pull up isometric holds 4 x 15 seconds

4A) 1 arm KB swings 3 x 6

4B) 1 arm KB cleans 3 x 6

4C) Sled / Prowler Run 3 x 150 ft.

**After 12 Weeks: Take a full week off after this 12 week course.** NO lifting, just focus on recovery via light swimming, hiking, soft tissue work, daily naps, etc.

**Prepare for Project X - Phase II**

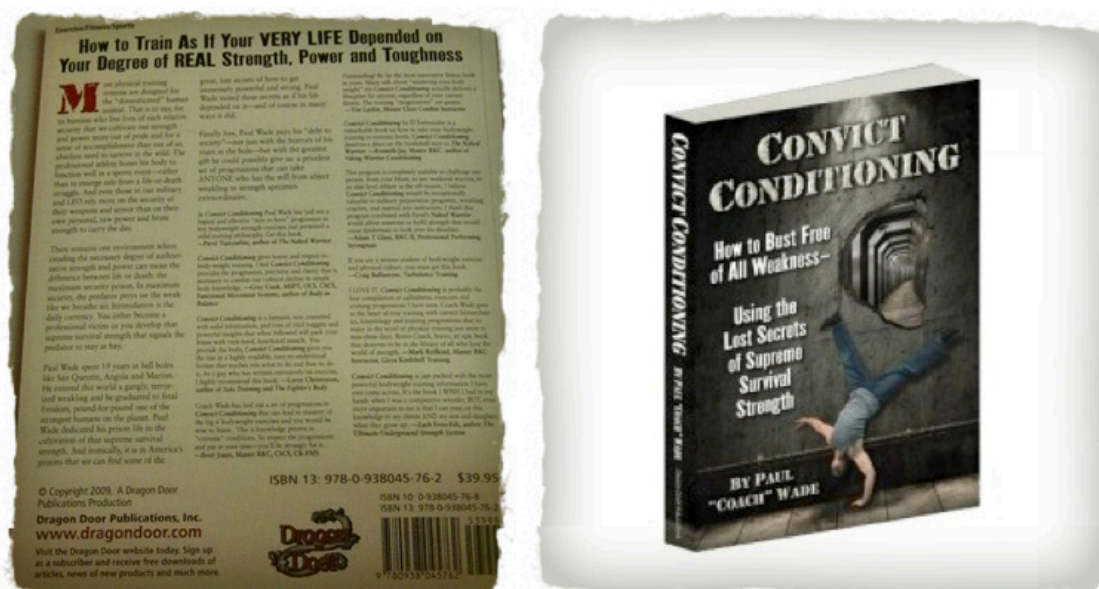
## UNDERGROUND STRENGTH COACH RECOMMENDED RESOURCES



**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 Discounted Special Offer***

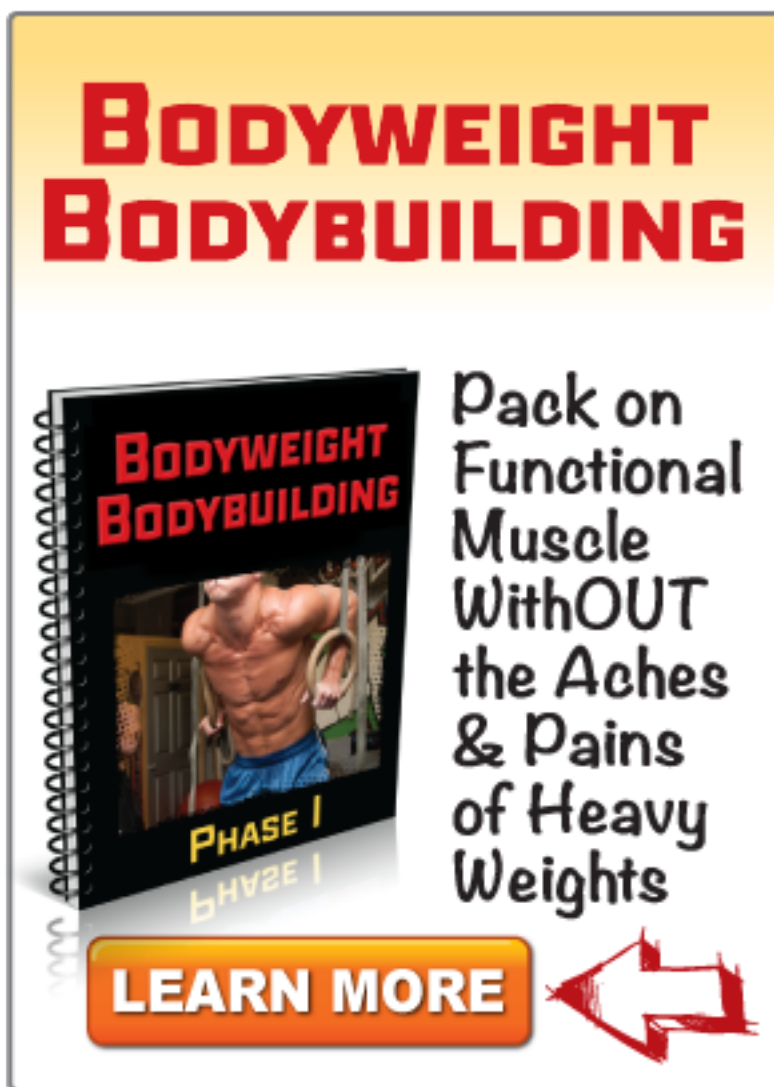
## THE CONVICT CONDITIONING WORKOUT



This is by far the best book on bodyweight training that I have ever read. These Bodyweight training methods were derived from an inmate who served in some of the deadliest prisons in the world. This is one of the best training resources I have ever read, bar none, a MUST have for All Undergrounders.

**[Click HERE for Details](#)**

## **BODYWEIGHT BODYBUILDING**



The advertisement features a yellow header with the title "BODYWEIGHT BODYBUILDING" in large, bold, red capital letters. Below the header, on the left, is a spiral-bound book titled "BODYWEIGHT BODYBUILDING" with a black cover. The cover shows a muscular man in blue shorts performing a pull-up on a bar. The text "PHASE I" is visible on the book's spine and cover. To the right of the book, the text "Pack on Functional Muscle WithOUT the Aches & Pains of Heavy Weights" is written in a black, slightly irregular font. At the bottom left is an orange button with the text "LEARN MORE" in white capital letters. To the right of the button is a large, stylized red arrow pointing to the left.

How to pack on size, strength & muscle while developing athleticism, power and a lean body using only your bodyweight. If you're ever at a point where you need a break from heavy lifting, THIS is the training program for you

***Click HERE for Details***



## **The Underground Strength Coach Certification**



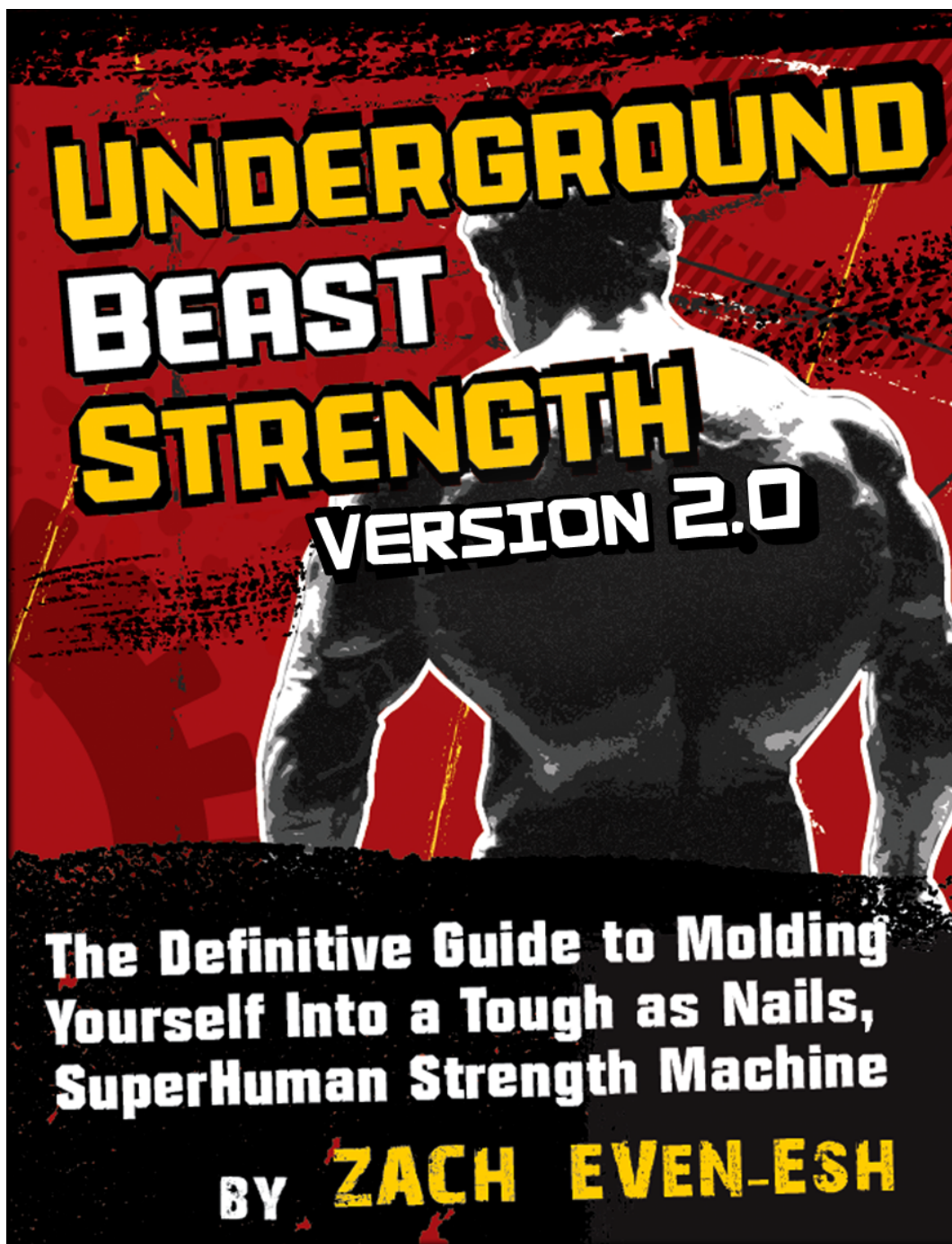
This is THE full blown, inside access to my training system, the behind the scenes of my gym & online business, the mindset & strategies that create success, powerful results and ALL the things you NEVER see either on my web site or on the web. Nothing is held back and your life is to be changed during this event.

**Check Out The Countless Success Stories HERE.**

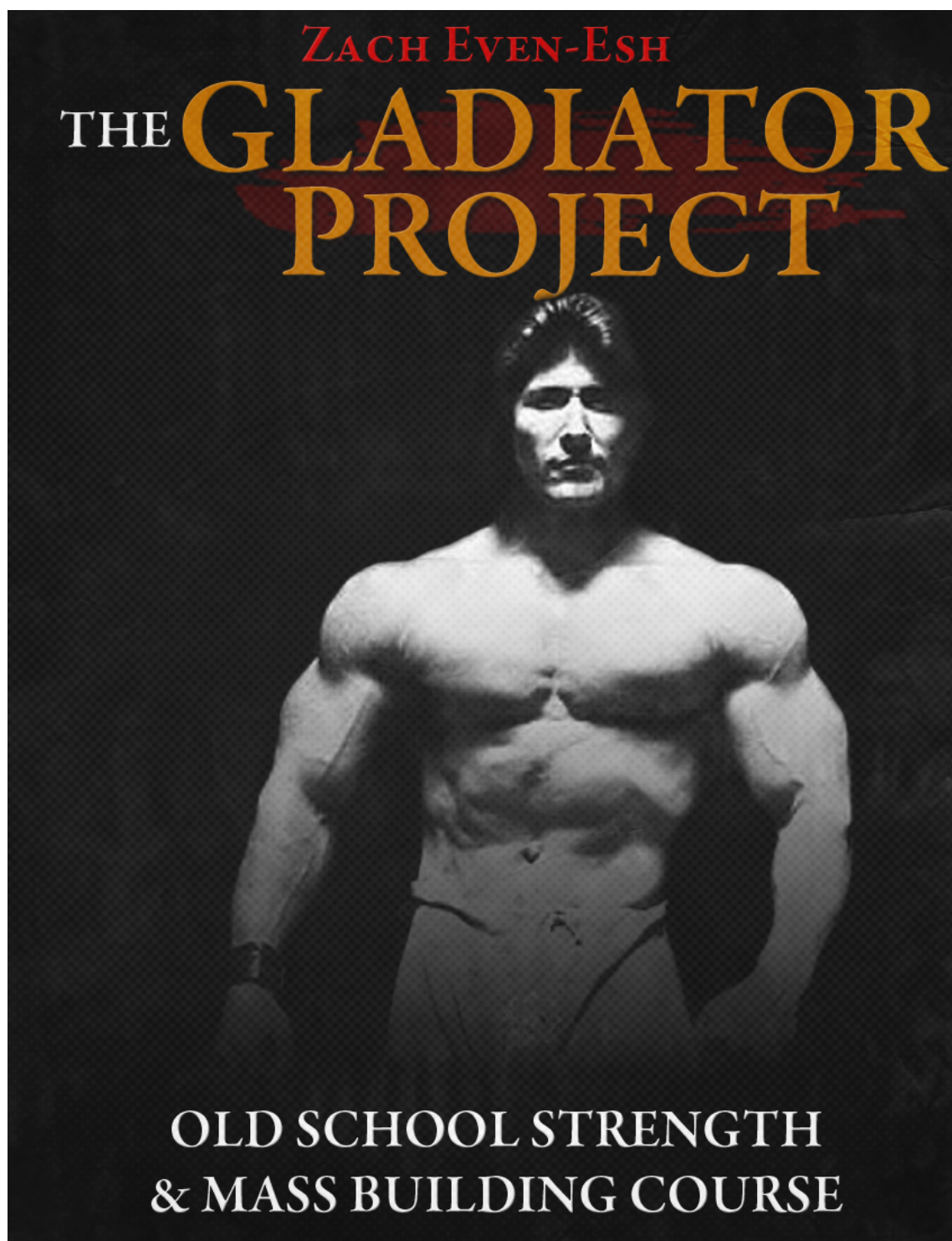
Coaches receive a lifetime access to a private Mastermind forum with 24-7 access to me, daily connection to other Underground Strength Coaches as well as a year of Underground Inner Circle Membership.

**More Details HERE.**

## THE BEAST PROJECT



[CLICK HERE FOR DETAILS](#)



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