

## DISCLAIMER

The exercises and advice given in this book and the training materials provided with it may be too strenuous or dangerous for some people. The reader is urged to consult his or her personal physician before engaging in them.

The author of this book and the publisher of this book are not responsible in any manner whatsoever for any injury which may occur through reading and following the exercises and advice contained herein.

## DINOSAUR BODYWEIGHT TRAINING

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## INTRODUCTION

Thank you for purchasing this course. The fact that you purchased this course tells me immediately that you are one of the rare individuals for whom it was written. You are obviously a keen student of physical training, and a hard-nosed, serious and determined physical trainer. In the words of George F. Jowett, the great pioneer of strength training and physical culture, "you've got the right stuff."

You may be taking your very first steps on the road to might and muscle, or you may be an advanced trainee with many years of experience. You may have upper arms the size of toothpicks, or you may have arms that rival those of an adult male gorilla. You may find it difficult to do a single pushup, or you may knock off 200, 500 or even a thousand of them in every workout. It doesn't matter. You have at least three things in common with everyone who purchased this course.

First, you have the courage to try something new and different.

Second, you have the intelligence to ignore the myths, misconceptions, fallacies, superstitions and dogmas that permeate the strength training, muscle building and physical culture world.

Third, you have a burning desire for physical improvement.

In this course, we're going to build on those attributes. We're going to mix them with some powerful instruction, a massive dose of motivation, and inspiration by the ton. As long as you supply some good old-fashioned hard work (and I know you will), your success is guaranteed.

And remember, the course you hold in your hands is far more than a mere muscle-building course. It is a comprehensive course in total self-improvement. It transcends the physical. I have worked long and hard to make it as useful, effective and productive as possible. I have filled it with a lifetime of knowledge gained from almost 40 years of intensive physical training. I know that it is going to be of immense and enormous value to you. It makes me smile to sit here and picture exactly how much this course is going to mean to you, both in the physical culture arena and in all other aspects of your life.

Again, thank you for purchasing this course. I truly believe that this will prove to be one of the best investments you have ever made in your entire life. I know that you are destined for rare success and great victories. Congratulations, and best wishes!

Yours in strength,

A handwritten signature in black ink that reads "Brooks". The letter "B" is large and stylized, with a long, sweeping underline that extends across the word. The rest of the name "rooks" is written in a cursive, flowing style.

## TABLE OF CONTENTS

LESSON ONE: PICTURE A POWERFUL, PHYSICALLY PERFECT PHYSIQUE .....	1
LESSON TWO: THE FORGOTTEN SECRET OF SUCCESSFUL PHYSICAL TRAINING .....	11
LESSON THREE: TWELVE KEYS TO SUCCESSFUL STRENGTH TRAINING AND MUSCLE BUILDING .....	21
LESSON FOUR: SEVEN SECRETS OF DINOSAUR MIND POWER THAT WILL TRIPLE YOUR RATE OF PROGRESS .....	32
LESSON FIVE: HOW TO POWERIZE YOUR ENTIRE BODY WITH DINOSAUR PUSHUPS .....	45
LESSON SIX: LIFT YOURSELF TO NEW LEVELS OF STRENGTH AND MUSCULAR DEVELOPMENT WITH DINOSAUR PULL-UPS! .....	63
LESSON SEVEN: FORGE FEROCIOUS, UNRELENTING NERVE FORCE AND TITANIC TOTAL BODY POWER BY TRAINING THE MUSCLES OF THE NECK AND SPINAL COLUMN .....	75
LESSON EIGHT: HOW TO TRANSFORM YOUR LEGS INTO TWIN PILLARS OF POWER .....	86
LESSON NINE: HOW TO BUILD UNLIMITED STRENGTH, HEALTH AND FITNESS WITH DINOSAUR CORE TRAINING .....	96
LESSON TEN: HOW TO DEVELOP FEARSOME FOREARMS, FEROCIOUS FINGERS AND GORILLA GRIPPING POWER .....	119
LESSON ELEVEN: HOW TO BUILD PULVERIZING BODY POWER WITH ROPE AND RING TRAINING .....	126
LESSON TWELVE: FIFTY TIGER TOUGH WORKOUTS THAT WILL BUILD SUPER STRENGTH, FEROCIOUS MIND-NUMBING POWER, A CLASSIC PHYSIQUE AND UNLIMITED HEALTH AND FITNESS QUICKLY AND EFFICIENTLY .....	140
WORKOUTS NO.1 THRU 50 .....	151
FINAL MESSAGE .....	203

## LESSON ONE: PICTURE A POWERFUL, PHYSICALLY PERFECT PHYSIQUE

All success begins with a dream. A dream begins when you picture, clearly and distinctly, something you want to achieve with all your heart and soul.

When you can picture your dream, and when you BELIEVE that it will become reality, you can achieve anything.

The following true story illustrates exactly what I mean.

### THE BOY WHO COULDN'T BREATHE

Forty years ago, a young boy woke in the middle of the night, gasping for air, his heart and lungs beating furiously as his body screamed for life-giving oxygen.

He suffered from the most severe, body wrenching asthma that you could ever imagine. It racked him daily with pain and torment. It tortured him on a bed of pain every night.

His parents took him to one doctor after another.

One suggested a special diet.

The diet didn't work.

Another suggested a new medicine.

The medicine didn't work.

A third, a fourth, and a fifth suggested different medicines.

None of the medicines worked.

The final doctor simply said there was nothing to do. "Your son has severe asthma," he said to the parents. "There's nothing we can do to help him. He needs to be very cautious. The slightest exertion could trigger a severe attack. It might even kill him. He should be very careful not to walk too far, not to run under any circumstances, and not to play any rough or fast-paced games. No baseball, football or anything like that. See if you can interest him in other hobbies. Quiet activities – indoor pastimes, such as stamp collecting. In fact, stamp collecting would be perfect for him. Boys like that sort of thing, and it certainly wouldn't pose any risk of harm."

The boy was nine years old when he heard the medical man pronounce this grim prognosis.

Inwardly, he rebelled. He made a solemn, secret promise that he would conquer his asthma and his invalidism.



He enjoyed reading biographies, and one day found one that detailed the life of Theodore Roosevelt, the famed leader of the world-renowned Rough Riders, who charged right up the ridge of San Juan Hill in the face of enemy fire, and from there, rode straight into the White House to become one of the most respected, admired and beloved political leaders of all time.

The little lad learned something remarkable in the biography. As a young boy, Roosevelt had suffered from the same sort of crippling, disabling asthma attacks that made his life a living hell.

But Roosevelt overcame his childhood illness.

How?

By exercise.

His father set up a complete gymnasium in the family home. Punching bags, chinning bars, stall bars, pulley weights, dumbbells, ring weights, Indian clubs, a vaulting horse, exercise mats, medicine balls, and a rowing machine.

Young Teddy began to train. It was hard going at first, but he stuck with it. And soon, the exercise paid off in a huge way. He first regained his health, and from there, continued his progress, building himself into a stalwart, rugged young man with endless energy, tremendous strength and enduring vigor.

The young man read the story of Roosevelt's battle to break free of the cruel chains of illness and infirmity, and as he did so, a plan began to crystallize in his mind.

The doctor had said never to exercise, never to exert himself, never to tire himself. His parents had issued strict injunctions against vigorous activity.

But Teddy Roosevelt had taken a different approach. It didn't hurt him. It didn't kill him. It didn't even make him sick. It made him well. It eventually made him one of the most vigorous political leaders in the history of the world.

The young boy decided to begin a daily program of physical exercise. The problem was, he had no equipment. He couldn't do anything at home, because his parents would find out and stop him.

He decided to begin a running program. After all, he reasoned, if he was going to lick his asthma, he should begin with the type of exercise that was hardest and most difficult for an asthmatic. Besides, running was something he could do with no equipment, and it was something his parents would never see. They wouldn't stop him because they wouldn't know what he was doing.

The next morning, he got up early and left for school while it was still dark. He needed to be sure that no one saw him. He stepped out of the house, walked down the drive and around the high hedge on the side of his parents' yard. He was out of sight.

He started to run.

It was half a mile from his parents' house to the school. His lungs began to scream in agony after less than half a block. He ignored the pain and kept on going. He forced himself to run the entire distance. At the end, he reached the schoolyard and plopped down onto the ground, gasping for air, choking for oxygen, and covered in sweat. He lay under a large hedge for 20 or 30 minutes, out of sight so no one would see him. His frantic breathing finally dropped back to normal, and he crawled out from under the green hedge-cover and joined his schoolmates as they shuffled around the schoolyard, waiting for the day's classes to begin.

When he woke up on the second day of his journey, he was so stiff and sore he could hardly move. His muscles ached with almost unendurable pain. He hobbled around the house as if he were an arthritic octogenarian. His parents were so concerned that they almost didn't let him go to school. He only escaped by saying he had an important test he had to take that day.

It wasn't really a fib. He really did have a test to take. But it wasn't a reading, writing, science or history test. It was a test of his fortitude. A test of his mettle.

He went out in the cold, gray morning, walked down the drive, rounded the hedge and started to run. Slowly at first, and then even more slowly as every muscle fiber in his body screamed in shrill protest.

After half a block, it hurt so badly he almost quit. He hurt far more than he had the first day. His lungs felt as if they were being crushed by a gigantic, inhuman hand.

There was a small park at the end of the block. He said, "I've got to make it to the park." So he gritted his teeth against the pain, and pushed forward step by step.

He made it.

The road looped around the side of the park. It was a distance of two blocks on the residential side of the street across from the park. A single long, looping block on the park side.

"I can make it to the far side of the park," he said.

He pushed forward, step by step, fighting against the pain.

He made it to the far side of the park.

The sidewalk curved up a slight hill. There was a side street at the top of the hill.

"I can make it to the top," he said.

And that's how he made it the entire half-mile distance. A block at a time. Breaking the dauntingly impossible task into smaller, more manageable pieces.

The third day was much like the second day.

The fourth day was the same.

On the fifth day it rained. Rain always made his asthma worse. The run that morning almost killed him. The rain covered his glasses, and he couldn't see. He slipped and fell, ripping his pants at the knee and scraping a huge wound that oozed blood for the rest of the run. But he got up and kept going.

He kept it up, day after day, no matter how sore he felt, how tired he was, or how much his body begged him to quit.

When it rained, he ran in the rain. When it was hot, he ran in the heat. When it was cold, he ran in the cold. But he ran every day without fail.

His parents never knew. He never told them.

It was agony at first, sheer torture as he made his daily run.

But he stuck with it. And slowly, gradually, something happened that the medical man would have thought was impossible.

The daily run started to become easier — and as it did, a miracle happened.

His asthma disappeared.

The little invalid went on with his training, and not only played sports but soon excelled in them. In high school, he was the captain of the wrestling team, a fierce and feared competitor who clawed and roared his way into the ranks of the state wrestling champions – the top one tenth of one percent of all high school wrestlers across the country. He won the state championship (in the rugged Greco Roman style of grappling) by knocking two older, highly rated opponents unconscious with powerful hip toss takedowns followed by brutal headlock pin holds.

He continued training after high school, and in his 30's began to compete in drug-tested (no steroids) powerlifting competitions. He won dozens of state and regional championships in powerlifting and bench press competitions. He moved up the ladder and entered national championship meets, competing in the sub-master's division (age 33-39, and the 198 and 220 pound weight classes). In these meets, he matched his strength against the strongest, most powerful drug free athletes in the world – state and regional champions, state and regional record holders, national champions, and national record holders. It was open competition. Any drug-free athlete in the United States could enter these competitions. In the world of drug-free strength and power, it was a supreme test of one's ability.

How did he do?

The little boy who couldn't breathe ended up as a 220 pound man who looked as if he was carved from granite, and who won five national championships in the bench press, and set over a dozen National, American and World records in the bench press.

That little boy was me.

What I learned at age nine has stayed with me for my entire life. And it's a lesson that YOU are going to learn as you experience the transformative power of Dinosaur Bodyweight Training.

## PICTURE A POWERFUL, PHYSICALLY PERFECT PHYSIQUE

Let's begin by taking one of the important lessons that I learned those many long years ago, and apply it **RIGHT NOW** to your life, your training and the achievement of the success that you desire.

Begin with a picture. That's what I did. I pictured the priceless gift of good health – a gift that seemed impossible for me.

I want YOU to begin with a picture of the type of physique that YOU have always desired.

Picture a powerful, physically perfect physique

Picture the physique that YOU want to build through Dinosaur Bodyweight Training.

Begin at the top.

A powerful, thickly muscled neck. A neck that spells force, power, vitality and virility. A neck that is thick and columnar.

The neck slopes into powerful trapezius muscles that cover the upper back like thick slabs of rough-hewn granite.

The traps run into powerful, rounded deltoids, shoulders that are fully and symmetrically developed: thick and rounded in the front, thick and rounded to the sides, thick and rounded to the rear. These are shoulders that will support powerful efforts in any feat of strength and power that you ever endeavor. Blacksmith shoulders. Lumberjack shoulders.

The shoulders in turn run into rugged, powerful arms bursting with the promise of a warrior's strength. The ancient poet proclaimed his epic saga by reciting, "Arms and the man I sing!" These are the arms of which legends are made.

The brawny biceps and gigantic, horseshoe shaped triceps blend into brawny, massive forearms knotted and corded with ridges of rebar. The forearms flow into thick, corded wrists. The wrists culminate in thick, hard, heavy hands, with eagle talon fingers. These are hands that can grab, grasp, seize and hold with unlimited power.

Turn to the torso. The rugged shoulders run into a deep, full, thickly muscled chest, standing high and proud atop an enormous rib-box. Under the armor-like covering, the powerful heart and lungs pump rich, red blood and life-giving oxygen throughout the entire body. This chest is a picture of power – and a picture of health.

The chest blends into a thickly muscled midsection that bespeaks perfect health, unimaginable power and vitality supreme. The abdominals stand etched in harsh relief, corded rows of corrugated power. The obliques are thick, hard, ropelike ridges that run from the top of the

abdominal formation deep into the groin. The thick covering of granite hard muscle guards powerful, perfectly functioning internal organs of unmatched vigor. This is indeed the human body created in the Maker's Divine image.

Turn your attention to the athlete's thick, massively muscled back. Look at the lats. Wide and broad and sweeping, they run down the sides and center of the back, linking the athlete from shoulder to hip. Tying into the lats are innumerable smaller muscle groups that grapple for the eye's attention, jutting in rock-like ridges of strength and power. From the back, the athlete's neck is even more impressive than from the front. It rises like a coiled cobra from the massive shoulders and gigantic traps, promising endless vigor and unceasing nerve force. The spinal erectors are no less impressive. Steel hard cables run down the athletes' entire spine, writhing python-like with every movement. The external obliques crowd against the spinal erectors and the lower lats. This is a back of unimaginable strength, virility and vitality.

The back runs into strong, sturdy hips, and the hips in turn run into thickly corded, thoroughbred legs. Twin props of power that promise strength, speed and endurance. Legs that can trample over any obstacle. Legs with muscles that stand out in stark relief from hip to ankle, a mute testament to their owner's fierce tenacity of purpose.

This is a human body that is literally perfect in all respects. And it is the type of body that YOU can and WILL develop by following this course.

#### AN IMPORTANT EXERCISE

We're going to get to your exercises and training programs very soon, but before we do so, let's concentrate our attention on a brief but extremely important exercise. This is an interactive exercise. I can guide you, but YOU need to provide the actual answers that will form the basis for the beginning of your personal quest for might and muscle. So get out a pen or pencil, grab a few sheets of blank paper, and go somewhere quiet where you won't be disturbed for a while. You'll need to set aside about 60 minutes for this exercise.

Before we start, let me offer a word of warning. You are going to create a very personal document. Make this your personal narrative. Share it with no one. Don't post it on a web board, don't post it in "My Space, and don't email it to your friends. Don't send ME an email and say, "Brooks, look at my personal goals." Keep it to yourself.

Greatness begins with dreams. I want you to feel free to dream. Dreams are beginning of every great achievement.

If you share your dream with others, the chances are good that they will laugh at you, belittle you and throw endless rivers of ice-cold negativity at you. Don't give them the chance. Keep your project to yourself until you are well along the road to the successful and inevitable accomplishment of your mission.

At the very least, sharing your dream with others almost always means that you "water it down" a little. You take your TRUE dream, and reduce it in scope. You scale it back. You turn it into something that someone else might agree could be possible.

Don't do that. Give yourself the freedom of unlimited dreams. To do so, you MUST make this a confidential, personal exercise.

Take your first sheet of paper and a black pen, and write the following across the top: "My Muscle and Might Memories."

Now list things that you have seen, read about, watched, or experienced that involve strength, power, muscle and might. If you are an athlete or a martial artist, or if you have powerful memories that relate to athletics or martial arts, then by all means expand your list to include those memories as well. And include scenes from television shows, movies, cartoon strips, comic books, magazines, books, anything. Anything that pops into your mind.

Do NOT censor or filter your memories. Write down anything and everything that pops into your head. Remember, there are no "right answers" or "wrong answers."

Your memories may include things you saw or read about as a kid, and which your adult mind views as childish or silly. Don't let the adult in you filter the child's memories. Those memories are there because they still have a powerful emotional meaning for you.

Similarly, don't censor your memories to create a document that I might approve of. I'm never going to see it. (Remember? – We just covered that point.) You may know that I am dead-set against anabolic steroids, and yet the first thing that pops into your memory list might be a juiced-up roid monster. Do NOT wiggle with embarrassment and write down "Arthur Saxon" instead. This is not an exercise in dinosaur correctness or any other form of political correctness.

Work quickly. Speed is very important here. This exercise unlocks your subconscious mind. To do that, you need to work quickly. Otherwise, your conscious mind will step in and start to distort the process (primarily by filtering or censoring your responses to make them more "politically correct"). Memories are emotional in nature, not intellectual. Make this an emotional exercise, not an intellectual exercise.

Don't fuss about choosing the right word or the right phrase. Just capture the image and write it down, and then capture the next image. Don't even worry about being neat. It's actually better to bounce all over the sheet of paper rather than to simply proceed in a methodical fashion by creating a list written in vertical column fashion.

If something is a seriously powerful memory, write it in large letters, underline it, circle it, put a star by it, or draw a happy face (or a frown face) next to it. Again, don't agonize over the process. You don't get bonus points for artistic achievement.

Keep going until you have filled the entire paper.

Now, take a red pen or a bright highlighter, and go back through the list – again, working very quickly, and again, without using any sort of filter or censor – and annotate your list. Circle the most important things, star them, add a brief note next to them, draw arrows that link memories. Whatever. Just do something that helps you to capture, on paper, the muscle and might memories that you have accumulated over the course of your entire life.

Go back through the list again, and read through what you have created. When you see a particularly strong memory, try to recall it in more detail. See if you can pull up the same feelings you felt at the time of the event.

Now, pick up your second sheet of paper. On the top of the second sheet, write the following question:

“What do I want to achieve through my training program?”

This is a list of your GOALS. Once again, create a personal list. Work as rapidly as possible. Speed is critical. Work from the subconscious mind. Turn off the intellectual side of your brain. Don't filter, don't censor and don't worry about whether anyone else might approve of your goals. These are YOUR goals.

Write them down.

Use the same process that you used on the first sheet of paper. If something is particularly important to you, write it in big letters, circle it, underline it, or use stars, happy faces or anything else to show that it is of particular importance to you.

Now take your third sheet of paper and – using a black pen – write the following across the top: “Where I Am.”

Now make a left hand column headed “My Strong Points” and a right hand column headed “My Weak Points.”

In the “strong points” column, list everything that you can think of that will contribute to the achievement of your training goals. Make this list as comprehensive as possible.

Begin by listing the physical, mental and emotional attributes that you possess which will help you to achieve your goals. For example, your personal list of strong points might include the following:

Hard worker

Good upper body strength

Very strong grip

Intense desire to get bigger and stronger

Willing to do “whatever it takes”

I follow instructions

No injuries

No health problems

To this list, add external resources that will assist you in attaining your goals. Your list might include such factors as the following:

Well-equipped garage gym

Close to the park – can use for other exercises

Running track at the school – close to our house

Good training partners

My wife supports my training

Doing ok financially — can afford to buy equipment, high quality food, etc.

Now turn to the second column, and list the factors, both internal and external, that create obstacles to the achievement of your training goals. A typical list might include some of the following factors:

No training partner

Limited equipment

No cash to purchase other equipment now

Work long hours at my job

Training time is limited

Bad knee from football days

40-50 pounds overweight

Bad diet

Smoker

Now go back through the third sheet, using a RED pen, and focus on the “obstacles” column. For every single obstacle, there is an answer. Write it down. For example, take the previous list of obstacles. Here’s what you might note in red ink next to the “obstacles” on this list.

No training partner – Not necessary. May be able to find someone. (Guys at work???) Can stay motivated with Dinosaur Inner Circle group.

Limited equipment – Equipment not necessary. Can purchase smaller items over time. Do pull-ups in park for now.



No cash to purchase other equipment now – See above. Can stop smoking. Save \$\$\$ on cigarettes. Use for equipment.

Work long hours at my job – Can make time to train 30-45 mins four or five days per week, longer on weekends. Walk in morning to lost weight – 15 mins. Drop TV time. Other people work long hours and still find time to train – I can do it, too.

Training time is limited – Find ways to make every minute count. No wasted time.

Bad knee from football days – Find exercises that do not stress my knee. Ice it after training. Fish oil supps for joints (good idea – helps heart, too).

40-50 pounds overweight – Diet, diet, diet. (Need to do this.) Training will help. Walk 1-2 miles each day (a.m.)

Bad diet – Good diet. Read Dinosaur Diet book – follow it.

Smoker – Need to stop. See doctor. Get patch.

I will share with you a very important fact: If you are resolutely determined to achieve your training goals, NO obstacle can stand in your way for long.

If you are consumed with a burning desire for might and muscles, NOTHING can stop you. Certain things may slow you down, but nothing can keep you from your goal.

Always remember that. Always.

Now take your sheets of paper, and put them in a manila envelope or folder. Keep them somewhere private, with your other personal papers. Take them out and review them from time to time. They are your personal road-map to the successful attainment of YOUR most cherished training goals – the goals that set you on fire, the ones that will carry you forward, over, around or RIGHT THROUGH any obstacles in your path.

Knowing your goals, seeing them intently and vividly, picturing the success that you WILL achieve, is the Royal Road to successful physical training. It gives you unlimited power for self-transformation. Without it, you are nothing. With it, you are unstoppable.

You are now ready for your next step on the road to self-transformation. Turn to Lesson Two, and you will learn the single most important secret of successful physical culture.

## LESSON TWO: THE FORGOTTEN SECRET OF SUCCESSFUL PHYSICAL TRAINING

In this Lesson I will share with you **THE SINGLE MOST IMPORTANT SECRET** of successful physical training. It is a secret that has worked for me and for hundreds of thousands of successful physical culturists over the past 100 years. It will work for you as well if only you learn it, grasp its essence and apply it without unswerving determination in your future endeavors.

This secret only comes to those who find it for themselves. It's not something that I can simply say to you. I could write it out in a single sentence, but you wouldn't learn it. Your eyes would read the words, but you would fail to grasp their essential meaning.

Therefore, I need to talk around it. I need to take you past it (perhaps several times), through it, over it, and even right up to it, so that you find yourself standing face to face in front of its ageless visage. I will do this by offering the secret in the form of real life accounts of those who knew the secret, and used its power to achieve outstanding success.

Work through the material in this Lesson carefully, thoroughly and methodically. The more you apply yourself to this Lesson, the greater will be the results that you achieve from Dinosaur Bodyweight Training. Those who concentrate their full attention on this critical Lesson will achieve far more in the way of results than those who skip ahead to study the exercises and the training programs.

Also, please note that if you purchased the combination package of this manual and the set of DVD's that accompanies it, this entire Lesson is contained on CD. In the CD format, I actually read the material to you, giving it all the force, power and passion that I can muster. Doing so charges the material with enormous emotional power. When you read the material, you understand it on an intellectual level. When you hear it read to you on the CD's, you grasp it on a deeper, more profound emotional level. That gives you the opportunity to understand the material offered in this Lesson on both an intellectual and an emotional level.

If you only purchased the manual, I strongly urge you to read this material to yourself, studying it very carefully, and then go back and read it aloud. Read it with passion, fire and conviction. This will aid you enormously in grasping its true meaning.

### THE BOY WHO COULDN'T BREATHE

Turn back to Lesson One and reread this entire story.

After you read it, think about it. There's more than a story here. There's a message. What was it that caused a nine-year old boy to do something the doctors all believed was impossible?

When modern medicine didn't work, what did?

What do YOU have in common with that nine-year old boy?

The mere fact that you purchased this course tells me loudly and clearly that YOU possess a critical attribute for achieving success. What is it?

## LITTLE CURLY HEAD

“On a boiling hot summer day, rolling in a cloud of dust in the middle of the road, like two angry pups, were two young lads. They were eventually dragged apart, hardly recognizable on account of the mingled dirt, sweat and torn clothing. One was a much smaller chap than the other, and his face was very pale. In fact, he had just resumed school after leaving the hospital a few weeks before. This little chap had been in the hospital for eight years, more or less, through the result of an injury when only a six months old baby. Yet he cried with mortification at being dragged away from his bigger opponent. He still wanted to lick the other chap, even if it was a hopeless looking proposition. Somewhere in his mind was the belief that while the other chap got a belly full, he could at least get a mouthful. He did not think of the handicap of age, weight, and strength. The poor little fair-haired kid thought no one had the right to lick him, anyway. From that moment he harbored a thirst for revenge, and devoted all of his spare time to exercises that would make him bigger and stronger. Somehow it dawned in his youthful mind that the right kind of exercise would provide the means best suited to enable him to lick his tormentor. This settled in his mind, he pitched into his training with a vengeance, studying the methods and devices that would grow muscle. He played at everything, wrestling with all the other boys he could get interested, and if he could not find enough kids interested, he started a fight. He was determined to get practice one way or another.

Well, the old proverb says that all things come to those who wait, and it came to little “Curly Head.” He and his old tormentor met once more in a pitched battle, when Curly licked the hide off the bigger boy.”

Little “Curly Head” grew up to become a world famous strongman, a wrestling champion, and one of the most inspirational of all writers in the entire history of Physical Culture. His name was George F. Jowett. The above passage is taken from Chapter One of his magnum opus, *The Key to Might and Muscle*, a book that was published in 1926 and which has helped tens of thousands of young men and boys achieve their dreams of muscle and might.

What similarities do you see in the story of Little Curly Head and the story of the little boy who couldn't breathe?

What attribute did George F. Jowett share with the little boy who couldn't breathe?

Is there any limit to the power that caused the physical transformation of Little Curly Head?

If there is no limit to that power, and if YOU possess that power ... if you learn to cultivate, strengthen and grow that power ... then what are YOUR chances for strength training success?

## HIS KNEES WERE BIGGER THAN HIS THIGHS

There was a tall, skinny man who stood close to 6'0 in height and weighed all of 120 pounds soaking wet. This was after TEN years of physical training — ten years of regular workouts that had produced not an ounce of muscle.

I've seen an old, grainy photograph that shows him at this stage of his career. His knees were bigger than his thighs.

And remember, that was AFTER ten years of unsuccessful muscle building.

The sensible thing to do would have been to give up.

He wasn't sensible. He was stubborn.

He read about a new exercise program that involved something called "breathing squats." He gave it a try.

The first workout almost killed him. He struggled to perform 20 deep knee bends with a 40-pound barbell on his shoulders. He was so tired after just one set of squats that he had to lay on the floor and rest for half an hour. He was sore for days afterwards.

He decided that being sore didn't matter. He kept on training. He stuck to the new program.

And after a few days, something very remarkable happened. The program started to work.

He gained twenty pounds in his first thirty days on the new program.

He gained nearly 100 pounds over the next two years. It was all good, hard, solid muscle. He increased his squats from 40 pounds to 350 pounds for 20 reps. He became a weightlifting champion. He put on strongman shows.

More importantly, he decided to help others achieve their strength and muscle building dreams. He started a little newsletter that soon grew into a little magazine. It was called *The Iron Man* at first. Later, he shortened the name to *Iron Man*. He published the magazine for 50 years. Over the course of half a century, *Iron Man* became recognized as the best and most honest training magazine in the entire world. It inspired hundreds of thousands of avid readers, teaching them how to achieve physical excellence through sane, sensible, effective training methods.

His name was Peary Rader. His example motivated and enriched the lives of hundreds of thousands of trainees around the world.

What was it that drove Peary Rader to achieve success against what seemed to be impossible odds?

If Peary Rader could achieve success after TEN YEARS of failure, then what could possibly stop YOU from achieving equal success?

**THE DOCTORS GAVE HIM THREE MONTHS TO LIVE**

He took up flying way back in the days of single propeller planes. He logged over 2,000 hours in the air back in the days when flying was for daredevils and barnstormers.

One day, he was cranking the propeller on the plane when a misunderstanding with a student almost proved fatal. The student flipped the ignition switch at the wrong moment, and the propeller burst to life as he stood in front of it. The powerful blades nearly cut him in two.

They rushed him to the hospital, but the damage was almost irreversible. He lost a tremendous amount of blood and nearly died right there.

He clung to life by a thread. He lost weight, strength and internal power. His body weakened, and his wounded lungs became a breeding ground for infection and disease. He developed a severe case of advanced tuberculosis.

His doctors gave him three months to live.

As a pilot, he had lived with death so long that the thought of dying didn't scare him. But he had a wife and a family. In those grim Depression days, if a man died, it was a virtual death sentence for his wife and children as well.

He entered a sanitarium, and fought to stay alive. He stayed there for six months – twice the time the doctors had allotted him. The doctors called it “a miracle.” Maybe it was, but it wasn't much of a life. Six months confined to a hospital bed in a sanitarium is hardly the picture of rugged health.

After six months of bed-rest, he was released, alive but an invalid. For another 18 months he rested in bed at home.

At the end of the two-year period of enforced bed-rest, his weight had dropped to 121 pounds. His chest measured 32 inches, his biceps measured 10  $\frac{3}{4}$  inches and his thighs measured 16  $\frac{3}{4}$  inches.

He reached the point where he could no longer survive from day to day as a living skeleton confined to his bed.

He began to exercise.

In two years time, he gained 47 pounds of solid muscle, and increased his muscular measurements by an average of 30 to 40 percent. His biceps increased by nearly 50 percent; his chest by 30 percent, his thighs by just under 40 percent.

On the day that he first tried barbell training, he strained and struggled as hard as he could but failed to lift a mere 50-pound barbell overhead. Two years later he was lifting more than 250 pounds overhead.

His doctors were dumbfounded. They literally could not believe what had happened.

He went on to open a leading physical culture studio, to publish articles and courses, and to inspire others through a monthly physical culture magazine. His efforts helped to improve the strength, health and lives of tens of thousands, and he inspired trainees around the world to meet the challenge of physical training success.

His name was Roger Eells, and his story is one of the greatest ever written in the annals of triumph over adversity.

When his physical power faded to nearly nothing at all, an inner power kept Roger Eells alive – and then it caused a total transformation of his body. What was that power?

## THE BAG OF BONES WHO BECAME A NATIONAL WEIGHTLIFTING CHAMPION

He weighed only four pounds at birth. He was scrawny, skinny, weak and frail for his entire life.

At age 21, he stood 6' tall, and weighed 97 pounds. There's a photo that shows him after he had been training for a while and gained up to 128 pounds – 31 pounds more than his starting weight. Even at that weight he was scrawny. His ears were the largest part of his body.

If you had seen him, you would have labeled him as a classic ectomorph. A hardgainer. Small boned, frail, fragile and with absolutely nothing in the way of "good genetics" for building strength, power and muscle.

If you were mean, you would have laughed at him.

If you were kind, you would have suggested that he try cross-country running instead of muscle building.

Whatever anyone told him didn't matter. He had a burning desire to grow bigger, stronger, more muscular and more powerful. He had decided that living the life of a human skeleton was not to be his destiny.

He kept on training. He ended up as a superbly developed athlete who weighed just under 200 pounds of rippling muscle. And his muscles had strength and power to match. In 1930, and again in 1931, he won the heavyweight class at the United States Championships in Olympic Weightlifting.

His name was Al Manger. He was yet another man who overcame seemingly insurmountable obstacles in his battle to build strength, muscle and might.

Stop reading right now and work it through. What was it that caused Al Manger to transform his physique from that of a scarecrow to that of a superman?

## THE FARM BOY AND THE SLEDGE HAMMER

In an old issue of *Strength* magazine dating back to the 1920's, there appears a photo of a young farm boy who started to train in a little gymnasium he put together in the back of the barn.

He didn't really know what he was doing. Very few people did any sort of physical training back then, and no one in his neck of the woods trained or had any interest in training. There were no gyms, no coaches, no personal trainers, no instructors and no workout partners. There was no one to show him how to train, no one to teach him the different exercises, and no one to tell him what sort of goals he should aim for. He was entirely on his own.

The only thing he had was a burning desire to become stronger and more powerful.

He got together a strange accumulation of homemade barbells and dumbbells, anvils, sledgehammers, logs, and barrels, and he rigged up climbing ropes, still rings and chin bars.

He started to take strange workouts using a combination of exercises he saw in *Strength*, *Physical Culture* and *The Police Gazette*.

And as time passed, he started to get really strong.

The photo in *Strength* magazine shows him performing a one-arm pull-up while holding a heavy sledgehammer in the other hand for extra weight.

There's a letter that accompanies the photo. In the letter he asked whether his one arm chin with extra weight in the other hand "was a good lift"!

Good?

It was world class. Still is.

So ask yourself this question:

"How did a farm boy in the middle of nowhere manage to build world class strength and power while training on his own in a crudely equipped home gym in the back of his barn?"

What was his secret weapon?

What was the critical ingredient in his recipe for strength training success?

## BEATEN TO A BLOODY RUIN IN A BROOKLYN ALLEY

The large, loutish hoodlum crouched in the dark shadows of a deserted alley.

Oblivious to the presence of the human animal, a frail young man heading home late at night chose a short cut through the alley. It was a decision that was to change his life – and the lives of countless others around the world.

The hoodlum spotted the scrawny teenager.

"Easy pickings," he thought.

He waited until the young man passed by, then sprang from behind with the ferocity of a wounded tiger. He swung a brutal homemade blackjack that almost knocked the teenager unconscious with the first savage blow.

The young man crashed to the dirt, and the hoodlum rained blow after blow upon him. The victim could not even crawl away. He covered his head with his feeble arms and begged the bully to stop. His only response was the bully's laughter – the last sound he remembered before

he passed out. The hoodlum doubled him up with cruel kicks to the ribs, and left him crumpled in a writhing heap of helpless, sobbing agony.

The young man finally made his way home, hours later, bloody, bruised and barely alive.

What happened then was a modern miracle. He made a vow that no man would ever hurt him the way the hoodlum had hurt him on that near fatal night in the dark alley.

When he recovered from his beating, he started to train.

When he began, he was splinter-thin and weak as a kitten. The mere idea that he someday would be strong and powerful would have caused most people to burst into outright laughter.

His first workouts were incredibly difficult. The most basic exercises were nearly impossible for him. His muscles ached after every session. He was stiff and sore. It hurt almost as much as the brutal beating he had endured.

But he persevered. He kept on going. He refused to give up. He had made a solemn vow – a promise – a commitment. Whatever it took, he was going to honor that vow. He was going to achieve his dream of might and muscle.

Nothing in the world can defeat the power of a determined mind. The laughter of others, the incredulity of his parents and teachers, the apparent lack of physical potential, his initial weakness – these were nothing more than momentary obstacles soon swept aside in his bulldog march to success.

And gradually, over time, he started to see results.

Before he finished, he had built one of the most perfectly proportioned, best-developed physiques in the history of the world. He won international competitions sponsored by Bernarr McFadden, the health and fitness pioneer who founded *Physical Culture* magazine. He became a sought-after artist's and sculptor's model.

Eventually, he hit on the idea of offering to others a way to build strength, muscle and life-long health and fitness through a series of home training courses. He changed his name to Charles Atlas, and as Charles Atlas, created a muscle building empire that endures to this day, and that has guided and inspired millions of trainees around the world to achieve outstanding success.

The Atlas story is quite literally a miracle story. A miracle that happened nearly 100 years ago in a pitch-dark alley in Brooklyn. A miracle that unleashed a transformative wave that began with Atlas himself and has enriched the lives of millions around the world.

There's something very important here. Note that the power that I am describing rarely affects only a single person who puts it to use. It goes from that person to others.

Henry Addams once wrote, "A teacher affects eternity; he never knows where his influence may end."



The power that leads to INEVITABLE physical transformation is such a power. It has incredible and unlimited potential for good. See it for what it is, learn to harness it's power, use it to transform your physique, and YOU TOO can simultaneously achieve strength training success and enrich and ennoble the lives of all with whom you come in contact.

HE COULD BARELY DO TWO PUSHUPS!

There was a skinny little kid who lived in a tough neighborhood in New York City. He got tired of getting beat up, and he got tired of running away from the bigger kids. He enrolled in martial arts classes, but he found that when you're truly weak and pitifully puny, it's awfully hard to do even the most basic of self-defense maneuvers.

So he started to work out. When he started to train, his arms measured less than 10". He broke into a sweat trying to chin the bar a single time. He could only do TWO pushups. He tried doing barbell squats, and he could barely handle a mere 50 pounds.

Most people would have thrown in the towel. They would have given up. They would have stopped training, dropped out of the martial arts class, and scurried around in humble obscurity for the rest of their days.

Not this kid.

He kept training.

He built himself up into a 180-pound powerhouse. What's more, he became a high-ranking black belt, and eventually founded his own school of self-defense. As a teacher, he taught self-defense techniques that saved lives. He taught one teenage girl how to disable a male attacker twice her size. His teaching saved the girl from rape and possibly murder.

He taught weight training, muscle building, and physical culture to hundreds of thousands around the world through a long series of books, courses and magazine articles. He is one of the best writers, and one of the very best and most influential teachers, in the entire history of the Iron Game.

He's still training, still teaching, and still improving the lives, self-defense skills and physical fitness of trainees the world over. His name is Bradley J. Steiner, and I'm proud to say that he's one of the men who got me started on the right track when I was young.

What's more, Steiner recognized this power for what it was. He studied it. He wrote about it. He taught it.

I learned the secret of this power from Brad Steiner more than thirty years ago. I already had used it, but I didn't know what it was called. Steiner gave it a name. He made me open my eyes and realize what it was.

And now, three decades later, I'm doing the very same thing for you.

Do what I did when Steiner shared the secret with me.

Recognize the power within you.

## HE KNEW HE COULD WIN THE WORLD CHAMPIONSHIP, BUT HE COULDN'T AFFORD TO GET THERE

He was invited to compete in the world championships in Schuai-Chiao, a Chinese grappling art. The tournament was to be held in Beijing, China.

He knew in his heart that he could win the world championship if he entered the competition.

The problem was, he lacked the money to make the trip. Tickets to travel to China are awfully expensive. At the time, he was a newly married personal trainer trying to find enough clients to pay the rent and, hopefully, leave a little bit extra for food each month. He was working ten or twelve hours a day as a personal trainer. Squeezing in even an extra hour of work each day seemed unlikely. Finding a way to raise the sort of money needed for an expensive trip halfway around the world seemed like an utter impossibility.

He didn't give up. He set his mind to it. He thought of something that might work.

He decided to pay for the trip by filming a video that taught others exactly how he trained for the world championships.

He shot the video, put it on the market, and somehow, a miracle happened – he sold enough copies to cover the full cost of the journey.

He flew to China, entered the World Championships in the 198-pound class, and fought his way to the finals, where he won a referee's decision from the Chinese National Champion. He ended up winning the World Championship. He was the only non-Chinese to win the world title that year, and the first American to ever win a gold medal in any martial arts competition held in China.

His name was Matt Furey. He went on to become a world famous author of numerous best-selling books, courses and videos on martial arts, physical conditioning and a wide range of other topics. His teachings have enriched the lives of hundreds of thousands of people the world over.

There it is again – the power transforms a single life, and from there, the lives of many others. What is it?

## THE LITTLE CRIPPLE

He was born on September 16, 1926 in Vancouver General Hospital in Vancouver, British Columbia. He was born with a clubfoot and crossed-eyes. His father took one look at him and said to the doctor, "Why don't you just put him out of his misery right now?"

His parents were poor. There was little money in the house. The other kids laughed at him because of his foot, because of his eyes, and because he was poor.

He had multiple operations on his leg and foot, and ended up with a permanently fused foot and a withered calf and lower leg that were little more than a shinbone with some loose skin hanging over it.

He started lifting weights and learning to hand-balance in 1939, when he was only 13 years of age.

In 1953, he won the Heavyweight Class at the World Championships in Olympic Weightlifting in Stockholm, Sweden, dethroning the legendary John Davis, a former nine-time world and Olympic weightlifting champion. Davis had been unbeaten in world and Olympic competition since 1937.

His name was Doug Hepburn. He went on to inspire thousands of young men the world over in their quest for strength, muscle and might.

Do you see the inner power that drove Doug Hepburn — a crippled kid from a poor family, who really didn't have a ghost of a chance for athletic success — to the pinnacle of success in Olympic weightlifting?

What is it?

## THE SECRET OF SUCCESS

There's a common thread in all of these stories. They all involve an inner power that led to remarkable physical transformation for men and boys who seemingly were doomed to a lifetime of scrawny weakness and even, in some cases, bed-ridden invalidism.

I have shared these stories because I want you to see, very clearly, exactly what this inner power is and how it operates. I want you to see and understand this power through real-life examples. And I want you to understand, accept and BELIEVE this critical fact:

*The inner power that transformed the lives of the boys and men described in this Lesson is the same inner power that CAN and WILL transform your life.*

*It is a power that never fails. In all cases, it drives those who use it to remarkable success.*

*It did this for me, it has done it for countless others, and it will do so for you.*

## LESSON THREE: TWELVE KEYS TO SUCCESSFUL STRENGTH TRAINING AND MUSCLE BUILDING

Most training courses, books, and magazines teach you some exercises, give you a couple of workouts and turn you loose to sink or swim all on your own, without ever teaching you the REAL secrets of successful physical training. Well, that's not going to happen in this course. Dinosaur Bodyweight Training gives you the total package. Everything you need to know for maximum results is right here.

In this Lesson, I'm going to teach you twelve keys to successful strength training and muscle building. These are things YOU NEED TO KNOW – and they are things that most physical culture “experts” don't know, don't understand and don't teach.

These are things above and beyond exercises, training programs, sets and reps. Things that will make an amazing difference in your progress if you learn, understand and apply them.

### 1. PROGRESSION IS THE NAME OF THE GAME.

To be productive, physical training must be progressive. You must gradually increase the difficulty of everything you do. If you don't increase the difficulty, you'll stop gaining.

Muscles grow larger and stronger as a result of what we call “the over-load effect.” Let's talk about how it works.

Your muscles are not solid lumps of tissue. They are composed of millions of tiny fibers, which are attached to one another and form long ropes of living tissue.

When you exercise, you impose severe stress on the muscle fibers. As a result, some of the fibers actually break down and split apart. Imagine a rope that is frayed and pulled to the point where it is starting to unravel. Then imagine that this is what your muscle tissues look like after a hard workout.

After the muscles are torn down by exercise, the body goes into an emergency repair mode. The blood rushes to the muscles that you have exercised, flooding them with oxygen and rich nutrients: protein, vitamins and minerals. The nutrients link with the tissues, and the repair process begins.

If you have worked hard enough to tear the muscles down, your next job is to rest the muscles long enough for the repair process to occur. This usually takes anywhere from 48 to 72 hours. It happens most quickly while you are sleeping. That's why getting 8 hours of sleep every night is a very good idea for serious strength trainers and muscle builders.

Of course, the repair process won't occur if the bloodstream is lacking the nutrients required for tissue repair and cellular growth. That's why a healthy diet is so important for strength and muscle building.

Now here's the really important part. Pay attention.

When your body rebuilds the muscle tissues that have been “broken down” by exercise, it adds a little bit of extra growth. This is called “over-compensation.”

You see, the body is well aware that you just worked your muscles into the ground. It can feel how hard and demanding the workout was. And it thinks, “Gee, that was tough. If I were stronger, it wouldn’t be so hard, it wouldn’t hurt so badly after the training session, and it wouldn’t require so much effort to repair the damage. So here’s what I’ll do – I’ll not only repair the damage, I’ll add a little bit more so that the next training session is easier!”

So after you exercise, your body repairs the damage to the muscle tissues, with a little bit extra for “over-compensation,” and you end up not just where you started but a little bit bigger and more muscular.

If you take the same workout every time you train, you grow bigger and stronger for a while, but then you would stop growing. Why? Because your body has responded to your training program by building enough extra strength and power to allow you to handle the program without too much difficulty. You’ve become strong enough that the program won’t tear down very much muscle tissue. That means the body has little or no repair work to do, and soon the process of “over-compensation” comes to a virtual standstill.

You can go to any gym, anywhere in the world, and look at the folks who are training, and then go away and come back five or ten years later, and most of them will be doing the same exercises, with the same weights, sets and reps, and they would look almost exactly the way they looked when you first saw them.

So always remember, progression is critical to both short term and long term progress. If your training is not progressive, you won’t gain. It’s that simple.

## 2. THERE ARE MANY WAYS TO MAKE YOUR TRAINING PROGRESSIVE.

There are many ways to make your training more progressive. Most people only think of the most obvious options – adding weight or adding reps.

But think about some of the other things that you can do to make your training more progressive.

You can make your exercises harder and more difficult by increasing the range of motion. As I write this, I just finished a hard workout where I changed the range of motion in my pull-ups and pushups and ended up getting a very intense, very hard workout that broke down plenty of muscle tissue. What did I do? On the pull-ups, I increased the range of motion by several inches at the top of the movement, pulling myself several inches higher than I usually do. On the pushups, I used a new set of pushup handles that increased the range of motion by about two inches. I positioned the handles so that I got a bit of extra stretch on each rep. These little changes helped me get a great, result-producing workout without adding sets, reps, or weight and without changing the exercises.

Another way to make your training more progressive is to change the speed of movement. You can go faster or you can go slower. In today’s workout, I did two different types of pull-ups. I did five sets of each. On the first exercise, I pulled up faster than usual, but lowered myself more

slowly than usual. On the second, I pulled up more slowly than usual, and lowered myself even more slowly. The change in tempo helped to make the exercises much more rigorous.

You also can make your workouts tougher by cutting down on the rest time between sets. I do virtually nothing but superset training nowadays. This means that I train two exercises at a time, going back and forth from one to the other with virtually no rest. In today's session, for example, I did a set of pushups followed by a set of pull-ups, and then right went back the pushups. The only rest was walking across the garage from the pushup area to the pull-up area. Much tougher than if I rested for several minutes between sets.

Another way to make your training more progressive is to use more difficult exercises. This was one of the most important insights of George F. Jowett, a legendary trainer of the 20's, 30's, 40's and 50's. Jowett had a brilliant, inventive mind, and he was always coming up with new and ever more demanding exercises. He believed that the greatest results in physical training came from using a system of progressively more difficult exercises — and he was right on the money. In this regard, note that the use of progressively more difficult exercises is one of the basic principles of Dinosaur Bodyweight Training. In each Lesson, I'll start you off with the exercises that anyone can do, and show you how to work up to movements that would tax the strength of the strongest of athletes.

As you become stronger and more comfortable in different exercises, you can increase their difficulty by increasing the inter-muscular tension that you exert throughout the movement. You do this by slowing the movement down, by training with total concentration to maximize the mind-muscle link and by using letter-perfect form in the movement. This turns each rep into a maximum effort isometric contraction combined with slow movement. The end result is an extremely demanding and very productive exercise.

People who watch me train are sometimes puzzled to see how hard I work on what appear to be basic, simple exercises. What they miss is the fact that I am performing the movements in perfect form, with total body control, with laser-sharp mental focus, with maximum concentration, and with intense inter-muscular contraction.

### 3. BODYWEIGHT EXERCISES ALLOW MAXIMUM PROGRESSION.

People who sell barbells, dumbbells and exercise machines have “knocked” bodyweight exercises for over 100 years by claiming that bodyweight exercises “are not progressive” in nature.

Nothing could be further from the truth.

Leaving aside the commercial interest behind these statements, they reflect a ridiculously limited, narrow view of physical culture. They are based on the idea that the only way to progress in an exercise is to use adjustable barbells and dumbbells and increase the weight that you use in your exercises. As noted in the previous section, that idea is totally incorrect. You can progress endlessly with bodyweight exercises by changing the speed, the tempo, or the pace of your training, by performing combinations of exercises rather than single movements, by doing more reps, more sets or more exercises, by performing more difficult exercises, and by working with greater focus, pin-point concentration, and maximum inter-muscular tension.

People tend to perform bodyweight exercises in much better form than they do weight training exercises. This may be because they are able to get away from the “gotta add more weight” mindset and focus exclusively on understanding their body and what it really needs to do to have a productive workout. Or it may be the fact that many bodyweight exercises require greater attention to proper body position, and greater attention to balance and coordination, all of which trigger enhanced proprio-perception and a heightened mind-muscle connection. It could also be due to the fact that a properly designed program of bodyweight exercises, such as Dinosaur Bodyweight Training, enormously enhances and stimulates the flow of nerve force throughout the entire body – which in turn helps to link the mind and muscles.

Whatever the reason, the fact remains that bodyweight exercises allow you to focus with extreme concentration on each rep of each exercise that you perform. Thus, they allow virtually unlimited REAL progress in your training.

#### 4. SUCCESS BREEDS SUCCESS.

The only way to achieve great success in any endeavor is to build from success to success.

Success is contagious.

Success breeds success.

The secret of becoming successful is to make success a HABIT.

And progressive strength training gives you a perfect opportunity to do this on virtually a daily basis. Every time you train, you should make your workout a little bit better, a little bit more progressive, a little bit more advanced, and thus, a little bit more successful than the previous session. You should do more reps, more sets, or use greater inter-muscular tension and heightened mind-muscle control. You should approach each workout EXPECTING to be successful. When you expect success, you actualize it. When you actualize it, you teach yourself to expect it the next time. When you expect it, you achieve it. Repeat this pattern over and over, day after day, and you become success-oriented and success achieving. In a word, you become SUCCESSFUL.

Progressive strength training requires you to develop the success habit. Do 10 pushups today. Do twelve the next time you train. Do 14 the next time. After that, try two sets of ten. Then two sets of 12. Next, two sets of 15. Then force yourself to do two sets of 15 with better form. Now look in the mirror. Notice that your chest, arms and shoulders are bigger and thicker. Notice that your abs are a bit more defined.

What have you done? You have taught yourself to be successful. Continue the process from workout to workout, and you lay the foundation for outstanding success in physical training. Indeed, you go far beyond that. You lay the foundation for outstanding success in any endeavor. Once you develop the success habit in one part of your life (such as physical training), it automatically carries over to everything else.

People often write and tell me that my physical culture books and articles have “changed their life.” This is their phrase, not mine, and it’s something I see over and over in letters and emails.

What does it mean?

It means far more than that I helped them to train harder and more productively, that I taught them new and exciting ways to train, or that I helped them to build strength, power and muscle beyond anything they had previously imagined. Those things have happened to many of my students, but they are not all that happened.

What my students really mean is that they have learned how to train SUCCESSFULLY. And by learning to be successful physical culturists, they have learned how to be successful in all other aspects of their life.

Go back to Lesson One and read the story about Theodore Roosevelt and how he overcame the ravages of severe childhood illness through a daily program of vigorous physical exercise. Is it any wonder that Roosevelt was able to build upon that success and to achieve all of the other glorious successes that marked his long and productive life?

## 5. NEVER MISS A WORKOUT.

Of course, the converse of the rule, “success breeds success” is also true.

Failure breeds failure.

You see this most often and most immediately in physical culture when someone gets off to a good start in his training, and then misses a workout because of work, school, family, friends or social commitments.

Nine times out of ten, that one missed workout leads to another – and another – and another.

Pretty soon, the trainee isn't training any more. He has gotten out of the exercise habit. He has gotten into the couch-potato habit.

That's why I need to lay down the rule. And it's why you need to obey the rule.

Never miss a workout.

NEVER miss a workout.

N-E-V-E-R miss a workout.

And here are two corollaries to the rule.

First, if circumstances truly make it impossible to tackle your regular program, at least do something in the way of physical training. Make it as little as one set. But do something.

Let me give you an example. Several months ago I attended a seminar that lasted for several days. I began each day at 5:30 in the morning, showered, and then ate breakfast with others from the program. After that, I attended lectures until 8:00 at night. After the lectures ended for the



day. I had long brainstorming sessions over dinner with some of the other attendees. I didn't get back to my hotel room until 11:00 or 12:00 at night.

Over the entire course of the program, I was not able to have one regular workout. But I worked my abs so hard that they were sore throughout the entire program, and I actually took an inch off my waist. How? By using the first exercise in Lesson No. Nine. It's an exercise that you can do anytime, anywhere. And I used it all through the day at the seminar, at least once an hour and usually two or three times an hour. Instead of using the long days as an excuse to skip training, I used them as a means to do some very productive, very effective exercising.

Second, although Dinosaur Bodyweight Training will make you healthy as a horse, you may still get sick from time to time. If you have a minor case of the sniffles, a cold, or a headache, you may feel better by having a workout, even if it is only a light one to get the blood moving and to work up a bit of a sweat. But if you are truly sick, don't train. Rest a few days, get better, and then come back strong by following your regular program of exercises.

## 6. WHEN IT COMES TO TRAINING EQUIPMENT, LESS IS MORE.

Contrary to what the equipment manufacturers would have you believe, you really don't need very much in the way of equipment to get a complete, hard hitting, rigorous total body workout.

When you begin your training, all you really need is a small area to stand or lie in. A pad or cushion of some sort for some of your neck exercises will help, as will a mat to lie on for some of the floor exercises. A yoga mat works fine.

Some of you have tight wrists. A set of sturdy pushup bars will help when you do pushups, planks and handstand pushups.

Some of the exercises require an exercise bench, a strong box or a couple of sturdy chairs. If you purchase a bench, all you need is a flat bench, without supports at the end for barbell bench presses. In fact, for your bodyweight exercises a bench without any supports is far better than one with supports.

Chin-ups and pull-ups require a chinning bar. If you train at home, you can use a doorway chinning bar or purchase a freestanding chin and dip combo at a nominal price. If you have a garage or a basement, you may be able to mount a chinning bar to the wall or hang it from overhead joists or rafters.

An abdominal board is a good investment, as is a hyperextension bench.

One or two strong stability balls will enhance your training, as will a couple of medium sized rubber balls, a medicine ball, and some light dumbbells.

An ab roller is a very good training tool, as is a Power Wheel.

Later on, you may decide to purchase ropes and rings to perform some of the exercises described in Lesson Eleven. That's really all you need for Dinosaur Bodyweight Training, and remember, you can start small and gradually add to your equipment over time.

If at all possible, set your gym area up in a space that makes you feel good about training. Somewhere clean, serene and inviting is perfect. Do a little bit of sweeping, dusting, mopping, painting, touching up and organizing. The more zen-like your surroundings, the more you will enjoy your training.

Training with minimal equipment helps to re-enforce the principle that less is more. It's an important principle, and one that you need to understand if you intend to become a successful physical culturist. Strength training and muscle building require progression, focus and consistency. You lack all three if you constantly play around with every different piece of equipment in the gym.

It is far better to learn to train with limited equipment. This sort of training gets you in touch with your body. It helps you develop the mind-muscle connection. It helps you learn the true art of physical culture. It teaches you that less is more.

## 7. THE BEST PLACE TO TRAIN IS AT HOME.

The very best place to train is at your own home.

Training at home allows you to train with no distractions, no interference, no bad advice, no drug users, no whiners, no talkers, no complainers, no doubters, no nay-sayers, no egomaniacs, no self-appointed experts to tell you that you are doing everything "wrong", no muscle magazine readers, no gym bunnies and no BS.

There are plenty of good gyms in the world, and there are plenty of knowledgeable gym owners who run a good operation and provide a good service. But the majority offer second-rate equipment, third-rate advice, and a fourth rate-training atmosphere.

And few if any gyms offer the opportunity to train on the type of high focus, high concentration bodyweight exercises that form the core of Dinosaur Bodyweight Training.

Training at home offers enormous benefits for a serious trainee.

It allows you to train every day without worrying about the gym hours. You can train whenever you like. You can train twice a day if you wish to do so.

When you are home on the weekends, you can train a little bit every hour for the entire day.

You can wear anything you like.

You can use weightlifting chalk on your hands. Nowadays, very few gyms let you do that.

You can control the temperature, the lighting, the music (or lack of music), and whether you train with the doors and windows open.

You can cultivate a Zen approach to your training quarters, making it neat, clean, tidy, well organized, beautiful in its simplicity and endlessly inviting.

When you train at home, your gym is always there. This helps you avoid making excuses if you get home late from school or work and “don’t have time to go to the gym.” You ALWAYS have time to knock off ten or fifteen quick minutes of training when you train at home.

When you train at home, you set an example for your entire family, including your children. Many of my students have been training at home and working out with their children hanging around watching, helping and “doing what daddy does” since the kids were literally crawling around in their play-pens. What a great lesson, and what a great example of teaching by doing!

And think about this. If you have teenagers and they train at a gym, they are almost undoubtedly going to be around roid-heads. Steroid users. Steroid pushers. Guys who can “hook them up” with “steroids from Mexico.” That’s not a good thing. Why not create a training base at your own home that the kids can use when they are old enough to train? You might end up saving yourself and your kid some serious trouble. Steroids from Mexico (or anywhere else) are nothing to mess with.

## 8. DISTRACTION IS YOUR GREATEST ENEMY WHEN YOU TRAIN.

Distraction is your worst enemy when you train. That’s one of the reasons why training at home is so much better than training at a commercial gym. At home, there are no distractions. At a gym, the other members are almost always a distraction. Most of them are there to talk, to socialize and to work the crowd. Very few are there to train. Since THEY don’t care about getting a good workout, and merely want to be entertained, they have no compunction about interfering with YOUR workout. So they’ll come over and talk about sports, politics, movies, or anything else that pops into their heads. And they’d love to have you talk with them for the entire time that you are there.

You can avoid all this by training at home. But to make it work properly, you have to lay down the law. Everyone else needs to understand that training time is for training, and that no one and nothing is allowed to interrupt your training once you begin a workout. That goes for your wife (or girlfriend), your kids, your parents, your mother in law, the dog, the cat, the parakeet and the gold-fish – everyone. They can have you the rest of the time, but training time is for training.

Once you get rid of any distracting people, the rest is easy. Get rid of any distracting background noise, talking, babbling or chatter. That means, turn off the television, turn off the radio, take the phone off the hook, turn off the cell phone, and turn off the computer.

If music helps you concentrate by drowning out any distracting background noise, then by all means feel free to play music when you train. But don’t play a radio. Use CD’s instead.

And play something that energizes, powerizes and invigorates you. Classical music is great for training music. Opera is unbeatable, because the singers project incredible power and passion into their singing, and the music literally resonates through your entire body. Remember the “Mozart effect.” Studies have shown that when pregnant mothers listen to classical music, the child ends up significantly smarter. Ditto for kids whose parents play classical music while the kids are in their cribs and playpens. Apparently, there’s something about classical music that does good things to the human brain.

In my own case, I always play classical music while I train. I usually listen to opera. I choose pieces of music that are strong, powerful and energizing. It helps me tune into my workout, helps me to block out any distracting background noise, and helps me forge that critical mind-body link that is the true key to training success. Give it a try.

For those who don't listen to classical music, here are some good power pieces to try:

Grieg, *The Peer Gynt Suite*

Wagner, *The Ring Trilogy* (this includes the ever-popular "Ride of the Valkyries), *Tristan and Isolde*, *Der Meistersinger*, *The Flying Dutchman*, *The Siegfried Idyll*, any set of Wagner opera highlights

Verdi, *Aida*, any set of Verdi opera highlights

Puccini, *Turandot*, *Tosca*, any set of opera Puccini opera highlights

Mendelssohn, *Overture to A Midsummer Night's Dream*

Rimsky-Korsakov, *Scherezade*

Tchaikovsky, *March Slav*, *The 1812 Overture*

Brahms, *First Symphony*

Beethoven, *Fifth and Ninth Symphonies*, *Incidental Music from Egmont*, *The Leonora Overtures*

Straus, *Also Sprach Zarathustra*

Smetana, *Ma Vlast*

Dvorak, *The New World Symphony*

Respighi, *The Pines of Rome*, *The Fountains of Rome*

Sibelius, *Finlandia*

Rossini, *The William Tell Overture*

Borodin, *The Prince Igor Suite*, *The Polovtsian Dances*

Bizet, *Carmen*, *The Carmen Suite*, any set of Bizet opera Highlights

Virtually any set of opera highlights

## 9. POWERIZE YOUR TRAINING WITH FRESH AIR, WATER AND SUNSHINE.

Fresh air, spring water, and sunshine energize your training. Make full use of them to unlock your physical potential.

Whenever possible, train outside. If you cannot train outside, train inside and then finish things up with a brisk walk, a short run, or some sprints. Anything to get you outside, breathing deeply in the fresh air and soaking in the sunshine.

If you train indoors, open the doors and windows and let in as much fresh air and sunlight as possible.

I live on a house on a hill, with the garage at the back of the lot above the house. I train out in the garage. It has two doors. I open both of them, and the wind blows right through. It's as close as you can come to training outside when you are training inside. It's great.

Take a bottle or two of spring water with you when you train. Water is a must during a serious workout, and spring water has a tremendous vitalizing and energizing effect.

## 10. PRODUCTIVE TRAINING REQUIRES CONSISTENT EFFORTS OVER TIME.

One reason why I want you to build a really terrific home gym is because you are going to be spending lots of time there. You hear an awful lot about overnight miracles, 30-day transformations and big muscles in six weeks. That's a sales pitch, not reality. So if you bought this course because you wanted to train for a few weeks and "get into shape," we need to talk.

Dinosaur Bodyweight Training is amazingly productive and effective, but it doesn't bring super results overnight. Nothing can do that. Real results in strength and muscle building are the result of hard work and consistent effort over time. And for lifelong health and fitness, you need to plan on lifelong physical training.

Does that mean you need to train for years and years before showing any signs of progress? Not at all. To the contrary, you should see and feel noticeable progress after only several short weeks of training with Dinosaur Bodyweight Exercises. But if you stick at it for a couple of years, the results will be more than good — they will be downright shocking.

So plan on making some truly outstanding progress very quickly – but plan on making even greater progress by sticking to your training for a period of years. And make up your mind **RIGHT NOW** to stick to your training for the rest of your life.

## 11. PRODUCTIVE TRAINING REQUIRES HARD WORK.

Hard work is the only way to build strength, muscles, health and organic fitness. You don't get there by **EASY** training. You get there by plenty of hard, heavy, rugged stuff.

You get there by doing exercises that make you puff, pant and perspire. By doing stuff that most top caliber athletes either can't do or wouldn't want to do. By constantly pushing yourself to new and ever higher levels of performance. By not simply performing an exercise, but by performing

it in the hardest and most demanding fashion. By doing everything possible to make your training sessions **HARDER** rather than **EASIER**.

Make no mistake about it. The exercises and training programs in this course are tough, rugged and in some cases downright brutal. Yes, we're doing bodyweight exercises, but that hardly means we're going to be taking it easy. In fact, you'll be doing some of the hardest work of your entire life – for many of you, **THE** hardest work of your entire life – when you use **Dinosaur Bodyweight Exercises**.

And that's one of the reasons why **Dinosaur Bodyweight Training** is so effective. It's because it is **HARD**. So plan to train hard. Plan to give it your all when you train. Plan to **EARN** the strength, muscle and fitness that the **Dinosaur** program will bring to you.

## 12. TRAIN WITH THE HAMMER AND NAIL MENTALITY.

Every time you hit a nail with a hammer you should drive it deeper into the wood.

Every time you train, you should stimulate muscular growth.

If you hit a nail with a hammer and you don't drive it further into the wood, you're doing something wrong. You're either holding the nail wrong, holding the hammer wrong, hitting the nail at an angle, not hitting it hard enough, or making some other sort of mistake – but clearly, you are making a mistake.

If you train and fail to stimulate muscle growth, you're doing something wrong. You may not be training hard enough. You may not be concentrating properly. You may be training without a strong mind-muscle link. You may be using bad form, poor technique, or making other types of technical errors. But whatever it is, you are doing something wrong.

When you use a hammer and nails, you are not merely “going through the motions.” You are not engaged in a social activity. You are not simply burning calories, and you are not performing work for the sake of performing work. You are there to make something.

The same is true when you train. You are not there to simply “go through the motions.” It's not a social hour. You are not just moving around to burn some calories. You are not performing physical activity for the mere sake of physical activity. Not at all. You are there for a specific purpose. You are there to stimulate muscular growth.

When you train, you must always remember why you are there and what you are doing. You must approach your training with a one-track focus. You are there to stimulate muscular growth. You must **ALWAYS** approach your training with this purpose in mind.

## LESSON FOUR: SEVEN SECRETS OF DINOSAUR MIND POWER THAT WILL TRIPLE YOUR RATE OF PROGRESS

When I was in junior high school, I wrestled in the winter and competed in track and field in the spring. Specifically, I threw the shot put and the discus. I really wasn't big enough for either sport, but they were fun. I was strong enough and explosive enough to at least be ok at them. My buddies were on the teams, it was good exercise, I liked the coaches, and I enjoyed the gliding, spinning motion of the discus throw. I liked the way you wound up and moved from utter stillness to a huge unwinding of the body and a throw that ended with everything you had packed behind it in one supreme burst of explosive power. It reminded me a little bit of a wrestling throw.

At the end of the season, they held the conference championships. We could enter two athletes in each event. For some reason, the coaches entered me in the shot put, but not in the discus throw. Instead, they entered two of my teammates, Jimmy and John. John was our best discus man, and the coaches thought he had a good chance to win first place. Jimmy was just in it for the experience.

I was fairly heart-broken about this, but I couldn't really argue with them. My discus throwing was very run-of-the-mill ordinary, and I had not won any of the dual meets we had competed in over the course of the season. Still, I had been hoping and dreaming about uncorking a big throw and winning a medal in the discus at the conference championships.

At that point, Fate intervened – as it so often does when you really desire something and have worked your butt off to get it.

John made a fatal mistake. He went home for lunch to get his tracksuit.

He got back to school just as the team bus was pulling out of the parking lot and rolling away to the meet. Running after the speeding bus and vainly shouting "Stop!" was the only track and field event he managed that day. So forget about John, he's no longer part of the story.

John's no-show left us with only one guy entered in the discus, so the coaches decided to put me in just to make it look like they had a full squad.

When we got to the championship stadium, there were hundreds of athletes from all over the conference. They looked big, strong, fast, capable and well trained. Almost professional. It was pretty intimidating.

They ran the shot put early in the afternoon. I did pretty poorly, threw less than my best, and ended up in eighth or ninth place, well behind the much larger place winners.

The discus started a few hours later. I was the last guy in the rotation, meaning that I threw after everyone else. We all had three throws.

I went out for my first throw, wound up, gave it everything I had, and sailed the discus a mediocre distance. It landed close to where all of the other kids in the middle of the pack had tossed their opening throws. The leaders had thrown their openers way further out onto the field.

We rotated through our second throws. I once again gave it everything I had. The result was once again the same. Another middle of the pack effort.

I went out for my final throw, way back in tenth or twelfth place, doing even more poorly than I had done in the shot put.

As I stepped into the circle, a sudden gust of wind came roaring directly at us from out of nowhere. (I grew up in the Chicago suburbs, and they don't call Chicago "The Windy City" for nothing.)

"Wait until it stops," said an official.

So I stood in the circle, and swung the discus back and forth, and as I did so, I started to visualize my final throw. I played it over and over in my mind, from start to finish. I watched myself get set, saw the wind-up, felt the glide, the spin, the ever increasing speed and the final burst of rocket-power energy that blasted the discus far out into the distance and sent it soaring past everyone else's markers.

I played the picture over and over.

Finally, the wind stopped.

"Go ahead, son," said the official.

I took a deep breath, set my feet firmly, wound up, and went through the same exact motion that I had visualized.

The discus shot out of my hand like a rifle bullet and raced far out into the back corner of the field.

No, I didn't win.

But I took second place.

And I threw the discus 25 feet further than I had ever thrown it in my entire life.

I went home with two things. One was a red ribbon with a silver medal for second place in the conference discus throw – awarded to a kid with thick glasses who weighed all of 110 pounds.

The second was far more important. I no longer have that old medal, but I still have the second thing. I've carried it with me every day of my life ever since the conference track meet: the knowledge that your mind controls how your body performs. The knowledge that you can program your body for championship performance by programming your mind.



Over the years, I have studied, practiced and refined the mental approach to physical training. I used these techniques to win a state wrestling championship in high school, and five national championships in the bench press during my powerlifting days. I used them to set over a dozen national, American and World age group records in the bench press. I used them to build myself up from 110 pounds to 220 pounds, and I continue to use them every day. I use them to make every training session better than the one before it, and at age 48, I'm in the very best shape of my life.

Over the past fifteen years, I've helped thousands of trainees around the world to achieve tremendous training success by using the power of the mind to unleash the power of the body. It's worked for me, it's worked for them, and it will work for you.

Here are seven secrets of Dinosaur Mind Power. Study them carefully. Apply them rigorously in your daily life and in your training. These seven secrets will rocket your training to new and previously unimagined levels.

## 1. BUILD THE STRONGEST POSSIBLE MIND-MUSCLE LINK.

To achieve maximum success in physical training, you must consciously cultivate the strongest, most powerful, connection between the mind and the muscles. I call this connection the mind-muscle link.

Here's why the mind-muscle link is so important. We'll use a military analogy. Your mind functions as the command center in any physical activity. The command center sends messages to the muscles through couriers called nerve impulses. These impulses travel from the command center along a highway called the nervous system. When they get to the soldiers, or individual muscle fibers, they hand each one a set of orders. The orders read, "Contract as hard as possible." Each soldier who receives such an order immediately contracts as hard and as intensely as possible. The others stay in their barracks or in their foxholes, and don't do anything at all.

Your muscles work according to "the all or nothing principle of muscular contraction." This means that any particular muscle fiber is either working as hard as possible or not at all.

It is impossible to contract all of the fibers in any particular muscle at the same time. Most people can contract only 25 to 30 percent of the fibers in any particular muscle. Some have a better nervous system (more messengers, traveling more quickly with their "contract as hard as possible" orders). These people may be able to contract 30 to 35 percent of the fibers in a given muscle. An elite athlete may be able to contract up to 40 percent of the muscle fibers in a particular muscle.

Successful physical training requires you to constantly try to recruit more and more muscle fibers whenever you perform an exercise. The more fibers you recruit when you perform an exercise, the more fibers you "break down", and thus, the more fibers the body will rebuild (using the over-compensation principle) and make bigger and stronger than they were before.

How do you involve more muscle fibers in an exercise? You do it by sending a barrage of nerve impulses from the brain to the muscles that you are exercising in any particular movement. And you keep the barrage of impulses firing through the entire set.

To do this, you must concentrate on the muscles that you are exercising with the full force of your mental powers. And that brings us to the second topic of this Lesson: concentration.

## 2. TRAIN WITH TOTAL, UTTER, COMPLETE, FULLY FOCUSED CONCENTRATION.

The difference between **PRODUCTIVE** training and merely “going through the motions” begins and ends with one thing: how rigorously you concentrate your mind on what you are doing, and how well you maintain that mental focus throughout each and every workout.

When you learn to concentrate, to focus your attention, to shut out all extraneous thoughts and feelings, you rapidly ramp everything up to a new and higher level of performance. And learning to concentrate is something that you or anyone else can do.

Concentration is an acquired skill. Anyone can learn it. It takes about twenty training sessions to become **GOOD** at it. After that, you can spend the rest of your life working to become better and better at this most critical of skills.

By the way, scientists and researchers have determined that human beings are actually **LOSING** their ability to concentrate. The modern “on-line” world is a world of endless distraction and interruption. We are constantly bombarded by external stimuli in the form of phone calls, cell phone calls, email, instant messaging, television and radio. For entertainment, we carry the process even further, requiring our music, movies, television shows, video games, and computer screens to provide a constant bombardment of short, choppy, disconnected stimuli, loud noises, and screaming graphics. The news is delivered in rapid fire “bites” because we lose our focus if we listen to anything longer than five seconds. We not only can’t read *Moby-Dick*, we can’t even absorb the Cliff Notes version. We have lost the art of stately thinking, of slow walks in the wooded forests of the human mind.

If this sounds anything remotely like you – or like your child or teenager – then the concentration exercises in this Lesson are of particular importance. They will have an empowering and enriching effect that will extend far beyond the physical training arena.

Let’s begin by performing some simple concentration exercises. These are not physical exercises; they are concentration exercises. However, they will quickly unlock the door to maximum performance in your physical training. Do **NOT** skip over them and race on ahead to the physical exercises in this course. These mental exercises are the most important and most powerful – the most potent and the most productive —the most critical and the most important – of all of the exercises in this course.

The first exercise is to be performed in a dark, quiet place. It must be performed somewhere where you will not be disturbed, where you will not be interrupted, and where there will be no external distractions.

Turn the lights off or turn them down.

Sit in a comfortable chair, or kneel on the floor, whichever you prefer.

Now you need something on which to concentrate – something on which to focus your attention. If you are in a dark room, you can use a candle or a small light, such as a penlight.

If you prefer, you can turn the light on low and use a piece of paper with a large dot in the center. All you need is something to look at, something to focus on, something on which to lock your mind.

Set a clock or timer for a ten-minute time period, and focus your attention utterly, completely and absolutely on the “focal point” that you have selected.

Look at it. Look nowhere else. Focus on it. If your gaze drifts away, pull it back. As you fix your eyes on the focal point, fix your mind on it as well. Think of nothing else. If other thoughts or feelings come into your mind, throw them gently but firmly to the side. For the duration of the exercise, I want you to concentrate with unwavering focus on the single item that you have selected. Go nowhere else. Stay on point. Keep the focus. Give it your full, complete, undivided and absolute attention.

As you do this, breathe slowly, deeply, deliberately and regularly. Breathe through the nose. You will feel a sensation of great relaxation. It will be pleasant, but do not allow it to become a distraction. Place it to the side. Continue to focus your attention on the object of the exercise.

Perform this exercise every day for a week.

After performing the exercise for seven days, proceed to the second exercise. The second exercise is exactly the same as the first, except you concentrate on an object. A rock, a piece of wood, a crystal, a piece of fruit, a piece of pottery, a wooden spoon, a corkscrew, a hammer, a candle-holder, a book end, a pine cone or anything else that strikes your fancy. Use the object every day for a week, going through the same drill in fixed, focused, ferocious concentration.

The third exercise is exactly the same as the first two, except you close your eyes and turn your attention inward by focusing on your breathing rather than on an external object. Breathe deeply, slowly and deliberately, and concentrate solely and exclusively on your breathing. Go nowhere else. Turning from external focus to internal focus will help to set the stage for maximizing the mind-body link. Practice this drill every day for one week.

The fourth exercise involves a combination of mental exercise and physical exercise. Perform it every day for one week, and then perform it three times per week for three weeks. (By the way, note that this is an excellent all-isometric training program that will build plenty of strength and muscle.)

On each of the following exercises, use a timer and perform each exercise for 30 seconds. Don't count the seconds. Counting is a distraction. If you don't have a timer, then count your breaths as you perform each movement. Try for four slow, deep and controlled breaths on each movement.

a. Stand in front of a wall. Place your hands on the wall to help maintain your balance. Rise up on your toes and stand in a fully extended calf raise for as long as possible. As you do so, consciously direct the calf muscles to contract harder and harder. Direct more and more muscle fibers to contract. As the exercise gets harder, order more “troops” (muscle fibers) into action. If the muscles begin to burn or ache, or if you wonder, “Can I make it?” take those thoughts or feelings and gently but firmly push them to the side. Pay them no attention. This exercise will help to link the mind and the calf muscles.

b. Lie on your back and perform an abdominal crunch. Hold the contracted position. Again focus on directing as many muscle fibers as possible to contract as hard as possible. As the abs tire, disregard the burn and the ache, and focus only on recruiting more and more muscle fibers to help complete the set. This exercise helps to link the mind and the abdominals.

c. Bend the right arm at a 90-degree angle, palm turned up. Place the left hand on top of the right palm. Push down as hard as possible with the left arm, while pulling up as hard as possible with the right arm. In essence, you try to perform an arm curl with the right arm, while resisting the movement with your left arm. Concentrate on the biceps muscles of the right arm as you perform this exercise. Rest briefly, and then repeat with the arms reversed. This exercise helps to link the mind and the biceps.

d. Perform the four-way neck isometric exercise described in Lesson Seven. Concentrate on the neck muscles as you perform these movements. These will help you to link the mind and the neck. Be sure to work all four directions (front, back, left and right).

e. Perform the “wall squat” described in Lesson Eight. This exercise will teach you to link the mind and the thigh muscles.

f. Perform the first abdominal exercise in Lesson Nine. This is another movement that will help you to link the mind and the abdominals.

g. From a standing position, bend as far as possible to the right side, and hold the bent position. Relax, rest, and then repeat with the left side. This will help you to link the mind and the obliques.

h. In a pushup position, with the arms fully extended, dig the toes into the floor as hard as possible and try to drive the feet through the floor. As you do so, tense the muscles of the legs and abdominals as hard as possible. Focus on recruiting as many muscle fibers as possible to fully contract the thighs and abdominals. This will help to link the mind with the thighs and the abdominals, and will teach you to combine mental focus on two muscle groups rather than one.

i. Rest briefly, then get back into the pushup position. This time, bend the arms to the 90-degree (half-way point) and hold the position. You will feel the effort in your chest, shoulders and triceps. As these muscle groups begin to tire, consciously direct more and more muscle fibers to activate. This exercise will teach you to link the mind to the chest, shoulders and arms, and is another movement that will teach you to concentrate on several muscle groups at the same time.

j. If you can perform the wrestler's bridge, include it with your concentration exercises. Focus on the neck, the spinal column, and the thighs. This exercise will teach you to concentrate on an integrated effort of these critical muscle groups. If you cannot perform the wrestler's bridge, perform the Superman exercise described in Lesson Seven, which helps to link the mind and the muscles of the hips and spinal column.

k. Hang from a chinning bar, and rotate the elbows out to the side. Keeping the arms locked, pull down with the elbows. This will activate the lat muscles on the upper back. Don't perform an actual pull-up, just focus on feeling the lat muscles as they contract against the bar. Link the mind and the lat muscles.

l. For your final exercise, squeeze a small rubber ball, or half of a small rubber ball, in your right hand and hold the fully contracted (complete squeeze) position. Repeat with the left hand. This will help to link the mind and the gripping muscles.

As noted above, this is actually a very fine isometric training program. If you are a beginner, you can make these exercises your ENTIRE training program for the first few weeks of your training. By doing so, you combine a very effective muscle building program with a perfect schedule of concentration exercises designed to enhance the mind-muscle link.

If you are a more experienced trainee, combine these exercises with other movements detailed in the later Lessons in this course. You can begin or end your training program with these exercises, or you can alternate them with other exercises over the course of your workout.

After training on these exercises for 30 to 60 days, you will be able to concentrate deeply and intently on any exercise that you perform, and you will be well on the road to developing a powerful mind-muscle link.

As you progress, continue to perform these exercises once or twice a month, solely to help keep your powers of concentration and your mind-muscle link as strong as possible. If you ever run into a sticking point in your training, try practicing these exercises every day for seven to fourteen days. They will help you break through almost any plateau by re-enforcing the mind-muscle link and revitalizing your power of concentration.

### 3. SUCCESS BEGINS WITH BURNING DESIRE.

Every physical culture success story begins with burning desire. If you don't believe me, go back to Lesson One, and read about my personal victory over crippling asthma, and then read Lesson Two and the stories of others who achieved great success against apparently overwhelming odds.

What do those stories tell you about the power of desire?

There's a story about Abraham Lincoln that addresses this very point. Before he became President of the United States, Lincoln worked a wide variety of jobs. As he did, he studied law in the evenings, reading Blackstone by candlelight when he could afford a candle, by firelight when he had wood for a fire, and by starlight and moonlight when all else failed. Eventually, after long years of study, he became a lawyer – and a great one.

In later life, a young man from humble circumstances approached Lincoln and asked if it would be possible for HIM to become a lawyer.

Lincoln looked the young man straight in the eye and said, "If you are resolutely determined to be a lawyer, you WILL become a lawyer."

It's the same with strength training and muscle building.

If you are resolutely determined to become bigger, stronger and more muscular, you WILL become bigger, stronger and more muscular.

But the desire must come first.

And I'm not talking about merely "wanting" to be bigger, stronger or more muscular. I'm talking about wanting something with all of your heart and soul.

Nothing less will do.

Earlier in this Lesson we talked about the power of the mind, and I taught you how to link the mind and the body. Now we need to talk about harnessing the emotions and bringing their powerful, compelling force into the fray.

DESIRE is an emotion.

The DRIVE TO SUCCEED is an emotion.

When you are BURNING WITH DESIRE, you are on fire with an emotion.

When you take that emotional state and intellectualize the emotion by converting it to focused, pinpoint concentration on the task at hand, you immediately triple the power of your mind. And when you triple the power of your mind, you enormously increase the strength and power of your body.

Now, you might ask, how do I trigger an emotion? How do I fill my heart and soul with a burning desire for strength, power and muscle?

Well, there are several ways to do it. One way is to recognize that you ALREADY have that desire within you. If you didn't have it, you would not have purchased this course.

The problem is, you are afraid to admit to yourself that you want strength, muscles and power so badly.

You are afraid for two reasons. First, you are afraid of how disappointed you will be if you fail to achieve your desire. Let's put a stake through the heart of that energy-draining psychic vampire right now. I KNOW that you are going to succeed. I KNOW that you are going to be successful. I KNOW that you are going to build enormous strength, incredible power and remarkable muscular development by following this course. I KNOW this because I have done it, and because I have trained thousands of others to become physical culture successes. Not only that,

but the principles of success that underlie this course have been guiding others to success for over one hundred years. The course WORKS. You WILL succeed.

Second, you are afraid that there is something “wrong” about desiring to be super strong, super powerful and superbly well built. You somehow think that it’s “selfish” to focus so much time and energy on your training. That’s another commonly encountered psychic monster, and we’re going to get rid of this one, too. Answer these questions. Is there any sort of VIRTUE in being weak (or flabby), scrawny, puny, in poor health and in lousy condition? Does it do anything at all to improve YOUR life or the lives of those you love? Does your wife or girl friend want you to be scrawny (or fat), weak and out of shape – or does she want you to be strong, powerful, protective and capable? What about your kids – do you want to set an example of “life as a couch potato” or do you want to set an example of life as a hard muscled, superbly conditioned athlete? What about your friends and coworkers, or your teammates if you play sports – do they want you to be weak and ineffective, or do they want you to be able back them up no matter what the challenge? Strength, power and health are never gifts that you enjoy in isolation. They are ALWAYS gifts that you share with others. Developing strength, power and health is not selfish. It is one of the very best things that you can ever do, not only for yourself but for those around you – and especially, for those who are closest and most dear to you.

And that brings us to the second part of the answer. How do you develop a burning desire for physical improvement? You do so by focusing on the by-products of physical improvement. Think of what it will mean for others. Here’s an example of what I mean. Think how being strong, healthy and fit will enhance your marriage (if you are married), your relationship (if you are in a committed relationship), or (if you are single) how it will help you find, attract and win that one truly special and most beautiful person who is out there, waiting for you – but waiting not for a weak and out-of-shape you, but for the strong and powerful person that you will become by practicing Dinosaur Bodyweight Training.

#### 4. CONFIDENCE IS POWER.

In the previous section, I alluded to confidence.

Confidence is critical to your training success. If you don’t have it, you lock your emotions deep inside. You fail to acknowledge the burning desire you hold within you: the desire for world-class levels of strength, power and muscular development.

So to be successful, you MUST have confidence in what you are doing.

I can hear you know.

“Stop, stop,” you say. “That’s EASY for YOU to say. It’s easy to talk about confidence when you are big and strong and you’ve set lots of records and won lots of championships. But what about ME! I’m small. I’m weak. I’m just getting started. I don’t HAVE any confidence!”

That’s a fair question.

Here’s the answer.

Actually there are five answers.

One. I started out smaller and weaker than you are. I couldn't even run around the back yard without falling down in a heap. Go back to Lesson One and re-read the story about my initial climb to success. If I could find the self-confidence and self-belief to pull myself up from as bad a beginning as THAT, then surely you can do the same!

Two. I'm not the only person who started from zero and ended up with great results from strength training. It has happened to hundreds of thousands of people over the last 100 years. It is one of the best-documented phenomena in the history of physical culture. In fact, many writers have noted that the majority of truly successful physical culturists have had to overcome tremendously poor beginnings. Why? Because the poor beginning fired them with a burning desire – an almost overwhelming, compelling, all-encompassing NEED – for physical betterment. If so many others could achieve strength training and muscle building success, then so can you!

Third, you can develop confidence by developing the success habit. Start with tiny steps. Set yourself an easily achievable goal. Something that you can go out and do RIGHT NOW. Then do it. Voila! You have achieved a success. Now set another goal. Make it just a little bit harder than today's goal. Do it tomorrow. Voila! A second success. At that point, set a third goal. Make it just a little bit harder than the second day's goal. Go out and do it. Voila! A third success. Keep going like this, moving from success to success. The little victories all add up. In time, they become an unstoppable force. And remember, progressive strength training is the perfect physical vehicle for the development of the success habit. Do ten pushups today, eleven pushups tomorrow, and twelve the next day. Each day sees you achieving greater and greater success. A famous mail order instructor once ran a wonderful ad where he said, "Give me seven days and I will PROVE that I can make you bigger and stronger." And he did – by using exactly the same principle that we have just discussed.

Fourth, learn to visualize success. I've included some terrific photos in this course. Use the photos as guides for your future development. In addition, you should purchase modern reprint editions of old physical culture books and courses and review the photos in those materials as well. (I sell a number of such books; check out my website for details.) Look at the old photos carefully, and picture YOU wearing the same suit of mighty muscles that you see in the photos. Learn to look into the future and see the person that you will inevitably become. Bring the image into sharp, crystal-clear focus. Remember the wisdom of the old saying: "Anything the mind of man can conceive and believe, it can achieve."

Fifth, use power-talking and auto-suggestion. When I trained to win my first national championship in the bench press, I trained three times a week on powerlifting and ran three and a half miles on three other days of the week. The running was primarily for physical conditioning and over-all health and fitness. But I turned it into a three time a week exercise in serious auto-suggestion. As I ran, I recited the following mantra: "National champion, national champion, national champion...." I repeated it over and over. With every step, I pounded the phrase into my heart and soul. "National champion, national champion, national champion...." I literally talked myself into that first championship. You can do the same. Pick words, phrases, and goals that fire you with desire and enthusiasm. Recite them over and over when you go walking or jogging. Write them on note-cards and place them where you will see them



throughout the day. Pull them deep inside your being. Use them to create a forest of towering confidence trees.

## 5. SAY "NO" NEGATIVE PEOPLE.

The ability to avoid negative people, negative thinking and negative places is another little understood but critical factor in your journey to strength training and muscle building success.

It's an unfortunate fact, but the world is filled with negative people. They hate themselves, and they hate anyone who is more successful than they are. Successful people make them feel inferior. They hate that. So if you are successful, they hate you. And if you are working to become successful, they will do everything possible to sabotage your efforts.

You need to avoid such persons like the plague.

In the field of physical culture there are many negative types. Stay away from them.

In no particular order, here are some of the worst.

The guy who thinks that it is impossible to get bigger and stronger without using steroids.

The guy who accuses YOU of using steroids after you begin to show some really good results from your training.

The guy who claims that only those with "good genetics" can build strength and muscle.

The guy who claims that the only way to get bigger and stronger is to lift weights.

The guy who says he can't gain because he doesn't have access to the latest training equipment.

The guy who says he doesn't have time to train.

Parents, siblings, friends, spouses, romantic partners or others close to you who laugh at your efforts and go out of their way to tell you that you'll never amount to anything.

The self-proclaimed expert who always tells you that what you are doing is wrong, that it won't work and that you won't get anywhere unless you train the way he does. This guy usually possesses 11" upper arms and learned everything he knows about training on the Internet.

Guys who get on public discussion boards and websites where they bash everyone else and engage in hourly hate-fests.

Anyone who says he's too old to train.

Anyone who says YOU are too old to train.

Anyone who says, "Those guys were born that way."

Anyone who asks, "Why do you want to look like THAT?" or ""Why do you want to be able to do THAT?"

Anyone who says, "That looks like hard work!"

Anyone who says, "Wouldn't it be easier if you ...."

Anyone else who tries to knife your self-confidence or poison your self-belief.

## 6. DEVELOP THE IRON WILL TO SUCCEED.

One of Winston Churchill's most famous and most powerful speeches was delivered to a group of students. It consists of nine words – nine words that resonate with power, determination and force. Nine words that can quite literally change your life.

Here's the speech in its entirety:

### THE SPEECH

Never give up.

(Pause)

Never give up.

(A longer pause.)

Never give up.

Those nine words contain one of the most important secrets of strength training success. Read them, recite them aloud, burn them into your memory cells, sear them into your consciousness, lock them in your heart and carry them with you for every day of your life.

I guarantee that there will come a time when you will need them. There will come a day when you are tired, sore, disappointed over some setback, some loss or some defeat, and you'll feel like giving up. Don't do it.

**NEVER** give up.

If you just keep going on, if you just keep at it, if you just make up your mind to stay the course, then as surely as the night follows the day, success will be yours.

And understand this. Fate works in strange and mysterious ways. One thing that Fate loves to do is to test your mettle. Fate often throws a defeat, a failure, a roadblock into your path right at the very brink of victory. When that happens, most people quit. They give up.

If you just keep going, success will be yours.

Many a man has dug for gold, and worked his claim long and hard – and then gave up, packed up, and walked away. Someone else then came along and took over – dug a little deeper – and uncovered a fortune.

Forge an iron will. Nail yourself to your goals with grim determination. Make up your mind **RIGHT NOW** that you will never give up, never give in, and never throw in the towel.

The first rule of success is backbone.

The second rule of success is backbone.

The third rule of success is backbone.

It isn't luck, or good genetics or fancy training equipment or a membership at the best gym that counts. What counts is the ability to persevere. The ability to keep working until you achieve success. The Iron Will that refuses to even consider the possibility of defeat. The spirit of pluck and fortitude that laughs in the face of adversity, that wears down mountains, and that overcomes any and every obstacle that stands before it.

Make Churchill's motto **YOUR** motto: **NEVER GIVE UP!**

## 7. DEVELOP COURAGE.

If you think about, everything that I have written in this Lesson requires you to develop courage.

It takes courage to train in an unusual way.

It takes courage to train in a way that not only requires hard work, but is based on performing your exercises in the hardest possible manner.

It takes courage to accept that fact that your destiny is in **YOUR** hands, that **YOU** control the ultimate success of your training program, and that whether you succeed or fail is **YOUR** decision and **YOUR** responsibility.

It takes courage to keep going. It takes courage not to give up. It takes courage to make a commitment to be in it for the long haul – and then, more importantly, to honor that commitment.

It takes courage to stay focused, to concentrate on the task at hand, to forge steadily forward, and to keep your shoulder to the wheel.

The mere fact that you ordered this course tells me that you have an abundance of courage. Now use it. Use it in your training, use it in your diet and nutritional programs, and use it in your daily life. Use it to enrich and empower your training, your life and the lives of those around you.

Are you ready to get started on the most important journey of your life?

Turn to Lesson Five!

In this Lesson, we're going to begin with your actual exercises. There will be seven Lessons that cover different exercises, and a final Lesson that puts the exercises together into fifty different training programs.

In compiling this course, I carefully considered, tested, and eventually discarded, hundreds of different exercises. The ones that are left are the very BEST exercises. You have only a limited amount of time and energy for training. I want you to put it to the best possible use. It therefore follows that you should devote your training time to the very best and most productive exercises.

Learning dozens or even hundreds of different exercises doesn't count for much, because you can only do so many of them at any one time. It is far better to learn a smaller number of exercises but to learn them completely than it is to learn a great number of exercises but not be able to perform any of them very well. Quality is always more important than quantity.

The way to get best results from this course is to choose one exercise for each major muscle group and practice the exercise until you have become a MASTER of each movement.

How do I define "mastery" of an exercise?

Well, it's hard to describe. It's one of those things you almost have to experience in order to understand.

Mastering an exercise means that you can perform it in perfect form, with full extension, complete balance and total control. It means you go through the greatest possible range of movement, controlling the exercise all the way up and all the way down. It means that you perform the exercise with the strongest possible mind-muscle link, and you are able to focus entirely on the muscular action involved in the movement. You don't have to think about how to perform the exercise, you just go into "automatic" and perform it.

Mastering an exercise means that you can perform it in a manner that gives you a super-tough workout, and that you can perform it in a manner that would be utterly impossible for the average trainee, even if he or she is relatively advanced. That may mean that you can fire off a high number of reps (such as performing 500 or more deep knee bends without stopping) or it may mean that you can do many sets of the exercise (such as 20 sets of 25 reps in the chair dip), or it may mean that you can perform the exercise in a hard fashion every single day, day after day (such as performing 250 to 500 pushups every single day for an entire year).

It may mean that you can perform the exercise with a bit of extra weight (such as hanging leg raises with Iron Boots on your feet), or it may mean that you can perform the exercise in very slow fashion, such as an ultra-slow pull-up or handstand push-up.

Then again, mastering an exercise may mean that you work up to an advanced variation that is simply impossible for the average athlete. For example, you might move from pushups to fingertip pushups to two-finger fingertip pushups to one-finger fingertip pushups.

The point is, when you master an exercise, you turn it into something that requires complete, total focus, intense concentration, and the highest possible mind-muscle link. You learn to get the maximum benefit out of every single rep. You develop almost superhuman power in the exercise.

If you truly master even a single exercise, you will develop incredible strength, power and muscle throughout the entire body. If you master just three or four exercises, you will move into the ranks of the elite. And if you master as few as five to ten exercises, you will become an unstoppable force of nature.

But remember, when I talk about mastery, I am talking about building your strength, skill and ability to incredible levels. That's your goal. That's what I want you to achieve. Nothing less will do. I want an army of dinosaurs out there, all capable of performing incredible feats of strength and power. And I want YOU to one of the dinosaur elite.

## LET'S BEGIN WITH PUSHUPS!

We're going to begin your actual training with pushups. Pushups powerize, energize and revitalize the body because they are far more than a mere muscle-building movement.

The extended position of the pushup requires an integrated contraction of the entire body, which in turn triggers maximum nerve force. The exercise is performed with an extended spine, with no weight pressing down on the spinal disks. This position both assures and promotes the transmission of maximum nerve force throughout the entire body. And remember, it is nerve force traveling from the brain through the spinal column and thence outward into the muscles and organs that is the true source of life energy, strength, power, vitality and virility.

Pushups also promote the health and fitness of the internal organs. Pushups cause plenty of deep breathing, while simultaneously engorging the muscles of the chest with oxygen rich blood. The super-saturation of blood includes both the pectoral muscles and the lungs themselves, and as the blood fills the lungs, it helps them to grow stronger and more powerful. In essence, you develop your lungs by developing your outer chest muscles. The inevitable result is an enormous increase in vital power.

Pushups also tie the upper and lower body together. They are in no way an isolation exercise. They require a coordinated, integrated co-contraction of virtually the entire muscular system.

What do I mean by co-contraction? It's a term used by physical therapists, and it's a term that strength trainers need to learn. It's also a fundamental principle of Dinosaur Bodyweight Training.

Here's what it means in non-technical language:

*Muscles contract harder when they are exercised in large groups than when they are exercised individually or in isolation. Thus, the more muscles you involve in an exercise, the greater the degree of contraction in any one group of muscles involved in the movement.*

As an example, consider the time-honored dumbbell fly that so many trainees use for chest training. It's an isolation movement that is limited almost entirely to the chest muscles. The co-contraction factor is close to zero.

In contrast, perform an advanced pushup variation that simultaneously blowtorches the chest, shoulders, triceps, core muscles and thighs. The co-contraction factor is off the charts.

Some would tell you that the fly causes a harder contraction of the chest muscles because it isolates them. This is utterly incorrect. The pushup will cause a harder contraction of the chest muscles precisely because it involves so many other muscle groups.

Co-contraction also involves heightened nerve force and heightened transmission of nerve impulses throughout the body. Go back to the previous example of the dumbbell fly compared to an advanced pushup, The nervous system is involved to a much greater extent in the pushup than in the fly. It requires many times the amount of nerve force to trigger the proper motor patterns for the pushup than for the flies.

This factor is of vital importance, because the nervous system is like any other physical system. It grows stronger and better conditioned when you use it, and the more you use it the stronger and more powerful it becomes. Thus, exercises that involve co-contraction inevitably strengthen the nervous system as they simultaneously strengthen the muscular system.

## PUSHUPS AND LIFE FORCE

When performed with proper mental focus and deep concentration, pushups help you to channel life force (ki), much the same as if performing ki kung, tai chi or similar disciplines. (We'll cover the "how to do it" aspect in a minute.)

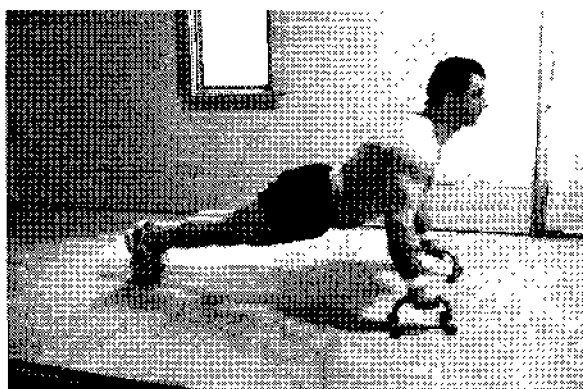
Exercises that cultivate and channel life force have literally enormous health benefits. They promote health, energy, vitality, virility and organic fitness. They have a tremendous anti-aging effect. They keep you young and vigorous for as long as you perform them.

And here's another critical point. There is a direct link between mastery and the development of ki power. One who truly masters any endeavor vibrates at a much higher level than does the average person. A master resonates with ki power. The power of ki helps one to achieve mastery, and the achievement of mastery increases one's ki power. The two are opposite sides of the same coin.

## THE STANDARD PUSHUP

Begin in the prone (face down) down position, arms and back straight, hands and feet on the floor. Moving slowly and under perfect control, bend your arms and touch your chest to the floor. Without pausing, reverse the movement and push back up to the starting position. Continue for the desired number of reps.

You can perform the exercise with your hands on the floor or on a pair of pushup bars. If you have tight wrists, the pushup bars will make the exercise much more comfortable.



If you are a beginner, train the standard pushup until you are strong and confident when you perform the movement. Work up to 25 reps, and then begin to perform multiple sets. Work up to five to ten sets of 25 reps. (If 25 reps are too easy for you, feel free to perform more reps per set.) When you can perform a total of 200 to 250 reps in a workout without extreme fatigue, you can try the more advanced pushup variations.

Or, if you prefer, you can stick with the basic pushup until you have mastered it as completely as possible. You can increase the reps, increase the sets, and perform the pushup on a daily basis. Think about it. What would happen if you performed 250 pushups every single day for an entire year?

You decrease the rest time between your sets. You can super-set your pushups with a variation of pull-ups, so that you go back and forth from one exercise to the other in an almost nonstop fashion for five, ten or even twenty sets.

Or you can experiment with the super-intense, slower versions of the exercise (ki focus pushups and tension pushups). We'll turn to these variations next.

## THE STANDARD PUSHUP WITH KI FOCUS

After you have gotten very good at the basic pushup, take your training to the next level. Combine the standard pushup with concentrated channeling of ki.

How do you do it?

It takes practice, but you can learn the secret if you work at it hard and diligently. In fact, if you apply yourself, you should see and feel results in the first few training sessions.

Begin by learning to channel ki.

Stand erect, feet shoulder width apart, head up, hands at the sides. Look straight ahead.

Raise both arms until they are parallel to the floor, with the palms facing away. Inhale slowly, deeply and deliberately, forcing the breath down into the pit of the stomach. Tighten the stomach muscles.

Exhale, and as you do, force the air up and through your torso, out into your arms and forward through your fingertips. Imagine that your arms are gigantic fire hoses, and that the air is water pouring out of them.

Continue the exercise until you have a strong sense of pulling the air into your body, down into your stomach, and from your stomach, up and out again through your hands. When you acquire this sense, you are ready to apply it to your pushups.

You see, ki is a force that exists everywhere. It is a part of all things. In the previous exercise, I directed you to channel air, just as if you were breathing, because this gave you a point of reference with which you could identify. But understand this. You were not merely "breathing." You were summoning, cultivating, acquiring and channeling ki.

Now that you understand that, you can combine the channeling of ki with your pushups.

Begin in the starting position for a standard pushup. Channel ki power by inhaling and forcing the air into the pit of your stomach as you lower yourself into the bottom position of the pushup.

At the bottom of the movement, channel the ki up through the torso and down your arms, forcing it out through the hands as the hands press against the floor. Allow the out-flowing of ki to drive your body back to the starting position.

Note that the energy channeling pushup will inevitably lead to a slower movement with careful attention to breath control as you move up and down. This mimics a breathing pattern used for centuries in yoga exercises.

After you master the energy channeling pushup, you can use it in any pushup variation. You will not be able to perform as many reps, but you'll get a super intense workout because of the deep concentration and the breath control.

Note that you can alternate sets of standard pushups with energy channeling pushups or with tension pushups (the next exercise in the course). Or you can perform a set of energy channeling or tension pushups, and when you cannot perform any more reps, switch to standard pushups and do another ten or twenty reps. This is similar to the "heavy and light" principle in weight training, where you perform six to eight reps with a "heavy" weight and immediately reduce the poundage so that you can knock off another seven or eight reps to complete the set.

## TENSION PUSHUPS

Tension pushups are performed slowly and deliberately, just as if you were performing energy channeling pushups, but the focus is on muscular contraction throughout the entire movement, combined with the deliberate maximization of nerve impulses to the working muscles. You must feel the muscles working all the way up and down throughout the entire movement, keeping them under constant tension as you consciously contract the primary movers (chest, shoulders and triceps) as much as you can.

You can learn how to perform tension pushups by pausing and holding different positions in the pushup for a count of five to ten seconds. As you pause, you will begin to feel an intense contraction in the muscles. Once you have developed the "feel" of high intensity muscular contraction, begin to perform your pushups in a slow, deliberate fashion, linking the mind and the muscles by "thinking" into the muscles. You should actually imagine that you are inside your muscles, that you feel the triceps swelling, the shoulders pushing and the chest contracting on each and every rep. Try to feel the contraction grow harder and more intense from rep to rep.

Block out all else, and focus only on the muscles. Become the muscles. After you master the tension pushup, you can use it in any pushup variation, and from there, in any exercise detailed in this course.

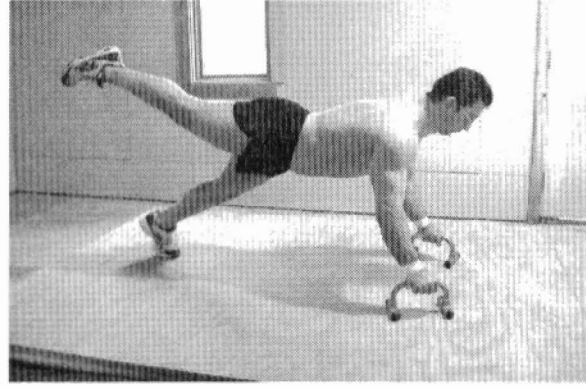
Tension pushups reduce the number of reps that you can perform, but give you a great workout because of the enhanced mind-muscle link throughout the set.



## ONE-LEGGED PUSHUPS

One-legged pushups give the core muscles a terrific workout, and help to integrate the upper and lower body. They are a great “next step” after you have become proficient at the standard movement.

Begin in the starting position for a standard pushup. Raise the left leg off the ground and hold it up and off the ground for the entire set. Now perform a one-legged pushup.



Sounds simple, doesn't it? Well, it's not. What I just gave you was the BASIC movement. Now that you know the basic movement, utilize the principle of co-contraction to turn the exercise into an entirely new, much more advanced and enormously more productive movement.

This one will begin the same as before, but there will be some very important differences. First, extend the left leg (the one you have lifted off the ground) as far behind you as possible, while simultaneously raising it as high as possible.

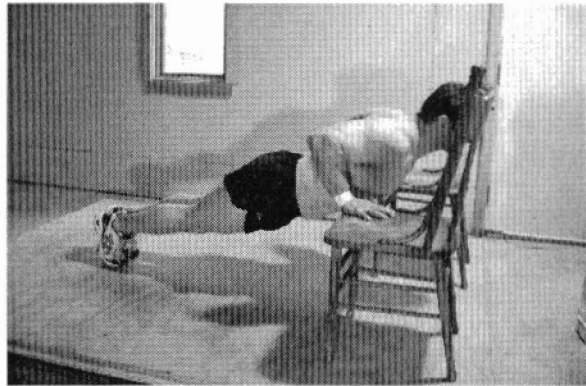
Next, twist the left hip up and counter-clockwise so that it locks into a tight position with a full contraction of the left hip and buttock.

As you raise the left leg up and back and contract the left hip and buttock, balance yourself by pushing the right foot into the floor as hard as possible, while contracting the entire abdominal region to the maximum degree. Hold this ferocious lower body and core contraction for the entire set.

Rest briefly or perform a different exercise, then perform a second set with the legs reversed to assure balanced muscular development. (Do this on all one-legged exercises in the course.)

## CHAIR DIPS

This is one of the time-tested exercises that goes back to the Golden Age of Physical Culture, and has delivered great results to hundreds of thousands if not millions of trainees the world over. It is one of my personal favorites, and an exercise that I almost always include on my “pushup” days. Chair dips build plenty of strength and muscle, but even more importantly, they have a remarkable energizing and vitalizing effect.



Some people find chair dips to be harder than standard pushups, some find them to be a little bit easier, and some find the two exercises to be about the same. Some enjoy one exercise more than the other. Personally, I prefer chair dips to standard pushups, and I do plenty of them.

Give chair dips a try, and if the movement feels good to you, spend lots of time on them. Mastering this movement will make you incredibly powerful and extremely well built and muscular.

To perform the exercise, place two sturdy chairs or low stools directly in front of you, positioned so that they are slightly wider than shoulder width apart. Bend forward and place one hand on each chair.

Move your feet back until your legs and torso form a straight line, with your weight evenly distributed between your hands and your feet.

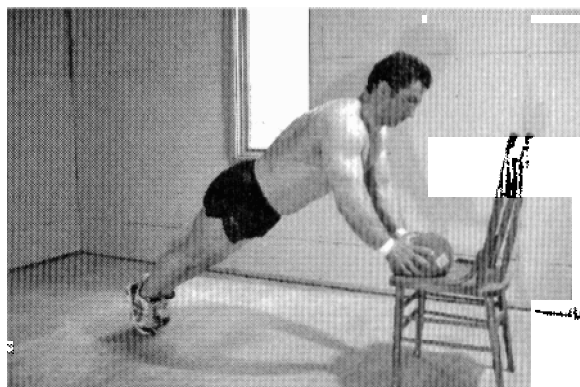
Bend the arms and dip down until the chest is even with or slightly below the level of your hands. When you reach the bottom position, reverse direction and push yourself back up to the starting position. Do not bounce, but do not pause at the bottom position. Work smoothly from start to bottom and back up again.

You can vary the effect of the exercise by changing the distance between the two chairs. Placing the chairs a little wider (so that the hands are further apart) will work the chest extra hard. But be careful not to position the chairs too far apart, or you can strain the shoulders by over-stretching in the bottom position of the movement.

Placing the chairs closer together allows you to give the triceps muscles an extra tough workout. I sometimes rotate the elbows in (towards the body), so that the forearms are in line with the body. This position will blowtorch the triceps.)

## CHAIR DIP AND SQUEEZE

Another interesting variation is to place a medium size rubber ball (such as kids use to play four-square) between the thighs and squeeze the ball together while you perform your chair dips. Squeezing the thighs against the ball while you are performing chair dips causes the muscles of the groin, pelvic floor and lower abdomen to contract harder and more fully, and helps to form a solid plank of muscle holding your legs and torso in perfect alignment when you perform the exercise. It's a subtle, but effective, addition to your training arsenal.



## ONE-LEGGED CHAIR DIPS

Like regular pushups, chair dips can be performed on one leg. If you try this variation, use the advanced form of the one legged pushup, with the non-supporting foot held as far back and as high as possible, and the hip and buttock on that side of the body rotated slightly and contracted as hard as possible for the entire set.



## PUSHUPS WITH BOTH FEET ELEVATED ON A BENCH



Another excellent variation of the standard pushup is to perform the exercise with the feet elevated on a sturdy box, bench or chair. This variation changes the angle of the movement and shifts your bodyweight forward, placing more work on the muscles of the chest, arms and shoulders, as well as increasing the load on the core muscles. Keep the hips high, and the back flat throughout the entire movement. Never sag at the hips. Doing so diminishes the value of the exercise and can easily lead to lower back strain.

For maximum results, dig the toes into the bench as hard as possible, and contract the thigh and core muscles as hard as possible, holding this tight contraction for the entire set. Performing the exercise in this fashion maximizes the benefits of co-contraction training. It also helps to prepare your thigh and core muscles for the next exercise in the course.

Try a set, and see how it feels – and then picture what would happen if you did 200 of these every day for the next 30 days.

## ONE-LEGGED PUSHUPS WITH THE SUPPORTING FOOT ELEVATED

One of the most effective of all pushup variations is the one-legged pushup with the supporting foot elevated on a sturdy box, bench or chair. This variation gives the core muscles a tremendous workout, and provides a high level of work for the entire leg from toes to hip insertions. It is one of those unique and very important exercises that tie the upper body and the lower body together.

The proper way to perform the exercise is to use the power of co-contraction. Do not simply



elevate one leg and casually support yourself while you pump out a set of pushups. Instead, drive the ball and toes of the supporting foot as hard as possible into the bench.

Keep the supporting leg perfectly straight and tightly contracted. The extended position permits a maximally powerful contraction of the frontal thigh muscles. (It's the same position as if you were in the extended position of the leg extension exercise.) You should almost be able to cramp the thigh muscles through the sheer force of the contraction in this exercise.

As in the advanced version of any one-legged pushup, raise the non-supporting foot as high and far behind you as you possibly can. Contract the hip and buttock on that side of the body. Raise and twist the buttock slightly. All of the muscles of the non-supporting leg should be contracted as hard as possible from toe to hip. The contraction should be so tight that it almost hurts. Next, you must contract the core muscles to their maximum. If you fail to do so, the powerful contraction of the hips and thighs will unbalance you as you perform your pushups.

Contract the core muscles by pushing down as hard as possible with the supporting foot, driving it into the bench with all your might. Try to actually push yourself up into the air. (You won't be able to do so, but try.)

When you contract the core muscles, include the obliques. You can engage them by rolling the hips very slightly in a semi-circular motion as you perform the exercise.

Now that you are in the proper position, perform the desired number of pushups.

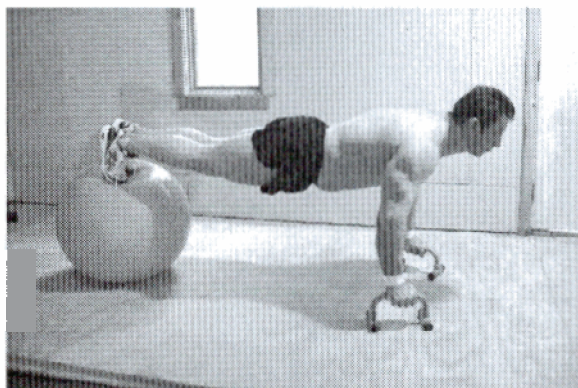
This is an excellent, and extremely powerful movement. You might consider working up to 200 reps per day, 100 with each leg, and performing that program every day for a month.

## STABILITY BALL PUSHUPS

Stability ball pushups provide an excellent total body workout. They hit the midsection extremely hard, and carve rebar-hard ridges of muscle through the entire abdominal region. In fact, they work the midsection so hard and so thoroughly that they can be considered direct core training as much as anything else. They work the upper body, they work the legs, they test your balance and coordination, they improve your kinesthetic sense, they tie the upper and lower body together, and they are a superb means of heightening co-contraction.

But, as with any other exercise, you need to perform them properly.

Begin by positioning yourself exactly the same as if you were going to perform a pushup with the feet elevated, but place the feet toes down on a stability ball.



Do not bend the foot backward and place the instep and the top of the feet on the ball. Bend the foot at the ankle and push down with the toes and the ball of the foot. Only the toes and the ball of the foot should contact the ball.

Keep the entire body tight and under perfect control throughout the entire set.

When you feel that you have “mastered” the stability ball pushup, try a little foot bounce at the end of each rep – just to “keep you on your toes.”

No matter how hard you try, the stability ball will roll and wobble slightly as you perform your pushups. This movement causes the core muscles to constantly adjust to the ball's movement. (If they don't do this, you'll roll right off the ball and end up face first on the floor.) The adjustments require the core muscles to contract with maximum intensity in mere microseconds, acting without conscious thought. The upper abs will contract super hard for a fleeting second, then the left oblique, then the center of the abs, then the right oblique, and so on, throughout the entire set. You cannot trigger this type of reaction by conscious thought. Thus, the stability ball forces the body to work far beyond the maximum level of intensity that you can generate on your own.

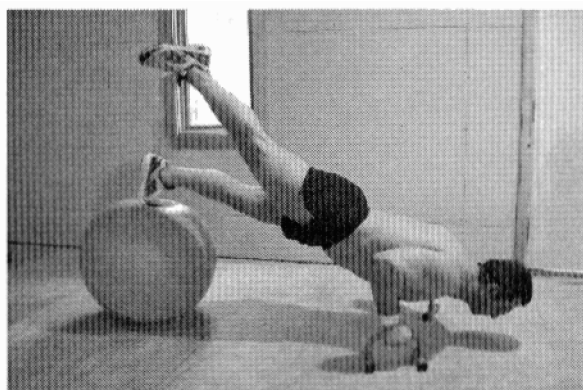
Nevertheless, you can heighten the power of the core contractions during the set by concentrating as deeply and intently as possible throughout the entire exercise. Try to feel the involuntary contractions in the core muscles. Focus on staying hard and tight, and the muscles themselves will do the rest.

And if that weren't enough of a challenge, while you are concentrating on the core muscles, knock off a set of pushups.

Again, as with the other exercises, think big. Don't just “do” the exercise. MASTER it!

## ONE-LEGGED STABILITY BALL PUSHUPS

One-legged stability ball pushups take your training to a new dimension. They are a superb total body builder, an outstanding conditioner, and help you to carve maximum strength, power and muscular development into the core muscles. They hit the pushing muscles of the upper body, the stabilizers, and the hips, thighs, shins, ankles and feet. They combine all of the benefits of the one legged pushup with foot elevated with the balance building benefits of stability ball pushups.



Performance is exactly the same as the one-legged pushup with the supporting foot elevated, but place the foot on a stability ball rather than on a box, bench or chair.

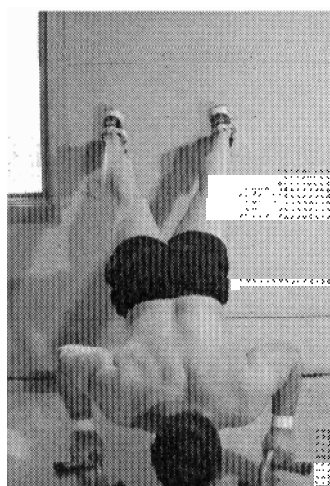
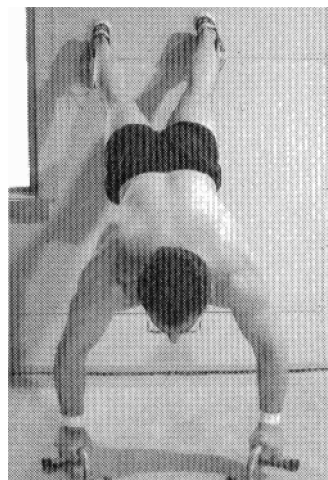
Because your balance will be more precarious and harder to control when you are balanced on one foot, you double or even triple the benefits of stability ball pushups by shifting to the one legged variation.

For a super intense session, try five to ten sets with each leg. Shoot for 10 to 25 reps per set. Performing a total of 100 to 250 reps per leg in as single session will give a whole new meaning to the term “hard work.”

## GORILLA PUSHUPS

Pushups with your feet placed high up on a wall or on top of a sturdy support three to four feet off the ground are a great exercise. I call them “gorilla pushups” because you will build the strength and power of an adult male gorilla if you practice them regularly.

Your feet should be at least at a 45-degree angle to the floor when you perform these. As you grow stronger, work up to a 60-degree or 70-degree angle. The high angle places much more of your bodyweight on your hands, which makes this exercise an excellent transition to handstand pushups.



Due to the angle of the body and the fact that your weight is tipped forward and onto your hands, gorilla pushups do not involve the core muscles to a significant degree. However, they require the upper back muscles to work extra hard as stabilizers.

Close grip gorilla pushups work the triceps extremely hard. Wide grip gorilla pushups focus the effort on the shoulders and upper chest muscles.

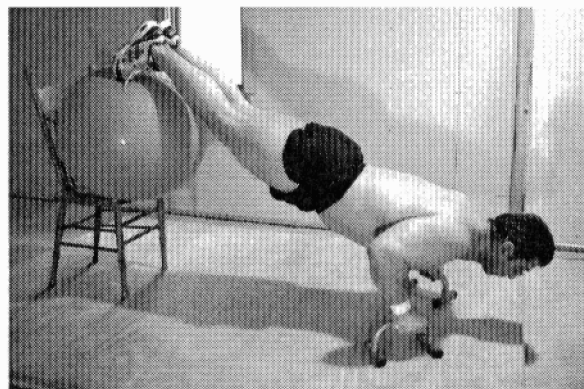
For many of you, high reps will be impossible in this movement. That's fine. It is a very effective exercise even when performed for low to medium reps. And remember, you can always perform a few sets of Gorilla pushups, followed by additional sets of an easier exercise that allows you to perform more reps.

## ELEVATED STABILITY BALL PUSHUPS

Elevated stability ball pushups combine the heavy workload of gorilla pushups with the balance-busting effect of the stability ball. They are a ruthless, and extremely productive, exercise.

Place a stability ball on a sturdy chair. Have someone hold the ball for you while you get into position. With your toes pressing on top of the ball, perform as many pushups as possible. Keep the body tight and under perfect control throughout the entire movement. Do not bend or sag at the hips.

Five to ten sets of ten to twenty reps will give you a heck of a workout.





## JOWETT PUSHUPS

I have named these after George F. Jowett, who featured them in numerous articles and courses. They are an excellent exercise for all around strength, power and muscular development. The range of motion is similar to that of chair dips, but the angle is different and the workload greater because the feet are elevated.

Use three sturdy chairs or boxes of equal heights, positioned so that you can place your feet on one of them, and each hand on another one, when you are in the pushup position. Now perform a standard pushup while balancing on the three chairs. Lower yourself to the point where your chest is slightly below the level of your hands. Stop at that point. If you go too low, you might strain the shoulders.

Be sure to keep the back flat and tight, and the core muscles contracted as hard as possible throughout the entire movement. Dig the feet in hard and contract the thigh muscles to their utmost.

On this or any other exercise, always remember that it is not enough to simply run through the motions. You need to perform every single rep of every exercise in letter- perfect fashion. Make every rep count. More than that, make every inch of every rep count.

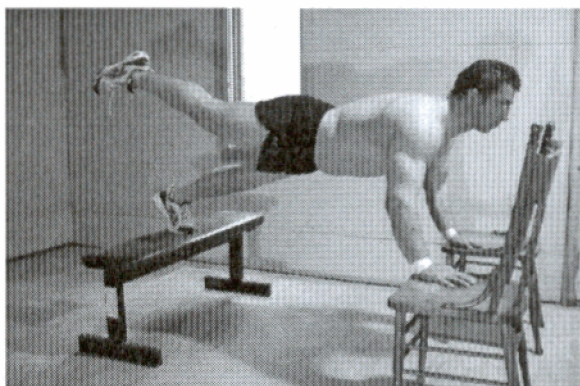
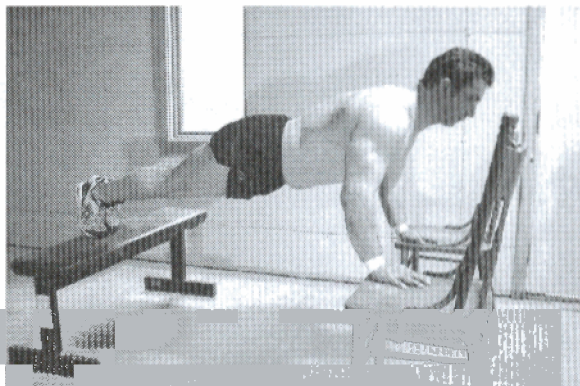
In the old days, Jowett pushups and chair dips were used extensively by virtually all bodybuilders and weightlifters. These exercises were later replaced by the bench press after the muscle magazines realized that they could sell you a new piece of equipment (the exercise bench). However, they couldn't talk you into buying a bench if you were getting great results from chair dips and Jowett pushups. So the muscle magazines allowed these two magnificent exercises to fade into obscurity.

Do YOUR part to resurrect these grand and glorious exercises. Pick on or the other, and work it into the ground. Master the movement. Try doing 200 Jowett pushups a day every day for a month. Or do 300 to 500 of them two or three times a week. The exercise can work wonders. Give it a try.

## ONE-LEGGED JOWETT PUSHUPS

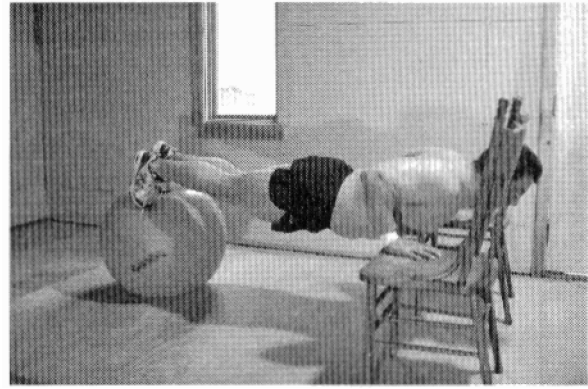
One-legged Jowett pushups combine all of the benefits of Jowett pushups with the core-blasting effect of one-legged pushups.

Perform the exercise exactly the same as if you were performing a one legged standard pushup, but position yourself on three chairs, just as if performing a Jowett pushup. Use co-contraction principles for maximum intensity.

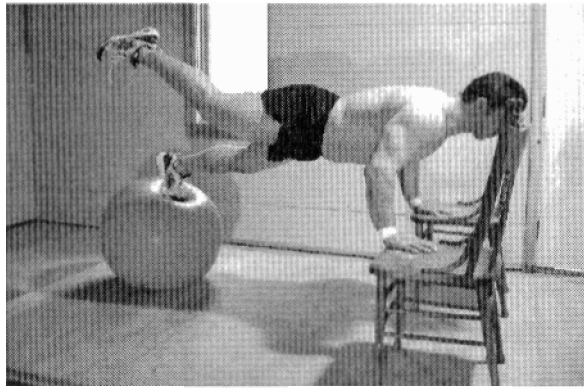


## JOWETT PUSHUPS WITH FEET ON STABILITY BALL

You can take the Jowett pushup to a new and higher level of difficulty by placing the feet on a stability ball when performing the exercise. Dig in hard with the toes and contract the legs, hips and core muscles as hard as possible to make maximum use of co-contraction when you perform the exercise.



## ONE-LEGGED JOWETT PUSHUPS WITH A STABILITY BALL



For an even more challenging variation, perform a one-legged Jowett pushup with the supporting foot on a stability ball.

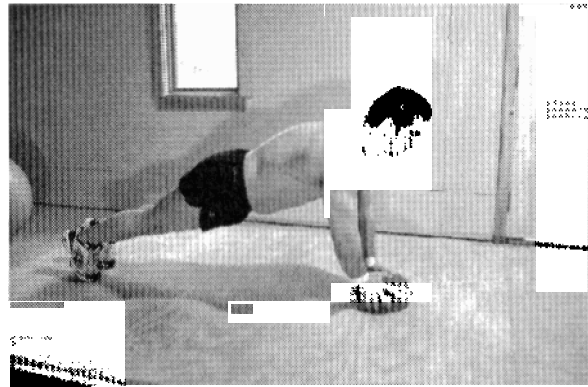
## BALL BUSTER PUSHUPS

Ball buster pushups are performed with the hands on a medium sized (8-12" in diameter) ball. You can use a rubber playground ball, a soccer ball, a volleyball, a basketball or a medicine ball.

The exercise sounds ridiculously simple. It is not. The name says it all, folks.

Ball buster pushups are similar to stability ball pushups because you are balanced on a rolling ball and your muscles and nervous system have to fight a constant battle to maintain position. This is compounded by the fact that your hands are very close to one another, which by itself makes it more difficult to maintain your balance while performing your pushups.

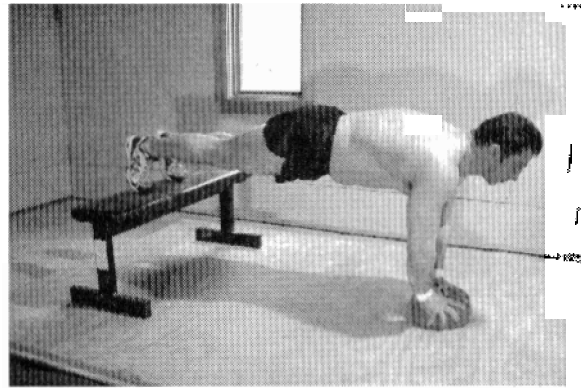
The end result is an exercise that requires tremendous body control. The movement is slow and deliberate, and, and this, combined with the close hand spacing, will work the triceps into the ground.





## ELEVATED BALL BUSTER PUSHUPS

After you master the ball buster pushup, you can try elevated ball buster pushups, with the feet raised.

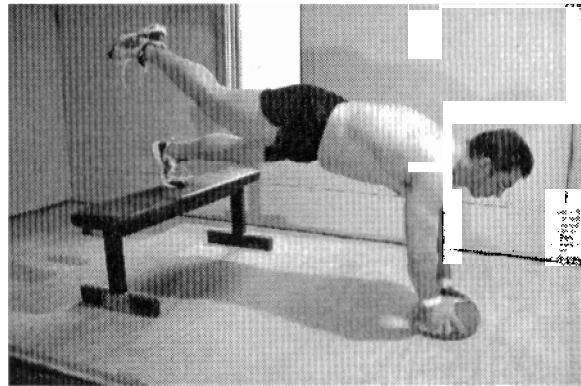


## ONE-LEGGED BALL BUSTER PUSHUPS

You also can try one-legged ball buster pushups. These are a killer core exercise.

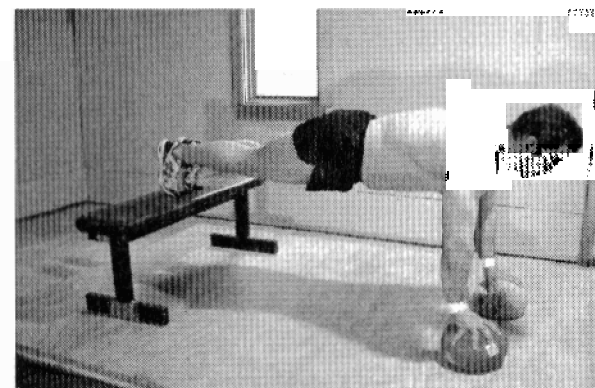
## ULTIMATE BALL BUSTER PUSHUPS

The ultimate ball buster pushup is a one legged ball buster with the supporting foot elevated.



## DOUBLE BALL BUSTERS

The double ball buster is performed with two medium sized balls. Place one hand on each ball. You must maintain perfect balance and rigid control throughout the entire exercise or the balls will begin to roll and you'll fall forward, roll backward or tip over to one side. The exercise requires maximum co-contraction. It is a total body blaster, and will build muscles like rebar from head to toe.



The range of motion is greater than that of a ball buster pushup, especially if you position the two balls far enough apart so that you can lower your torso between them.

## ELEVATED DOUBLE BALL BUSTER PUSHUPS

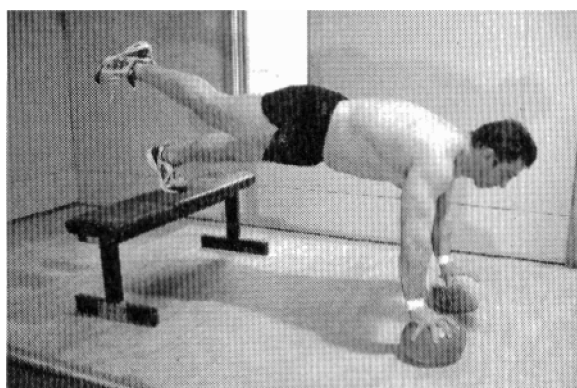
When the double ball busters get too easy, or you simply feel like an extra hard training session, perform elevated double ball busters with the feet on a bench.

## ONE-LEGGED DOUBLE BALL BUSTERS

One-legged double ball busters will work you into the ground quickly, completely and thoroughly.

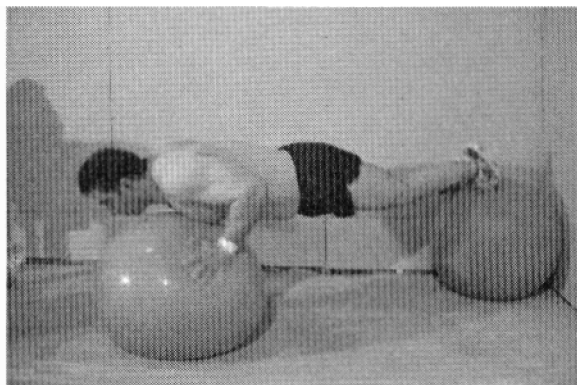
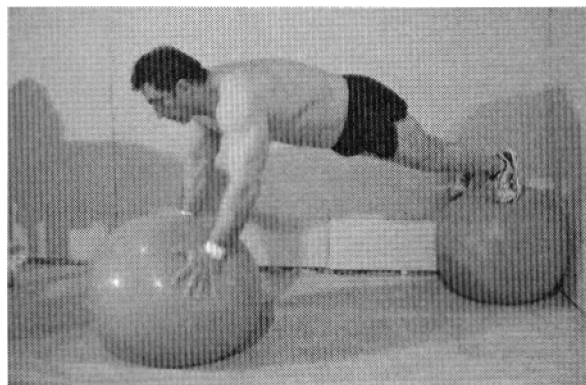
## ULTIMATE DOUBLE BALL BUSTERS

You guessed it! The ultimate double ball buster is performed on one leg, with the supporting leg elevated on a bench. This is a tremendous feat of strength, balance and coordination.



## DOUBLE TROUBLE PUSHUPS

At breakfast one day during a seminar in Tampa, Florida, Matt Furey and I discovered that we both like this super-intense pushup variation.



“It’s way tougher than it looks,” Matt noted, and as always, Matt was right on target.

If you’ve never tried these, give them a try – and see for yourself how difficult it is to do a set of pushups balanced on not one, but **TWO** rolling stability balls.

But before you do, let me offer a word of caution. Balance is a real challenge on this one. This is especially true if you are training on a wooden or concrete floor. For most of us, the best way to perform this exercise is to position one stability ball in a corner, and place your feet on that one.

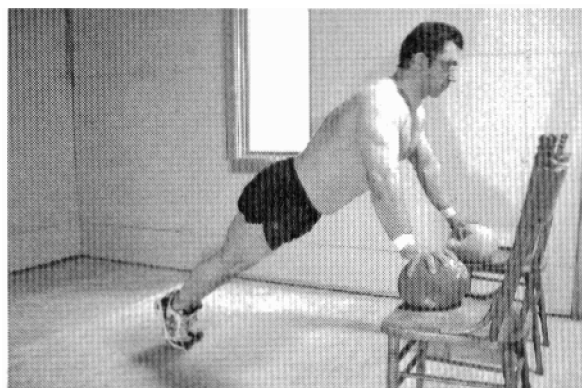
Another alternative is to use a base for one or both of the stability balls. You can improvise a base by making a circle with a thick rope. I've never tried it, but an old tire would probably work very well.

### BALL BUSTER CHAIR DIPS

You can perform ball buster pushups with both hands positioned on a medium sized ball that you place on the top of a chair.

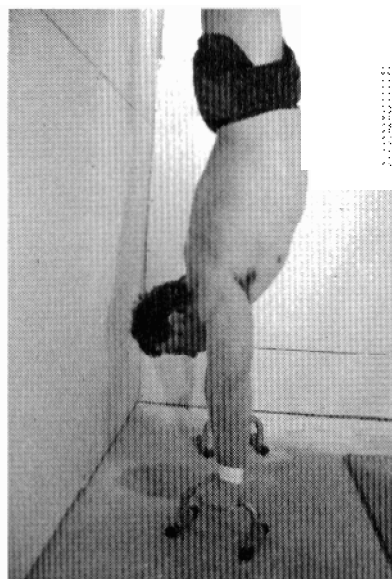
### DOUBLE BALL BUSTER CHAIR DIPS

Another possibility is to perform double ball buster pushups with the balls positioned on two chairs, just as if you were performing chair dips.



### HANDSTAND HOLDS (EXTENDED POSITION)

After you have developed plenty of upper body pushing power with different variations of pushups, including gorilla pushups, start to include handstand pushups in your training programs.



Handstand pushups are one of my secret weapons for building ultimate levels of upper body pushing power. They also build enormous muscles. Work them hard, and you'll start to resemble a silverback gorilla, minus the hair.

Handstand pushups have a very direct effect on the muscles of the upper back and the back of the shoulders, and help to pull the upper body and the spine into balance. If you super-set them with pull-ups, you get a tremendous training effect from the combination of pushing and pulling movements for the upper back. Nothing is more effective than this exercise combination for building a properly balanced, properly proportioned upper body and enhancing the free flow of nerve force throughout the upper spine and shoulder girdle. (This effect is enhanced when you add the wrestler's bridge, as discussed in a later Lesson.)

**HOWEVER** – the upside down position is not advisable for extremely heavy athletes or for anyone with high blood pressure or other medical conditions that may be aggravated by the upside down position. If you have any such condition, consult with your personal physician and get his or her approval before performing the exercise. (If your physician says, "Don't do them," substitute standing barbell or dumbbell presses, supersetted with pull-ups.)

Some of you will be strong enough to move right into handstand pushups after you have been doing regular pushups and pushup variations for a while. But you don't need to jump straight into handstand pushups. You can work into them in progressive stages.

The first step is to practice handstand holds in the extended position. These will help you to develop strength, balance and confidence in the upside down position. They also will help to strengthen your wrists, triceps, shoulders and the supporting muscles of the upper back.

Stand in front of a sturdy wall. Bend over and place your hands on the floor, palms down, and a little bit wider than shoulder width apart.

Kick up into a handstand, with your feet braced lightly against the wall to help you keep your balance. Be sure to breathe while you are in the upside down position. Don't hold your breath.

Hold the fully extended handstand position as long as possible, then gently push off against the wall, and slowly lower yourself to the floor.

### HANDSTAND SHRUGS

Handstand shrugs are an excellent but virtually unknown strength and muscle builder. They will quickly build a good base of strength and power for the more difficult handstand pushups to come. They work the triceps, shoulders and trapezius very heavily.

Begin in the handstand position.

Now push yourself up and down on straight arms by "shrugging" the trapezius muscles.

The range of movement in the exercise is extremely limited – perhaps two to four inches for most athletes.

As you progress, hold the extended ("fully shrugged") position for as long as possible, or perform reps with a five to ten second hold on each rep.

### HANDSTAND HOLDS (BENT ARMS)

After you master handstand holds with the arms extended and handstand shrugs, try handstand holds with bent arms. You can practice these with the arms bent at different angles. A slight bend is easier than a deeper bend. Holding a 90-degree angle or a position where your arms are almost completely bent is extremely difficult, especially if you work up to a 60 second hold.



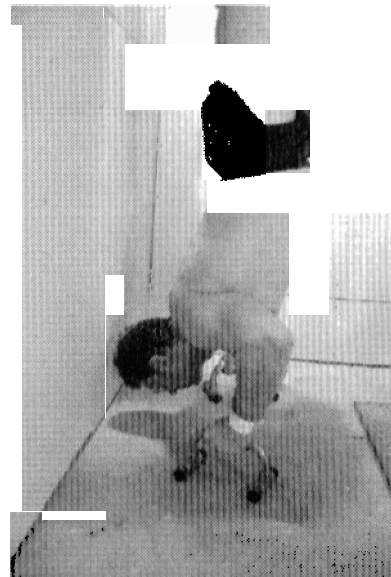
## HANDSTAND PUSHUPS TO THE TOP OF THE HEAD

Your next progression is to perform a handstand pushup to the top of the head (top of the head touching or almost touching the floor). Work up to eight to ten reps, and then try a more complete range of movement detailed in the next exercise.

If you are not able to go all the way to the point where the top of the head touches or almost touches the floor, practice a shorter movement, and gradually go an inch lower on every rep ... and then two inches lower ... and so on, until, you are working from the fully extended position to the “top of the head touching the floor” position.

## HANDSTAND PUSHUPS

After you can perform eight to ten reps in the handstand pushup to the top of the head, try the full range handstand pushup, where you lower the body until the nose touches or almost touches the floor. I like to fold a small towel and position it between my hands so that I can touch it on each rep. The towel is a lot softer than the concrete floor of my garage gym. These are a tremendous strength and muscle builder.



## PUSHUPS WITH DINOSAUR POWER HOLDS

Any pushup can be turned into a lethal weapon by holding the bottom position or the halfway position of the exercise for a 30 to 60 second isometric contraction. I call these “Dinosaur Power Holds.” They are very rugged, and build tons of strength and muscle. I include them in my training several times a week, and strongly urge you to do the same.

## COMBINING DINOSAUR POWER HOLDS WITH REPS

For a fun little training adventure (you know you’re in big trouble when I say that), combine isometric contractions and reps in any of your pushups. For example, perform five to ten pushups followed by a ten to thirty second Dinosaur Power Hold at the bottom position or the half-way point of the exercise, then continue with more reps. Or perform a five to ten second Dinosaur Power Hold on every rep. Ten to twenty pushups with a five to ten second Dinosaur Power Hold on each rep will give even the strongest and best conditioned athlete far more than he or she bargained for!

## LESSON SIX: LIFT YOURSELF TO NEW LEVELS OF STRENGTH AND MUSCULAR DEVELOPMENT WITH DINOSAUR PULL-UPS!

In Lesson Five, you learned more about performing productive, powerizing pushups than most people learn in an entire lifetime of physical training. As their name implies, pushups pack pushing power into your upper body. In this Lesson, we're going to work on the mirror image of the pushup. We're going to focus on pull-ups – the exercise that does the very best job of packing pulling power into the upper body.

Following the pushup lesson in this course with the pull-up lesson is no accident. The two exercises go together in a perfectly matched synergistic fashion. And they should be trained together — always, and for the rest of your life.

When you train for serious strength, world-class power and magnificent muscular development, it is imperative that you build a balanced physique. Far too many who train over-develop the front of the body (primarily because they see the front of the body whenever they look in a mirror). All too often, the over-development of the front of the body is matched with woeful under-development of the back of the body.

The result of such training is unbalanced muscular development in the upper torso and shoulder girdle. In a word, you have Jumbo Pecs and Mini Upper Back Development. Not good.

Not good for several reasons. First, this sort of unbalanced development pulls the shoulder joint forward and out of its proper alignment, and sets you up for injuries and impingement syndromes. The vast majority of those who train with weights in commercial gyms end up with unbalanced shoulder development. When their unbalanced training causes rotator cuff problems, impingement syndromes, and thoracic outlet syndrome, they usually have no choice other than packing it in and joining the ever-growing ranks of the coach potatoes.

Second, it creates a body that looks strong (from the front), but lacks the power to back up the appearance. Did I say “back up”? I did. Think about the meaning of the phrase. How did it originate in our language? What does it mean when someone can “back up” whatever he says? What does it mean if someone “lacks the backbone” to stand behind his words? The English language is rich in a heritage of clear and precise, powerful verbal images, and many of them carry us back to the days when a man lived or died by the power of his arm and the might of his back.

Third, unbalanced upper body development interferes with the flow of power, energy and nerve force throughout the entire body. This is a critical point. Hammer it into your consciousness. Remember that nerve force powers the entire body. Where does it begin? In the brain. How does it travel throughout the body? Through the nervous system – beginning with the spinal cord. What does a round-shouldered, forward slumping, front-heavy physique do to the flow of nerve force through the spine? It interferes with it. Your spine is like a garden hose, and your nerve force is like the water that runs through it. The water runs at maximum power when the hose is straight, but slows to a mere trickle if you bend or double it up.

In this regard, note an important point. When you perform pull-ups, your body hangs and your spine lengthens. This provides a natural traction that helps to keep the vertebrae properly

aligned, and dramatically increases the flow of nerve energy throughout the body. When you combine vigorous contraction of the upper body pulling muscles, as in a pull-up, with a lengthened spinal column, you generate remarkable nerve force not only throughout the muscles involved in the movement, but throughout the entire body. No other exercise or combination of exercises can help you to achieve this effect.

## MASTERING THE PULL-UP

Once again, as in the previous Lesson, I am going to give you a variety of different types of pull-ups, but I want you to begin by picking one variation and working to master it. Focusing your attention on a limited number of exercises, and working to attain mastery of each, is one of the keys to strength training and muscle building success.

Refusing to follow this advice is one of the leading causes of failure, both by those who train with weights and by those who perform bodyweight exercises. Remember that. It's important. It's one of the secrets of strength training success.

In *Dinosaur Training: Lost Secrets of Strength and Development*, I explained that "abbreviated training" was the best way to build strength, muscle and power with barbells and dumbbells. Abbreviated training means that you choose a small handful of the very best weight training exercises and work them as hard and heavy as possible. For example, you might train on squats, standing presses and power cleans. Training on abbreviated programs is enormously more productive than training on "super" schedules that include every exercise under the sun.

Exactly the same is true when you perform bodyweight exercises. It is far, far better to pick a single movement for a particular body part and work it into the ground than it is to sleepwalk your way through half a dozen different movements. It's not "variety" that builds muscles, it's hard work. That's true whether you are using weights or using bodyweight exercises.

And speaking of hard work, train hard when you do your pull-ups. Never be content to merely "do" your pull-ups. Train them with a vengeance. Work them with unbridled ferocity. Sweat blood when you do them.

## RAISE YOUR HORIZONS

More than twenty years ago, I met an old, raw-boned farmer at a bench press contest in Glasgow, Kentucky. His name was Curd Edmonds. He had an organic farm, and raised organic fruits and vegetables. He was the world record holder in the pull-up. He could perform over consecutive 100 pull-ups. He performed each rep in impeccable style. All the way up, pause, all the way down, pause, no leg kick, no hitching, no heaving, just one smooth rep after another. He did them on a simple bar set in some 2 x 4's out by his barn. He would work on the farm all day, and then do his pull-ups.

You may never get to the point of doing 100 consecutive pull-ups, but why not do 100 total reps in a workout?

Why not 200?

What would you look like if you did 100 or 200 pull-ups two or three times a week for an entire year?

What if you did 100 pull-ups every single day for the next month?

What if you did 200 or 300 pushups and 100 pull-ups every single day for the next year?

Remember, success begins with a dream. Set your sights high. Dare to dream big dreams. The greater your dreams, the greater the success that will one day inevitably be yours.

## SETS AND REPS

If the mere idea of performing 50, 100 or 200 pull-ups in a single workout sounds scary, take a deep breath and keep reading.

You don't have to do them all at once.

Multiple sets of low to medium reps are fine. You can get a terrific workout by performing many sets of low to medium reps.

My results rocketed after I did two things. First, I began doing some of the more advanced pull-ups detailed in this Lesson. Second, I began doing more sets. When I moved from five sets to ten sets, I started to grow like a weed. And get this – I was only performing five reps per set.

I get great results from five reps sets of advanced pull-ups because I select exercises that are so difficult that five reps is a real challenge. As I get stronger, I add sets. The end result is a very demanding, very productive training session. (Now remember, I weigh 220 pounds. You lighter folks may find that pull-ups are easy, and you may need to do more of them to get results. Remember, we're all different. One of the secrets of successful training is to find out what works best for YOU.)

And please note one additional point. Some of you will run out and perform 50 or 100 pull-ups in your first workout, and end up with a severe case of elbow tendonitis. That's totally unnecessary, and will do nothing for your progress other than slow it down. If you have not been performing pull-ups on a regular basis, start out with a careful break-in period of a few weeks or a month. Train three times a week. Begin with two sets of five reps. When that is easy, move up to three sets of five reps. Over the course of four to six weeks, work up to five sets.

Remember, the idea is to train, not strain. There's a big difference between training (even super hard training) and straining.

Also, remember that you don't have to tackle all of the different pull-ups at once. Start with a movement that feels good, work it thoroughly, master it, and then tackle a different movement. If you are a rank beginner, start out with horizontal pull-ups. If you have a bit of experience under your belt, begin with standard pull-ups or wide grip pull-ups. If you are more advanced, try bar and towel pull-ups, and from there, gradually work into two towel pull-ups.



## GLOVES

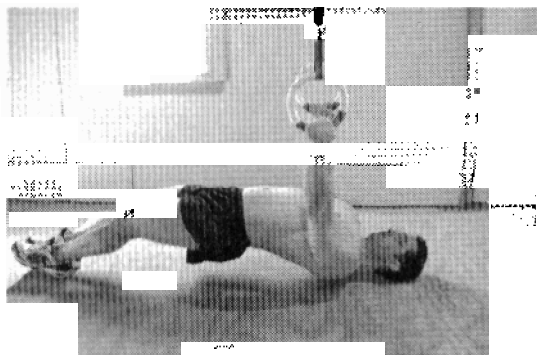
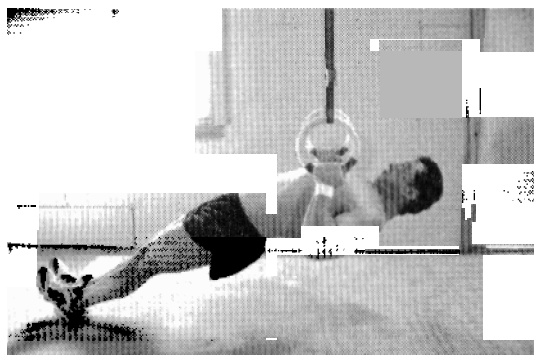
Please don't use them. There's nothing wrong with developing calluses. I want you to learn how the bar feels when you grab it in your hands.

## CHALK

This is a must. Chalk is as important for serious pull-up training as it is for a powerlifter or Olympic weightlifter.

## HORIZONTAL PULL-UPS

We'll begin here. If you are not strong enough to perform an actual pull-up, begin with the horizontal pull-up. Perform the exercise on a low hanging bar. A doorway-chinning bar works fine for this exercise. You also can position a horizontal bar in a power rack, or place it across two sturdy chairs. The options are endless. Just be sure that you use a strong bar and an arrangement that will support your weight safely and firmly.

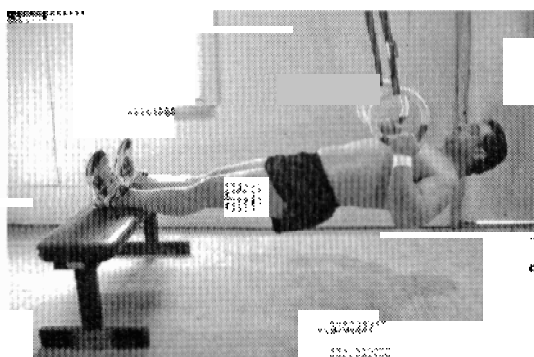


Horizontal pull-ups on gymnastics rings work extremely well because you can adjust the height easily and quickly to allow a maximally effective movement and a powerful contraction in the top position. You can order a set from Tyler Hasse at [www.ringtraining.com](http://www.ringtraining.com). I like my set so much that I used them for all of the photos of horizontal pull-ups.

Begin by lying on your back under the bar. Reach up, grasp the bar in both hands with a shoulder width grip, tighten the core muscles (especially the hips and lower back), dig your heels into the floor and pull yourself up as high as possible. Try to touch your chest to the bar. Pause briefly in the contracted position, lower slowly to the fully extended position and repeat.

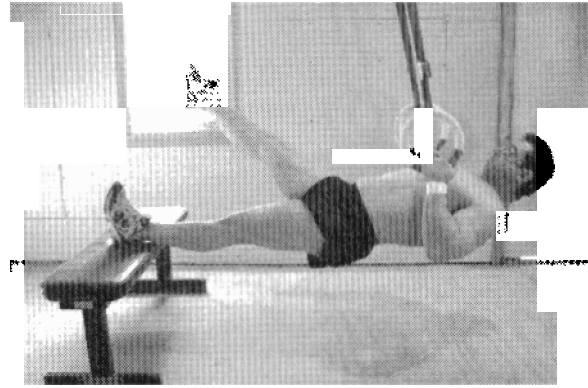
## HORIZONTAL PULL-UP WITH FEET ELEVATED

As you get stronger, you can try variations of horizontal pull-ups. The first variation is to perform the exercise with the feet raised on a sturdy box, bench or chair. This permits a really intense muscular contraction at the top of the movement.



## ONE-LEGGED HORIZONTAL PULL-UP WITH SUPPORTING FOOT ELEVATED

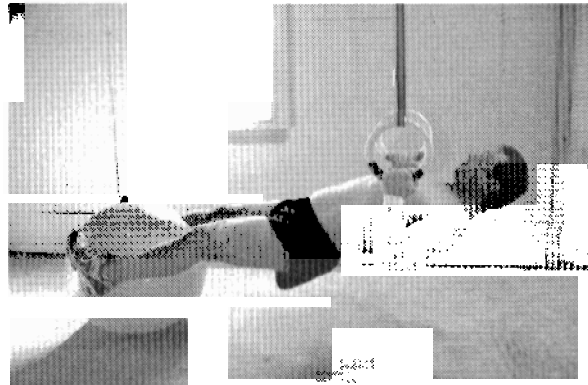
The one-legged horizontal pull-up with the supporting foot elevated is a bit tricky. You need to fight hard to maintain proper body position, with the shoulders square to the floor. It's a good exercise for building a combination of strength, balance and body control.



## HORIZONTAL PULL-UP AND LEG SCISSOR WITH STABILITY BALL

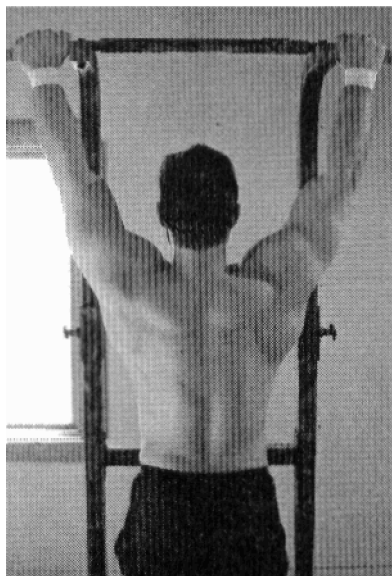
This is a very interesting co-contraction exercise. It simultaneously works the entire posterior chain, the arms, the forearms and grip, the inner thighs and the abdominal and groin muscles.

To perform the exercise, position yourself for the horizontal pull-up, with a stability ball placed between your feet. Push the inside of the feet against the ball, using a scissors motion, and raise yourself up and off the ground. From that position, perform horizontal pull-ups.



## THE STANDARD PULL-UP

As soon as possible, begin doing the standard pull-up. Even if you can only perform one or two reps, train the exercise and build up your strength and power over time. And here's a tip.



Handstand pushup holds and handstand pushups will help to build the muscles of the shoulders and upper back so that they can help power you up when you are doing your pull-ups. So if pull-ups are tough for you, spend a few weeks on handstand pushup holds and any other handstand pushup variations that you can perform.

Hang at a full extension from a chinning bar with a pronated (palms facing away from you, knuckles facing toward you) grip. Use a grip that is just a little wider than shoulder width. Pull yourself up as high as possible. Try to touch the chin to the bar. Pause briefly in the contracted position, lower slowly and repeat.

There are many "little" things that you can do to make your pull-ups more difficult and more productive. I'll discuss some of them

here, but they apply to all pull-ups detailed in the course, including the rope and ring pull-ups and some of the grip busters reviewed in other Lessons.

First, experiment with the grip. A thumbless grip changes the effect slightly. Try it and see.

Second, try doing pull-ups with the abs contracted. Don't raise the hips when you do this, just contract the abs.

Third, contract the lower back and the hips when you perform your pull-ups.

Fourth, and perhaps most importantly, arch your back and pull your shoulders down and back as you perform your pull-ups. This allows a maximum muscular contraction in the top position of the movement. The effect is obvious in the photos.

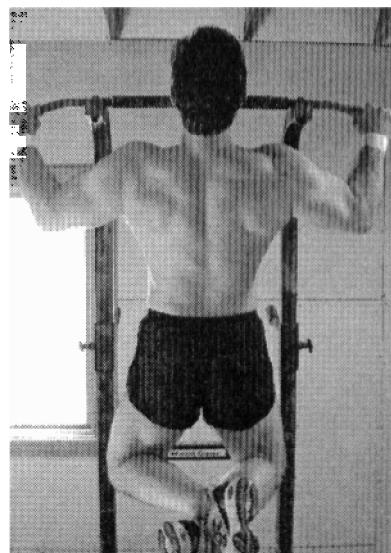
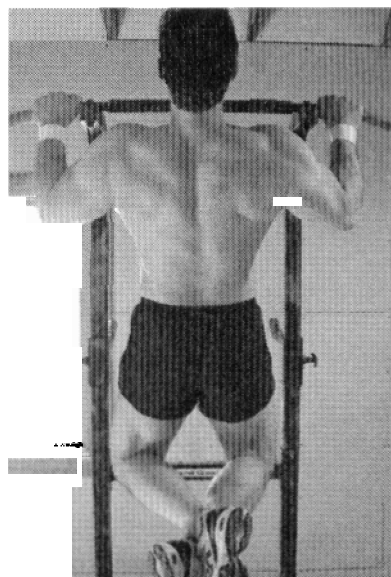
Fifth, never bounce up and down. Go up, pause, lower at a steady and controlled speed, pause, and repeat.

Sixth, always maintain as powerful a mind-muscle link as possible throughout the entire set. Most people do not have a strong link with their back muscles. Work hard to become one of the rare exceptions.

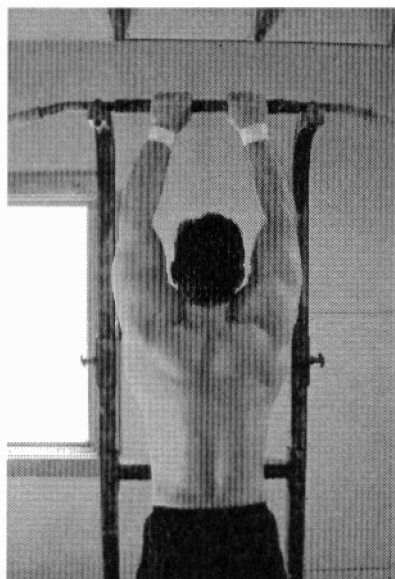
Some people have shoulder problems that can be exacerbated by over-stretching in the bottom position of the pull-up. (I fall into this category, as the result of a wrestling injury more than thirty years ago.) If you have this problem, cut the movement a little bit short of full extension. It's that last inch at the bottom that can cause problems.

## WIDE GRIP PULL-UPS

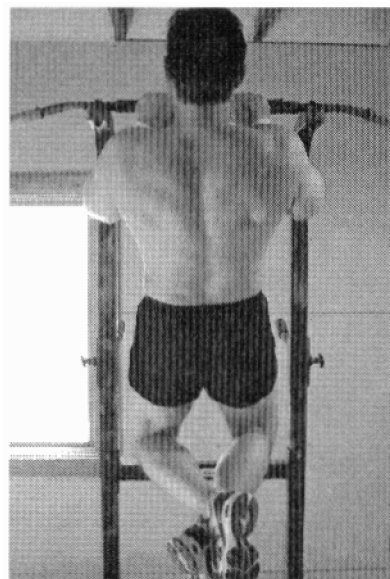
Performing pull-ups with a wide grip targets the upper back muscles severely and effectively. It is a time-honored and time-tested exercise, and one that produces great results. If you want to build the proverbial "barn door lats," do plenty of wide grip pull-ups.



## CLOSE GRIP PULL-UPS



Close grip pull-ups work the biceps and forearms very effectively. They have less of an effect on the back muscles because the range of movement is more restricted, but they are a good variation and well worth doing from time to time.



## CHIN-UPS

Chin-ups are performed with a supinated grip (palms facing toward you, knuckles facing away). They target the biceps more than the back and shoulders. Use them from time to time for extra biceps work, but devote the bulk of your training to pull-ups.

## HANG 'EM HIGH PULL-UPS

These hit the forearms and grip particularly hard. Perform the exercise with either a standard grip or a wide grip, but begin your set by hanging at full extension for ten seconds. After the ten second hang, pull yourself up, pause briefly, lower slowly, then hang for another ten seconds and repeat for as many reps as possible.

## ONE AND A HALF'S

Pull-ups lend themselves very well to an exercise technique called "one and a half's." To do these, simply perform a full rep, followed by a half rep, and count this as "one" rep.

You can perform the half rep from the bottom or from the top of the pull-up. In other words, you can go all the way up, all the way down, and then perform a half rep from the bottom position to the half-way position.

Alternatively, you can pull yourself from the bottom to the top position, lower half way, pull yourself back to the top position, lower all the way down, and then repeat the drill.

A third variation is to perform both types of half reps throughout your set. In other words, pull up to the top position, lower to the middle position, pull back up to the top, lower to the arms extended position, pull up to the middle position, lower and repeat.

A fourth variation is to perform three to five half reps, followed by three to five full reps. If you are strong enough, repeat the sequence.

A fifth variation is to perform three to five half reps in the bottom position, followed by three to five half reps in the top position, followed by three to five full-range pull-ups. Repeat the sequence a second time (or a third time) if you can do so.

Note that the one and a half system can be adapted to many different exercises, including pushups, handstand pushups, etc.

### 5-5-5 PULL-UPS

5-5-5 pull-ups can be used with any variation of pull-up or chin up after you master the one and a half system. 5-5-5's are rugged, rigorous, grueling and brutal — and they produce excellent results.

Begin by performing five half reps in the top position of the movement.

Immediately perform five half reps in the bottom position of the movement.

Without stopping, perform five “one and a half’s.” On the one and a half’s, perform all of the half reps in the top position.

By the end of the set, you will have performed a total of 15 half reps and 5 full reps.

### THE SUPER 5-5-5

To perform the super 5-5-5, combine five second holds with the standard 5-5-5 system. This will carry you to new levels of development very quickly.

You can perform the super 5-5-5 with any form of chin or pull-up.

Begin by performing five half reps in the top position of the movement.

Hold the final rep at the halfway point for five seconds.

Immediately perform five half reps in the bottom position of the movement.

Hold the final rep at the halfway point for five seconds.

Without stopping, perform five “one and a half’s.” On the one and a half’s, perform the half reps in the top position. Hold the final rep in the halfway position for five seconds.

By the end of the set, you will have performed a total of 15 half reps, 5 full reps, and three five second holds at the halfway point.

### 6-6-6 PULL-UPS

The 6-6-6 pull-up combines three different pull-ups into a single set of 18 reps. It is a very challenging compound exercise.

Perform six wide grip pull-ups.

Without dropping to the floor, shift your grip to the standard pull-up position and perform six additional reps.

Without dropping to the floor, shift to narrow grip pull-ups or to chin-ups, and perform six additional reps.

At the end of the set, you will have performed a total of 18 different reps in three different positions.

## WALKING THE BAR

This variation is similar to the 6-6- system, but you vary the grip from rep to rep. This exercise will work the forearms and grip into the ground. Work it hard for awhile, and your forearms and grip will be superhuman.

Perform a single standard pull-up.

“Walk” the hands to the wide grip position and perform a single wide-grip pull-up.

“Walk” the hands back to the standard position and perform a single standard pull-up.

“Walk” the hands to the narrow grip position and perform a single narrow pull-up.

“Walk the hands back to the standard position and begin the sequence all over again.

Continue for as many reps as possible. Work the exercise until you literally drop from the bar.

## SEVENS

Sevens are another exercise where you combine full and partial reps. They are a tremendous strength and endurance builder.

You can perform “sevens” with any type of chin or pull-up.

Pull yourself up to the bar. This is the starting position.

Perform seven half reps in the top position.

Immediately lower yourself to the extended position and perform seven partial reps in the bottom position.

Immediately perform seven full reps.

## 60 SECOND CHINS OR PULL-UPS

This is one of those exercises where you perform only a single rep — and where that single rep will work you right into the ground.

You can perform the exercise with any variation of chin or pull-up.

To perform the exercise, perform a very slow chin or pull-up. Take 30 seconds to raise your body to the top position, pause briefly, and then take 30 seconds to lower yourself to the starting position.

Try to work up to a full 60 seconds for the upward portion of the exercise, followed by a full 60 seconds on the downward portion.

## BAR AND TOWEL PULL-UPS

Bar and towel pull-ups overload the muscles on the side of the hand holding onto the bar, and thus, increase the strength, power and development of those muscles enormously. You can see their effect in the photos.

Roll or fold a sturdy bath towel lengthwise to form a "rope". Loop the rope over the chin bar. Position it to your left side.

Grip the towel with the left hand, holding it about four inches below the top of the bar.

Grip the bar with the right hand. You can use either a pronated or a supinated grip.

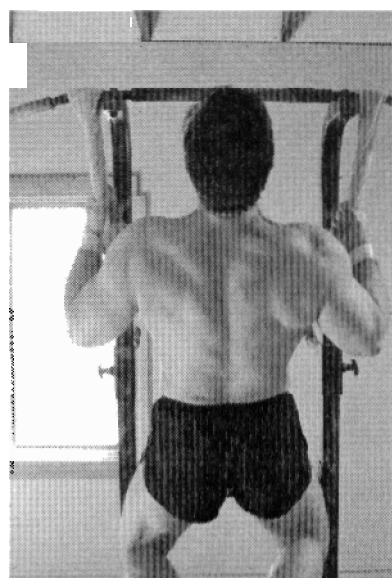
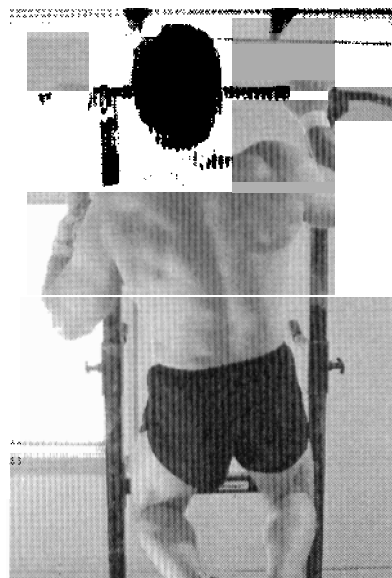
Pull yourself into the top position of the pull-up, pause briefly, lower and repeat for the desired number of reps. Rest briefly, and then perform a second set with the hands reversed.

To increase the difficulty of the exercise, hold the towel lower. The lower the grip on the towel, the harder the hand holding the bar has to work to complete each rep. Your eventual goal should be to perform several sets of five to ten reps with the towel hand at the end of the towel.

## TWO TOWEL PULL-UPS

Two towel pull-ups are one of the most effective upper body exercises ever invented. I cannot say enough good things about this exercise. As soon as you master the towel and bar pull-up, give the two towel version a try. You'll love them.

To perform the exercise, loop two towels over your chinning bar, and grab onto the towels with a grip about four inches below the top of the bar. Then perform as many pull-ups as possible. To increase the difficulty of the exercise, hold the towels lower. Your ultimate goal is to perform the two towel pull-up while holding each towel 12" below the height of the bar.



## TWO TOWEL STAGGERED GRIP PULL-UPS

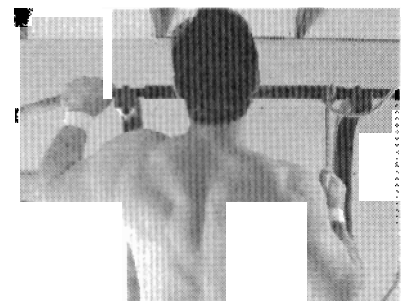
The two towel staggered grip pull-up is a great way to overload one arm and one side of the body, while working even harder than when you are performing towel and bar pull-ups.

Perform the exercise the same as if you were doing two towel pull-ups, but hold one towel close to the chinning bar and the other towel several inches lower. The lower the “low” hand, the harder the “high” hand must work to complete each rep.

Alternate “high” and “low” arms from set to set for balanced development.



## BAR AND YOGA ROPE PULL-UPS



Bar and yoga rope pull-ups are identical to bar and towel pull-ups, except you hold the bar with one hand and hold a yoga rope or other soft cotton rope that is one half inch thick, with the other. Do not use a synthetic fiber rope – you won’t be able to hold it, and you’ll end up with rope burns. By using so thin a rope (which is almost impossible to hold onto) rather than a towel, you throw almost all of the work onto the muscles on the “hand on the bar” side of the body.

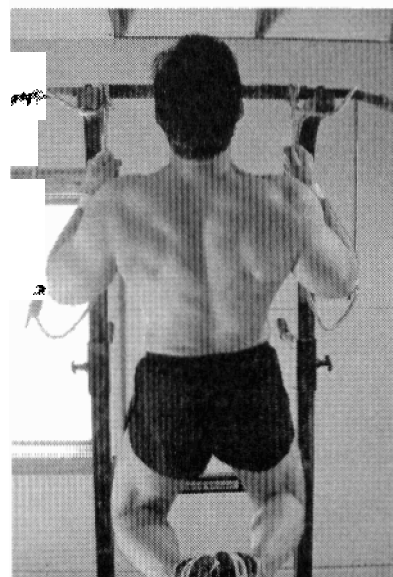


## DOUBLE YOGA ROPE PULL-UPS

My photographer almost forgot to take the photo when we filmed these, because she thought they’d be impossible to do. When I actually performed a double yoga rope pull-up, she was too surprised to snap the photo!

Double yoga rope pull-ups are not impossible, but they do require tremendous grip and finger strength.

Be sure to chalk the hands carefully. Hold each rope right at the point where your fingers meet your palms. Have someone pull the ropes tight before you grab them. It is easier to hold onto a rope that has been stretched tight than to try to hold onto a rope that has slack in it.





## L-SIT PULL-UPS

L-sit pull-ups combine a terrific core exercise with a pull-up. They are a brutally effective exercise.

Begin in the standard position for the pull-up. Raise the legs until the legs are parallel to the floor. This is the L-sit position. Hold this position throughout the exercise, and perform as many pull-ups as possible.



## HANGING LEG RAISE AND PULL-UP

This one is an interesting variation on the L-sit pull-up. It will fry your entire upper body and core muscles with a single exercise.

Hang from a bar in the standard pull-up position. Keeping the legs straight, perform a hanging leg raise. Keep going until the feet actually touch the top of the bar. Lower the legs and return to the starting position.

Now perform a single pull-up.

After the pull-up, perform a second rep in the hanging leg raise. Then do another pull-up.

You also can perform five to ten consecutive reps in the hanging leg raise, followed by five to ten consecutive reps in the pull-up.

## MONKEY BAR PULL-UPS

If you can find a playground with a set on monkey bars, you are in luck. Monkey bars resemble a horizontal ladder on high uprights so that it is seven or eight feet off the ground. Kids play on the monkey bars by swinging from rung to rung from one side of the ladder to the other. You can do that as well, but you also can turn the exercise into a real workout by performing a series of consecutive pull-ups on every rung of the ladder as you swing across.

You also can hold onto the sides of the ladder as you work your way across, and perform a series of parallel grip pull-ups as you do so. Or you can hang from one side of the ladder and work your way sideways from one side to another, and then back again, pausing to perform pull-ups at specified intervals.

## DINOSAUR POWER HOLD PULL-UPS

As mentioned in the previous Lesson, I refer to 30 to 60 second isometrics as “Dinosaur Power Holds.” They are an incredibly intense and exceptionally effective training method.

Any pull-up or chin can be performed in an isometric fashion by holding a particular position of the movement for as long as possible. Holding a pull-up at the halfway point or top position for 30 to 60 seconds will give you a terrific workout.

## LESSON SEVEN: FORGE FEROCIOUS, UNRELENTING NERVE FORCE AND TITANIC TOTAL BODY POWER BY TRAINING THE MUSCLES OF THE NECK AND SPINAL COLUMN

In his 1926 masterpiece, *The Key to Might and Muscle*, George F. Jowett wrote:

“If I want to find out how much physical force a man possesses, I look at his neck. That never fails to answer my question. In both man and other male beasts, the neck has always been the true indication of the quality and quantity of his concentrated nerve power. A strong, healthy man always has a powerful neck, and he always will have one.”

This passage appears in a chapter titled, “How A Columnar Neck Creates Nerve Force.” The very next chapter in the book deals with the muscles of the lower back and spinal column.

Jowett was one of the first to recognize an important truth: namely, that training the muscles of the neck and spinal column stimulate the flow of nerve force throughout the entire body, thereby increasing the health, strength and vigor of all other muscle groups, internal organs and bodily processes.

Do you want bigger, stronger, faster and more enduring legs?

Cultivate nerve force by training the neck and lower back.

Do you want to build big, brawny arms, enormous forearms and a gorilla grip?

Cultivate nerve force by training the neck and lower back.

Do you want to carve the core muscles into rock-hard ridges of corrugated muscle?

Cultivate nerve force by training the neck and lower back.

Do you want the sheer joy of endless health, internal fitness and powerful, perfectly functioning internal organs?

Cultivate nerve force by training the neck and lower back.

Do you want over-flowing and unending virility?

Cultivate nerve force by training the neck and lower back.

Whatever your physical training goals, training the muscles of the neck and spinal column is critical to their achievement. Training the muscles of the neck and spinal column builds strength, power and health throughout the entire body because it increases NERVE FORCE. The more work you perform for the muscles of the neck and spinal column, the greater the amount of nerve force and the faster and more powerfully it radiates throughout the body. Thus, training the muscles of the neck and spinal column has far-reaching, wide-ranging effects. It energizes, vitalizes and powerizes every muscle group, every organ, every internal system, every bodily process and every cell in your entire body.

Amazingly, neck and lower back training is almost totally neglected in most modern training programs. Many bodybuilding instructors, gym owners and personal trainers actually teach their students to avoid neck training because the shoulders supposedly look broader if the neck is small and puny. They call this “cosmetic bodybuilding” – an apt term if I ever heard one. Yeah, that sounds good –skip the neck work and pass the lavender eye blush.

Don't make the mistake that virtually all other trainees around the world make. Never ignore your neck and your lower back. To the contrary, specialize on these critical muscle groups. Put some backbone into your back. Transform the muscles from flesh to rebar.

Develop a thick, massive, powerful and columnar neck and spinal erectors that run up and down the back like twin pythons, bulging with power, hard as iron, and radiating strength, health and vitality throughout the body.

## IT'S MORE THAN MERE MUSCLE-BUILDING

And here's a parting thought before we get into the exercises in this Lesson. One of the core principles of Dinosaur Bodyweight Training is the deliberate cultivation of nerve force to promote strength, vigor, fitness and health. All of the exercises in the course serve this overarching purpose. There are exercises that will promote nerve force by strengthening the muscles of the neck and spinal column. There are exercises that will aid and improve your posture, which helps to maintain a straight spine and thus aids in the flow of nerve force throughout the body. There are co-contraction exercises that make the nervous system rev up and rocket into over-drive. There are isometric exercises (Dinosaur Power Holds) that require a greater and greater flow of nerve force throughout the entire movement. There are exercises that create balanced, proportionate development, which will aid your posture and keep your spine in proper alignment. There are exercises that link the upper and lower body, exercises that link the mind and body, and exercises that promote glandular activity that in turn leads to ever-increasing nerve force. There are exercises that help you to relax, de-stress and detoxify your body, removing many of the barriers to the free flow of nerve force and vital energy throughout the body.

So when you practice Dinosaur Bodyweight Training, don't merely think of it as “muscle building” or “strength building.” You are doing far more. You are literally rebuilding, re-creating, re-energizing and re-vitalizing your body from the inside out.

## ISOMETRIC EXERCISES FOR THE NECK

If you have never trained your neck in a serious fashion, or if you have not done so for a long time, begin with isometric exercises for the neck. These are simple but surprisingly effective. It is possible to add an inch or two of muscle to the neck very quickly by incorporating a daily program of isometric exercises for the neck.

Begin by training the muscles on the front of the neck. Do this by placing both hands on the forehead, and pressing forward with the neck, while simultaneously resisting the movement with the hands.

Next, place both hands behind the head, with the fingers inter-twined, and push backward with the neck, resisting the movement with the strength of the arms. This works the muscles on the back of the neck.

After training the front and back of the neck, exercise the muscles on the sides of the neck. Place the right hand on the right side of the head, and push to the right, resisting with the right arm. Then reverse the movement with the left hand supplying the resistance for the muscles on the left side of the neck.

On each of these exercises, begin with a ten second isometric hold. Gradually work up to a 60 second hold in each of the four directions.

When you begin each isometric, start at about 50% of maximum strength, and gradually increase the amount of force until you are giving it everything you have.

Don't hold your breath during these or any other isometrics. Breathe slowly but steadily throughout the movement.

## NECK ISOMETRICS WITH A BALL

Neck isometrics with a medium-sized rubber ball are an extremely effective neck builder. They give better and faster results than any chrome plated neck machine could ever begin to give. They also work better than the highly touted "head straps" that many use to train the neck. When I was a kid, I recall reading about a pro football player who performed these in his dorm room at training camp. He added over two inches of muscle to his neck in just six weeks.

Begin by standing about 12" away from a sturdy wall or door jam.

Place a medium sized rubber ball against the wall at forehead height. The type of ball that kids use for four-square or kick-ball works fine.

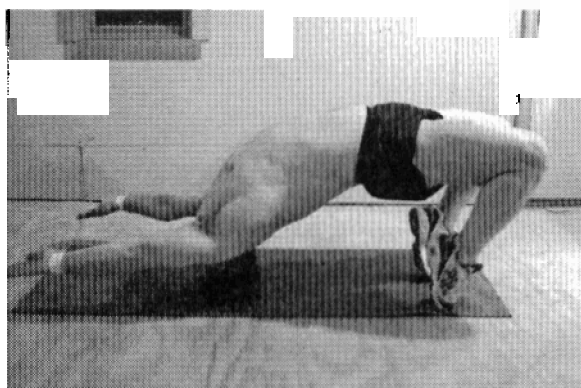
Hold the ball in position with your hands, and press your forehead against it. Begin with about 50% of maximum strength and gradually work up to pushing as hard as possible. Push with the forehead, not the top of the head.

Next, turn sideways against the wall and work the muscles on the side of the neck (right side first, then left), and then face away from the wall and position the ball behind your head so that you can work the back of your neck. This variation works most effectively if you do it inside a door jam so that you can brace yourself with your hands on the door jam. Otherwise, you tend to push yourself forward and away from the wall when you exert backward pressure.

## THE WRESTLER'S BRIDGE

The wrestler's bridge is a wonderful back exercise, as well as a superb neck builder. In this regard, it serves as a perfect illustration of one of George F. Jowett's most important insights:

"Do not believe that the only way to obtain great back development and power is to employ nothing else but exercise that creates only movements of great muscular contraction. You must stretch the



muscles also. The more elasticity and flexibility each muscle has, the more power your back will have.” (from *Molding a Mighty Back*)

To perform bridges, you’ll need a thick mat for your head. The best thing to use is a 2’ by 2’ square from an old wrestling mat. A folded yoga mat or a thick folded towel will work if you can’t an actual section of wrestling mat. So will a 2’x2’ square of rubber gym matting. (They often sell these in interlocking pieces which are exactly the right size for bridging.)

Begin by lying on your back. Draw first the right foot, and then the left foot up as close as possible to the hips.

Place the hands on either side of the head, elbows up and palms down.

Perform a reverse pushup, and as you do so, rock up and back so that you are balanced on the top of your head and the balls of your feet.

When you have your balance, roll slowly backward so that your nose is as close to the mat as possible. Keep the hips high and tightly contracted. Your entire back from the top of the neck to the toes should be contracted as hard and as tightly as possible.

As you increase in strength and power, work on bridging in a high arch so that the forehead is pressed against the floor, rather than the top of the head. Try to work back to the point where your nose touches the floor. When you can achieve that position on the balls of your feet, try to bridge back to the same position while keeping the feet flat on the floor.

When you begin to learn the bridge, hold your arms straight out behind you. As you get stronger and more flexible, you can move to a more advanced position with the arms above you or crossed on the chest.

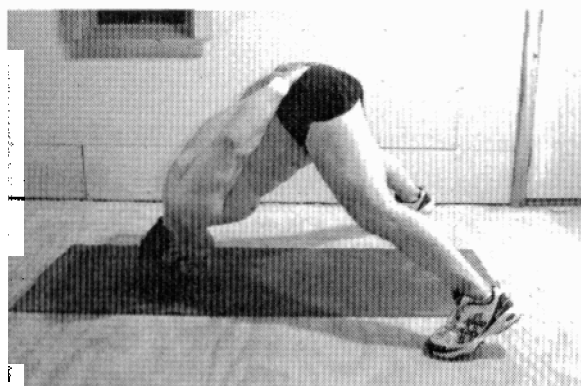
Hold the bridge position for as long as possible. Try a 15 second or 30 second hold the first time. As you get stronger, add five or ten seconds whenever possible. Gradually work up to a one-minute hold. Then go for two minutes. Then shoot for a three-minute hold.

The wrestler’s bridge is one of the best and finest exercises that you can do. It builds strength, power, health and organic fitness to a remarkable degree. It is literally a life- altering exercise. Make it a regular part of your training program, work it religiously and rigorously, and reap the resulting rewards.

## FRONT BRIDGES

Front bridges target the muscles on the front of the neck, and should always be used in conjunction with the wrestler’s bridge (which is sometimes referred to as “the back bridge”). Together, the two exercises will build an enormous, thickly muscled and supremely powerful neck.

From a starting position on your hands and knees, lean forward and place the forehead on your



bridging mat. Straighten the legs and raise the hips, so that you end up balanced on the forehead and the balls of the feet, with the legs completely straight, the body bent at the hips, and the back forming a straight line from the hips to the top of the head. Place the hands at the sides or behind the back. This is the front bridge position.

Hold the position for as long as possible. Shoot for 15 to 30 seconds the first time you do these. Gradually increase the length of the hold. Work up to a three-minute hold.

## ROCKERS

After you master the wrestler's bridge, you can perform "rockers" from time to time in your training. These should supplement your regular work on the wrestler's bridge, not replace it.

Begin in the starting position for the wrestler's bridge, holding a high arch.

Now allow the body to rotate out of the high bridge, so that the shoulders drop down to the point where they are almost touching the mat. Then use neck power to rotate back into the high arch. Lower and repeat for the desired number of reps.

Try to move yourself up and down by neck power alone, rather than simply raising and lowering the hips. As Jowett wrote, "Some make the mistake of swaying the body up onto the head. That is wrong. Let your neck do the work and you will find the exercise considerably more vigorous." (*The Key to Might and Muscle*, p. 149)

## HEADSTANDS

Headstands are a thoroughly enjoyable, rejuvenating exercise that increases circulation and promotes nerve force throughout the entire body. It's a great way to finish a workout. But work into the exercise slowly and carefully. Don't try them until you have thoroughly mastered the wrestler's bridge and the front bridge.

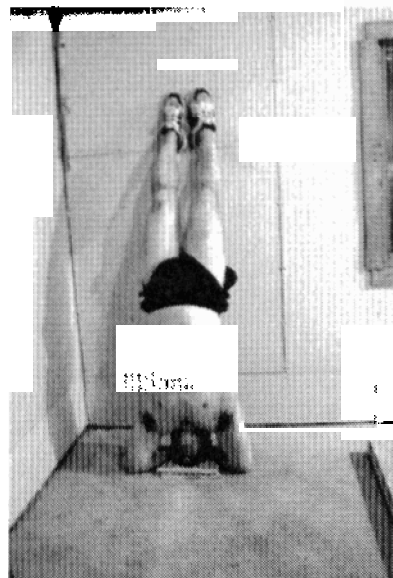
Place your bridging mat about a foot away from the wall.

Stand in front of the wall, and bend forward, placing the top of your head (not the forehead, but the crown of the head) on the mat. Place your hands on each side of your head to give you a strong base.

Using your hands to help maintain your balance, kick up into a headstand, with your feet resting against the wall.

Hold the headstand position for 15 to 30 seconds. Gradually work up to a three-minute headstand.

Remember to breathe when you are in the headstand position. Do not hold your breath!



As your balance and confidence improves, you can move into the classic yoga headstand position, in which you place your forearms (rather than your hands) on the floor, with the fingers interlaced, the thumbs crossed and the heels of the hands pressed together. Rest your head directly inside the "V" formed by your hands and forearms.

## THE COBRA

This is a yoga exercise that strengthens and stretches the lower back muscles.

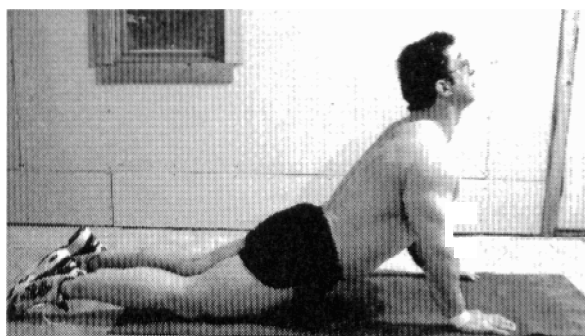
Begin by lying face down on a yoga mat, just as if you were going to perform a pushup beginning from the bottom of the movement.

Keeping your legs straight, with the feet together, push gently and slowly against the floor and raise your shoulders off the mat. Keep the legs and hips firmly against the mat as you raise the shoulders very slowly and deliberately.

Continue to push with the arms until the navel begins to come off the mat. Stop at this point – overdoing the arch in the lower back could cause injury.

Hold the stretched position for ten to fifteen seconds. Gradually work up to a thirty-second hold.

You should raise the upper body and the shoulders at a slow, controlled speed, feeling the exercise every inch of the way. Take about fifteen seconds to raise the body, hold for fifteen to thirty seconds, and then take fifteen seconds to lower the body. The entire exercise should take about one minute.

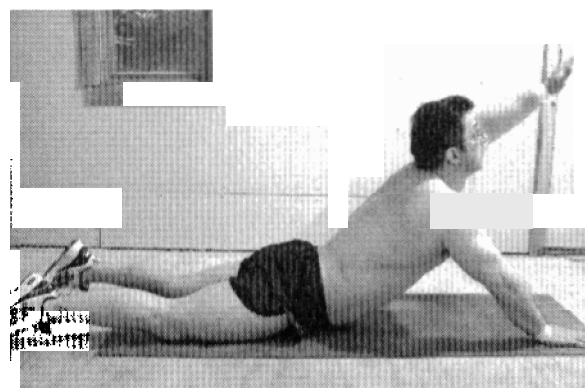


## THE ONE ARM COBRA

After you have practiced the cobra for a while, try this advanced variation.

Instead of beginning the exercise with the hands in the pushup position, extend the left arm straight in front of you and use your right arm alone to push you up and back into the cobra position.

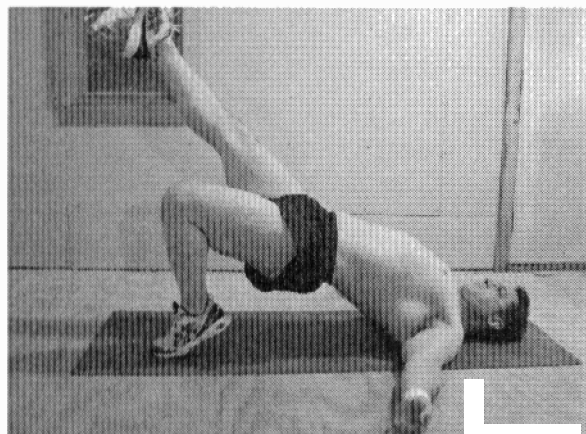
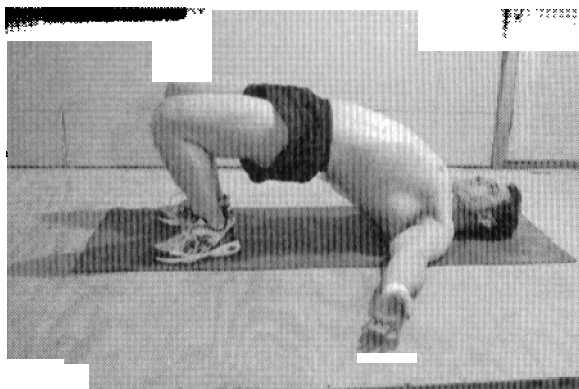
Rest and then repeat with the left arm doing the work and the right arm extended.



## SHOULDER BRIDGE

The shoulder bridge is similar to a wrestler's bridge, but you rest your weight on your shoulders rather than bridging up onto the head. You can use this as a warm-up for the wrestler's bridge and other more demanding exercises, or as a strength builder if you are not able to perform the wrestler's bridge.

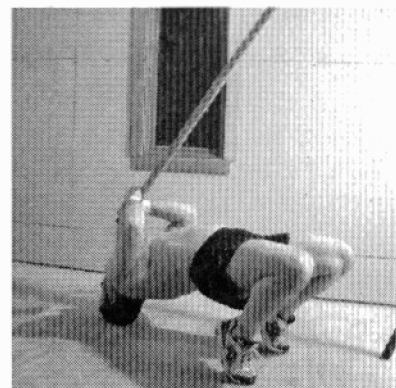
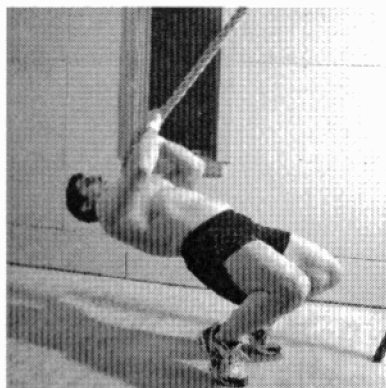
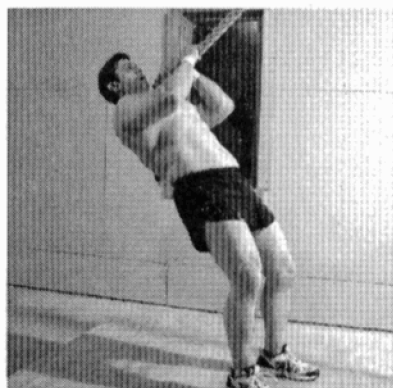
Hold the shoulder bridge as long as possible, working up to a 60-second hold.



You also can experiment with a one-legged version of the exercise.

## WALL WALKING AND ROPE WALKING

This is an excellent exercise that builds strength and flexibility through the entire body. Wall walking and rope walking will help you develop the strength and flexibility to perform a high, fully arched wrestler's bridge.



For wall walking begin by standing against a wall. Walk forward three steps in heel and toe fashion.

Lean backward and place your hands on the wall, palms facing away from you, fingers facing the floor.



Slowly and carefully, walk down the wall to the floor, and then walk back up. Repeat if possible. Try to work up to five or six “reps”.

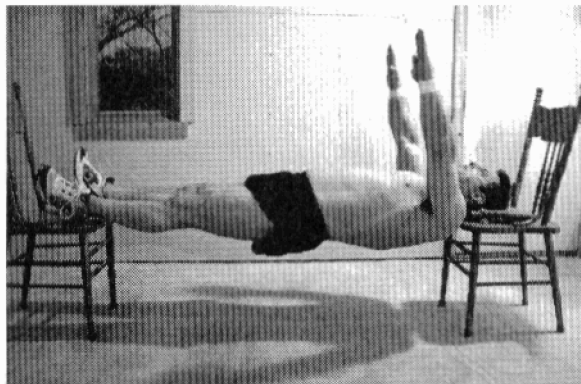
Instead of wall walking, try rope walking (see illustration).

Note that you can pause and perform a Dinosaur Power Hold at any point of the movement.

## THE FULL EXTENSION BACK NECK PLANK

The full extension neck plank is a very difficult exercise. Don't try it until you have built a very strong neck with the wrestler's bridge and the front bridge.

The exercise is performed with the back of the head resting on an exercise bench or chair, and the heels resting on a second exercise bench or chair, so that your body is suspended in mid-air between the two benches/chairs. Then hold the position for as long as possible. When you work up to a 60 second hold, you will have developed exceptional body strength.



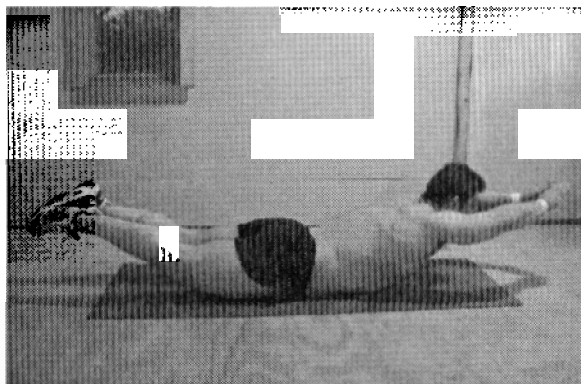
Your body must form a perfectly straight line from heels to head when you perform this exercise. Do not sag or bend at the hips, and do not arch or bend the neck.

This movement taxes the entire posterior chain, working all of the major muscle groups on the back of the body. It is an excellent co-contraction exercise, and a movement that develops maximum nerve force throughout the entire body.

If the exercise is too difficult at first, perform a modified version where you rest on your head and hips. As you grow stronger, move the second bench further away, so that you rest on your head and the back of the thighs, then on the head and the back of the knees, then on the head and the calf muscles, and then on the head and the heels.

## THE SUPERMAN EXERCISE

The Superman exercise is an excellent muscle developer that strengthens and ties together the entire “posterior chain” by working the muscles of the hips, lower back, middle back, upper back, rear deltoid, and neck in a single, super intense muscular contraction. It improves your posture, banishes round shoulders, and increases nerve force throughout the entire body. It is a marvelous vitality builder.



The Superman exercise works particularly well when combined with bridging, hyperextensions, the cobra, head stands, and wall walking, as all of these exercises work the posterior chain in different ways, giving the back muscles a perfect combination of stretching and contraction.

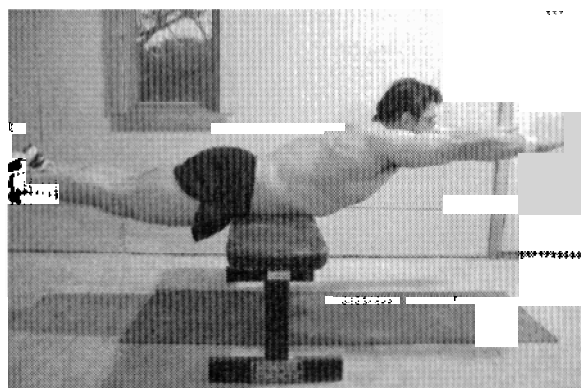
To perform the Superman exercise, lie face down on an exercise mat, with your arms fully extended to the front and your legs fully extended behind you.

Using muscular strength alone, with no jerking or sudden movement, raise your head, arms and feet off the mat. This will cause an intense muscular contraction of the back and hips.

Hold the contracted position for as long as possible. Try to work up to a 60-second hold. When you can hold the position for 60-seconds, work up to a two-minute hold, and then move on to a three-minute hold.

## THE CROSS-BENCH SUPERMAN

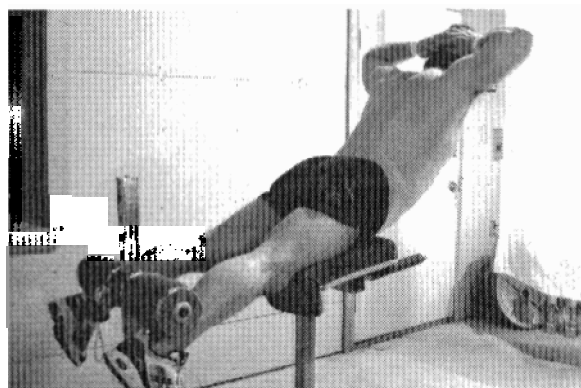
The cross-bench Superman is performed exactly the same as the superman exercise, but lay face down over a bench or chair so that you balance on the middle of the body when you perform the exercise. Be warned — this is much tougher than it sounds.



## PRONE HYPEREXTENSIONS

Prone hyperextensions are one of the very best exercises for the lower back, hips and hamstrings. They should be a regular part of everyone's training program.

Perform the exercise on a hyperextension bench if one is available. If not, improvise a hyperextension bench by using a stability ball or by turning an exercise bench sideways so that you can place the tops of your thighs across it when you lie down. Hook your heels under a heavy barbell or any other object that will keep you from tipping forward. A simple wooden frame nailed to the wall will work fine, as will a doorway-chinning bar.



Begin by lying face down. Cross your hands at the chest or hold them behind your head. Even better, hold the arms to the sides with the elbows bent.

Moving slowly and deliberately, without jerking, raise your head and body until you are slightly above the point where your body is parallel to the floor. It is not necessary to go higher than this.

If you perform the movement with the arms out to the sides and bent at the elbows, you can turn it into a powerful total-back contraction by squeezing the shoulder blades together as hard as possible in the top position. This will cause a powerful contraction of the middle and upper back muscles, together with the rear deltoids. Combine that with the super-intense lower back, hip, and hamstring contraction that the hyperextension causes, and you have a very powerful and result-producing exercise.

Pause briefly, then lower slowly and under complete control. Do not bounce.

Pause briefly at the bottom, and then repeat for the desired number of reps.

## SUPERMAN HYPEREXTENSIONS

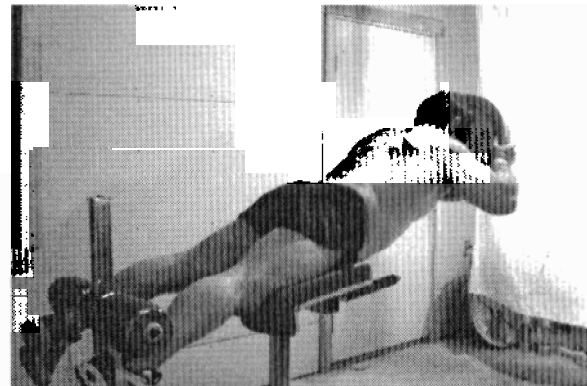
As you get stronger, you can combine the Superman exercise with hyperextensions by holding your arms straight out to the front while you perform hyperextensions.

When you get really strong, try this variation while holding a medicine ball, a sandbag, a barbell plate, a dumbbell or a pair of dumbbells.



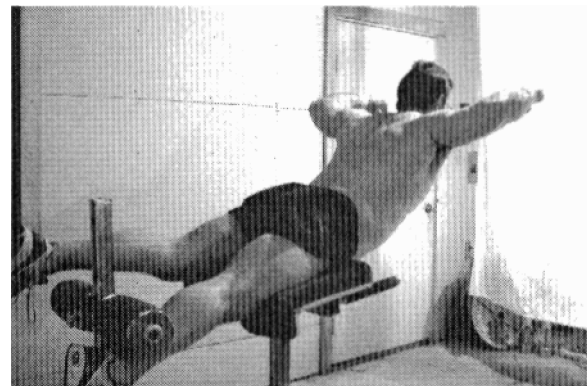
## WEIGHTED HYPEREXTENSIONS

Weighted hyperextensions are a great strength and power builder for advanced trainees. Hold a barbell plate, a dumbbell or a sandbag against your chest, or against your forehead as you perform the exercise. Some prefer to use a barbell plate, a barbell, or a sandbag on the back of the shoulders, and others prefer a barbell plate held against the back of the head. Experiment until you find the best variation, or use them all over the course of the year.



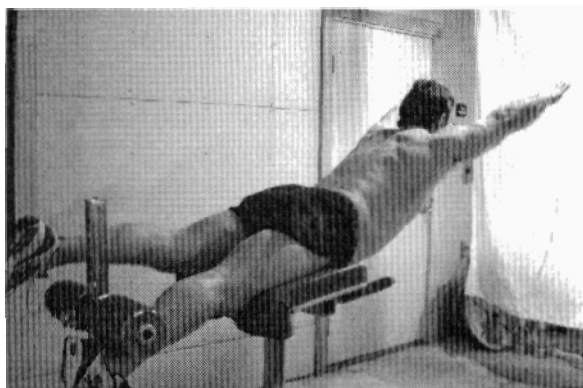
## ONE-LEGGED HYPEREXTENSIONS

One-legged hyperextensions hammer the hips and hamstrings. These are a remarkable and brutally effective exercise for advanced athletes. Switch legs from set to set for balanced development.



## ONE-LEGGED SUPERMAN HYPEREXTENSIONS

After you get good at one-legged hyperextensions, up the ante by performing a one-legged Superman hyperextension.



## DINOSAUR POWER HOLDS IN THE HYPEREXTNSION POSITION

Dinosaur power holds work extremely well for any form of hyperextension. Try working up to a 60-second hold. It takes tremendous strength to perform a 60-second hold when performing a weighted hyperextension, a superman hyperextension, a one legged hyperextension or a one-legged superman hyperextension.

## STABILITY BALL HYPEREXTENSIONS

My wife taught me this exercise, and it's a good one. She has 25 years experience as a physical therapy assistant, much of it at the top sports medicine clinic in town, and she uses this one extensively in rehab programs. It's great for that, but it's just as effective for healthy folks. Plus, it's a good exercise to do if you don't have a hyperextension bench.



Lie down with the tops of your thighs and hips on a stability ball. Do NOT lie with the stomach across the ball. Only the tops of your thighs and your hips should be in contact with the ball. Spread the legs far apart to keep your balance.

Now perform a hyperextension, and hold the top position for as long as possible. Sounds simple, but it's not. In fact, it becomes very difficult very quickly.

To make the exercise even harder, hold the arms extended to the front, as if performing the superman exercise, or better yet, hold them straight out to the sides. Contract the muscles of the upper back and the back of the shoulders by pulling the arms as far back as possible. This gives the entire back a super-powerful contraction.

## LESSON EIGHT: HOW TO TRANSFORM YOUR LEGS INTO TWIN PILLARS OF POWER

Aside from the neck and lower back, which few trainees bother to train, the legs and hips are the most neglected part of the body.

The vast majority of trainees are upper-body crazy. They will devote endless hours to working their biceps, triceps, delts, pecs, lats and abs, but when it comes to working the legs and lower back, they suddenly have to go home.

The result is a typical hoobybuilder (a phrase coined by the immortal Iron Game author, Harry B. Paschall): a guy with a massive upper body balanced precariously and stork-like on a pair of spindly little bird legs.

Paint him pink and shove him into the front yard and people would mistake him for a pink flamingo garden-piece.

Neglecting the legs and hips is one of the biggest mistakes that you can make.

Leg and hip training builds maximum levels of health, fitness, energy, virility and vitality.

Leg and hip training keeps you young. It adds years to your life, and life to your years. Do you remember the phrase, "A man is as old as his legs"? Well, it's true.

The legs and hips constitute well over half the total muscle mass of the body. The muscles of the legs and hips are far away from the heart, and working them vigorously exercises the heart, lungs and circulatory system to their utmost. In addition, leg and hip training stimulates the production of muscle building hormones.

Building the muscles of the legs and hips has a direct effect on all of the muscles of the body. Leg and hip training builds a stronger, larger, more massive and more muscular upper body. The strongest and best-developed athletes in the history of the world all shared one very important characteristic: they ALL trained their legs and hips with full-focus, storm the beaches, ferocious intensity. They knew the secret. They knew that leg and hip training is the Royal Road to super strength, super health and super development.

Follow their example. Make up your mind RIGHT NOW to devote plenty of time, energy, toil and sweat to the development of the strongest and best-developed legs and hips that you can possibly build. Specialize in the development of the legs and hips. Become a leg and hip fanatic. Train these critical muscles with all the force, tenacity, effort, determination and concentration that you possess. Do so, and you will reap incredible rewards.

### WALKING

Walking is one of the oldest, most beneficial and most over-looked exercises in existence. While it won't build huge muscular size or world-class levels of strength and power, it does play an important role in an over-all training program designed to build health, fitness and internal power. Walking strengthens and tones the internal organs to a remarkable degree. It builds

organic health and fitness. It promotes excellent circulation and stimulates the glandular, metabolic and endocrine systems of the body. It strengthens the heart, lungs and circulatory system. It burns calories and melts dangerous, life-robbing fat right off of your frame. And it accomplishes all of these things without one tenth of the stress, trauma and trouble that jogging or running can cause for many folks (especially heavier trainees or trainees over the age of 40), and without making such an inroad into your recovery ability that you cannot do justice to the rest of your training.

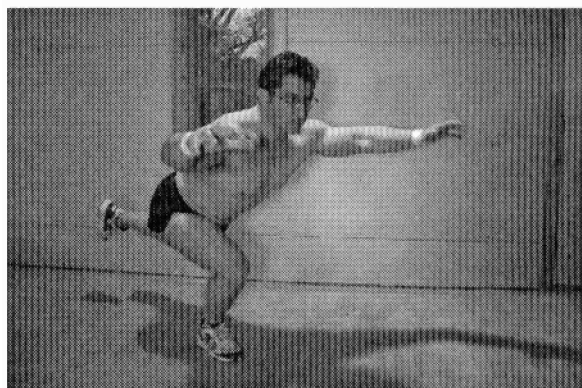
If you want a vivid example of the impact that a simple program of walking can make, consider this. Scientists and medical researchers recently determined that a regular schedule of walking 30 minutes a day at a moderate to brisk pace will add **THREE** years to your life. Think about that. **THREE** years of life.

It's very easy to add 30 minutes of walking to your daily schedule. Simply begin each day with a short walk, or add one after your training program if you train in the afternoon or evening. (If you train in the morning, you can walk after your training or later in the day).

## THE SPRINGING TIGER

The springing tiger is a Dinosaur Power Hold designed to work the legs and hips. It's a toughie.

Stand on the right foot. Bend at the waist and lean forward, and simultaneously extend the left leg behind you. Now bend the right leg and perform a one-legged squat, keeping the hands forward for balance. Lower yourself to a point a little bit lower than a quarter squat position. Shoot for halfway between "legs straight" and "top of the thigh parallel to the floor." Viewed from the side, the pose resembles a springing tiger.



Hold the bent legged position for as long as possible. Try to work up to a 60-second hold.

Rest briefly, and then repeat the exercise while standing on the left leg.

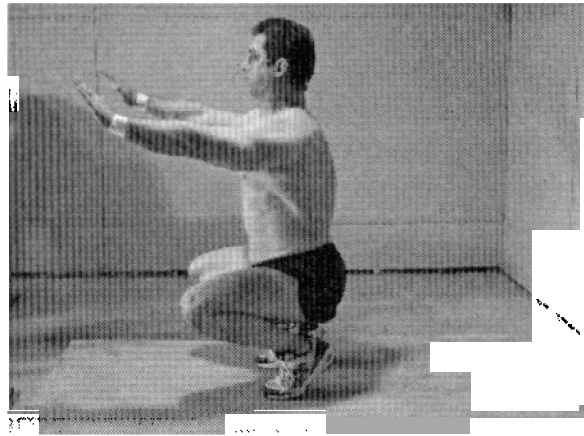
## TIGER SQUATS

After you master the springing tiger, try tiger squats. These are one legged squats performed in the springing tiger position.

Be warned. These are very difficult.

## DEEP KNEE BENDS

Deep knee bends are the **CLASSIC** strength and conditioning exercise for the thighs and hips. They are a virtually perfect exercise. They require no equipment, they can be done anywhere (literally in the privacy of your own room), they are perfectly safe, and they are equally effective for beginners, intermediates and advanced men. They build tremendous muscular strength and muscular endurance. They are a superb “conditioner” and health builder. They give you terrific stamina and cardiovascular fitness. They jump-start your metabolism, and turn your entire body into a fat-burning machine. They trigger muscular growth throughout your entire body.



Deep knee bends should be an integral part of any strength and conditioning program. You should start doing them **NOW**, and you should continue to do them for the rest of your life. They are that good — and that important.

Stand with your feet a comfortable distance apart, hands on hips. Most trainees find that the feet should be about shoulder width apart.

Lower your body into a full squat. Don't “drop” into the squat, but do not make it a slow movement. One to two seconds is about right for beginners. Intermediates and advanced men may go faster.

As you lower your body, shoot your hands out to the front to maintain your balance.

Keep your back straight. You will lean forward, but try to stay as upright as possible. Your heels will rise as you lower yourself, and you will balance on the balls of the feet at the bottom position.

When you reach the bottom position, reverse direction and drive back up to the standing position. Do not pause at the bottom.

## PEAK CONTRACTION DEEP KNEE BENDS

These are brutal, and can make you very sore.

Perform a set of deep knee bends in any style you prefer. After ten reps, contract the thigh muscles as hard as possible in the starting (straight leg) position. Hold the contraction for ten seconds.

Perform ten more reps, followed by another ten-second full-bore muscular contraction.

Continue for a total of 50 reps.

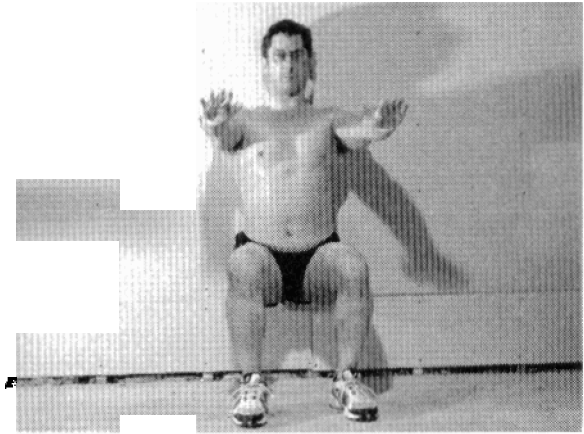
## WALL SQUATS

Wall squats are an isometric exercise that builds great strength in the thighs and hips.

Stand with you back to a wall, feet about six to eight inches away from the wall.

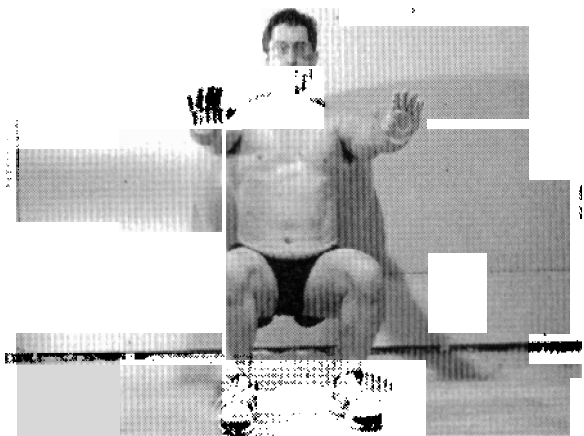
Squat down to the point where the tops of your thighs are just below parallel to the floor. Keep your back perfectly straight and upright, and press back against the wall. Cross your arms over your chest or hold them straight out to the front.

Hold the position for fifteen to thirty seconds. Work up to a 60-second hold.



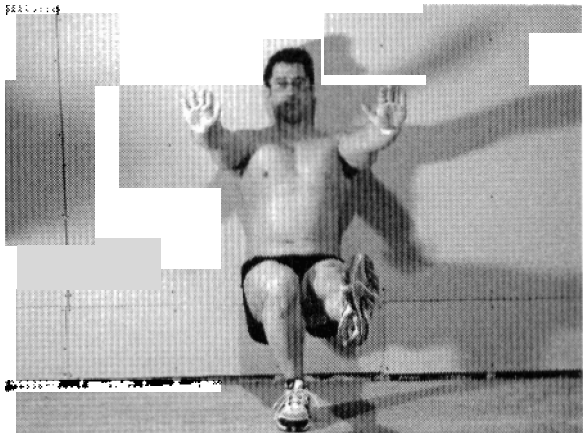
## BALL SQUATS

Ball squats are a more advanced version of wall squats. Perform them with a stability ball between your back and the wall, so that you have to press back against the ball to maintain your position. For a different feel, perform them with a medium sized rubber ball against your back.



## ONE LEGGED WALL OR BALL SQUATS

These are very rugged. Perform one set with each leg, starting with fifteen to thirty seconds per leg and working up to 60 seconds per leg. Hold the non-supporting leg extended straight in front of you, keeping the top of the thigh parallel to the floor.

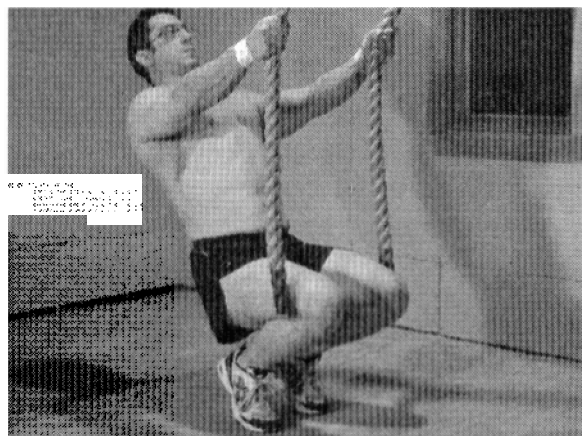




## THE ROPE SQUAT

The rope squat is yet another extremely productive Golden Age exercise. It involves an extreme degree of extension and contraction, and will work your thighs and hips right into the ground.

Rope squats and their variations will build magnificent legs, and should become a regular part of your training. By using rope squats and rope squat variations, you can build maximum levels of strength, power and muscular development into the thighs and hips without ever using any resistance other than your own bodyweight. And, you don't need to perform very many reps to get a great workout.



To perform the exercise, attach a strong rope or chain to an overhead beam, rafter or other sturdy support. If you don't have anything available inside your training quarters, go outside and attach a rope or chain to a tree branch or to a sturdy piece of playground equipment. If possible, use a rope or chain with a short, strong bar attached to the end, so that you can use both hands to hold onto the bar. Alternatively, you can use low hanging still rings or two strong ropes to perform the exercise, holding one ring or rope in each hand.

Holding the end of the rope in your hand, step back until the rope is stretched out to a 45-degree angle.

Lean back. Brace your feet solidly.

Continue to lean back and squat down as far as possible. Lean back as you go down, and drive the hips forward and the knees to the floor, so that there is a straight line from the knees to the hips to the shoulders.

At the bottom of the movement, your knees should be brushing or just barely touching the floor and your hips should be touching your heels.

Pause at the bottom position, then drive back up, raising your body by leg and hip power alone. Do not pull yourself up with your arms. Use the rope to keep your balance, not to assist you up and down.

Keep the torso tightly locked throughout the entire movement. Bend at the knees and ankles, and nowhere else.

Begin with ten or twelve reps and work up to twenty or twenty-five reps. When you can perform multiple sets of twenty or twenty-five reps, try the one legged versions of the exercise.

You can vary the effect of the exercise by holding the knees close together or far apart. Practice both versions.

In addition, note that you can increase the overall effectiveness of the exercise considerably by squeezing a medium-sized rubber ball between your legs. See the discussion of thigh ball squats.

### ONE LEGGED ROPE SQUATS (ON TOES)

After you have mastered the two legged version of the rope squat, you can progress to the one legged version of the exercise. When you do these, you naturally will pull a bit more on the rope, so be certain that it will support your full bodyweight.

Begin with the right leg. Stand on the right foot, extend the left leg straight in front of you, and lower slowly into a one-legged deep knee bend. Instead of leaning back as you go down, keep the torso upright. After completing the set, rest briefly, and then perform a second set with the left leg doing the work.

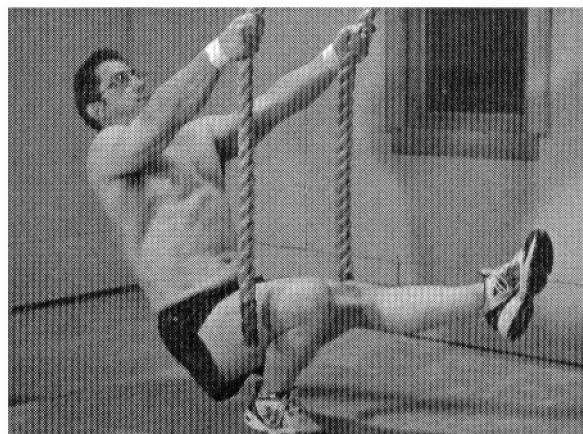
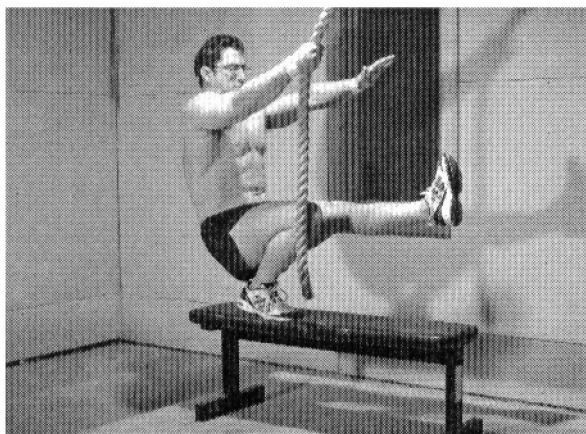
Strive for perfect form and excellent balance on this movement. At the beginning, you may need to pull fairly hard on the rope to help raise your body back to the starting position on each rep. As you get stronger, try to pull less and less with the arms. Eventually, you should reach the point where you are using the rope only to help maintain your balance. And always try to perform the last two reps of each set by using as much leg power as possible, and pulling as little as possible with the arms.

The one-legged rope squat places a severe load on the thighs and hips, and is one of the very best exercises that you can perform for these critical muscle groups.

When you are more advanced, you can perform the exercise while standing on a sturdy box or bench, which allows you to drop a little bit lower, and thus, increases the range of motion in the exercise.

When you first attempt the one-legged rope squat, try to do five or six reps. Do one or two sets with each leg. Eventually work up to five sets of fifteen reps per leg.

### ONE-LEGGED ROPE SQUATS (FLAT FOOTED)



This exercise is performed exactly the same as the previous movement, but keep the foot flat.

When you perform the exercise on the toes and the ball of the foot, it works the thigh muscles a bit more than the hips. Performing the exercise with the foot flat on the floor throws a greater load on the hip muscles.

You can enhance the hip-building aspect of either version of one-legged rope squats by combining the exercise with hyperextensions (which also work the hips very heavily). Perform a set of one-legged rope squats with the right leg, immediately followed by a set with the left leg, and then immediately perform a set of hyperextensions. Four to six such super-sets will work your hips into the ground.

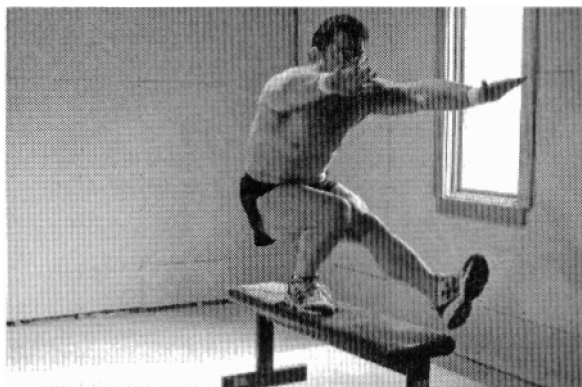
#### AN IMPORTANT NOTE

Although rope squats and one-legged rope squats are very effective strength and muscle builders, they don't give you quite the cardiovascular workout that you get from a high rep set of deep knee bends. Therefore, it is a good idea to include deep knee bends in your schedule even if you also are doing rope squats and one-legged rope squats. You also can include some sprints, hill sprints, jogging, rope skipping or other cardio work.

#### ONE-LEGGED SQUAT (FREESTYLE)

If you are extremely strong and have good balance and coordination, you can try progressing from one-legged rope squats to one-legged squats performed without holding onto a rope or any other support.

These are very difficult. Many of you will find that the one-legged rope squats are actually a better exercise because you don't have to concentrate so much on sheer balance. But if you can perform the freestyle one-legged squat, it makes an excellent addition to your training arsenal.



As with rope squats and one-legged rope squats, the one-legged squat is a terrific strength and muscle-builder, but it doesn't involve high enough reps to give you a really good cardiovascular workout. For this reason, you should always combine it with high rep deep knee bends or some form of cardio work.

I like to perform the exercise while standing on a bench, so that I can go as low as possible.

Begin with the non-exercising leg extended to the front. Hold your hands out to the front for balance. Lower slowly into a one-legged full squat, keeping the foot flat on the floor. Do not twist or turn, and be sure not to twist the knee.

Pause very briefly at the bottom position and then drive back up to the starting position.

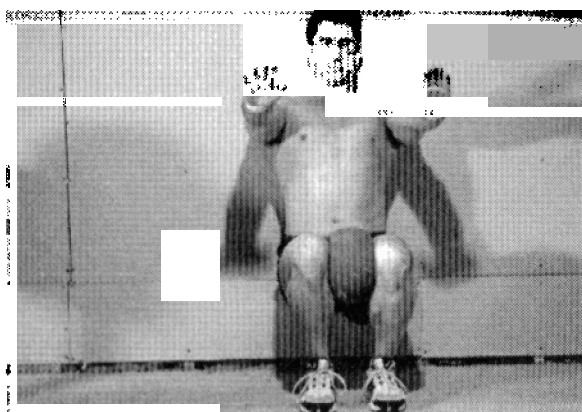
## THE 60-SECOND SQUAT

You can brutalize the thighs and hips by performing any of the rope squat exercises at an ultra-slow speed, so that you take a full 30 seconds to lower yourself and a full 30 seconds to raise yourself back to the starting position. Over time, work up to 60 seconds on the way down and another 60 seconds on the way up.

These are particularly brutal with the one-legged versions.

## THIGH BALL SQUATS

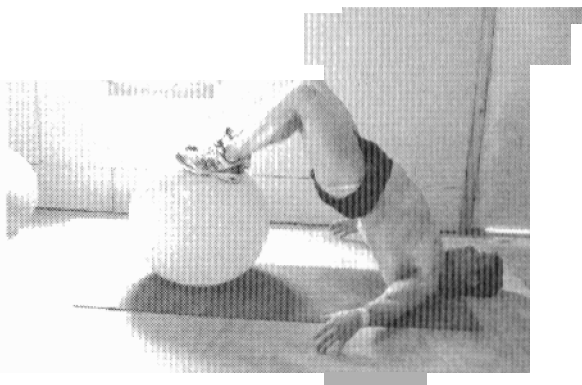
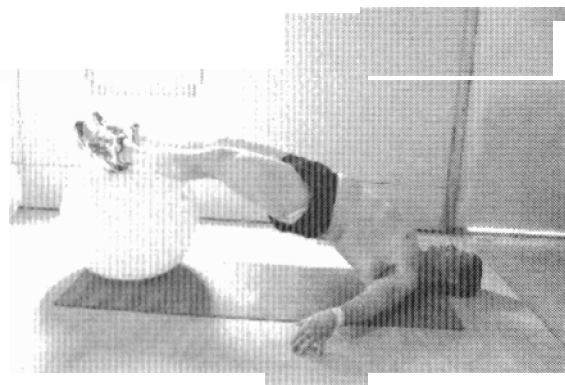
On any two-legged squat or deep knee bend, you can increase the intensity of the movement by placing a medium sized rubber ball between the thighs, positioned so that it is just above the knees. Squeeze the ball together as hard as you can as you perform the exercise. This movement engages the inner thigh muscles, helps strengthen the knees and promotes proper knee tracking.



## POWER HOLDS

You can get a tremendous workout by performing a Dinosaur Power Hold in the position of greatest resistance for the rope squat, the one-legged rope squat, or the one-legged squat. A 60-second hold is a killer.

## STABILITY BALL LEG CURLS



The stability ball leg curl is an easy way to work your hamstrings (“thigh biceps”) over a full range of movement without needing expensive equipment. The exercise works the lower back and hips surprisingly well, and if you perform the exercise while balanced on your toes, it also gives the calf muscles a good workout. Lie on your back, with your feet on top of a stability ball.

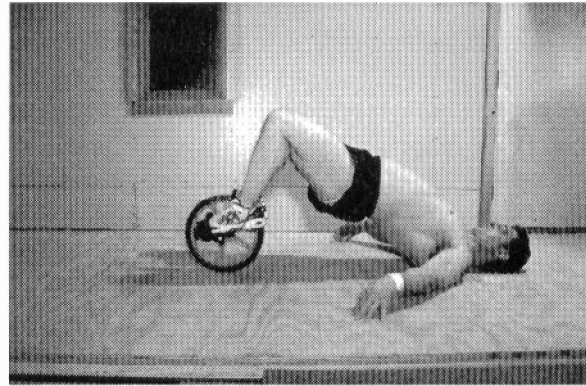
“Curl” the legs toward you, raising your hips as you do so, so that you end up balanced on the shoulders and the ball, with the knees pointing up at the ceiling and the ball as close to the hips as possible. If you do the exercise properly, you will feel a powerful contraction in the hamstrings when you are in the finish position. The contraction may be so sharp that you will feel as if you are having a muscle cramp.

Pause briefly in the contracted position, and then slowly reverse the movement, rolling the ball back until your legs are fully extended. Repeat for the desired number of reps.

## POWER WHEEL LEG CURL

The Power Wheel leg curl works the hamstrings, hips, and lower back extremely well. It also hammers the calves. In fact, be careful the first time you do these or you could have trouble walking for a few days.

Performance is the same as the stability ball leg curl, but perform the exercise with the feet strapped into the Power Wheel rather than resting on the stability ball.

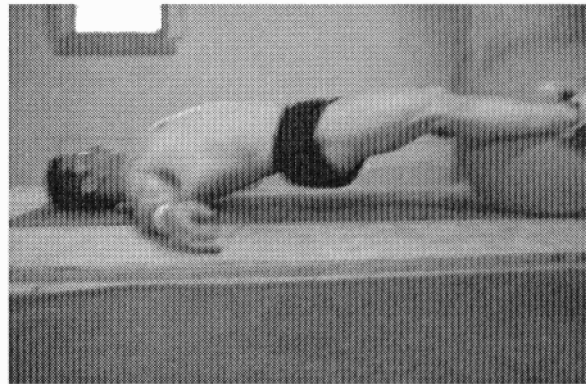


Because the Power Wheel is lower to the ground than a stability ball, the Power Wheel leg curl works the hamstrings a bit differently than the stability ball leg curl. You may find that a good progression is to perform stability ball leg curls followed by Power Wheel leg curls, or you may wish to alternate the two exercises from workout to workout.

## STABILITY BALL LEG SCISSORS

This is a very simple, but very effective exercise for the inner thighs. It also works the posterior chain and the lower abdominals and groin muscles. It's an excellent move that hits areas that are otherwise hard to train.

Lie on your back with your legs fully extended. Hold a stability ball between your feet. Keeping the legs straight, squeeze the ball as hard as possible and lift your legs and torso off the floor until you are balanced on your head, neck and shoulders.



Hold this position for as long as possible, working up to a 60-second hold. Remember to squeeze the ball as hard as possible for the entire set.

## POWER WALKING

Walking can become an actual muscle builder if you perform it power walking style.

In power walking, you lean forward a bit, take a long stride, and push off as hard as possible on the toe and ball of the foot. Keep the leg straight as you push off, making it a real ankle and calf exercise.

A quarter mile or half mile will give your calves and ankles a superb workout.

## CALF RAISES

For extra calf work, perform standing leg raises. If possible, stand on a 4 x 4 so that you can lower your heels down to the floor and get a good stretch in the calf muscles and the ankles.

As you get stronger, progress to one-legged calf raises.

When you perform calf raises, position yourself close to a wall, so that you can lean slightly forward and brace yourself with your hands to keep your balance

## LESSON NINE: HOW TO BUILD UNLIMITED STRENGTH, HEALTH AND FITNESS WITH DINOSAUR CORE TRAINING

Strength, health and fitness begin in the center of the body. Training the muscles of the midsection – the abdominals, the obliques, the transverse, and the groin muscles – is a vitally important and necessary part of your total training program.

In fact, core training is so important that you actually need to specialize in it. You should devote some of your training days entirely to core training. You should aim to build the strongest, hardest, most muscular midsection that you can build.

There are several reasons for this. First, no matter how big and muscular you are, you simply won't look like an athlete if you have a big gut. Sorry if I've offended anyone, but that's the way it is. Even if you are "only interested in strength", there's no reason to be fat. Many of the strongest men in history had lean, hard, chiseled midsections. Eugene Sandow, Maxick, Sig Klein, and Otto Arco are names that immediately spring to mind. Klein had one of the most impressive midsections in the history of the world, and was strong enough to perform a letter perfect, straight as a ramrod, heels together, slow start military press with an incredible 150% of his own bodyweight. His motto was, "Train for shape, and strength will follow."

Second, the muscles of the midsection form a vital part of the kinetic chain. It is impossible to exert maximum force with the legs, back, arms and shoulders without equally strong, powerful core muscles. That means that even if you don't give two pennies for your appearance, you need to train the midsection to be super strong simply in order to be able to demonstrate overall body power in the various lifts or strength feats that you choose to perform.

Third, the muscles of the midsection are closely connected to all of the internal organs. The stronger and healthier the muscles of the midsection, the stronger and healthier the internal organs will be. Working the midsection gives an incredibly therapeutic and beneficial form of muscular massage to the internal organs. It also increases the flow of blood and nerve force to the internal organs. As a result, training the midsection greatly improves the functioning of all bodily processes, including digestion, and the glandular processes responsible for muscle growth, strength and power, energy, vitality, fat-burning, vigorous sex drive and maximum sexual satisfaction.

Fourth, a strong midsection helps to protect against back strain and injury, and helps to protect against rupture.

There are literally hundreds if not thousands of good exercises for the muscles of the midsection I can't list all of them in this Lesson, and I don't intend to do so. Instead, I'm going to give you my personal favorites for developing the muscles of the midsection.

We'll start easy and work up to some of the very toughest and most demanding of core exercises. Specifically, we're going to work you up to (1) hanging leg raises and their advanced variations, and (2) advanced plank variations. No crunches, no sit-ups. The hanging leg raises and advanced planks are so far superior to crunches and sit-ups that it's not even funny.

Before turning to the exercises, let me address two important topics. First, the question of reps. Many trainees train their midsection with nothing but high reps. That's fine for beginners, but intermediates and advanced trainees will do much better on a program of medium and low reps, using harder, more demanding exercises.

Second, you need to combine your exercise program with a sensible diet and nutrition program that allows you to simultaneously build strength and muscle while burning fat off your body. Don't think you can train your midsection super hard and then go out and load up on junk food and end up looking ok. You can't do it.

As a special gift, I've included a free copy of my book, *The Dinosaur Super Strength, Health and Muscle-Building Diet*. This gives you the ultimate nutrition program for world-class results. Combine the diet and nutrition program in the book with your training programs, and you'll end up stronger, leaner, harder, more muscular, better proportioned, healthier and more energetic than you ever imagined.

## THE WAIST WHITTTLER

Before moving on to the leg raise progressions, let's cover the waist whittler. The waist whittler is a tried and true exercise to flatten the stomach. It is ridiculously simple, and ridiculously effective. You can perform it at odd moments throughout the day. This was a training secret of many of the old timers, such as Sandow, Arco, Maxick, Jowett, Atlas, Pandour and Leiderman. John Grimek, who was probably the best-developed man in the history of the world, used this exercise extensively, and that ought to tell you something.

You can perform the exercise standing or seated. Simply contract the abdominal muscles and hold the contraction for thirty to sixty seconds. Relax, and repeat.

Next, suck the gut in as much as you can, contract the abdominals, and hold.

That's all there is to it. Perform the waist whittler five to ten times a day. Instant abs.

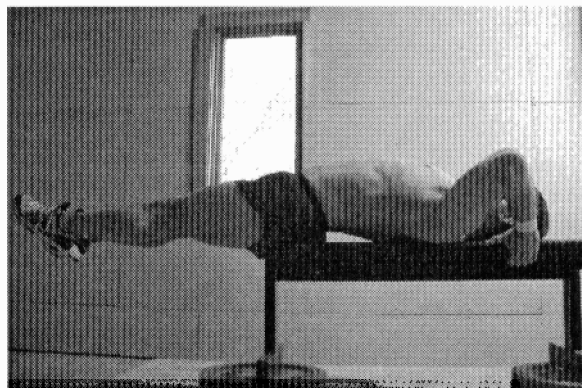
## LYING KNEE TO CHEST (ALTERNATE LEGS)

If you are a beginner, start with this one.

You can perform the lying knee to chest exercise on the floor or on an exercise bench. Either way is fine.

Place the hands under the hips, and raise them slightly, or, if you prefer, hold the bench behind your head (as I am doing in the photos).

If you hold the hands under the hips, begin by raising the shoulders slightly. Do this by "curling" the upper torso toward the feet. (In other words, perform a partial "crunch" movement.) This helps to fully contract and engage the abdominals.

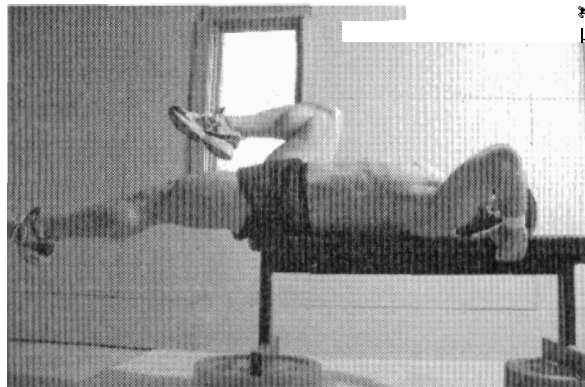




Keeping the legs fully extended, raise both feet until they are parallel to the floor (if you are lying on a bench) or until they are just above the floor (if you are lying on the floor).

Keep the right leg fully extended, and pull the left knee back toward the chest. Draw the leg back as far as possible, pause, and then straighten it.

Repeat with the right leg coming back toward the chest.

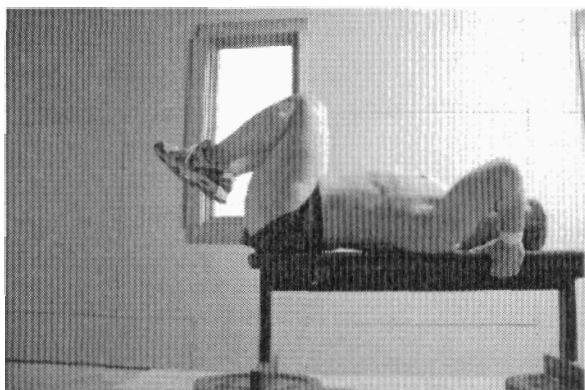


When you get the feel of the movement, try performing it with ankle weights or iron boots.

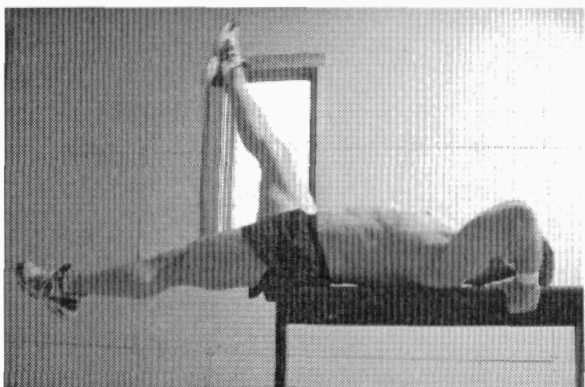
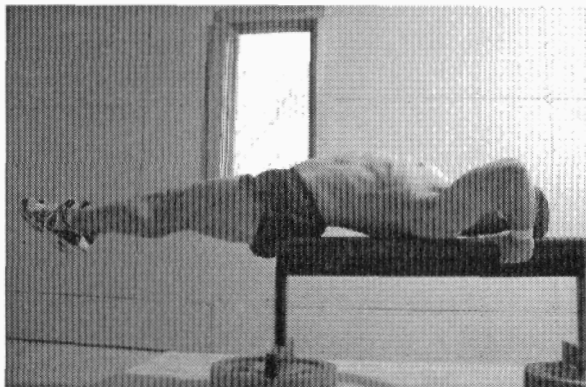
After you feel strong and confident in this movement, move on to the next exercise.

### LYING DOUBLE KNEES TO CHEST

Begin exactly the same as the single leg version, but pull both knees as far up to the chest as possible. Pause briefly, return to the starting position and repeat.



### LYING LEG SCISSOR



Begin with both legs extended. Using a scissors motion, raise the right leg as far as possible toward the chest, keeping the leg fully extended.

Lower, and then repeat with the left leg.

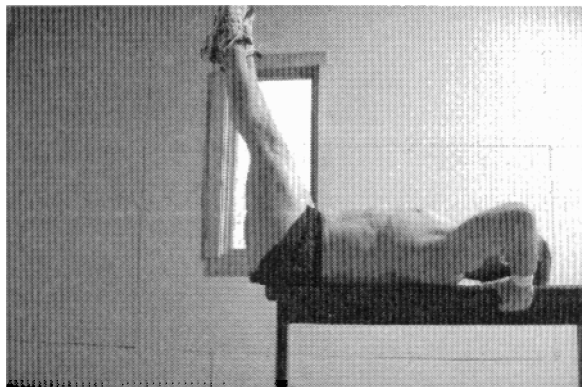
## LYING LEG RAISE

You can perform leg raises while lying on the floor or while lying on an exercise bench.

Begin in the same starting position as the lying knee to chest exercise. Hands behind the head, holding onto the bench is fine. So is the hands under the hips position. If you use the hands under the hips version, remember to begin by curling your torso up and toward the feet.

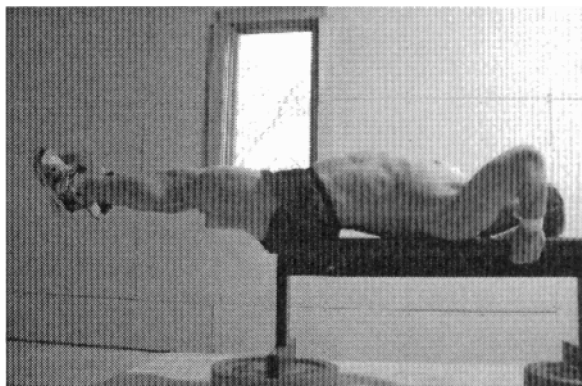
Keeping the legs straight, raise both legs until they are at a 45-degree angle to the floor. Pause briefly, lower slowly and under control until they heels are almost touching the floor, and repeat.

As you get stronger, raise the legs to a 90-degree to the floor position.



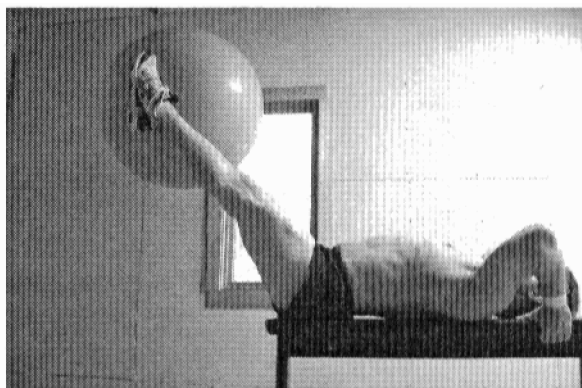
## LYING LEG RAISE WITH RUBBER BALL

As the lying leg raises get easier, try holding a medium sized rubber ball between the feet as you perform the exercise. Squeeze the feet together as hard as possible as you raise your legs. The squeezing movement helps to engage the deep-seated muscles of the lower abdominals and the groin.



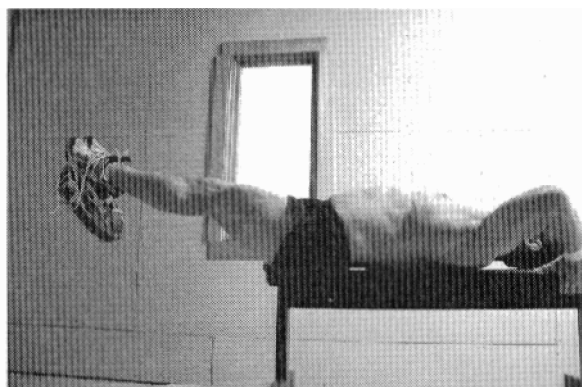
## LYING LEG RAISE WITH STABILITY BALL

When performing the exercise with a rubber ball gets to be too easy for you, hold a stability ball between the feet, and squeeze the stability ball as hard as possible while you perform your leg raises.



## LYING LEG RAISE WITH WEIGHT RESISTANCE

Hold a light dumbbell between the feet while performing your leg raises. Alternatively, you can wear ankle weights or iron boots, or run a loop of rope through a barbell plate and slip one foot into each side of the loop (as shown in the photo). Another option is to hold a medicine ball or small sandbag between the feet. You won't need to use too much weight to get great results. Even a super strong athlete need never go beyond 25 or 35 pounds total weight resistance in this exercise.



## HANGING KNEES TO CHEST

This is the first "hanging" movement that you will perform.

Hang from a chinning bar, two ropes or a set of still rings, and bring both knees up to the chest. Curl the hips and lift them up and forward as you do so. As you curl the hips forward and raise the knees, lean backward. In the finish position, you will be rotated forward, with the hips raised and the torso somewhere between a 30 degree and 60 degree angle.



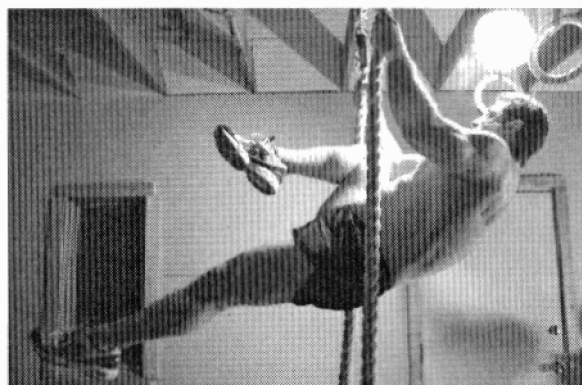
Pause briefly in the contracted position, lower and repeat for the desired number of reps.

Work up to five sets of 15 to 20 reps. And remember, don't just bounce up and down. Make each movement a hard, tight, powerful contraction. Roll yourself right up into a tight ball while you are in the hanging position.

## SINGLE HANGING KNEE TO CHEST

The single hanging knee to chest raise is a fun exercise. It feels as though you are a trapeze artist in a circus.

To perform the exercise, keep the right leg perfectly straight and fully extended, and then raise the left leg up to the chest. Curl the hips up and forward, and lean back as you finish the movement.



After performing a set with the left leg coming up to the chest, rest briefly, and then perform a second set with the right knee coming up toward the chest.

## TWISTING KNEES TO CHEST

This one hammers the obliques as well as the abdominals.

Perform a hanging knee to chest movement, but twist as far as possible to the right as you perform the exercise. Perform the desired number of reps, rest briefly, and then repeat the exercise twisting to the left.

Alternatively, you can twist to the right on the first rep, and then twist to the left on the second rep. Continue in alternate fashion for the entire set.



## FROG KICKS

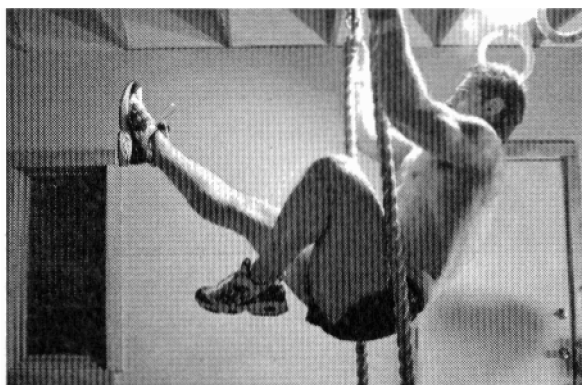
This exercise will help you transition from the knees to chest movements to the hanging leg raise with fully extended legs.



Perform a hanging knee to chest. At the top of the movement, with the knees against the chest, extend the legs in front of you, and when they are fully extended, lower them slowly until you are back at the starting position.

## SINGLE LEG FROG KICKS

Perform a one-legged frog kick. You can perform the entire set working a single leg, or you can alternate legs from rep to rep.



## WEIGHTED VARIATIONS

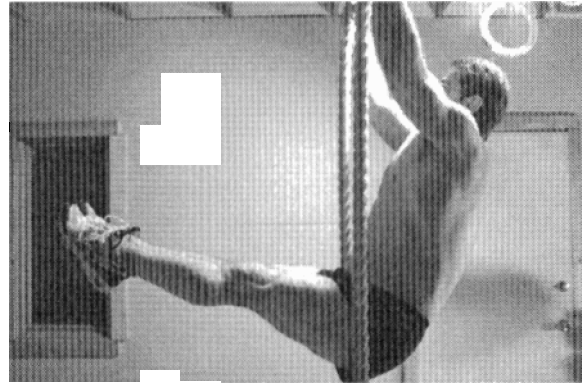
As you grow stronger in the various movements that I have just described, try adding weight by using ankle weights or iron boots, or by holding a light dumbbell, medicine ball or sandbag between your feet. Due to the leverage involved, even a small amount of extra weight will give you a tremendous workout.

### HANGING LEG RAISES TO PARALLEL

After you master the frog kicks, try these.

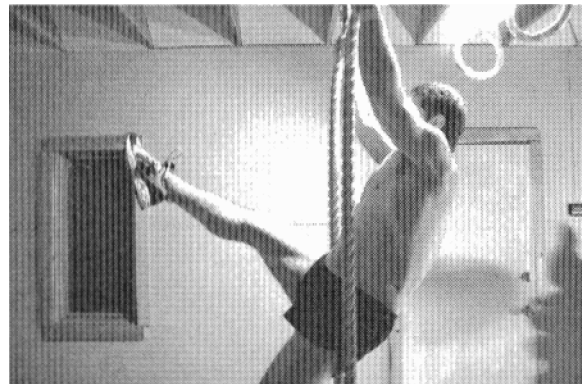
Hang from the bar (or ropes or rings). Keeping the legs perfectly straight and fully extended, raise the feet until they are parallel to the floor. Pause briefly, lower slowly and repeat.

As you get stronger, try performing a set or two with a five second pause on each rep while you are in the parallel position.



### HANGING SINGLE LEG RAISE TO PARALLEL

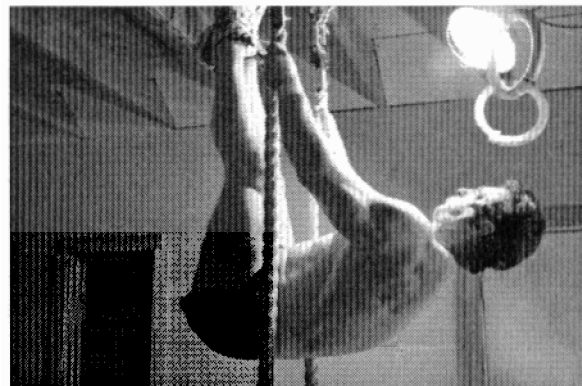
Perform a single leg version of the hanging leg raise to parallel. You can perform all of your reps with one leg, or you can alternate legs from rep to rep.



### FULL RANGE HANGING LEG RAISES

Stop right now and make a special note to yourself. The full range hanging leg raise will totally change your physique. The first day you train them will be a red-letter day in your training career.

The full-range hanging leg raise and its variations are personal favorites. They will carve a midsection that would make the Farnese Hercules feel puny. They are one of the very best core exercises that you can. Try working up to three to five sets of ten to fifteen reps, and you'll have an unbelievable set of abs.



Make up your mind, right now, to get very, very good at these.

Hang from a chinning bar, two ropes or a set of still rings.

Keeping the legs fully extended, with the feet together, raise the legs until they touch the bar, ropes or rings. Move at a controlled rate of speed, but do not go excessively slow. If you can feel the abs working, the speed is correct.

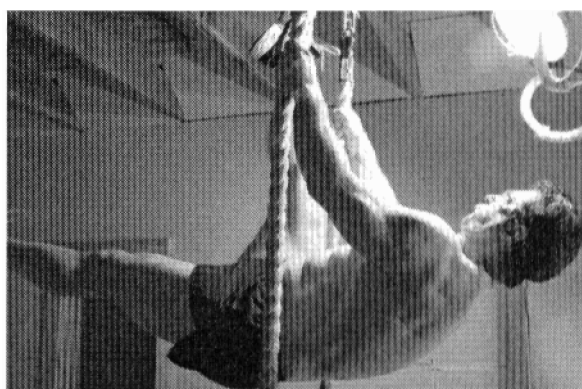
Pause briefly at the top of the movement. Lower slowly to avoid swinging, pause briefly at the bottom of the movement, and repeat.

These are one of the greatest core exercises that you can do. Work them very hard. They will reward you well.

### SINGLE LEG FULL-RANGE HANGING LEG RAISE

These are performed exactly the same as the double leg version, but you raise only one leg at a time. Single leg movements work the groin muscles extra hard. It's always a good idea to include some single leg exercises with your double leg exercises.

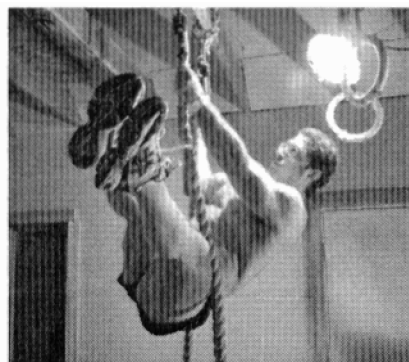
You can perform the single leg full-range hanging leg raise with one leg for the entire set, followed by a second set working the other leg, or you can perform your reps in alternate leg fashion.



You can allow the non-exercising leg to hang straight down, or you can bend the leg at the knee and pull it up to the chest and hold that position throughout the set.

### HANGING LEG CIRCLES

This is another favorite exercise, and a very good one. It really hammers the obliques. Practice these for a while and you'll develop a rope-like formation circling the abs and running deep into the groin. This is Golden Age oblique development similar to that of Klein, Arco, Maxick and others of their era, and it is something you almost never see in modern athletes.





To perform the exercise, twist the legs to the right and lift them up and to the right in a circular movement, keeping the legs straight and the feet together through the entire rotation.

You should imagine that you are facing a large clock as you hang from the bar. Your feet will be at the 6:00 position when you are hanging from the bar. Raise them counter-clockwise from 6:00 to 5:00, and so on, all the way to 3:00, 2:00, 1:00 and 12:00, and then lower to 11:00, 10:00, 9:00 and so on, until you are back at the 6:00 position.

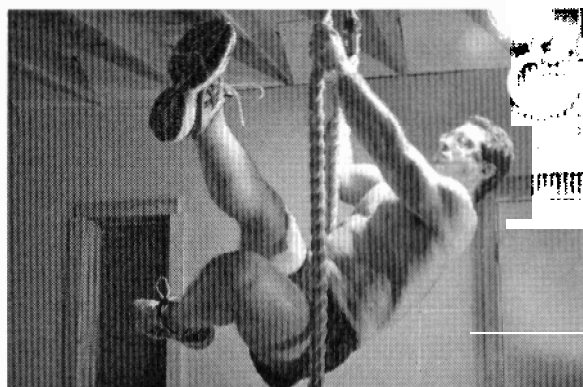
For the second rep, you can continue in counter-clockwise fashion, or you can perform a full rep in clockwise fashion.

Continue for as many reps as possible.

For variety, you can combine hanging leg circles with hanging leg raises. Perform three to five reps in a clockwise fashion in the leg circle, then perform three to five reps counterclockwise, and then finish the compound set with three to five hanging leg raises.

### SINGLE LEG HANGING LEG CIRCLES

Perform these the same as the hanging leg circle, but work only one leg at a time.

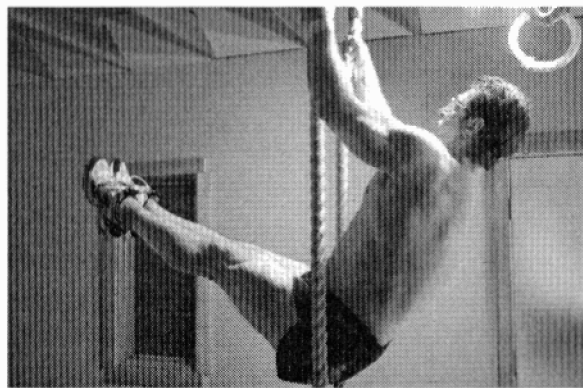


### THE L-HOLD

Here's another tough one that should be a regular part of your training.

Hang from a chinning bar, two ropes or a set of rings, and perform a partial leg raise, keeping the feet together and the legs fully extended.

When the tops of the thighs are parallel to the floor, pause and hold the position for as long as possible. Thirty seconds is good. One minute is excellent.



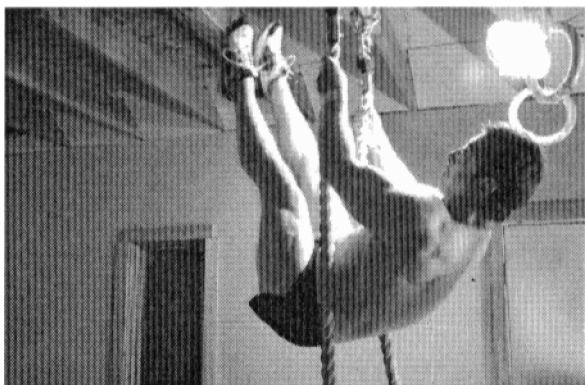
## THE SINGLE LEG L-HOLD

Perform an L-hold in single leg style. Perform one set with each leg.



## THE L-HOLD AND DOUBLE LEG RAISE

Perform an L-hold for five to ten seconds, then raise the feet up to the top of the bar (or ropes or rings), lower back to the L-hold position, and repeat as many times as possible.



## THE SINGLE LEG L-HOLD AND LEG RAISE

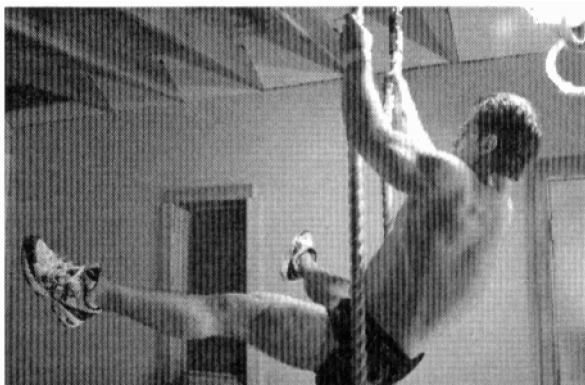
Perform a single-leg L-hold for five to ten seconds, then a single leg hanging leg raise, lower back to the single leg L-hold, and repeat for as many reps as possible. Rest, and then perform a second set for the other leg.

## THE V-HOLD

Perform this one exactly the same as an L-hold, but spread the legs as far to the sides as possible, so that they form a V when viewed from above.

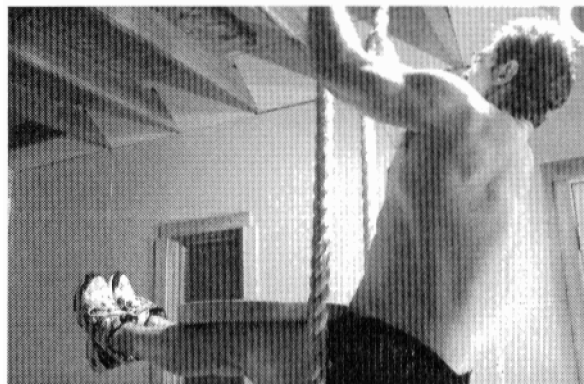
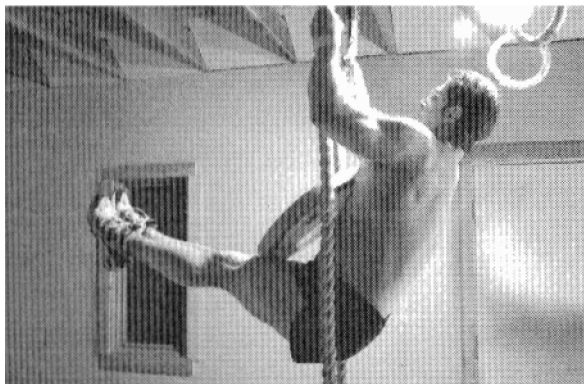
## THE V-HOLD AND LEG RAISE

Perform a V-hold for five to ten seconds, then raise the legs as high as possible while maintaining the V position, lower to parallel, and repeat for as many reps as possible.





## WEIGHTED L-HOLDS



Adding a small amount of weight to the L-hold will make the exercise almost impossible for all but the very strongest. A fifteen to thirty second hold with extra weight requires tremendous core strength.

You can add weight by using iron boots, by wearing ankle weights, or by holding a small dumbbell, medicine ball or sandbag between your feet.

Another option is to have someone place a barbell plate on top of your thighs when you are in the L-hold position. In the photo, I'm holding the L-position with a 33-pound plate on top of my thighs. (Be sure to use a rubber bumper plate, as it is very easy to drop it to the floor.)

## HANGING, TWISTING LEG RAISES

These are another favorite. They work the abdominals and the obliques very heavily.

Begin as if you were performing a hanging leg raise, but twist to the left and raise both legs up and to the left so that you finish the rep with the feet touching the outside of the left hand.

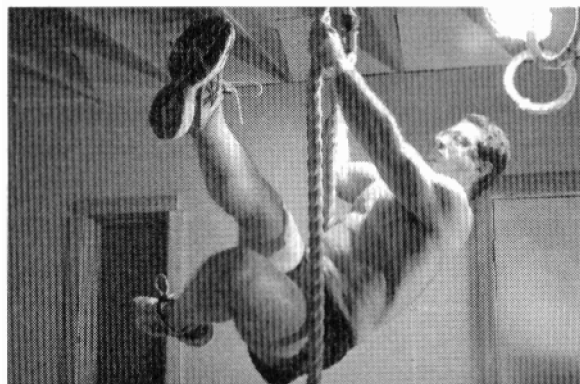
Lower, pause, and repeat for the desired number of reps. Rest briefly, and then perform a set in the opposite direction.



Alternatively, you can perform one rep to the left, the next rep to the right, and continue in this fashion for the entire set. Another variation is to mix up twisting reps with standard reps.

Still another possibility is to combine twisting leg raises with leg circles.

## SINGLE LEG HANGING, TWISTING LEG RAISES

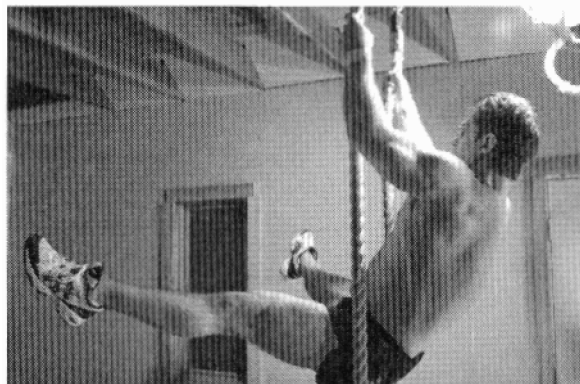


You can perform the hanging, twisting leg raise with one leg. Perform a set with the right leg, followed by a set with the left leg. If you prefer, alternate legs from rep to rep.

## V RAISES

V raises are hanging leg raises where you hold the legs in a wide V as you raise and lower them.

You also can perform reps where you simultaneously raise the legs and extend them into a V, and then close the V and finish the rep with the feet together again. This exercise teaches great body control and works the abdominals, obliques and groin muscles into the ground.



## BALL BUSTER LEG RAISES

Perform a hanging leg raise or any variation of the exercise while holding a medium sized rubber ball pressed between the feet. Squeeze the ball as hard as possible as you raise your legs. This engages the lower abdominal and groin muscles to the maximum, and adds a surprising new dimension to the exercise.

For an even more challenging variation, hold a stability ball between the feet. Be sure to squeeze it as hard as you can as you raise your legs.

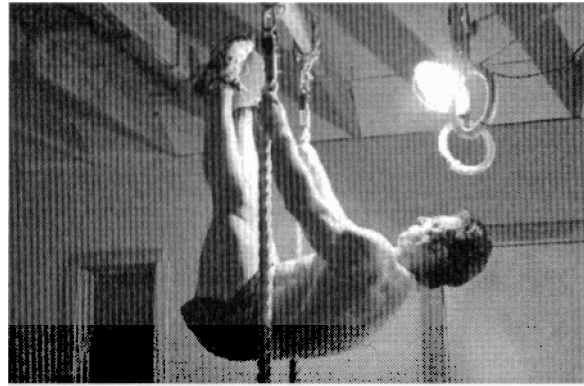


## HANGING LEG RAISES WITH EXTRA WEIGHT

After you master ball buster leg raises, try performing the movement while holding a medicine ball or small sandbag between your feet.

You also can try wearing iron boots or ankle weights, or holding a small dumbbell between your feet.

Five sets of ten reps in the hanging leg raise or any variation of the exercise while wearing iron boots, or while holding a medicine ball, sandbag or dumbbell between your feet will build incredibly powerful, deeply chiseled abs and obliques.



## HANGING SIDE LEG RAISE

The hanging side leg raise is one of the very best exercises for the internal and external obliques. And you don't need to do too many reps to feel it.

Hang from the bar, ropes or rings. Keep the legs extended and the feet together.

Slowly raise both legs in a semi-circular motion to the right side. Allow your hips to move up and to the right as you raise your legs. Finish the movement with the legs fully extended and the feet as high as possible, with the left foot to the right of the right hand.



Be sure to raise the feet all the way up to the height of the hands or higher. Make it a full-range movement. It's the last few inches that will fully engage the obliques.

Perform one set raising the feet to the right side, rest briefly, and then perform a second set raising the feet to the left side.

After you get the feel of the movement, you can try working it in alternate leg fashion, going to the right side on the first rep, the left side on the second rep, and so on. Personally, I prefer to hammer each side of the body separately, but see what feels good to you.

## HANGING LEG CIRCLE AND HOLD

Here's another killer movement for the obliques.

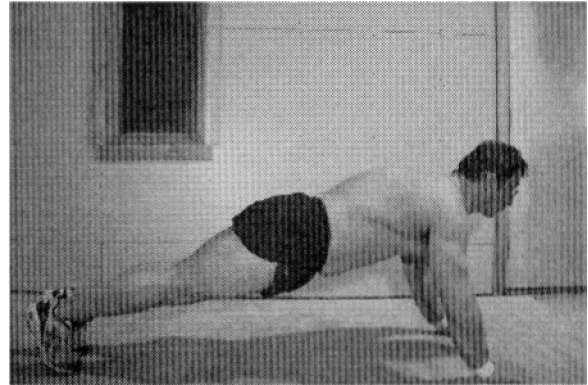
Perform the hanging leg circle, moving in a counter-clockwise fashion, but stop and hold the movement with the legs fully extended when the feet are at the 9:00 position. This puts tremendous tension on the right side of the body. Try to work up to a thirty-second hold.

Rest, and then repeat the movement in a clockwise direction, but this time, pause in the 3:00 position. This will hit the left side of the body.

## THE PLANK

The remaining exercises in this Lesson will be planks and related movements. These are very important for over-all core strength and power. They help to tie the upper and lower body together, and are of critical concern for anyone who is trying to develop functional strength and athleticism.

We'll begin with the most basic plank variations and work up to some really difficult and demanding ones.



Start in the extended, arms straight position of a standard pushup. Be sure to keep the back flat. No sagging at the hips!

Hold the position as long as possible, working up to a 60 second hold.

Now, here's the secret to this exercise and every other plank or similar movement in this course. Do not simply get into the position, hold it for a certain number of seconds, and think you have performed the exercise correctly.

Instead, maximize the power of co-contraction.

Don't just rest on the toes. Dig them into the floor as hard as possible. Contract the abdominals, and try to push your feet right through the floor. Pretend that you are trying to kick a hole in the floor. Feel the pressure all the way up and down the legs and into the hips and abdominal region.

As you push your toes into the floor, brace hard with your arms to counter-balance the force you are applying with your feet.

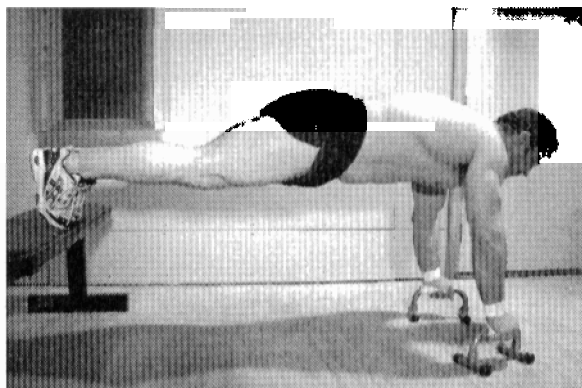
The plank and all plank variations are exercises in thrust, balance and tension. The perfectly performed plank looks no different than an ordinary plank, but under the surface, the differences are profound.

If the standard plank is too difficult when you begin, perform a modified plank by resting your weight on your elbows or by resting your weight on your hands and knees. Begin by simply holding the position. From there, work on the co-contraction principles outlined above. When you have mastered those principles in the modified plank, move on to the standard plank.

### THE PLANK WITH FEET RAISED

Increase the difficulty and intensity of the plank by performing the exercise with the feet placed on a sturdy box, bench or chair. Remember to use co-contraction principles!

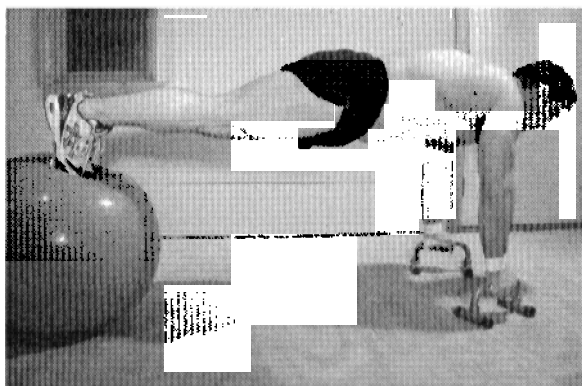
Work up to a 60-second hold.



### THE STABILITY BALL PLANK

Performing the standard plank with the feet balanced on a stability ball is surprisingly difficult. The subtle shifts and changes in tension required to maintain your balance give the core muscles an extremely demanding workout. In addition, the stability ball plank works the obliques much harder than the standard plank.

Work your way up to a 60-second hold. If you fall off, get back on and finish the set.

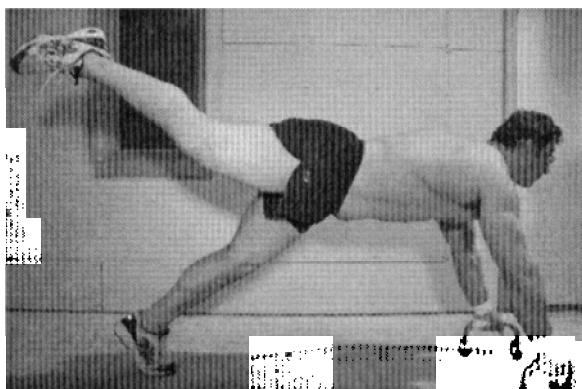


If it is impossible to keep your balance, try wedging the stability ball into a corner when you perform the exercise.

### THE ONE-LEGGED PLANK

The one-legged plank makes you work harder because you are in an unbalanced, unstable position. If you use co-contraction principles, the exercise places an enormous load on the muscles of the hips, groin, frontal thigh, shin and ankle, making it a truly powerful all-around exercise.

When you perform the one legged plank, do not simply lift the opposite leg off the mat. Perform the exercise the same as the one-legged pushup described in Lesson Five. Raise the leg as high as you can. When you reach the highest possible foot position, turn the hip slightly up and to the

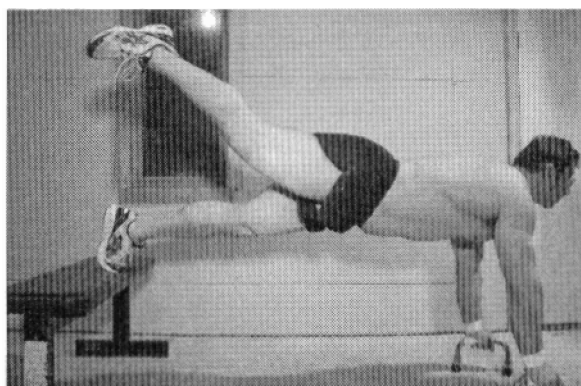


side, so that the hip and lower back are contracted as hard as possible. Make it as hard as possible to hold the one-legged position.

Work up to a 60-second hold with each leg.

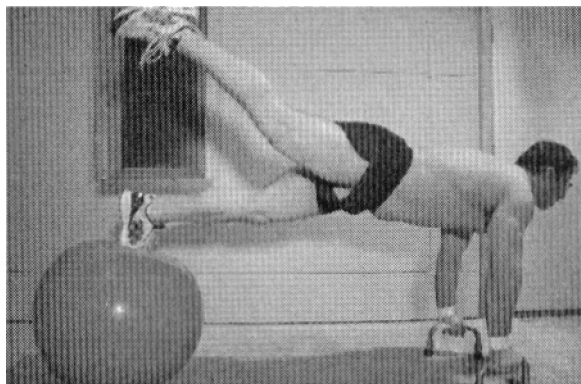
### THE ONE-LEGGED PLANK WITH FOOT ELEVATED

Increase the difficulty of the one legged plank by performing the exercise with the supporting foot elevated on a sturdy box, bench or chair. Work up to 60 seconds with each leg.



### THE ONE-LEGGED STABILITY BALL PLANK

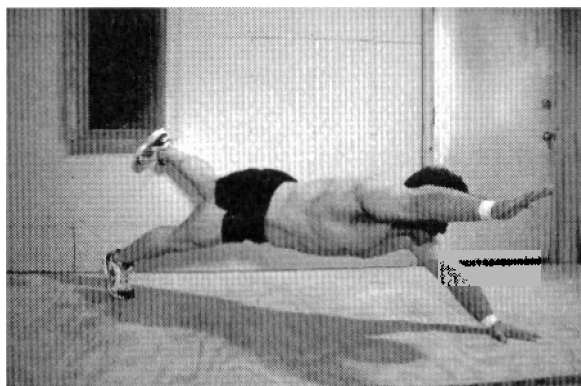
Your next progression is to train the one legged stability ball plank. This is a fierce and unrelenting exercise. Train them hard, and work up to 60 seconds with each leg.



### DOUBLE TROUBLE PLANKS

Double trouble planks are performed while balancing on one arm and one leg. This is one of my favorites, and I include it in most of my training sessions. It is simple, elegant and brutally effective.

The secret to making this a truly exceptional exercise is to extend your arms, legs and torso as much as possible. Think “long and strong” while you simultaneously contract the abdominals and obliques to their maximum.



The supporting leg should be as far back and as straight as possible, and the supporting arm should be as far forward and as straight as possible.

The supporting arm should be as far forward as possible and as straight as possible.

Extend the elevated leg as high as possible and hold it as far back as possible. Keep the leg locked at the knee. Bend the foot at the ankle and extend the toes backward for those precious extra inches of movement.

Point the elevated arm straight to the front. Keep the arm straight and fully extended. Extend the fingers as if you were going to perform a karate chop. As with the extended foot, make the exercise perfect by adding the extra inch of extension.

Keep the torso extended as fully as possible. Do not shorten the movement by sagging at the hips, by raising the butt, or by twisting to the side.

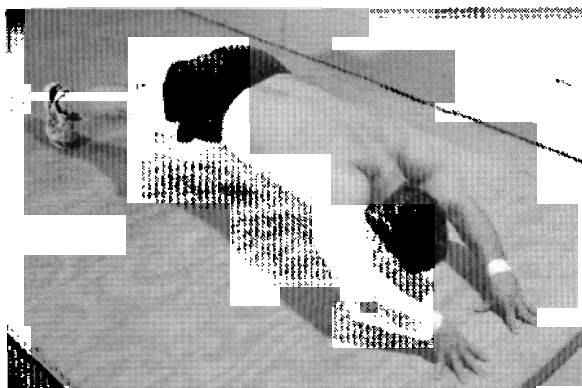
Work up to a 60 second hold with the right arm and left leg, followed by a 60 second hold with the left arm and the right leg.

## EXTENDED PLANKS

You can increase the difficulty and intensity of any plank by increasing the distance between the hands and the feet, thereby putting more tension and greater stress on the center of the body. Increasing the distance by only a few inches will make the exercise enormously more difficult.

Begin with the standard plank, and slowly work it into an extended position. Use a piece of tape or chalk to mark your position, and increase no more than one inch at a time from workout to workout.

Your ultimate goal is to perform the plank in a fully extended position, with the hands as far forward as possible, and your torso and face barely off the ground.



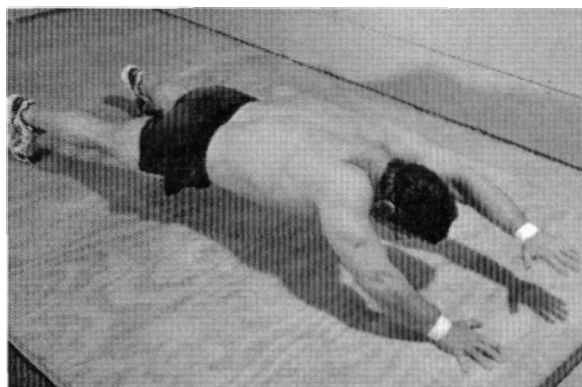
As with your other planks, work up to a 60-second hold.

## ONE ARM EXTENDED PLANKS

A one arm extended plank is downright evil. When you can hold the fully extended position for 30 to 60 seconds with either arm, you have developed incredible strength throughout the entire body, and will have muscles to match.

## ONE LEG EXTENDED PLANKS

Another rigorous exercise, although not as hard as the one arm version. Work up to a 60-second hold with each leg.

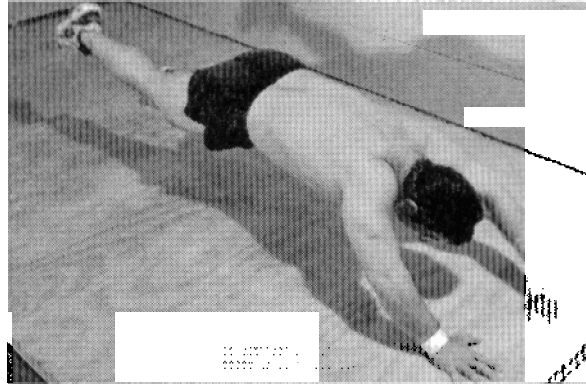




## DOUBLE TROUBLE EXTENDED PLANKS

Picture the following. You kneel on the mat, and then move into a fully extended plank, balanced on your right arm and right leg only. You hold the fully extended position for 30 to 60 seconds. Then you rest briefly, and repeat the movement, working the left arm and the right leg.

Can you imagine the strength, power and muscular development that you will possess when you can perform this exercise?

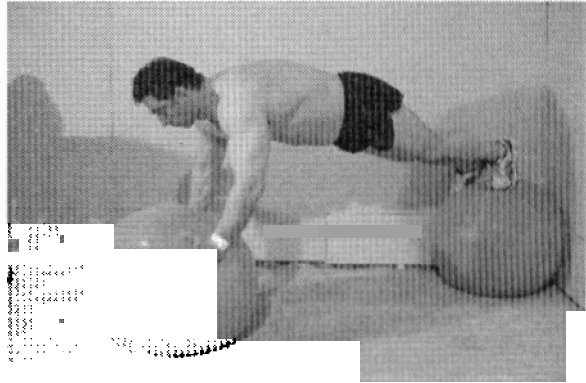


## ZERO BALANCE PLANKS

Here's another great exercise. But be warned. It's much, much tougher than it looks.

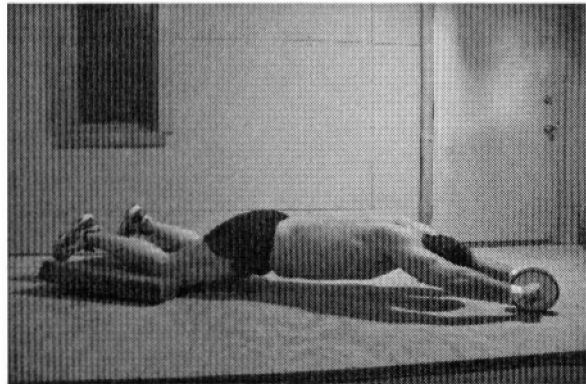
Perform a standard plank while balanced with the feet on a stability ball, and the hands on a second stability ball. Wedge the back stability ball (the one your feet are on) into a corner

Hold for as long as possible. Work up to a 60-second hold.



A very few athletes may be able to perform the zero balance plank without wedging the back stability ball into a corner. If you have extremely good balance, feel free to experiment with the "freestyle" version of the exercise. But the version that I am teaching here is more than enough to give your core muscles a hard, heavy workout.

## ROLL-OUTS FROM THE KNEES



Use an ab wheel for this exercise.

Begin by kneeling on a thick mat. Hold the wheel in your hands in front of your knees. Keep the arms straight.

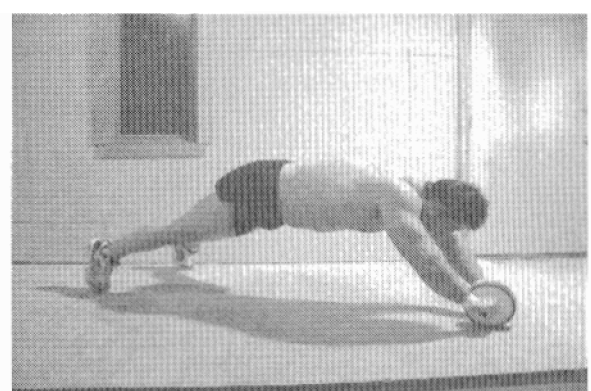
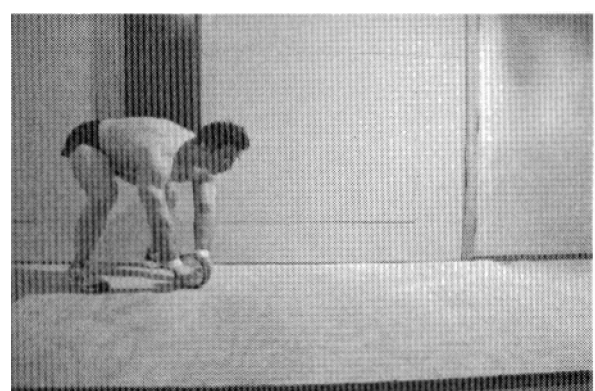


Slowly lower the body to the front, rolling the wheel forward as you do so. Go as far forward as possible, then reverse the direction of the movement smoothly and slowly and return to the starting position. Continue for the desired number of reps.

When you are beginning to learn the movement, you probably won't be able to extend very far. That's fine. Gradually increase the distance as your muscles grow stronger and more powerful. If you use too great a range of movement at the beginning, you can strain your lower back. So work slowly, cautiously and carefully.

When you begin to do these, perform the exercise while facing and rolling toward a wall, so that the wall stops the movement of the wheel at the proper finishing point and prevents you from over-extending. Gradually increase the distance, but continue to use the wall until you are very strong and confident in the exercise and can fully control the movement of the wheel.

## DINOSAUR ROLL-OUTS



After you master the roll-out from the knees, try this much more difficult and productive version of the exercise.

Begin in a standing position, with the each foot about 6" wider than shoulder width. This will give you a better base and better balance as you perform the exercise.

Bend forward at the waist, and hold the ab wheel on the floor in front of the feet. Keep the arms as straight as possible, with the elbows locked.

From this position, allow the body to move down and forward, so that you slowly roll into an extended position.

Pause briefly in the extended position, then contract the abs as hard as possible, while simultaneously pushing down with the arms as hard as you can, and roll back up to the starting position.

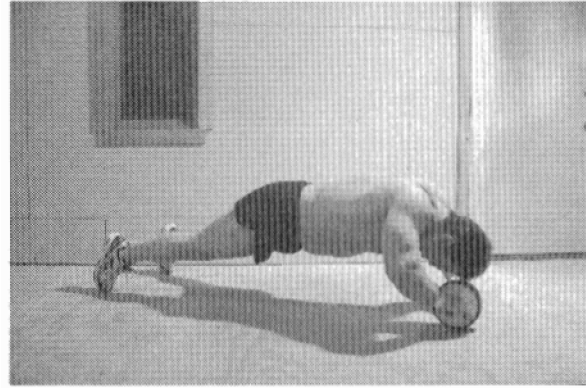
Keep the back flat throughout the entire exercise. Do not sag or bend at the hips.

Repeat for the desired number of reps.

As with the roll-out from the knees, be careful not to over-extend at the beginning. Perform the exercise in front of a wall and use the wall to stop the movement at the correct position.

## DINOSAUR ROLL-OUTS AND PUSHUP

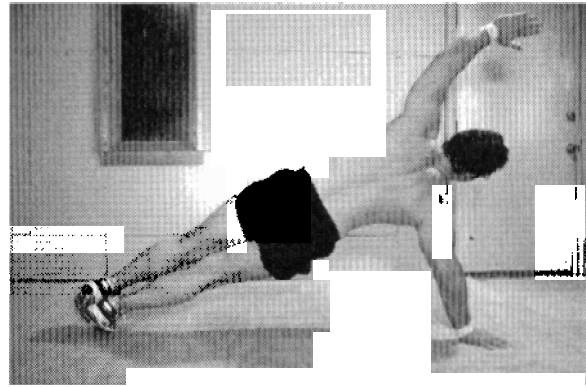
You'll like this one. Perform a dinosaur roll-out, but pause in the extended position and perform a pushup. Keep the back flat, and do not sag or bend at the hips. After performing the pushup, return to the starting position and repeat.



## SIDE PLANKS

Side planks work the obliques very directly and intensely. Be sure to include these every time you work your midsection.

Place the right hand on the mat, turn to the side and extend your legs so that your body forms a straight line from the head to the heels. The feet should be turned to the side so that you are resting on the side of the right foot, with the left foot placed on top of the right. The right hip will be turned toward the mat. You will be balanced on the right hand and the side of the right foot.



Now raise the hips as high as possible and simultaneously extend the left arm up and over the head as far as possible. Use the left arm to help "pull" the body into a fully extended, arched position.

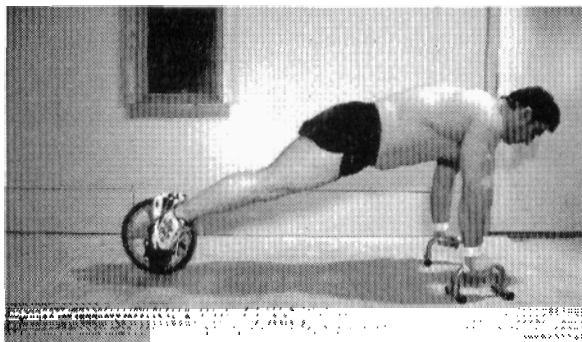
Hold this position for as long as possible, working up to a 60-second hold.

Rest briefly, and then repeat with the left arm.

To get maximum benefit from the exercise, make it as hard, and as perfect, as possible. Raise the hips as high as possible, keep the legs long and extended, keep the supporting arm locked, and extend the non-supporting arm as far as possible. Maximize the distance from the feet to the non-supporting hand.

## POWER WHEEL PLANKS

Matt Furey really popularized the Power Wheel several years ago. He wrote a killer article about the Power Wheel in my newsletter, *The Dinosaur Files*, and from that day forward I have received many letters and emails from dinosaurs around the world who built great strength and outstanding muscular development with Power Wheel exercises. The Power Wheel is an outstanding tool, and comes with my highest endorsement.

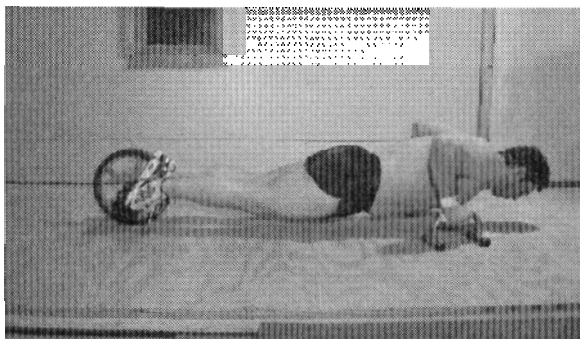


The first Power Wheel exercise is the Power Wheel plank.

Follow the manufacturer's instructions to strap into the Power Wheel, and then perform a plank. Hold for as long as possible, working up to 60 seconds.

## POWER WHEEL PUSH-UPS

Your next exercise is the Power Wheel pushup. Be sure to maintain a flat back position throughout the entire set.



## ALLIGATOR WALK WITH THE POWER WHEEL

After you begin to feel comfortable with Power Wheel pushups and planks, try the alligator walk. If possible, do these outside and go for a set distance. These are a killer.

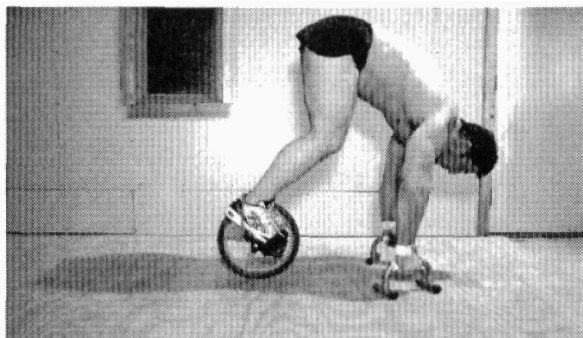
Our house is on a hill overlooking a small park. The park has a small jogging track that winds and meanders through it. Sometimes I take my Power Wheel out to the park and walk as far as I can around the running track. When I can go no further, I take a short rest, and then continue. Doing this for several hundred yards will wipe you out.

For extra fun, stop and perform Power Wheel pushups every ten to twenty feet while you are doing your alligator walk.

## POWER WHEEL PIKES

These work the heck out of the lower abs. They are a terrific exercise.

Begin in the starting position for the Power Wheel pushup. Keeping your legs as straight as you can, roll the wheel forward as far as possible, raising your hips high in the air as you do so.



In the finish position, you will be bent into an inverted V, with the torso and arms forming one side of the V and the legs forming the other side.

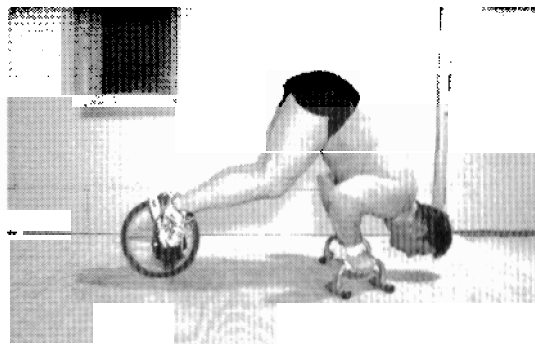
Pause briefly, then reverse the movement and allow the legs to roll back to the starting position. Pause and repeat for the desired number of reps.

You also can try a Dinosaur Power Hold in the pike position. This is tough. Try to work up to 60 seconds.

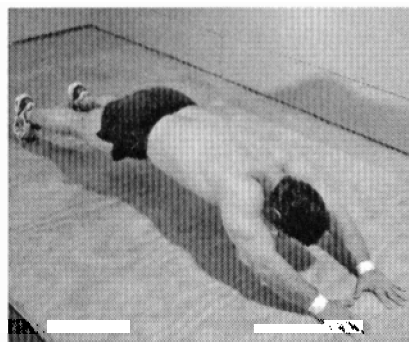
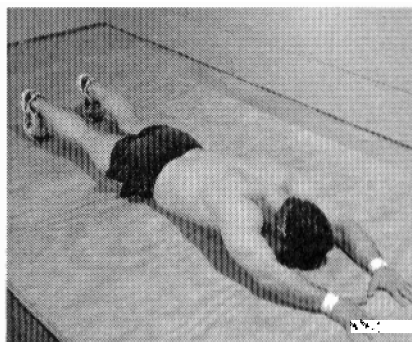
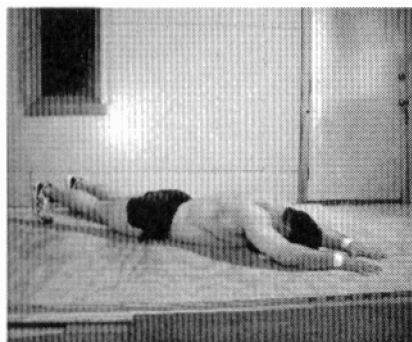
## POWER WHEEL PUSHUPS IN THE PIKE POSITION

Your next exercise is to perform pushups in the pike position.

When you have mastered this exercise, try a combination movement where you perform a pike followed by a pushup, then lower and perform another pike, continuing for as many reps as possible. When you cannot perform any additional pikes, remain in the pike position and perform as many pushups as possible.



## EXTENDED PUSHUPS



Extended pushups work the entire body. They are one of the very best exercises for linking the upper and lower body. By linking the upper and lower body, you become “grounded.” This means that you can press your feet into the ground, push hard, and transfer energy and force up and through the entire body.

When you begin training on extended pushups, move your hands two to four inches farther forward than when you perform a regular pushup. Perform a set of five to ten reps in this position.

If the exercise is tough, train at this distance before moving the hands further to the front. If the exercise is not too demanding, move than hands forward another inch or two, and try a second set.

Gradually work forward to the point where you are fully extended, with the hands as far from the feet as possible.

When you perform extended pushups, do not simply bend the arms and lower the body up and down. Keep the arms as straight as possible, and push yourself up by digging the toes into the mat as hard as possible, while simultaneously pressing down as hard as possible with the hand – while keeping the elbows locked. Keep the core muscles flexed as hard and as tight as possible. You lift yourself up with core power, not with an arm-bending movement.

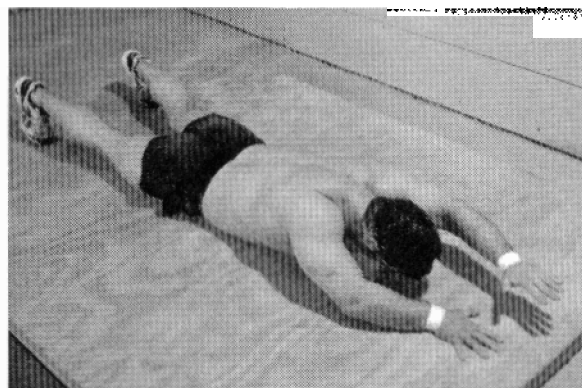
Properly performed, extended pushups are one of the best exercises that you can do. They are extremely difficult, and will take time and effort to master. But the reward is well worth the price.

### ONE LEG EXTENDED PUSHUPS

Try these only after you have become proficient in the standard version of the exercise.

### ONE ARM EXTENDED PUSHUPS

These move you up to the elite class.



### ONE ARM AND ONE LEG EXTENDED PUSHUPS

Develop the ability to perform even a single rep in the one arm and one leg extended pushup, you will have developed a world class midsection, with overall strength, power and muscular development to match.

## LESSON TEN: HOW TO DEVELOP FEARSOME FOREARMS, FEROCIOUS FINGERS AND GORILLA GRIPPING POWER

My concept of grip training goes back to my days as a high school wrestling champion.

Our coach always taught us that when you locked up with someone, you should grab on as if you really meant business. You should hold him so tight that the flicker of fear raced through his body. After that, he was yours.

I took the coach's advice a step further than most, and developed what I referred to as "the squeeze." When I held a kid on the mat, with one hand around his waist, I didn't just put the palm of my hand against his body. Instead, I dug in as hard and deep as I could with the fingers and held onto a chunk of flesh. On the soft guys, I grabbed a chunk of skin and fat. On the better-conditioned guys, I grabbed a nice ridge of abdominal muscle or a hunk of oblique.

I still approach grip training from the same perspective. I want my hands to be able to grab, hold, rip, tear and squeeze.

Even if you don't wrestle or practice martial arts, you should work hard to build a powerful, crushing grappler's grip.

You never know when it might come in handy. It might even save a life someday.

Think I'm kidding?

Picture the following.

Gym owner Sig Klein has closed his second floor gym for the night. The gym is located in an old brownstone building that houses a mix of businesses on the lower floors and tenants on the upper floors.

Suddenly Klein hears frantic cries for help. Someone is pounding on the gym door.

Klein opens the door, and in bursts the tenant in the upstairs apartment.

"Our rooms are on fire, Klein!" he shouts. "My wife is trapped in the back. She can't get out. No one can get through. The flames are too high. You must help her. She'll be burned alive!"

Klein doesn't pause for a second.

He turns and runs to the gym window, flings it open, looks up and sees the billowing smoke as it pours out of the third floor apartment above him.

They didn't have much in the way of fire escapes in those days. Klein steps out on the ledge of his window, moves a few feet to the side, and grabs onto a sturdy metal pipe running down the side of the building.

Hand over hand he deftly pulls himself up to the third floor apartment, kicks in the window, and dives into the burning apartment.

He looks around, but all he sees is fire and smoke. Wait – what’s over there?

The woman is lying on the floor, overcome by smoke inhalation.

Klein runs over, picks her up, and tries to move forward to the front parlor and out the door.

He can’t make it. The flames are too high and too hot.

Klein turns, and carries the unconscious woman back to the rear window. Holding her in his arms, he steps out onto the ledge.

A huge crowd has gathered below. They watch in amazement as Klein grabs hold of the metal pipe with one hand, and, holding the woman against his chest with his other hand, begins the long descent to the street below.

Foot by foot he works his way one-handed down the metal pipe.

As his feet finally touch the concrete sidewalk, policemen rush forward to help, while the entire crowd bursts into a loud cheer.

You may never find yourself in that sort of life or death predicament. But if you do, you’ll want the hand, forearm and grip power that carried Sig Klein to safety on that fateful day.

This Lesson will teach you how to get there.

There are fewer exercises in this Lesson than in some of the other Lessons. This is because you will work the forearms, fingers and grip quite heavily with the exercises detailed in several other lessons. Put the exercises in this Lesson together with the pull-ups, the rope exercises and the ring work, and you’ll have a full listing of high-powered grip and forearm builders.

I’m not going to use photos in this Lesson, because the descriptions of the exercises are very clear. Any unusual positions already have been covered in other Lessons (such as the one legged pushup position with the foot elevated, which you can convert to a super grip builder by performing the exercise on your fingertips).

## GRIP TRAINING AND MENTAL INTENSITY

Grip training requires absolute concentration and a super-powerful mind-muscle link. In many cases, the difference between a super powerful grip and one that is merely “good” lies in your ability to EXPLODE with ferocious, unstoppable gripping power.

This is an acquired skill, and you need to work to develop it over time.

Too many trainees who train their forearms and grip do so only as a sort of after-thought. That’s when you see someone adding a few sets of wrist curls to the end of his program “just to cover all the bases.” That mind-set won’t do.

Make grip training a priority. Work your grip hard. Train your grip with maximum concentration, intensity and focus.

## THE BIG SQUEEZE

Squeezing a small rubber ball is one of the oldest, simplest and most productive exercises that you can do for the forearms, fingers and grip. Simple as it sounds, this exercise was once a staple of virtually all top athletes. It is so beneficial that every athlete should include it on virtually a daily basis.

I know what you're thinking. "It's too easy. I'm an ADVANCED man. That rubber ball thing is for beginners."

Well, I have this to say to you: TRY IT!

That's right – TRY IT!

I did – and even as an advanced man, with many, many years of serious training for the forearms and grip, I increased my gripping power very significantly, as measured by a variety of grip stunts, and increased my forearms to the point where they now measure more than they have ever measured in my entire life.

Here's all I did,

I went to a local drugstore, and bought some small rubber balls in the toy section. I cut the balls in half. Every morning I squeeze the things HARD for 300 to 500 reps per hand. Every night I repeat the drill. That's all there is to it.

You really have to give this a try. It is a perfect exercise: simple, inexpensive and amazingly, remarkably, supremely productive.

## PINCH GRIP TRAINING WITH A RUBBER BALL

Training your thumbs is extremely important if you are to develop maximum gripping power. Here's an easy way to train the thumbs with half a rubber ball.

Place the ball on a sturdy bench, table or desk, and hook a thumb under the side so that you can reach up and place all four fingers on the ball.

Now perform a "pinch grip" motion where you squeeze as hard as possible with the thumb (exerting upward pressure), while simultaneously squeezing as hard as possible with the fingers (exerting downward pressure).

You can perform reps, timed holds or a combination of reps and holds.

After completing the set, work the other hand.

Finish by performing one set with each hand, with the position of the thumb and fingers reversed.



## THE NEWSPAPER CRUSH

Here's another one that sounds ridiculously easy and "too basic" to useful. But give it a try, and your hands, fingers and forearms will be screaming for mercy. Train it every day for a month, and you won't believe the results.

The newspaper crush was a favorite exercise of the legendary wrestler, Dan Hodge, who was unbeaten in college matches, and later became a top professional wrestler, holding the Light Heavyweight Championship for many years. Hodge had one of the most powerful grips in history. His grip was so ferocious that he could break the strongest of steel pliers simply by squeezing it with one hand.

Take an ordinary newspaper, and a small wastebasket or bucket. Using the right hand only, hold a single sheet of newspaper in your hand and crumple it into a tight ball. Work to squeeze the ball of paper as tight and as small as possible. Your goal is to crush it into a small marble-sized piece of paper. (You won't be able to do this, but that's the mental image you should hold in your mind while you perform the exercise.) When you have crushed the ball as small and hard as possible, drop it into the wastebasket or bucket.

Repeat with the left hand.

Continue until you have either filled the wastebasket with small, tightly crumpled balls of paper, until there is no newspaper left, or until your forearm falls off, whichever is first.

## THE TERRIBLE TOWEL

Perform this one outside. It can get wet and messy.

Use two ordinary size buckets. Fill one of them halfway to the top with water.

Drop an ordinary bath towel into the bucket and let it soak up as much water as possible.

Pick it up and hold it over the second bucket, and wring it in your hands (twisting it into a tight spiral) until it is as dry as possible. Work in both directions.

Drop the towel back in the first bucket and let it soak up some more water, and then repeat the wringing out process.

Continue the exercise until the first bucket is empty.

If you're a real stud, you can reverse the process or refill the first bucket before calling it a day.

As an alternative, you can use a smaller towel or a large washcloth and perform a one handed-squeeze rather than a two-handed wringing motion. If you do this, alternate the hands each time you allow the towel to soak up more water.

## FINGERTIP PUSHUPS (BASIC)

This is another simple, no-equipment exercise that you can use throughout your training career with great results. It will build hands, fingers and wrists of rebar.

Begin with the most basic variation: the fingertip pushup performed on all four fingers and the thumb of each hand. Perform a standard pushup when you do these.

## FINGERTIP PUSHUP HOLDS (BASIC)

For variety perform timed holds in the fingertip pushup position. Try working up to one minute, then to three, and then to five minutes.

John Wood, the grip monster who owns and runs [www.functionalhandstrength.com](http://www.functionalhandstrength.com), once got interested in these and worked up to an amazing TWENTY MINUTE hold in the fingertip pushup position.

## FINGERTIP PUSHUPS (ADVANCED)

Increase the resistance of your fingertip pushups by elevating the feet on a sturdy box, bench or chair.

## FINGERTIP PUSHUP HOLDS (ADVANCED)

Perform fingertip pushup holds with the feet elevated for an advanced workout.

## ONE-LEGGED FINGERTIP PUSHUPS

Performing a one-legged fingertip pushup puts even more weight on the hands and fingers.

## ONE-LEGGED FINGERTIP PUSHUP HOLDS

The one-legged fingertip pushup hold is a tough one for the hands and fingers.

## ONE-LEGGED FINGERTIP PUSHUPS WITH THE FOOT ELEVATED

These are for advanced trainees only. They're tough.

## ONE-LEGGED FINGERTIP PUSHUP HOLDS WITH THE FOOT ELEVATED

Another very simple but very difficult and demanding exercise.

## FINGERTIP PUSHUPS (ADVANCED)

After you've built a good foundation with fingertip pushup variations where you train all four fingers and the thumb at the same time, try working on more advanced variations here you train less than all of the fingers at a time.

Begin with fingertip pushups using the thumb and first two fingers of each hand.

Then try fingertip pushups on the first two fingers alone.

Next, try a set with the first finger and the thumb alone.

Finish with a set using the thumb and the last three fingers of each hand.

Try to work up to pushups on the thumbs alone, pushups on the first finger of each hand, pushups on the second finger of each hand, and pushups on the ring and little finger of each hand.

### FINGERTIP PUSHUP HOLDS (ADVANCED)

You can train the fingers very effectively by using timed holds with any of the combinations of fingers and thumbs outlined in the previous section.

### EXTENDED FINGERTIP PUSHUPS

If you can perform extended pushups, try working up to extended fingertip pushups using the first two fingers and the thumb of each hand. If you are super strong, try to work up to the point where you perform them using the first two fingers of each hand alone.

### GORILLA HOLDS

Gorilla holds are dinosaur power holds while hanging from a chinning bar. Why do I call them gorilla holds? That's easy. It's because they build a grip that would make a gorilla hide his hand behind his back if you walked up and said, "Put her there, pal!"

Use a pronated grip on these (palms facing away, just as if you were going to perform pull-ups). Begin by shooting for a 60-second hold. When you can hang for 60 seconds, try to work up to two minutes, and when you can hang for two minutes, try to work up to three minutes.

### MOUNTAINEERING PULL-UPS

Perform pull-ups while hanging with your fingers over the top of a rafter, so that you are hanging from the first and second joints of each finger. If you try these, be sure to use a strong rafter that will support your weight, and check it carefully for splinters. You may need to sand it down a bit before trying the exercise.

### THICK BAR PULLUPS

Pull-ups performed on a 1 ½ to 2" thick chinning bar are a rough, rugged, and brutally effective exercise. They are one of the very best movements for the hands, fingers, forearms and grip. Every trainee should devote considerable time and attention to this truly superior exercise.

### THICK BAR GORILLA HOLDS

Using a thick handled chinning bar takes the gorilla hold to an entirely new level of what my high school wrestling coach referred to as PTA ("Pain, Torture and Agony").

## FINGER PULL-UPS

Perform pull-ups using the first two fingers of each hand. Try to work up to pull-ups using the first finger of each hand alone, or the second finger of each hand alone. These are very effective, but very tough, and require a high pain threshold.

Hold for as long as possible. Try to work up to a 60- second hold.

## LESSON ELEVEN: HOW TO BUILD PULVERIZING BODY POWER WITH ROPE AND RING TRAINING

Ropes and rings put the finishing touches on strength training and muscle building for advanced athletes. They are an incredible addition to your arsenal of Dinosaur Training tools.

Ropes and rings allow you to perform some of the most difficult, demanding and result-producing exercises ever devised for the upper body and the core muscles. I use them regularly in my own training, and I can't imagine training without them. In fact, I use them one way or another almost every time I train.

I purchased my ropes from John Wood at Functional Hand Strength. You can check out his products at [www.functionalhandstrength.com](http://www.functionalhandstrength.com). The ropes come in different thicknesses, and different lengths, and are available with a variety of different types of mounting hardware. They are high quality manila ropes designed for indoor use. Don't use them outdoors, because they will mildew and rot when they get wet. (If you need outdoor ropes, send John an email. He offers synthetic fiber ropes for outdoors training.)

I purchased my gymnastics rings from Tyler Hasse at [www.ringtraining.com](http://www.ringtraining.com). These are adjustable rings that you can set up using any sturdy overhead support, such as the rafters in a garage, a strong tree limb or a swing set at a nearby park. The rings adjust in about 30 seconds to any height you want.

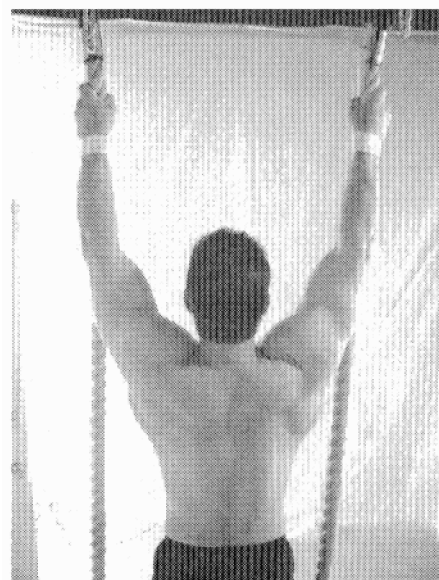
In this Lesson, I'm going to share some of my favorite rope and ring exercises. There are many others. Once you get into rope and ring training, the possibilities are endless.

### GORILLA HANGS

Gorilla hangs on a pair of ropes (or on a single rope) are a cruel and unrelenting exercise. They will work the hands, fingers, forearms and grip into the ground with severe brutality. They will also build a gorilla-grip in record time.

The exercise is simple. Just grab the ropes (or rope) and hang for as long as possible. Try to work up to a 60-second hold.

Use chalk when you train on these or any other rope or ring exercises.



## DOUBLE ROPE PULL-UPS

Double rope pull-ups are a personal favorite. I do them every time I include pull-ups in a workout. You can see from the photo what muscles they work and how effective they are.

I perform these on a set of 8' ropes 1 1/2" thick which I purchased from John Wood at [www.functionalhandstrength.com](http://www.functionalhandstrength.com). John sells longer ropes, and also sells 2" ropes, so you can order pretty much whatever would work best for you. The longer ropes can be used for actual rope climbing. The thicker ropes work the grip harder. I use 8' ropes because they are exactly the right length to hang from the rafters in my garage gym.

John also sells special short ropes for rope chins and similar movements. These work great if you don't have room for a longer rope.

Performance is simple.

Use two climbing ropes, positioned a bit more than shoulder width apart. Reach up and grab one rope in each hand, and perform a pull-up. Pull yourself up as high as possible on each rep. Try to pull your chin all the way up to the level of your hands, or even a little bit higher. I actually try to go up to the point where my shoulders are at hand height. I don't always make it, but just visualizing the rep in that fashion helps to assure a maximum pull

Pause briefly in the contracted position, then lower slowly, and repeat.

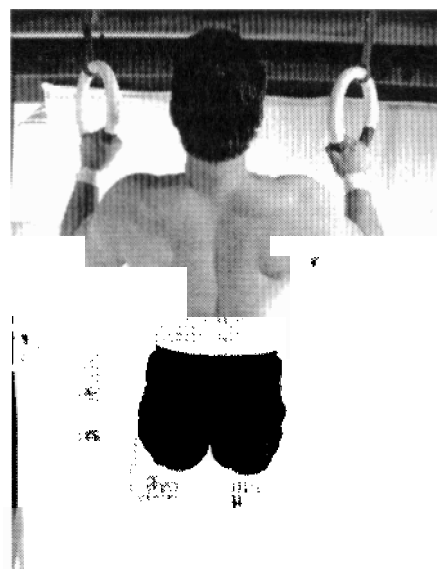
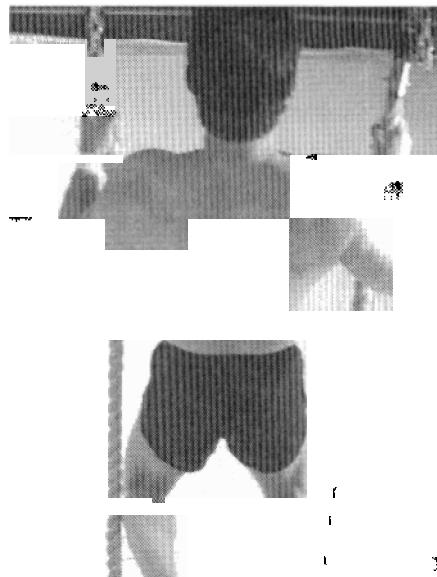
After you get the hang of the movement (no pun intended), you can come up as fast as possible, or work on a slow-motion pull-up. Either variation gives you a rugged workout.

## RING PULL-UPS

These are another personal favorite. The rings allow a very natural, free flowing pull-up.

I like to begin with the rings turned so that I am holding the rings in a parallel grip. As I perform the pull-up, I allow the rings to rotate in a quarter-circle so that I complete the movement with my hands halfway between the parallel hand position and the palms away position of a standard pull-up.

As with the double rope chin, pull yourself up as high as possible. Try to touch the shoulders to the bottom of the rings in the finish position of the exercise.



## TWO FINGER RING PULL-UPS

For extra grip work, perform ring pull-ups using only the first two fingers of each hand to hold onto the rings.

As your fingers grow stronger and more powerful, you can try working up to ring pull-ups using only the first fingers, or the middle fingers, of each hand.

You also can try ring pull-ups with the thumbs alone, keeping the fingers extended throughout the set.

These will build incredible finger strength.

## SINGLE ROPE PULL-UPS

These are harder than they sound. You need to exercise perfect body control to keep the rope from swinging or spinning as you perform your set.

If you hold the hands close together, you divide the work equally between the two arms. If you hold the hands further apart, you shift more of the load onto the higher hand and corresponding arm. If you perform the exercise with one hand stretched as high as possible and the other at about shoulder height, you throw almost all of the work onto the higher hand and arm.

Whatever grip you use, perform as many reps as possible, then rest and repeat for a second set, with the hand position reversed.

For short ropes, contact John Wood at [www.functionalhandstrenggh.com](http://www.functionalhandstrenggh.com). Note that the ropes are available in different thicknesses. The thicker the rope, the harder it works the grip.

## SINGLE RING PULL-UPS

Single ring pull-ups are an interesting exercise. The “one hand over the top grip” will force the bottom hand and corresponding arm to do more of the work. It’s a little like performing a modified one-arm pull-up with one hand on the bar and the other on the wrist.

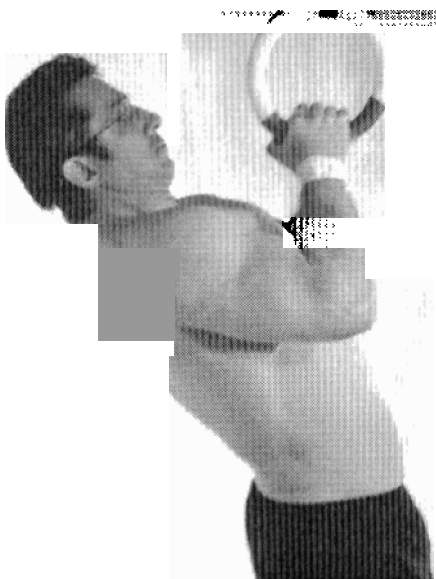
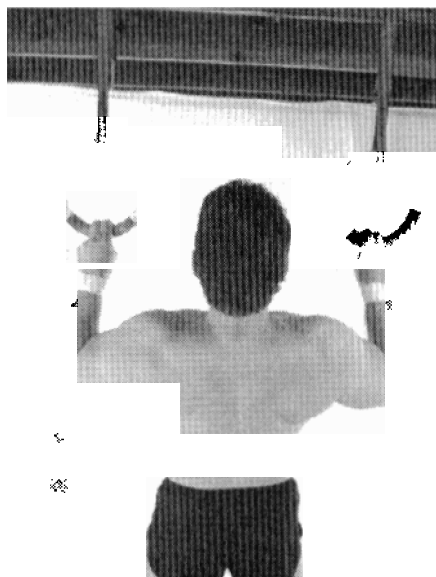
These are primarily an arm builder.

## RING AND ROPE PULL-UPS

Ring and rope pull-ups give you a killer workout.

Position a single ring and a single rope so that you can reach up and hold the rope in one hand and the ring in the other.

Now perform as many pull-ups as possible.



Rest briefly, and then perform a second set with the hands reversed.

## STAGGERED GRIP RING AND ROPE PULL-UPS

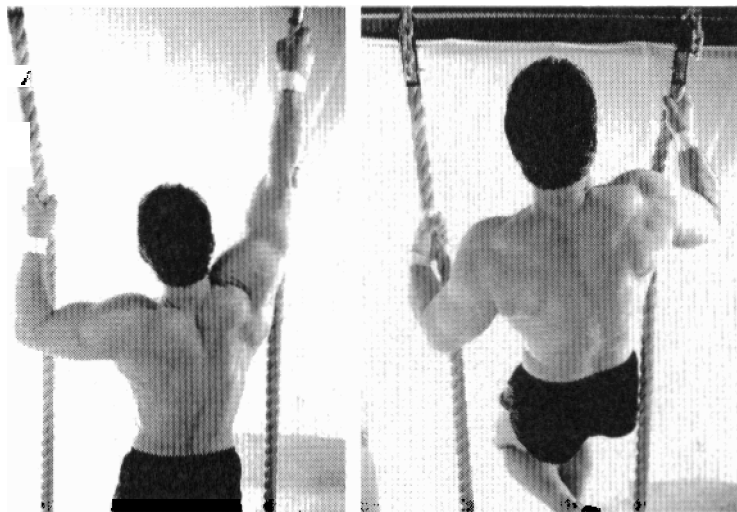
Staggered grip ring and rope pull-ups shift much of the work to the hand holding the ring. The lower you hold the rope, the harder the hand on the ring and the corresponding arm have to work to pull you all the way up to the top.

Perform as many reps as possible. Rest briefly, and then perform a second set with the hands reversed.

## STAGGERED GRIP ROPE PULL-UPS

Staggered grip pull-ups using a pair of ropes will build muscles that look like they are carved from granite throughout the entire upper body. They are another personal favorite, and an exercise that receives my strongest endorsement. Practice these for a month or two in conjunction with double rope pull-ups and you will be amazed at the results.

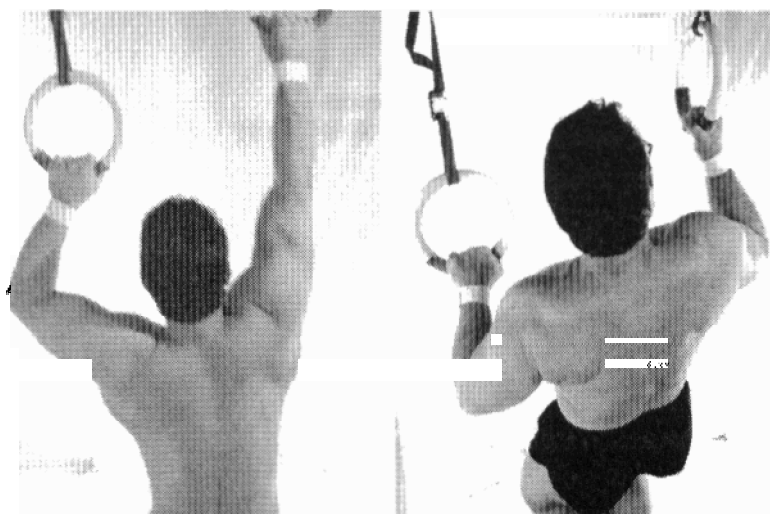
To perform the exercise, hold the ropes with a staggered grip, one hand high in the normal position for double rope pull-ups, and the other hand several inches lower. As you get stronger, increase the distance between the two hands. The high hand and corresponding arm will get the lion's share of the workout, and the lower you position the other hand, the harder and heavier the load on the high hand.



## STAGGERED GRIP RING PULL-UPS

No one ever said you had to use rings that were positioned at the same height!

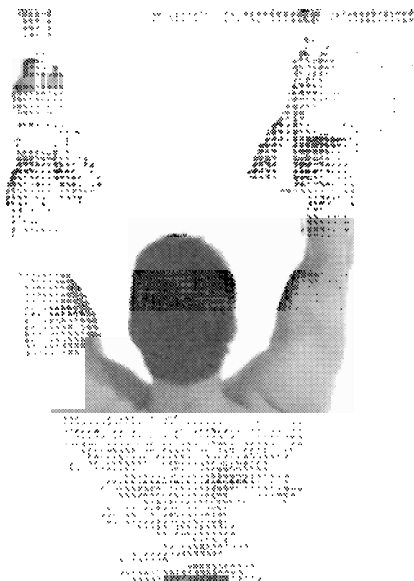
Staggered grip ring pull-ups overload the hand and arm working with the higher ring. The greater the distance between the rings, the greater the load on the high hand and arm.





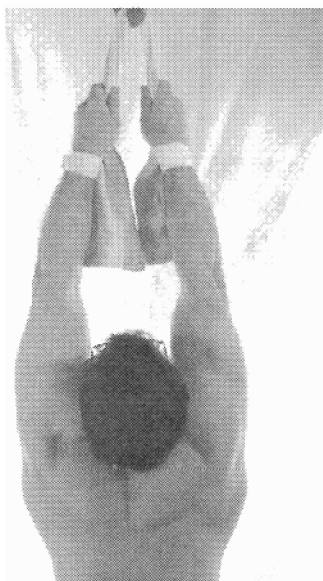
## DOUBLE RING TOWEL PULL-UPS

Rings work great for towel pull-ups. Just roll two towels into a “rope” and run them through the rings, then grab the towels and perform towel pull-ups. These are harder than performing towel pull-ups on a chinning bar, because you have to keep the movement under control to avoid swinging.



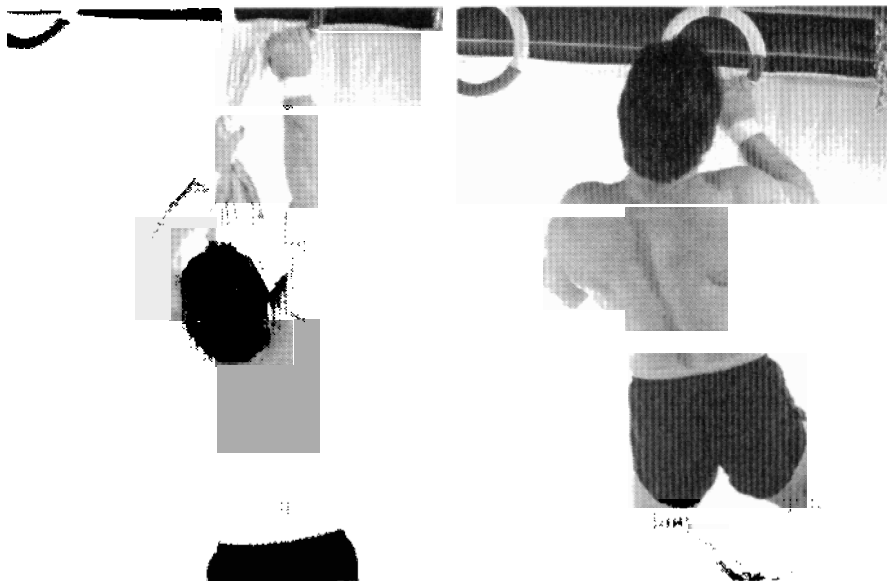
## SINGLE RING TOWEL PULL-UPS

You can perform single ring towel pull-ups using a single towel rolled into a “rope” and slipped through the handle of a single ring. Hold one side of the towel in each hand. These are tough. You have to exert great bodily control to keep from swinging or spinning when you do these.



## SINGLE RING TOWEL AND RING PULL-UPS

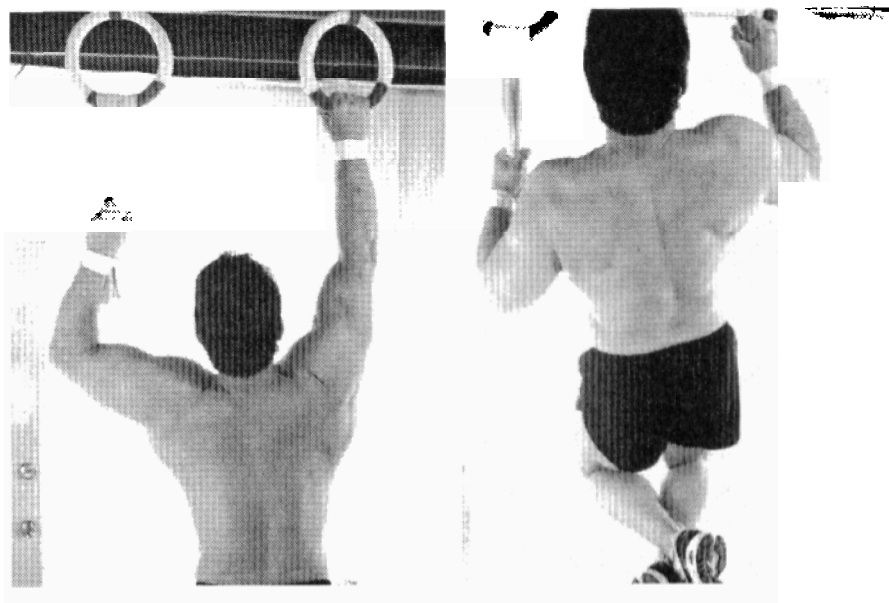
To perform these, loop a towel into a "rope" and run it through a single ring, then grab the ring with one hand and the towel with the other and perform as many pull-ups as possible. It's very difficult because you'll tend to swing and spin unless you exert supreme control on every rep.



This is another staggered grip exercise (because the hand holding the rope is always below the hand holding the ring). You can make it even harder by holding the towel as low as possible.

## DOUBLE RING TOWEL AND RING PULL-UPS

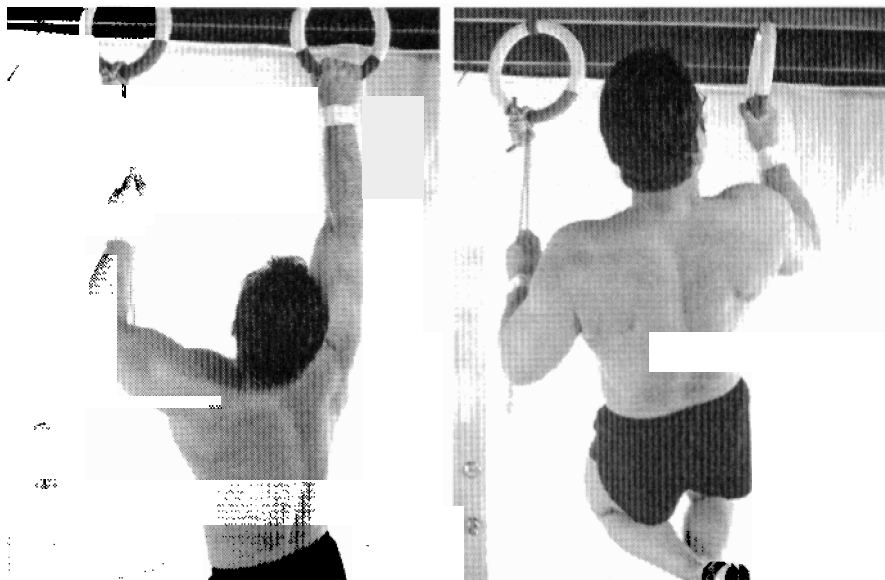
Double ring towel and ring pull-ups are similar to rope and ring pull-ups, but you perform them with one hand holding a ring and the other holding a towel that is looped through a second ring. The ring hand and corresponding arm does the majority of the lifting. As you can see from the photo, this one strongly affects the upper and middle back muscles, as well as the shoulders, biceps and forearms. It is a terrific exercise.



## RING AND YOGA ROPE PULL-UPS

This exercise is brutal. It severely overloads the muscles on the side of the body that corresponds to the hand holding the ring.

Perform the exercise exactly the same as a double towel and ring pull-up, but use a yoga rope rather than a towel. A yoga rope is a soft cotton rope that is about one half an inch thick. Because it is so thin, it is extremely difficult to hold onto while you perform pull-ups. (If you don't have a yoga rope, use a soft but strong cotton rope. Do not use a nylon or other synthetic rope.)



Hang from the ring with one hand, and the yoga rope with the other. Now perform a pull-up. The ring hand and corresponding arm will have to do virtually all of the work because it is so difficult to hold onto the yoga rope.

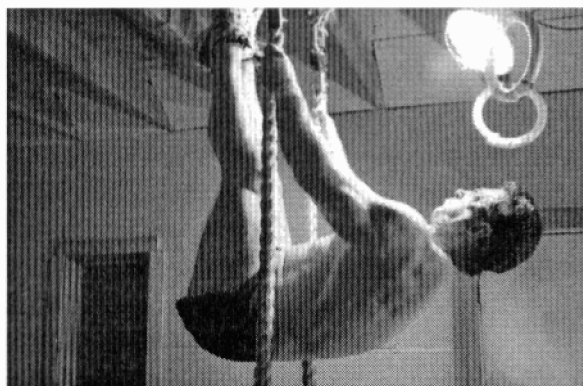
After you are able to perform the double ring version of the exercise, try performing a single ring version.

## SINGLE ROPE HANGING LEG RAISES

Ropes can be used to great effect for core training. Leg raises while hanging from a single rope are a great core exercise. Perform one set with the right hand held above the left hand, and a second set with the hands reversed. Raise your legs in a semi-circular fashion on the outside of the rope. The semi-circular movement gives the abdominals and the obliques an excellent workout.

## DOUBLE ROPE HANGING LEG RAISES

Double rope hanging leg raises give you an excellent core workout combined with a great grip workout.

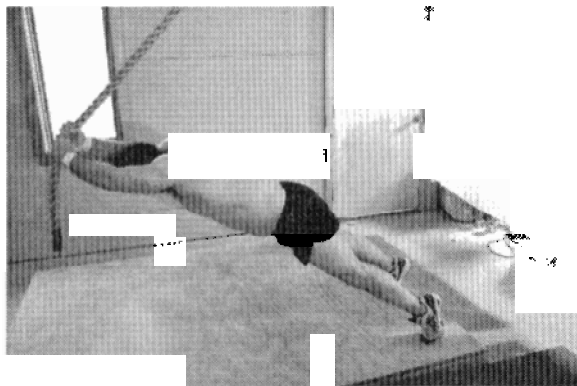


## DINOSAUR ROPE PLANKS

You can work your midsection into the ground with dinosaur rope planks. Give it a try, and you'll soon see what I mean.

Stand in front of a climbing rope with your feet spread about six inches wider than shoulder-width apart.

Hold the rope with the right hand immediately above the left hand, pressing the hands together. Hold the hands a little below belt height the first time you try these.



Tighten the core muscles as hard as possible, and slowly lean forward, keeping the arms locked at the elbows and holding the rope as far in front of you as possible.

At the finish of the movement, you will be leaning far forward, with the arms extended in front of you, supporting yourself by holding onto the rope and pressing down with the triceps as hard as you can.

Perform a Dinosaur Power Hold in the extended position. Shoot for fifteen seconds at first, and gradually work up 30 seconds. If you can manage 30 seconds, try to work up to 60 seconds. At that point, your abdominals, obliques and serratus muscles will literally defy belief.

Keep your body straight throughout the entire movement. Do not simply bend over at the waist. LEAN forward into the movement and keep the extended hands and arms, the shoulders, the hips, the knees and the feet in line with one another.

## T-REX ROPE PLANKS

After you have mastered dinosaur rope planks, try this even more advanced variation of what is already an exceptionally difficult exercise.

The T-rex rope plank is similar to a dinosaur rope plank, but you hold the rope two inches lower than in the regular style.



Over time, work your grip as low as possible. By the time you work your way down to the point where the hands are at knee height or below at the beginning of the exercise, you will have developed incredible core strength and your midsection will rival that of a bronze statue.

Note that you'll have to modify your starting position as the hands drop lower on the rope. Always position yourself so that you begin with tension on the rope. Never hold a slack rope in

your hands and drop forward into a plank. The movement should always be slow and controlled and you should always be moving down and forward rather than dropping straight down.

## THE DINOSAUR ROPE CLIMB PLANK

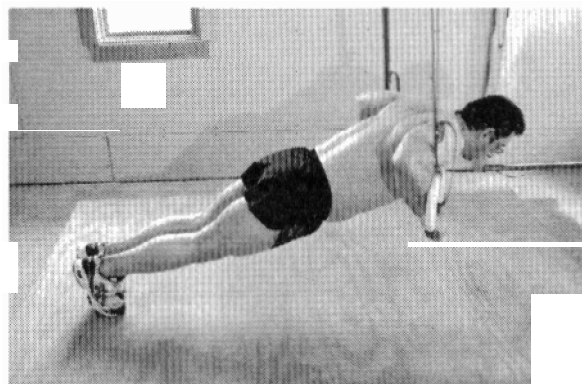
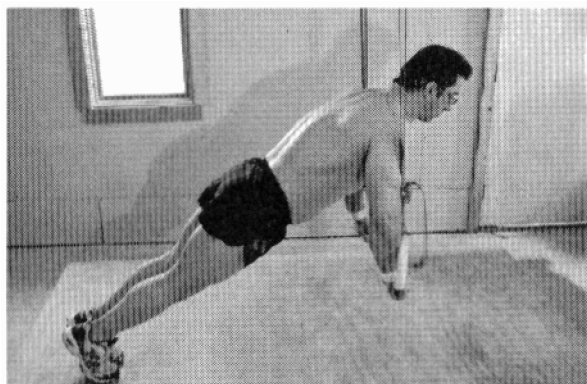
This one is seriously brutal.

Begin by performing a dinosaur rope plank.

In the extended position, work the hands down to the floor by “climbing” down the rope in a hand over hand style. Make each movement of the hands short and choppy, and keep the hands firmly pressed against each other whenever they both are on the rope. In other words, you begin with the little finger edge of the right hand pressed against the top of the left hand, then move the right hand below the left hand, then move the left hand below the right hand, and so on.

When you reach the floor, you can either terminate the set, hold the fully extended position for as long as possible or reverse the movement and “climb” back up the rope until you are back in the starting position.

## RING PUSHUPS

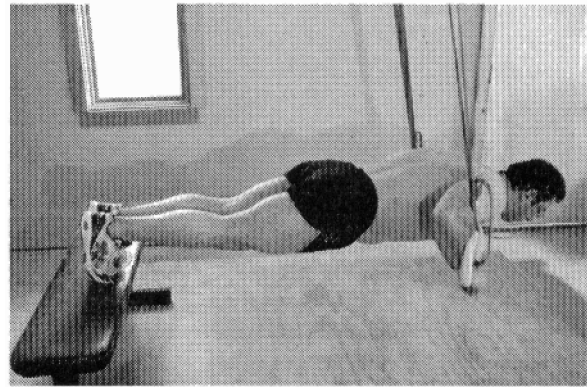
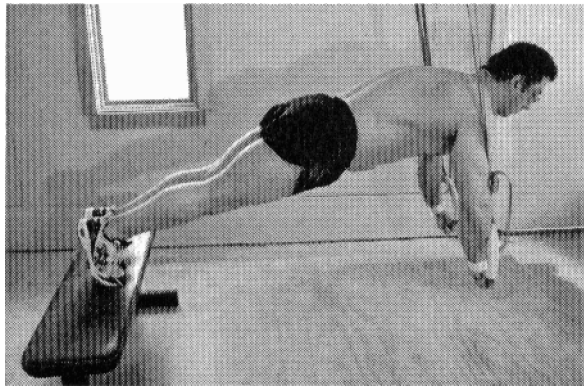


Ring pushups are an outstanding exercise. You can perform a deep, full movement, just as if you were performing chair dips, but with the added benefit of performing the exercise on free-moving rings, which requires much greater muscle control than does a stationary hand support.

To perform the exercise, position the rings so the handles are as low as possible. Place your hands on the rings so that the outsides of the forearms brush against the top inner handle of the ring. Perform pushups from this position, using a slow and controlled speed of movement.

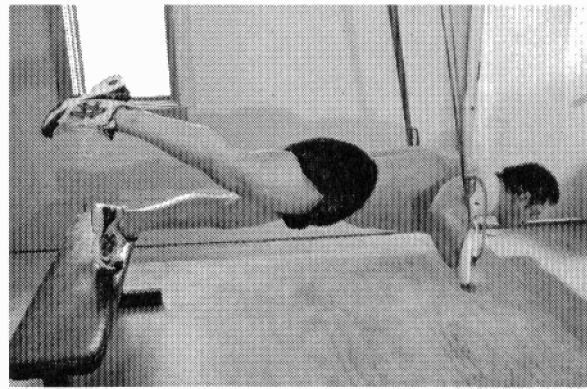
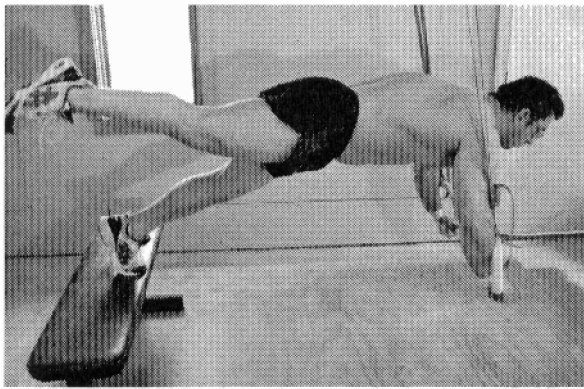
As you grow stronger, you may finish each rep by squeezing the rings together until the hands touch each other when the arms are extended.

## ELEVATED RING PUSHUPS



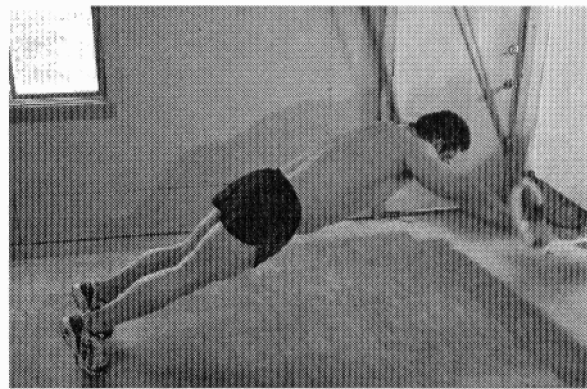
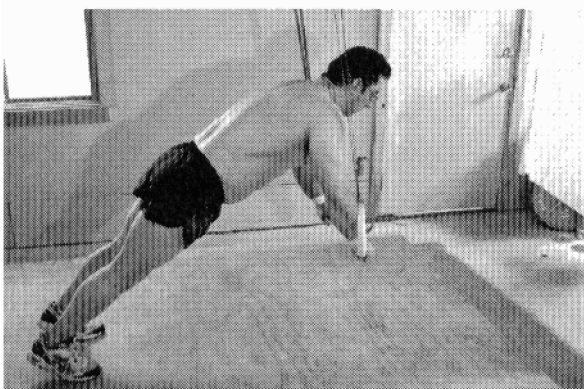
After you master ring pushups, make them harder and more productive by elevating the feet.

## ONE LEGGED RING PUSHUPS WITH THE FEET ELEVATED



When the elevated ring pushups start to feel easy, try a one-legged version.

## CRESCENT PUSHUPS



Crescent pushups are impossible to perform other than on rings. They are an outstanding pushup variation that works the entire torso, including the core muscles, extremely hard.

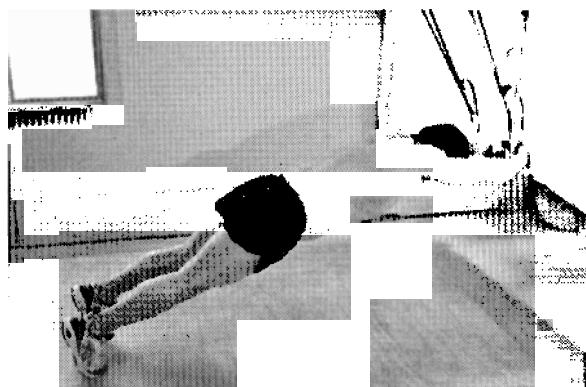
Begin in the starting position for the ring pushup, with the arms fully extended.

Bend your arms slightly and slowly lower your body down and forward.

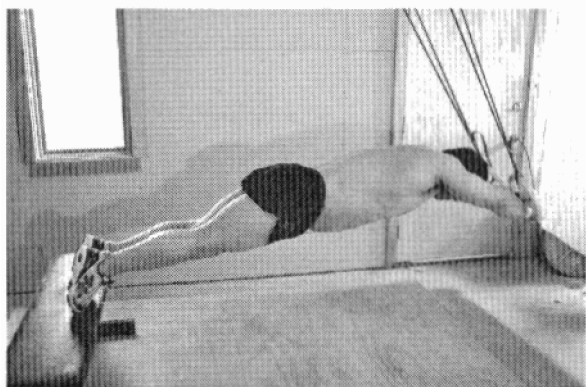
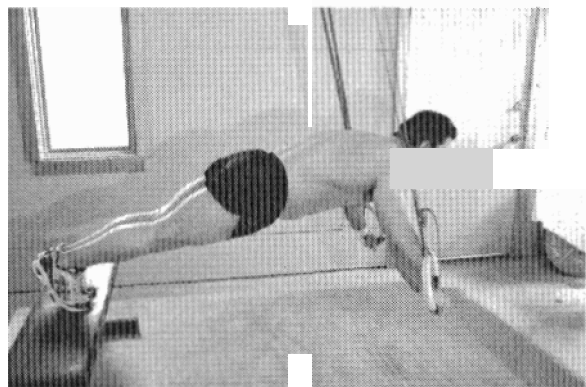
As you lower your body down and forward, allow the rings to move sideways and forward, following a semi-circular or crescent-shaped path.

Complete the movement with the arms fully extended in front of you, and the rings touching.

Reverse the movement and push yourself back and up to the starting position.

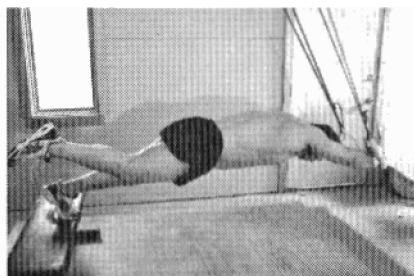
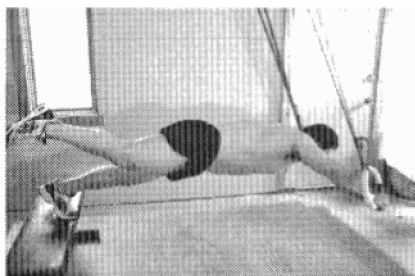
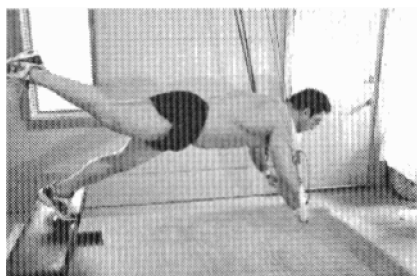


## ELEVATED CRESCENT PUSHUPS



After you master crescent pushups, try the more advanced version where you elevate the feet on a sturdy box, bench or chair. This is a tough one, especially for the chest, shoulder and core muscles. It requires great strength to perform sets and reps in this movement.

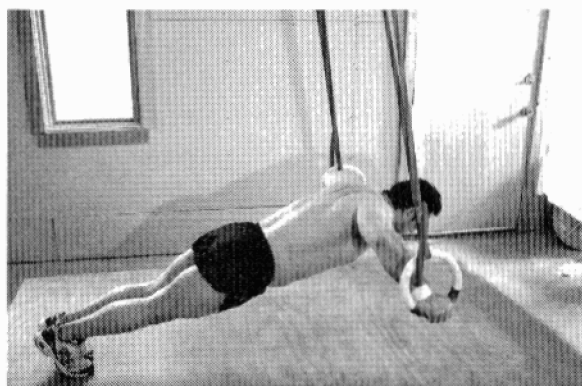
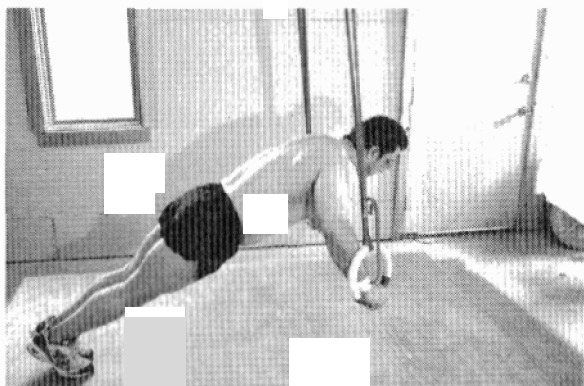
## ONE LEGGED CRESCENT PUSHUPS WITH THE FEET ELEVATED



The most difficult version of the crescent pushup is the one-legged version with the supporting foot elevated. This exercise will carve thick slabs of granite-hard muscle over your entire body.



## THE PRONE CRUCIFIX ON RINGS



The prone crucifix on rings is a relentless and unforgiving exercise. It will build tremendously thick and powerful arms, shoulders, chest and core muscles.

Some would view it as a “chest” exercise but it is much more. You often see people at gyms performing dumbbell flies while lying on a bench, seated flies on a pec deck or similar machine, or seated or standing cable flies. Isolation movements like these are worlds removed from the type of total body training you get when you perform the prone crucifix on rings.

Begin the exercise in the starting position for a ring pushup.

Bend the arms at the elbows very slightly, and lower the body about two inches. Maintain this bend in the arms, no more and no less, throughout the movement. (Bending the arms helps to protect the elbow and shoulder joints.)

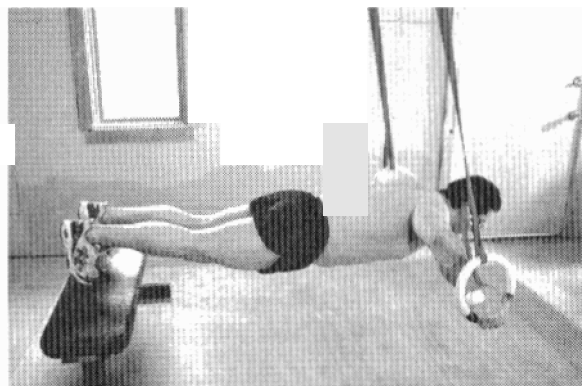
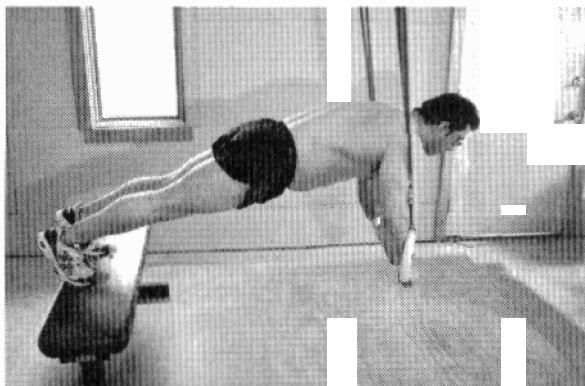
Moving slowly and under complete control, lower the body by pushing the arms out to the sides, so that you finish the rep in a prone (face-down) position with the arms extended to the sides and slightly to the front.

Do NOT attempt to go lower by allowing the torso to drop below the shoulder joint, as this may overstretch the shoulders and lead to injury. In fact, you may wish to place a cushion under the chest so that you touch it at the “bottom” position and know that you should stop at that point and not lower yourself any further.

Pause briefly at the bottom position, then reverse the movement and return to the starting position.



## THE PRONE CRUCIFIX WITH FEET ELEVATED

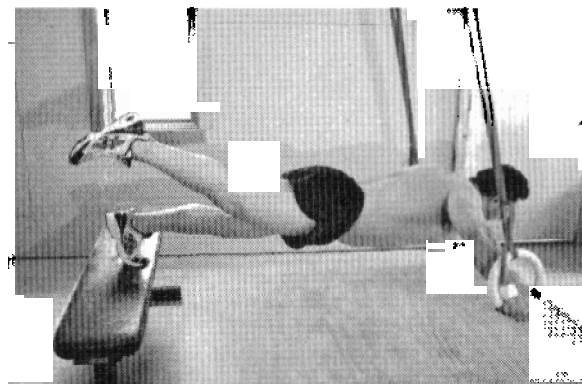


The prone crucifix with the feet elevated is a total body blaster that hits the chest, shoulders and core muscles extremely hard. It also works the biceps surprisingly hard. Gymnasts have extremely well-developed biceps, in part because of the tremendous stress that certain straight armed gymnastics movements impose on the biceps. Ring exercises such as the prone crucifix and its variations, in combination with chins and pull-ups, will build enormous and super-powerful biceps.

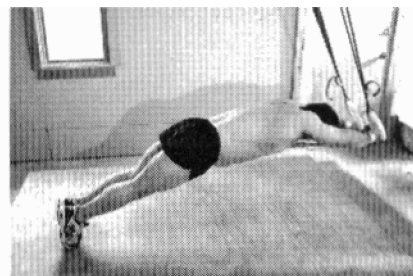
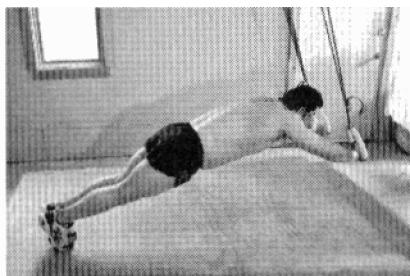
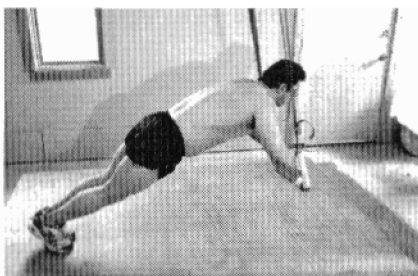
## ONE-LEGGED PRONE CRUCIFIX WITH FOOT ELEVATED

This is the ultimate variation of the prone crucifix. It requires great strength and excellent body control to perform this exercise.

Be sure to keep the shoulders square to the floor throughout the entire set. Do not turn or twist to the side.



## RING ROLL-OUTS



Ring roll-outs and their variations are among the very best of all core exercises. They also provide a high level of work for the arm and torso muscles. They have a great feel to them: smooth, powerful and requiring lots of co-contraction.

Ring roll-outs have a tremendous tie-in effect for the torso and arm muscles. They link the muscles together in a way that those who practice “isolation” exercises cannot even begin to imagine.

Begin in the starting position for the ring pushup.

Keeping the arms straight, the back flat, and the core muscles as tight as possible, drive forward with the legs and simultaneously push the rings as far forward as possible. Move at relatively slow, controlled speed, staying tight throughout the entire rep.

Hold the fully extended position briefly, and then return to the starting position.

## RING ROLL-OUT AND HOLD

To make the core muscles work extra hard, perform a Dinosaur Power Hold in the extended position of the ring roll-out. Try to work up to a 60-second hold.

## ONE-ARM RING ROLL-OUTS

These are another personal favorite, and if you give them a try, they might well become one of your favorites as well. They combine an excellent core exercise with a powerful movement for the chest, lats, upper and middle back and triceps. They are another exercise that “ties everything together.”

To perform the exercise, position a single ring at the same height as a standard ring-roll-out.



Bend forward and place the right hand on the ring. Place the left hand behind the back.

Moving slowly and under perfect control, perform a one-arm roll-out, going as far forward as possible.

Hold the extended position briefly, then reverse the movement and return to the starting position. Continue for the desired number of reps. Rest briefly, and then perform a second set with the other hand.

Throughout the movement, keep the core as tight as possible. Maintain a square position. Do not twist or turn to the side.

## ONE-ARM RING ROLL-OUT AND HOLD

Here's another great exercise for the core muscles. Perform a one-arm ring roll-out and hold the extended position for as long as possible. Rest briefly, and then repeat with the other arm.

Be sure to keep the feet spread fairly wide apart on these to help maintain your balance.

## LESSON TWELVE: FIFTY TIGER TOUGH WORKOUTS THAT WILL BUILD SUPER STRENGTH, FEROCIOUS MIND-NUMBING POWER, A CLASSIC PHYSIQUE AND UNLIMITED HEALTH AND FITNESS QUICKLY AND EFFICIENTLY

This Lesson will integrate everything that you have learned in the preceding Lessons. It will give you FIFTY tiger tough workouts based on Dinosaur Bodyweight Training.

The workouts presented in this Lesson will give you a lifetime of exciting, challenging and highly productive training sessions. And if fifty workouts are not enough for you, take a look at the training booklets that you received as free gifts with your purchase of this course—they detail over fifty additional workouts!

When using the different courses presented in this Lesson and in the training booklets, organize your weekly training under the following guidelines:

### SETS AND REPS

Many believe that bodyweight training consists exclusively of high rep exercises. Nothing could be further from the truth.

You can do anything you want to do when you use bodyweight exercises. High reps, medium reps, low reps, slow reps, fast reps, Dinosaur Power Holds, combinations of reps and Dinosaur Power Holds. They're all good. They all work.

But remember, everyone is a unique individual. The trick is, figuring out what works best for YOU. And to make things more interesting, understand that what works best for you will probably vary from exercise to exercise, and will probably change over time.

You also need to combine sets, reps and exercises in a way that allows you to recover efficiently from one workout to the next. Too many people overdo it in their training sessions, especially if they start to do bodyweight exercises and think, "Oh, these are JUST bodyweight exercises – I can do hundreds of them and train every day and still recover from my workouts." Wrong, wrong and double wrong. That's a mistake that thousands if not millions have made, and it is a sure-way to get minimal results from your training program.

When you put your program together, pay careful attention to rest and recuperation. One popular old time bodyweight course taught you to train daily, but without doing super-severe exercises and without doing super high reps or too many sets. The program worked very well because you gave it consistent daily effort, without ever doing so much that you were "flattened." For example, you would perform 75 to 150 chair dips, broken out into five or six sets of 15 to 25 reps. The chair dip is an excellent movement, but it's not a super-severe one. Performing five or six sets of 15 to 25 reps is a challenge, but it's not impossible. On the other hand, if you were performing handstand pushups, doing that many sets and reps would be impossible for anyone other than King Kong – and I doubt if anyone out there has ever equaled Kong's level of development.

Or consider another clear example. Deep knee bends are a great exercise. After awhile, you ought to be able to knock off 100 to 200 at a crack, and if you keep at it, you can work up to 500 non-stop reps. Does that mean you should do 500 deep knee bends every day?

Probably not. Instead, vary the number of reps from one workout to another. Try 500 on Monday, 200 on Tuesday, 200 on Wednesday, 150 on Thursday, 300 on Friday, 300 on Saturday, and take Sunday off. Your total reps for the week will be 1350, which annualizes at over 70,000 reps. That's the sort of training that will transform you over the course of a year – and it will do so without wiping you out, burning you out or beating you into the ground.

Or, you may find that you do better if you don't train your legs in every workout. (I fall into this category, as will many of you over the age of 40). If that's the case, there's nothing wrong with training your deep knee bends three times a week, doing 500 in one session, 300 in another and 250 in the third. The rep total is 1050, which puts you close to 55,000 reps over the course of a year. And that's not bad – especially for a trainee in his 40's, 50's and 60's or beyond.

## HARDER EXERCISES AND MULTIPLE SETS OF LOW REPS

You may also find that you do better by performing harder exercises for multiple sets of low reps.

Let me repeat that, because it's really important. It's especially important for those of you who are over the age of 40 and don't bounce back as well from a high rep training session as the younger folks.

In my own case, when I started to perform bodyweight exercises, I used easier movements and trained them for high reps. This worked very well for awhile, but then I started to burn out and go stale. I was simply not able to bounce back from my workouts.

At that point, I changed things around. I started to try more difficult exercises. I dropped to low reps: five reps for pull-up variations and handstand push-ups, ten to fifteen reps for leg exercises and lower exercises, five to ten reps for core work, and five to ten reps for grip work. The only moderately high rep exercise was push-ups variations, which I usually performed for twenty-five reps.

That doesn't sound at all difficult, but here's the kicker. I upped the sets to ten per exercise, and I supersetted every workout so that I was working pretty much non-stop the entire time. Plus, I slowed the rep speed on each movement, and concentrated on performing each rep in perfect form, with maximum co-contraction and the strongest possible mind-muscle link.

At that point, I started gaining like crazy.

The key to my progress was to combine very demanding Dinosaur Bodyweight Exercises with the time-honored training principle of multiple sets of low reps.

It worked incredibly well. I strongly urge you to give this a try in your own training, particularly if you reach a plateau where higher reps just seem to tire you out too much.

## QUALITY IS WHAT COUNTS!

Most people who give you an exercise program (or who prepare one for themselves) will include too many exercises, too many sets and too many reps.

What matters is HOW you perform those sets and reps, not how many you do.

The same is true of exercises. You can perform a seemingly simple exercise with deep, focused concentration and get a superb workout, or you can perform a more advanced exercise in a sloppy or half-hearted fashion and get LESS in the way of results.

My own training would puzzle many of you. I train four or five days a week, rotating through a series of different workouts, and each workout usually lasts 40 to 60 minutes. Some workouts take only 30 or 40 minutes. That's NOT a lot of training. But it works. It works because I know how to squeeze every possible bit of benefit out of every single rep that I perform.

Beginners can get a terrific workout in about fifteen to twenty minutes. Gradually, they will progress to thirty minutes per session.

Intermediates and advanced men can go up to sixty minutes per session. Super-advanced men can go even longer, but for most athletes, it's better to work HARDER and not go over the 60-minute mark.

I like beginners to train with easier exercises, performed for low to medium reps and not too many sets. Beginners can advance by adding reps.

After awhile, the beginner should switch to more demanding exercises, while reducing the sets and reps.

As the trainee masters the more difficult movements, he can add either more reps or more sets.

For example, here's a possible progression in leg exercises for a hypothetical trainee:

Deep knee bends 1-2 SETS x 25-40 reps daily

Work up to 1-2 x 50-75 reps daily

Work up to 3-5 x 75 reps 3x per week

Train 3-5 x 75 reps 2x per week, and once per week, do 3 x 100 reps

Train 3-5 x 100 reps 2x per week, and once per week, train 3 x 150-200 reps

Begin to perform one-legged rope squats for 3 x 10 reps per leg 3x per week

Work up to 5 x 15 reps per leg in the one-legged rope squat 3x per week

Perform one-legged rope squats 5 x 15 reps per leg 2x per week, and perform deep knee bends for 5 x 100 reps once per week

Perform one-legged squats 3-5 x 3-5 reps 3x per week, and perform deep knee bends 3 x 150 reps once per week

Work up to five sets of 5-10 reps in the one-legged squat 2x per week, and perform deep knee bends 2 x 200-250 once per week

Note: at every level of the above progression, you can progress **WITHOUT CHANGING A THING** by performing the exercises with greater focus, laser concentration and maximum co-contraction.

You also can progress by reducing rest periods and by super-setting your exercises. For example, perform a set of hyperextensions immediately after each set of squats, log the result in your workout log, and then go immediately to the next set of squats.

See how it works? You progress in multiple planes. You add reps, then you add sets, then you change exercises, and over time, you move right up the ladder to really remarkable performances – and really remarkable results in terms of increased strength, muscle and power.

### CONSISTENCY IS WHAT COUNTS!

Anyone can go out and have one great workout.

What gets results is having a great workout today, a great workout on your next regularly scheduled training day, and a great workout on the training day scheduled after that.

You need to get in the training habit and stay in it.

And you need to keep that in mind when you plan your workout program. It's much better to schedule three 45 minute training sessions per week and **STICK TO YOUR PROGRAM** than it is to plan to train for 90 minutes to two hours six days a week, and end up missing half of your scheduled workouts and cutting the rest of them short.

### TRAIN FOR MASTERY

Remember, your goal in training is to become a **MASTER** of the exercises that you perform. You can't do that if wear yourself out either physically or mentally. You need to approach each workout fresh, eager and hungry. You need "The Eye of the Tiger."

When you put your weekly schedule together, choose the following:

One pushup

Handstand pushups (if you can do them)

One pull-up

One hyperextension

One squatting or deep knee bending exercise

One bridging exercise

One or two core exercises

One or two grip exercises

Put these together into any sort of schedule that allows you to train hard, stay enthusiastic and motivated, and recover from your workouts. For some of you, three times per week total-body programs will work best. Others will do better on divided workout schedules. Some of you (especially the younger folks in really excellent shape, such as athletes, martial artists and military personnel) may do very well by training daily on total body workouts.

### TOTAL BODY WORKOUTS THREE TIMES PER WEEK ON ALTERNATE DAYS

Using total body workouts, train hard three days a week (e.g., Mon, Wed and Fri) or train every other day (so that you train four times one week and three times the next week). If possible, go for a three to seven mile walk on each non-training day.

This program allows plenty of time for recovery in-between training sessions, and allows you to fit your training into a busy work or school schedule. It sounds simple, and it is, but it can be very, very effective. One of the very best Golden Age courses advocated exactly this type of program, and it proved its value for many a trainee.

Beginners often do best on a three-day per week total body schedule, as do many older trainees. It is a very good program for life-long strength, health and fitness.

If you play sports or practice martial arts training, you can perform your strength training exercises 3x per week, and do your skill training on the other days.

### FOUR DAY PER WEEK TRAINING ON TOTAL BODY PROGRAMS

More advanced trainees will benefit from performing four total body workouts per week. Schedule the workouts on Mon/Tue and Thurs/Fri. This allows you to train harder and longer in each session, while still recovering from your workouts.

If you use this schedule, it is a good idea to use two, three or four different workouts. For example, you can use two programs, A and B, and use A on Mon and Thurs, and B on Tues. and Fri. or you can simply use a different total body routine on each of your four training days.

Walking for three to seven miles on each non-training day is an excellent addition to the program.

### FIVE AND SIX DAY PER WEEK TRAINING ON TOTAL BODY PROGRAMS

Daily training on a total body program was a common training method during the Golden Era of Physical Culture, and worked very well for many trainees. Older trainees (those over the age of 40) may find that this program is too tiring for them, unless they carefully limit the amount of work performed in any one training session and vary the intensity from workout to workout. If you use this sort of schedule, use different training programs and vary the intensity of your training.



Try a schedule somewhat like the following:

Mon – Hard workout (90% of maximum)

Tues – Light workout (70% of maximum)

Wed — Medium workout (80% of maximum)

Thurs – Hard workout (90% of maximum)

Fri — Light workout (70% of maximum)

Sat – Medium workout (80% of maximum)

Sun – Walk 3-5 miles

On this schedule, the Mon and Thurs workouts would be the same, as would the Tues and Fri sessions and the Wed and Sat programs. You would perform more difficult exercises for lower reps on the heavy days, less demanding movements for more reps on the medium days, and the easiest movements in your schedule for higher reps on the light days.

Some trainees have done extremely well by performing high reps of a small number of exercises every day. For example, some have made excellent progress by performing deep knee bends, pushups and a core exercise every day, or by performing deep knee bends, pushups and bridging every day. There's nothing at all wrong with trying such a program, and some of you may find that it is an ideal way to MASTER a limited number of exercises. Remember, mastery is the key.

## DIVIDED WORKOUT SCHEDULES

Divided workout schedules work extremely well for advanced trainees using Dinosaur Bodyweight Training. Unlike the “split routines” used by bodybuilders who specialize in isolation movements and often who end up with big but uncoordinated muscles, a divided workout program based on bodyweight exercises will tie the entire body together into a single unit of ferociously functional, super athletic muscle. I call this “forging the kinetic chain.”

Here is an example of a divided workout schedule using four different workouts:

### Divided Workout Schedule

Mon – Core training, focusing on the abdominals and obliques

Tues — Leg and lower back training

Wed – Chins and pull-ups, handstand pushups and handstand supports, and pushups

Thurs – Walk 3 to 5 miles

Fri – Core training, focusing on the abdominals and obliques



Sat — Leg and lower back training

Sun — Walk 3 to 5 miles

Note: On the following Mon, perform chins, pull-ups, handstand training and pushups, and then continue through the four day cycle. In other words, you rotate through the four-day cycle without regard to the days of the week.

I like to perform divided workout schedules combined with multiple sets of low to medium reps in many of my exercises. For example, a typical upper body workout might consist of the following:

Handstand pushups using pushup bars 10 sets of 5 reps

Supersetted with

Double rope pull-ups 5 sets of 5 reps and two finger ring pull-ups 5 sets of 5 reps

This workout usually takes about 30 minutes.

On high-energy days, I add ten sets of 25 chair dips, performing “tri-sets” of back-to-back handstand pushups, pull-ups and push-ups, with a short rest after each tri-set. Or I may super-set the pull-ups and handstand pushups, and then perform five to ten additional sets of pull-ups supersetted with five to ten sets of chair dips or other types of pushups. This workout takes about 45 to 60 minutes.

If I were to attempt to perform a total-body workout while including this much volume for all of the different exercises, my training sessions would last for three or four hours, and recovering from them would be difficult to impossible.

Divided workout programs as outlined above have been enormously productive for me. If you are an advanced intermediate or an advanced trainee, I strongly urge you to give them a try.

## ABBREVIATED TRAINING

Many trainees, myself included, have found that they get best results from their weight training workouts by training two or three times per week, and doing each exercise only once or at the most twice per week. I call this “abbreviated training.” It has been a mainstay of my training for almost twenty years now.

When I first began to do bodyweight exercises, I tried training them five or six days per week, using high reps on some pretty basic movements. This worked well up to a point, and then I began to burn out. I was having difficulty recovering from my workouts.

So I thought about it, and decided to change things by switching to harder exercises, and by performing multiple sets of low reps. This made the bodyweight sessions much more akin to my old weight training sessions. I started to make rapid progress almost immediately because I was able to recover from each workout. (Remember, in order to build strength and muscle you first need to stimulate growth, and you then need to allow the growth to occur.)

Sometimes, work commitments made it impossible to train more often than three times per week, using divided workout schedules, so that I trained each exercise once per week. When this happened, I thought that I would be able to do no more than “maintain” my existing levels of strength and development. I was very surprised to find that I grew bigger, stronger and more muscular on the three day per week schedule.

Many of you will find that you make tremendous progress by using a similar schedule.

And note this. If you feel that you “must” exercise every day, try Dinosaur Bodyweight Training three or four times a week, and a long walk, a long bicycle ride, swimming or any similar activity on the “off” days.

## COMBINING WEIGHT TRAINING AND BODYWEIGHT TRAINING

When I first put this course on the market, I received a flood of letters from die-hard weightlifting enthusiasts who asked, “Does this mean I can’t lift weights any more?”

No, not at all.

For one thing, I’m not a dictator. How you train is YOUR business. You can use bodyweight exercises exclusively, weight training exercises exclusively or any combination you happen to favor.

Moreover, what you do can change over time, depending on your needs, goals, the amount of training time available, access to different types of equipment, etc.

Second, some people need to do some weight training for certain muscle groups that are hard to train with bodyweight exercises simply because the exercises are too difficult for beginners or really heavy people, such as pull-ups or handstand pushups. There’s nothing at all wrong with combining Dinosaur Bodyweight Exercises with, for example, pull-downs and dumbbell presses. My wife typically trains that way, and she can put in a two- hour workout that would flatten most men.

Third, I know that many of you have been doing barbell work for a long time, and you simply enjoy it. If that’s the case, keep doing it. It’s easy to combine the weights with the bodyweight work.

The key thing is, don’t get hung up on labels, and don’t paint yourself into a corner.

But if you DO decide to combine weight training with Dinosaur Bodyweight Exercises, use your head. Pay careful attention to the total amount of work that you do. If you exceed your body’s recovery ability, you will get nowhere fast. Strength, muscles and might require **HARD WORK** (to cause growth) and **ENOUGH TIME TO RECOVER** (to allow the growth processes to occur).

Many trainees have tried to combine bodyweight exercises with weight training, and have trained three times per week on weight training and three times per week on bodyweight exercises. For most people, that’s way too much training, and many who try it get burned out and go stale very quickly.

You need to be particularly cautious if you combine weight training with Dinosaur Bodyweight Training, because Dinosaur Bodyweight training has some extremely demanding, super-high intensity exercises. It is not by any stretch of the imagination “light training.”

One of the best ways to combine the two is to devise workouts where you substitute bodyweight exercises for certain barbell and dumbbell exercises, and thus, include both types of movements in a single session. This works extremely well if you perform a three-day per week total-body workout or if you train on a divided workout schedule. I’ll offer some specific examples in the list of workouts. (They’ll appear at the end of the Lesson).

You also can train three times per week, or every other day, and alternate weight training workouts with workouts where you use Dinosaur Bodyweight Training. This makes a good life-long training program, particularly if you go for a long walk on each non-exercising day. You would train with weights 2x in the first week, and perform Dinosaur Bodyweight Training 2x, and then reverse this in the second week. For example:

Mon – Weight training

Tues – Walk 5 miles

Wed – Dinosaur Bodyweight Training

Thurs – Walk 5 miles

Fri – Weight training

Sat – Walk 7-10 miles

Sun – Off

Mon – Dinosaur Bodyweight Training

Tues – Walk 5 miles

Wed – Weight training

Thurs – Walk 5 miles

Fri – Dinosaur Bodyweight Training

Sat – Walk 7-10 miles

Sun – Off

Another possible combination is a three day cycle where you use weights one day, Dinosaur Bodyweight Training on the second day, and then rest on the third day. This schedule has worked very well for many trainees.

If you are an utter beginner, start out by getting your doctor's approval before you embark on your training program.

If you are in extremely poor shape at the beginning, or if you are more than fifty pounds overweight, begin with a simple walking program. Try the following:

Week 1 – Walk ½ to one mile each day.

Week 2 – Walk 1 mile each day.

Week 3 – Walk 1 ½ miles each day.

Week 4 – Walk 2 miles each day.

Week 5 — Walk 2 ½ miles each day.

Week 6 – Walk 3 miles each day.

Week 7 – Walk 1 mile in the morning and 2 miles in the evening each day.

Week 8 – Walk 1 ½ miles in the morning and 2 ½ miles in the evening each day.

Week 9 – Walk 2 miles in the morning and 3 miles in the evening each day.

Week 10 – Walk 2 ½ miles in the morning and 3 ½ miles in the evening each day.

Week 11 – Walk 3 miles in the morning and 3 ½ miles in the evening each day.

Week 12 – Walk 3 ½ miles in the morning and 3 ½ miles in the evening each day.

At this point, you should be ready to begin your actual program of Dinosaur Bodyweight Exercises. If the initial program is too tough for you, use the modified version at first. (The modified version is set out directly under the initial program.)

For your first program, do the following three times per week on alternate days (M/W/F or T/TH/Sat):

1. Pushups or chair dips 2-3 x 10-25

2. Deep knee bends 2-3 x 15-25

3. If you can perform pull-ups, perform 1-2 sets of standard pull-ups. Go for any number of reps that works for you. If they are fairly easy for you, add a third set; if not, stick to two sets. If you cannot do pull-ups, you can simply hang from the chinning bar for as long as possible, OR, you can perform pull-downs, OR you can grab some dumbbells, sandbags or cables and perform 2-3 sets of 5-10 reps of curls, standing presses, one arm dumbbell rowing, upright rowing, shrugs and lateral raises.

## TRAINING PROGRAMS FOR BEGINNERS

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4. Neck isometrics one set of ten to fifteen seconds in each of the four directions.
5. Hyperextensions 2-3 x 6-10 reps. If you don't have access to a hyperextension bench, substitute the Superman exercise, the stability ball hyperextension or the cross-bench Superman exercise, performing 2-3 Dinosaur Power Holds of 15 to 30 seconds each.
6. Calf raises while standing on a 2 x 4. Perform 2-3 sets of 15-30 reps. If these are too easy, perform 2-3 sets of 15-30 reps with each leg.
7. Lying knee to chest 2 x 10-20 or lying leg scissor 2-3 x 10-15 per leg.
8. Rubber ball squeeze 2 x 25-30 per hand.

Modified Program:

1. Wall squat 1-2 sets of 20-30 seconds.
2. Pushups on the knees 1-2 sets of 10-15 reps.
3. Lying leg scissor 1-2 sets of 10 reps per leg.
4. Neck isometrics one set to the front and one set to the back, performed for 10 seconds each.
5. Rubber ball squeeze 1-2 x 25 per hand.

Note; Train on the modified program for four to six weeks, and as you get stronger and more confident, begin to substitute exercises from the regular program, such as deep knee bends as a substitute for wall squats. Your initial goal will be to progress to the basic beginner's program.

After six weeks on the beginner's program, move on to Workout No. 1.

## WORKOUT NO. 1 – TOTAL BODY TRAINING

Workout No. 1 is a basic program that can be used with excellent results as a standard training program for the rest of your life. It hits all major muscle groups very effectively, requires minimum equipment, and is designed to allow for a fast pace so that you can use it even on days when time is a priority.

The program can be expanded by adding one or two additional exercises for any muscle groups on which you may wish to specialize. For example, if you wanted to do additional leg work, add one legged rope squats for 4-5 sets of 10-15 reps per leg.

You can add variety to the basic program by substituting exercises. For example, perform thick bar chins, double rope pull-ups or ring chins in lieu of wide-grip chins.

If possible, include a brisk 1-3 mile walk at the conclusion of the program or jump rope for 2-3 “three minute rounds.” (Note: if you are over the age of 40 or more than 40 pounds overweight, substitute low step-ups for rope-jumping. Perform one set of 50 reps, alternating legs from rep to rep. This saves wear and tear on your joints. The knees and ankles, especially the Achilles tendon, give many older trainees considerable problems, and jumping rope will often inflame them.)

1. Prone hyperextensions 3-5 x 10-15
2. Wide-grip pull-ups 3-5 x 5-10
3. Chair dips 3-5 x 20-25
4. Deep knee bends 3-5 x 50-75
5. Handstand holds 3-5 x 45-60 seconds
6. Hanging leg raise 3-5 x 6-12
7. Wrestler’s bridge 3-5 x 1-2 mins

## WORKOUT NO. 2 – TOTAL BODY TRAINING

Workout No. 2 is similar to workout no. 1, but with slightly higher volume. It can be used as your primary program, or can be alternated with workout no. 1. It makes an excellent template for your program of lifelong health and fitness training.

The exercises in Workout No. 2 are a bit more demanding than those in Workout No. 1. For this reason, you may find that you can perform Workout No. 1 more frequently than workout no. 2.

Advanced trainees may find that combining the two workouts into an extra long, extra-demanding session one day per week is a good way to “keep your muscles guessing.” If you work or go to school during the week, try the combined session on Saturday, and follow it with a day “off” on Sunday.

As with Workout No. 1, it is an excellent idea to conclude the day with a brisk walk of 1-3 miles or several three-minute rounds of rope skipping. (See note in program no. 1 about this.)

1. One-legged rope squats 4-5 x 8-15 per leg
2. One- legged Jowett pushups 4-5 x 15-25 per leg
3. Double rope pull-ups 4-5 x 5-12
4. Handstand pushups 4-5 x 5-10
5. One-legged hyperextensions 4-5 x 8-15 per leg
6. Dinosaur roll-outs 4-5 x 5-10
7. Wrestler’s bridge 3-5 x 1-3 mins



## WORKOUT NO. 3 – TOTAL BODY TRAINING

This program involves higher volume than the two previous programs. It is a good idea to include at least one workout per week where you do some higher volume training. The higher number of reps promotes recuperation, recovery and muscle growth by increasing the flow of blood to the muscles. It also strengthens the heart, lungs and circulatory system, builds cardiovascular endurance and doubles or triples your overall level of health and fitness.

For extra cardiovascular conditioning, add a three-minute round of jumping rope after exercises one through five. This will give you a total of 15 additional minutes of high quality cardiovascular conditioning. (But see the note in program one about jumping rope if you are over the age of 40 or more than 40 pounds overweight.)

At the end of the workout, go for a brisk 1-3 mile walk for a post workout cool-down and for additional health and fitness benefits.

1. One-legged rope squats (flat footed) 4-5 x 10-12 per leg
2. Chair dips 4-5 x 25-50
3. Bar and towel pull-ups 4 x 5-10
4. Handstand pushups 4 x 5-10
5. Weighted hyperextension 4 x 10
6. One arm and one leg planks 1 x 45-60 seconds per arm
7. Side planks 1 x 45-60 seconds per arm
8. One leg elevated plank, using stability ball 1 x 45-60 seconds per leg
9. Wrestler's bridge 1 x 3 mins
10. Front bridge 1 x 2 mins

## WORKOUT NO. 4 – TOTAL BODY TRAINING

Here's another excellent total body training program.

Note that this schedule has no direct core exercises – or at least, that's the way that it might appear at first glance.

But look at what it does have – one legged stability ball pushups, performed for four sets of 15-25 reps with EACH leg. That makes a total of EIGHT sets of one legged stability ball pushups, for a total of 125 to 200 reps.

Still think there are no core exercises in this program?

Of course, if you wanted to do so, you could add some planks, and side planks at the end of the workout.

And as always, a brisk walk or a few rounds of jumping rope at the end of the program is an excellent idea.

1. Rope squats 4-5 x 15-25
2. One-legged stability ball pushups 4-5 x 15-25 per leg
3. Double towel pull-ups 4-5 x 5-10
4. Handstand pushups 4-5 x 5-10
5. Weighted hyperextension 4-5 x 8-12
6. Prone crucifix with rings 4-5 x 8-10
7. Horizontal ring pull-ups, double ring pull-ups or wide grip pull-ups 4-5 x 8-12
8. Wrestler's bridge 3 x 1-3 mins

## WORKOUT NO. 5 – TOTAL BODY TRAINING

Here's a total body program with tons of different exercises, each performed for a single set. Plenty of variety!

1. Deep knee bends 1 x 100-200
2. Chair dips 1 x 30-50
3. Thick bar chins 1 x 5-10
4. Prone hyperextensions 1 x 15-25
5. Wrestler's bridge 1 x 3 mins
6. Rope squats 1 x 15-25
7. One-legged plank with foot elevated on bench 1 x 60 seconds per leg
8. Handstand pushups 1 x 10
9. Staggered grip single rope pull-ups 1 x 8-10 with right hand higher
10. One-arm ring roll-outs 1 x 10 with right arm
11. Front bridge 1 x 2 mins
12. Staggered grip rope pull-ups 1 x 8-10 with left hand higher
13. One-arm ring roll-outs 1 x 10 with left arm
14. One-legged hyperextensions 1 x 10-12 with right leg
15. One-legged hyperextensions 1 x 10-12 with left leg
16. L- sit pull-ups 1 x 8-10
17. Stability ball leg curls 1 x 10-12
18. Side plank 1 x 60 seconds with right arm
19. Side plank 1 x 60 seconds with left arm
20. Gorilla holds 1 x 60 seconds

## WORKOUT NO. 6—TOTAL BODY TRAINING

Here's another total body workout where you perform a wider variety of exercises, but only one or two sets of each movement.

Programs No. 5 and 6 work well together, using No. 5 one day and No. 6 the next.

Another option for your weekly program is to combine program No. 5 and/or Program No. 6 with one of the first four programs, which have fewer exercise, but each exercise is performed for more sets. This gives you the benefit of both types of program.

Alternating between workouts where you perform multiple sets of a smaller number of exercise and workouts where you perform more exercises, but for only one set each, is a good way to stay "fresh" and avoid getting into a rut where you start to feel that you are doing the "the same darn thing" every day. Training is like anything else in life – it works better when it is interesting and exciting.

1. Jump rope 1 x 200 times, or perform 1 x 100 low step-ups, alternating feet on each rep
2. Thick bar pull-ups 2 x 6-10
3. Handstand pushups using pushup handles 2 x 5-12
4. One arm and one leg plank 1 x 60 seconds, then reverse position and repeat
5. Double rope pull-ups 2 x 5-8
6. One-legged rope squats 2 x 10-15 per leg
7. One-legged rope squats (flat footed) 2 x 10-15 per leg
8. One-legged hyperextensions 2 x 10-12 per leg
9. Close grip pushups with feet elevated 2 x 25
10. Hanging leg raises or hanging leg circles 2 x 8-12
11. Back bridge 2 x 1-3 mins
12. Stability ball hyperextension 1 x 60 seconds

## WORKOUT NO. 7 – TOTAL BODY TRAINING

Program No. 7 looks deceptively simple when you see it on paper. After all, it only involves four exercises, right?

Wrong!

Look again – those are super-sets.

Super-sets are made to order for dinosaur bodyweight exercises. One of the great things about Dinosaur Bodyweight Training is the way it ties the muscles together into a unified whole. I call this, “forging the links of the kinetic chain.”

Supersets take the concept a step further. If you perform an exercise that hits the posterior chain and immediately perform a different exercise that hits the anterior chain, you start to tie the posterior and anterior chains together. You teach the muscles to work together in a coordinated, unified fashion. You build FUNCTIONAL strength and fitness.

Supersetting also allows you to maximize the value of every minute you spend in your workouts. There is no wasted time. You are working for virtually the entire time that you are in the gym. As a result, you double or triple the cardiovascular effect of the workout. In other words, you build super strength, super muscle, and super condition from the same workout!

Supersetting also maximizes the fat burning effect of your workouts. Do your Dinosaur Bodyweight Training in super-set fashion and you’ll quickly build a lean, muscular, granite-hard body.

1. Deep knee bends 5 x 50 supersetted with chair dips 5 x 25
2. Double rope pull-ups 5-10 supersetted with handstand pushups 5-10
3. Jowett pushups 5 x 15-25 supersetted with back bridge 5 x 1-2 mins
4. Hanging leg raise 5 x 8-10 supersetted with weighted hyperextensions 5 x 10

## WORKOUT NO. 8 – TOTAL BODY TRAINING

The previous workouts follow a pattern of alternating upper body and lower body exercises, or alternating a pushing exercise with a pulling exercise. This allows you to train faster than if you were to perform all of your pushing exercises one after another, followed by all of your pulling exercises, followed by all of your leg exercises.

However, there are unique benefits to be derived from grouping the exercises together. It increases the flow of blood to the working muscles, which promotes faster muscle growth and increased recuperation.

The best way to train similar movements in a back to back fashion is to begin with the hardest movement and perform multiple sets of low or medium reps. Then perform a movement that is easier, doing fewer sets and higher reps. Finish with a third movement that is easiest of all, and perform one set of high reps.

1. One-legged rope squats (flat footed) 5 x 10-15 per leg
2. Rope squats while squeezing medium-sized rubber ball between the thighs 2 x 15-20
3. Deep knee bends 1 x 100
4. Weighted hyperextensions 1 x 10-12
5. One legged hyperextensions 2 x 10-12 per leg
6. Superman exercise 1 x 2-3 mins
7. Double rope or two towel pull-ups 4 x 5-6
8. Bar and towel pull-ups 2 x 6-8 per arm 2 x 8-12
9. Double ring pull-ups 1 x 8-10
10. Handstand pushups (using pushup bars) 5 x 5-6
11. Crescent pushups 2 x 8-10
12. Chair dips 1 x 40-50
13. Hanging leg raise 4 x 5-10
14. Dinosaur roll-outs 2 x 8-10
15. One arm and one leg plank 1 x 60 then reverse the movement and repeat

## WORKOUT NO. 9 – TOTAL BODY TRAINING

Here's a great program for those days when you don't have time or energy for a longer, more complicated workout. It's also a terrific change of pace program to jolt the muscles out of a rut.

This program involves just six exercises, and takes only 18 minutes to perform – and yet, it is so tough that the typical gym member would end up flat on his face, out like a light, if he were foolish enough to try the program without some careful break-in training to condition him for it.

If you try this program, remember that you need to perform each exercise in PERFECT form, going through the entire range of motion on each and every rep. Don't try to do "partial" reps or otherwise cheat yourself to a greater number of reps in each of the three minute "rounds" that compromise the program.

Also, move fast, but not so fast that you are simply bouncing your way through your reps. Perform as many FULL reps as possible in PERFECT form at a slightly faster than normal speed in each of the three minute rounds.

If you get to the point where you cannot continue to perform reps in any particular exercise, stop for a few seconds, take several deep breaths, and continue. That's one of the great things about the program – it forces you to stop, regroup, and continue – something that builds CHARACTER as well as strength, muscle and fitness.

1. Jump rope for 3 mins or perform step-ups onto a low bench for 3 mins
2. Chair dips or pushups – as many as possible in 3 mins
3. Deep knee bends or rope squats – as many as possible in 3 mins
4. Pull-ups – as many as possible in 3 mins
5. Hanging leg raises or hanging knee to chest exercise – as many as possible in three mins
6. Back bridge – hold for 3 mins

## WORKOUT NO. 10 – TOTAL BODY TRAINING

Workout No. 10 involves several of the more difficult dinosaur bodyweight exercises, each performed for five sets. It is a tough, demanding schedule that will build plenty of strength, power and muscle.

Note that the grouping of the exercises allows you to make use of the superset principle if you wish to do so: simply superset exercise no. 1 with exercise no. 2, and so on.

You also can superset exercise no. 1 with exercise no 2, then superset exercise no. 3 with exercise no. 6, exercise no. 4 with exercise no. 5, and exercise no. 7 with no. 8.

1. Extended pushups 5 x 8-15
2. Double rope pull-ups 5 x 5-10
3. One-legged rope squats (flat footed or on toes) 5 x 10-15 per leg
4. Rope and ring pull-ups 6 x 5-8 (three sets with the right hand on the rope, and three sets with the left hand on the rope)
5. Crescent pushups with the feet elevated 6 x 10
6. Weighted hyperextensions 5 x 8-10
7. Handstand holds 5 x 60 seconds or handstand pushups 5 x 5-10
8. Back bridge 5 x 1-2 mins



## WORKOUT NO. 11 –TOTAL BODY TRAINING WITH LEG FOCUS

Total body training does not mean that you cannot specialize on a particular muscle group or a particular exercise.

Workouts No. 11 through 18 will give you excellent total body training programs where you do extra work for a particular muscle group or where you specialize on a particular exercise. You can use these programs in a variety of ways.

For example, if you want to specialize on your legs, you can perform Workout No. 11, which focuses on leg development, three times per week.

Alternatively, you could alternate workout no. 11 with any of the other total body workouts.

You also could alternate Workout no. 11 with a workout consisting of nothing but leg exercises.

If you are not interested in specializing on any particular body-part, you could alternate Workout No. 11 with Workout No. 12 or with any of the other “focus” workouts.

1. Deep knee bends 1 x 100
2. Jowett pushups 3 x 15-25
3. Deep knee bends 1 x 100
4. Double towel pull-ups 3 x 5-10
5. Deep knee bends 1 x 100
6. Handstand pushups 3 x 5-10
7. Deep knee bends 1 x 100
8. Weighted hyperextensions 3 x 10-12
9. Deep knee bends 1 x 100
10. Hanging leg raise 3 x 6-12

## WORKOUT NO. 12 – TOTAL BODY TRAINING WITH PUSHUP FOCUS

This program has a tremendous energizing effect on the body. Pushups are one of the very best conditioning movements that you can do, in part because they work so much muscle mass in a single movement, and in part because working the chest muscles helps to draw rich, red oxygenated blood to the heart and lungs.

Note that the pushups, which train the muscles of the anterior chain, are balanced with posterior chain exercises such as bridges, pull-ups and rockers.

1. One-legged pushups with the foot elevated 5 x 15-20 per leg (10 sets total)
2. Bridge 1 x 2-3 mins
3. Ring pushups with the feet elevated 5 x 10
4. Bar and towel pull-ups 3 x 5-10 with the right hand on the bar, and 3 x 5-10 with the left hand on the bar
5. Jowett pushups 5 x 15-25
6. One-legged rope squats (flat footed) 3 x 10-15 with each leg
7. Chair dips 5 x 25
8. One-legged hyperextensions 3 x 10-12 with each leg
9. Close-grip pushup with the feet elevated 5 x 15-25
10. Hanging leg circles 3 x 6-12 clockwise and 3 x 6-12 counter-clockwise
11. Hang from thick bar 1 x as long as possible

## WORKOUT NO. 13 – TOTAL BODY TRAINING WITH FOCUS ON PULL-UPS

Advanced forms of dinosaur pull-ups are hard, hard work, and a training program that includes 20 or more sets of pull-ups, along with a generous mix of other exercises, will hit you with the full force of a charging rhinoceros.

The muscle-building effect of this program is outstanding. Try it three times a week for a month or two, and you'll end up having to order new shirts.

Note that you finish the program with back bridges and front bridges. These are a good way to stretch the upper back muscles after you have hammered them mercilessly with dinosaur pull-ups.

1. Double rope pull-ups 5 x 5-10
2. Jowett pushups 2 x 25
3. Wide grip pull-ups 5 x 5-10
4. One-legged rope squats (flat footed or on toes) 3 x 10-15 per leg
5. Double ring pull-ups 5 x 5-10
6. Handstand pushups 2 x 5-10
7. Thick bar pull-ups 5 x 5-10
8. Extended pushups 2 x 10
9. Back bridge 1 x 2-3 mins
10. Front bridge 1 x 1-2 mins

## WORKOUT NO. 14 — TOTAL BODY TRAINING WITH FOCUS ON GRIP WORK

The key to putting together a total body workout with an emphasis on grip work is to arrange things so that you don't work the grip muscles into the ground before you have trained the rest of the body. There are two ways to do this.

One is to alternate grip exercises with exercises that do not involve the grip. If you do this, begin with a chinning movement that strongly taxes the grip, such as double rope pull-ups or thick bar pull-ups. This will allow you to simultaneously work your grip and train your pull-ups before your grip is so tired that serious pull-up training would be difficult or impossible.

Another way is to train the rest of the body, and then finish up with five or six different grip exercise. If you want to give that method a try, perform the exercises in the following order: 2, 6, 9, 10, 11, 1, 3, 4, 5, 7, 8, and 12.

1. Double rope pull-ups 5 x 5-10
2. One-legged Jowett pushups 3-4 x 15-20 per leg
3. Hang from thick bar 1 x for as long as possible
4. One-legged fingertip pushup hold 1 x for as long as possible with right leg
5. Hang from thick bar 1 x for as long as possible
6. Deep knee bends 1 x 100
7. Two finger double ring pull-ups 3-4 x 5-8
8. One-legged fingertip pushup hold 1 x for as long as possible with left leg
9. Back bridge 1 x 1-2 mins
10. Front bridge 1 x 1-2 mins
11. Hyperextensions 1 x 25
12. Fingertip pushups 5 x different reps depending on how many fingers you are using

## WORKOUT NO. 15 – TOTAL BODY TRAINING WITH CORE EMPHASIS

Performing a total body workout with core emphasis is one of the very best things you can do for your body.

The total body workout assures that you forge those all-important kinetic links. It also trains your heart, lungs, circulatory system and other internal organs very effectively.

The core exercises assure that you are keeping yourself hard, lean and muscular. They will promote dramatic increases in your over-all health and fitness.

In addition, the core exercises that I teach have a tremendous developmental effect on all of the muscle groups throughout the body. Extra work on the core muscles will reward you with enhanced development throughout the entire body. Try it and see.

1. One arm and one leg plank 1 x 60 seconds
2. One arm and one leg plank 1 x 60 seconds (reverse of no. 1)
3. Stability ball one legged plank 1 x 60 seconds
4. Stability ball one legged plank 1 x 60 seconds (reverse of no. 1)
5. L-hold pull-ups 4 x 5-10 supersetted with wrestler's bridge 4 x 1-2 mins
6. One-legged rope squats (flat footed) 4 x 10-15 per leg
7. Side plank 1 x 60 seconds with right arm
8. Side plank 1 x 60 seconds with left arm
9. Hanging leg raise 4 x 8-10 supersetted with wrestler's bridge 4 x 1-2 mins
11. Weighted hyperextensions 5 x 10-12
12. L-hold 1 x 30-60 seconds

## WORKOUT NO. 16 – TOTAL BODY TRAINING WITH HANDSTAND EMPHASIS

Handstand training helps to tie the kinetic chain together in remarkable ways. Remember, when you are performing a handstand you are involving virtually all of the muscles of the back and spine, while challenging your balance, coordination and timing. Combine that with working the shoulders and triceps ferociously hard, and you have an exercise that sends the nervous system into over-drive.

The end result – the inevitable result – is an enormous increase in your ability to link the mind and the muscles, combined with turbo-charging of the body's growth systems.

1. Handstand pushups (using pushup bars if possible) 5 x 5-10
2. Wide grip pull-ups 5 x 5-12
3. Handstand pushups (using pushup bars if possible) 5 x 5-10
4. Double ring pull-ups 5 x 5-10
5. Handstand holds with arms at the halfway point (90 degrees) 5 x 60 seconds supersetted with deep knee bends 5 x 50 or rope squats 5 x 10-15
5. Handstand holds with arms extended 4 x 60 seconds supersetted with wrestler's bridge 4 x 60 seconds
6. Handstand pushups 5 x 5-10

## WORKOUT NO. 17 – TOTAL BODY TRAINING WITH NECK FOCUS

A total body program with neck focus stimulates the spine and the nervous system to an even greater extent than a workout that focuses on handstand training.

Thus, a program with extra neck training does far more than merely “build the neck.” It helps to energize and vitalize the entire body from head to toe.

Of course, you could specialize on the neck by training it entirely by itself. But adding extra neck work to a total body workout helps to tie the body together. The neck work activates the nervous system, which in turn allows you to perform better in all of your other exercises. It's a double return on your training investment.

By the way, while we're speaking of neck training, consider this – most women do little or no neck training. Is that a mistake? You BET it is! Contrary to popular opinion, men and women are wired pretty much the same when it comes to the central nervous system. That means that neck exercise has the same energizing and vitalizing effect for a woman that it does for a man. Think about it – and if your wife, daughter or girlfriend trains, talk her into some neck training. She may resist the idea at first, but she'll end up loving you for it.

1. Wrestler's bridge 5 x 2 mins
2. One-legged Jowett pushups 4-5 x 10-15 per leg
3. Front bridge 5 x 2 mins
4. Rope squats 5 x 15-20
5. Rockers 5 x 20-50
6. Double rope pull-ups 4 x 5-10
7. Full extension neck plank 1-3 x 60 seconds

## WORKOUT NO. 18 – TOTAL BODY TRAINING WITH BACK FOCUS

Back training has the same sort of effect that handstand training and neck training has. It activates the central nervous system to a greater degree than almost anything else you could do, and helps to strengthen the entire body by enhancing the mind-muscle link.

Back training also builds tons of functional strength. Have you ever seen someone who does all of his training in front of a mirror, and who spends 90% of his time working the muscles on the front of the body, and virtually none of his time training the muscles on the back of the body?

They call those guys “mirror athletes” – and it’s not intended as a compliment.

REAL strength requires tremendous development of the back muscles. The stronger and more powerful the muscles of the posterior chain, the stronger and more powerful you will be.

So remember, always do plenty of back training. And when you do, work ALL of the muscles of the back: upper, lower and middle, and don’t forget about the neck, the hips and the hamstrings. Tie the entire posterior chain together.

1. Double rope pull-ups 5 x 5-10
2. Weighted hyperextensions 5 x 10-12
3. Deep knee bends 4 x 50-100
4. Double ring pull-ups 5 x 5-10
5. One-legged hyperextensions 5 x 10-12 per leg
6. Single-ring towel and bar pull-ups 5 x 5-10 supersetted with handstand pushups 5 x 5-10
7. Wrestler’s bridge 5 x 1-3 mins
8. Superman exercise 1 x 1-3 mins or stability ball hyperextensions 1 x 60 seconds

Note: Exercises 1 and 2, 3 and 4, and 3 and 5 may be supersetted.



## WORKOUT NO. 19 – TOTAL BODY TRAINING WITH LEG AND BACK FOCUS

Workouts No. 19 through 22 will present total body training programs that offer added focus on not one, but TWO, major muscle groups or exercises. This allows you to combine all of the benefits of total body training with specialized work for muscle groups or exercises that help to tie the kinetic chain together.

One example is leg and back training. When you train the legs and back, you are training the largest muscles in the body. That alone assures that a workout built around leg and back work will cause plenty of puffing, panting and perspiring – which is what it takes to activate the metabolic processes that cause increases in strength, power, muscular size, health and fitness.

You also have the opportunity to work the posterior and anterior chains, as well as the upper and lower body. Think about it, and you'll quickly see that properly sequenced leg and back training will tie the body together to a remarkable degree. This is particularly true if you use super-set training.

Here's the program. Be prepared to sweat.

1. One legged rope squats (flat footed) 5 x 10-15 per leg, supersetted with one-legged prone hyperextensions 5 x 10 per leg
2. Double rope or two towel pull-ups 5 x 5-10 supersetted with crescent pushups 5 x 10
3. Deep knee bends 5 x 50 -100 supersetted with weighted hyperextensions 5 x 10
4. Wide-grip pull-ups 5 x 5-15 supersetted with handstand pushups 5 x 5-10
5. Dinosaur rollouts with ab wheel 5 x 5-10 supersetted with rockers 5 x 30-50
6. One-legged calf raises with foot on block 4x 50 per leg, alternating sets for the right leg with sets for the left leg until completed

## WORKOUT NO. 20 – TOTAL BODY TRAINING WITH ARM AND SHOULDER FOCUS

While 90% of the trainees in the world are undoubtedly arm-crazy, most of them pay little or no attention to their shoulders.

This is a ridiculous state of affairs. Big arms capped by small shoulders look silly, and from a strength and functionality perspective, are even worse.

In addition, building big arms is far easier if you simultaneously train the shoulders. In fact, arm specialization works best if it is combined with shoulder specialization.

The following program will provide excellent over-all development, while allowing plenty of specialized work for the arms and shoulders. So if you feel a touch of “arm crazy” coming on, give this schedule a try.

1. Double rope pull-ups 5 x 5-10 supersetted with Jowett pushups 5 x 10-25
2. Bar and towel pull-ups 6 x 5-10 supersetted with handstand pushups 6 x 15-10
3. Single ring bar and towel chins 6 x 5-10 supersetted with handstand pushups 5 x 5-10
4. One-legged rope squats 4 x 10-15 supersetted with prone hyperextensions 4 x 15
5. 60-second pull-up 1x 60 seconds
6. Close grip pushups with feet elevated 5 x 15-25

## WORKOUT NO. 21 – TOTAL BODY TRAINING WITH LEG AND CHEST FOCUS

Leg training and chest training go together perfectly. The leg training causes plenty of deep breathing, and the chest work draws blood to the chest area, including the internal organs such as the heart and lungs, which helps to strengthen the breathing muscles. It's an excellent combination.

Leg and chest work has a tremendous energizing effect (even though it involves plenty of hard work) because you super-saturate your body with oxygen during the workout.

In addition, leg training has an enormous “jump-start” effect on the metabolic system – as does deep breathing. If you combine the two in a single training session, and add chest work to pump the muscles with blood, the end result is extremely rapid muscular growth throughout the entire body.

1. One-legged squats (flat-footed) 4 x 8-10 per leg supersetted with Jowett pushups 4 x 10-25
2. One legged rope squat (on toes) 4 x 8-10 per leg supersetted with the prone crucifix with rings or with crescent pushups 4 x 8-10
3. Wide-grip pull-ups or double rope pull-ups 5 x 5-10 supersetted with handstand pushups 5 x 5-10
4. Rope squats while squeezing medium sized rubber ball between thighs 5 x 15-20 supersetted with stability ball pushups 5 x 15-25
5. Prone hyperextensions 4 x 10-12
6. One arm side plank 1 x 60 seconds with the right hand
7. One arm side plank 1 x 60 seconds with the left hand
8. Deep knee bends 1 x as many as possible in 3 mins
9. Chair dips 1 x as many as possible in 3 mins

## WORKOUT NO. 22– TOTAL BODY TRAINING WITH CHEST AND BACK FOCUS

Specialized work on the chest and back muscles ties the body together extremely effectively because the chest work trains the anterior chain, and the back work trains the posterior chain. When you combine the two into a single session, you forge a powerful link between the anterior chain and the posterior chain. In simple terms, you turn the entire body into an integrated mass of rock-hard muscle.

Chest and back training also works well together because the chest exercises stretch the back, and the back exercises stretch the chest.

Note that we begin with some leg work, to assure that you are breathing deeply when you begin the chest work, and that we continue this sequence throughout the workout.

1. Deep knee bends 1 x 100-200
2. Chair dips 5 x 50 supersetted with double ring pull-ups 5 x 5-10
3. One legged rope squat (on toes) 3 x 10-15 per leg
4. Jowett pushups 5 x 25 supersetted with wide-grip pull-ups 5 x 5-10
5. Hyperextensions with weight 5 x 10 supersetted with rockers 5 x 30
6. Deep knee bends 1 x 100-200
7. Ring pushups with the feet elevated or crescent pushups with the feet elevated 5 x 8-10 supersetted with double towel pull-ups or double rope pull-ups.

Total body workouts with a conditioning focus are designed to give maximum cardiovascular benefits while still allowing plenty of strength and muscle building. These programs build tremendous health and fitness. They are excellent for athletes and martial artists. In addition, they are outstanding fat burners. So if you want to get into truly superb physical condition, and carve a granite-hard body, give these programs a try.

Note that the conditioning programs will involve higher reps on pushups and leg movements, plenty of core work, and 3-minute rounds of jumping rope or other non-stop exercise for the cardiovascular system. If you wish you can substitute stability ball power crunches 1 x 20 or low bench step-ups 1 x 50 per leg for the 3-minute round of jumping rope.

1. Jump rope 1 x 3 mins
2. Pushups 5 x 20-50 supersetted with deep knee bends 5 x 50-75
3. Jump rope 1 x 3 mins
4. Elevated ring pushups 5 x 10 supersetted with double towel pull-ups, double rope pull-ups, wide-grip pull-ups or thick bar pull-ups 5 x 5-10
5. Jump rope 1 x 3 mins
6. One arm and one leg planks 1 x 60 seconds with the right arm
7. One arm and one leg planks 1 x 60 seconds with the left arm
8. Jump rope 1 x 3 mins
9. Side plank 1 x 60 seconds with the right arm
10. Side plank 1 x 60 seconds with the right arm
11. Jump rope 1 x 3 mins
12. Dinosaur roll-outs 5 x 5-10 supersetted with rockers 5 x 20-30

## WORKOUT NO. 24—TOTAL BODY TRAINING WITH CONDITIONING FOCUS

Here's another excellent total body program that gives extra attention to conditioning. This program takes super-sets to a new level. Rather than performing two exercises in non-stop, back-to-back fashion, you will perform FIVE exercises one after another with ZERO rest in-between the exercises. This is one "Giant Set." Rest two to three minutes after each Giant Set.

This program is a terrific conditioner because your heart and lungs are working very hard throughout the entire Giant Set.

If you want to put the icing on the cake, finish the program with three 3-minute rounds of jumping rope, with one minute's rest between rounds.

1. Perform five Giant Sets consisting of the following exercises:
  - a. Deep knee bends 50-100 reps
  - b. Chair dips 25-50 reps
  - c. Wide-grip pull-ups 8-15 reps
  - d. Wrestler's bridge 2-3 mins
  - e. Hanging leg raise 8-15 reps or hanging, twisting knee to chest 12-20 reps

## WORKOUT NO. 25—TOTAL BODY TRAINING WITH CONDITIONING EMPHASIS

Here's a different version of the Giant Set program for total body training and conditioning. This one involves two different Giant Sets, each performed three times.

As with the previous program, you can add three 3-minute rounds of jumping rope to each Giant Set to really finish things off.

### Giant Set No. 1:

- a. Deep knee bends 50-75 reps
- b. Hanging leg raise 5-15 reps
- c. Prone hyperextensions with weight 10 reps
- d. Double rope pull-ups 5-10 reps
- e. Crescent pushups 8-12 reps

### Giant Set No. 2:

- a. Rope squats 15-20 reps
- b. Jowett pushups 25 reps
- c. Wide grip chins 8-15 reps
- d. Handstand pushups 5-10 reps
- e. Wrestler's bridge 3 x 2-3 mins

## WORKOUT NO. 26—TOTAL BODY TRAINING WITH CONDITIONING FOCUS

This program involves three Giant Sets, with a 3-minute round of jumping rope in each Giant Set. Perform TWO of each Giant Sets the first few times you try the schedule. Work up to THREE of each Giant Sets. Train on this program three times per week for a month, and watch your conditioning level soar!

### Giant Set No 1:

- a. Deep knee bends 50-100 reps
- b. Dinosaur roll-outs with pushup in extended position 10 reps
- c. Two towel pull-ups or double rope pull-ups 5-10 reps
- d. Jump rope 3 mins
- e. Rockers 20-30 reps

### Giant Set No. 2:

- a. One-legged rope squats 10-15 reps per leg
- b. Handstand pushups 5-10 reps
- c. Double ring pull-ups 5-10 reps
- d. Jump rope 3 mins
- e. Pushups with feet on stability ball 25-40 reps

### Giant Set No. 3

- a. Rope squats 15-20 reps
- b. Jowett pushups 10-25 reps
- c. L-hold pull-ups 5-10 reps
- d. Jump rope 3 mins
- e. One arm side plank 1 x 60 seconds to each side



## WORKOUT NO. 27—TOTAL BODY TRAINING WITH CONDITIONING EMPHASIS

Here's different sort of total body conditioning program. It looks easy, but don't underestimate it. This one is TOUGH!

1. Rope squats 5 x 20-25 supersetted with stability ball pushups 5 x 15-25
2. Jump rope 5 x 3 mins or low step-up 5 x 2 mins supersetted with chair dips 5 x 25-50
3. Deep knee bends 5 x 50-75 supersetted with pull-ups 5 x 5-10
4. Hanging leg circles 5 x 5-10 supersetted with wrestler's bridge 5 x 1-2 mins

## WORKOUT NO. 28 – TOTAL BODY WORKOUT WHILE TRAVELING

Here's a total body workout that you can take with you on the road. This one involves no equipment of any sort, so you can perform it in a hotel room. Of course, you also can perform the program at home.

I've kept the program fairly short, because one often has limited training time while traveling. However, feel free to perform multiple sets of each exercise, or to perform the entire program in its given sequence several times. If you run through the program two or three times, it's a very demanding schedule.

1. One arm and one leg plank 1 x 60 seconds
2. One arm and one leg plank 1 x 60 seconds (reverse of no. 1)
3. Deep knee bends 1 x 100
4. Pushups 1 x 25-50
5. Wall squat 1 x 60 seconds
6. Superman exercise 1 x 2-3 mins
7. Deep knee bends 1 x 100
8. Side plank with right arm 1 x 60 seconds
9. Side plank with left arm 1 x 60 seconds
10. Wrestler's bridge 1 x 2-3 mins
11. Handstand pushups 1 x 5-10
12. Front bridge 1 x 1-2 mins

## WORKOUT NO. 29—TOTAL BODY TRAINING WHILE TRAVELING

Here's another "on the road" workout that also works really well when you are at home. This one assumes that you have had the foresight to bring a jump rope, push-up bars, two towels for towel pull-ups, and an ab roller, that a chinning bar is available (which you can find in many hotel workout rooms or at a local park), and that your hotel room has a sturdy chair so you can elevate your feet for pushups.

1. Jump rope 1 x 3 mins
2. Deep knee bends 1 x 100
3. Pushups with pushup bars and feet elevated on sturdy chair 1 x 25-50
4. Pull-ups 1 x 5-15
5. Jump rope 1 x 3 mins
6. Hanging leg raise 1 x 5-10
7. Superman exercise 1 x 2-3 mins
8. Deep knee bends 1 x 100
9. Pushups with pushup bars and feet elevated on sturdy chair 1 x 25-50
10. Chin-ups 1 x 5-15
11. One-legged squat (hold the back of a chair for balance if necessary) 2 x 5-10 per leg, or wall squat 1 x 60 seconds, or one legged wall squat 1 x 30-60 seconds per leg
12. Handstand pushups using pushup bars 2 x 5-10
13. Two towel pull-ups 2 x 5-10
14. Wrestler's bridge 1 x 2-3 mins
15. Dinosaur roll-outs 2 x 5-10

## WORKOUT NO. 30 – TOTAL BODY TRAINING WHILE TRAVELING

Here's a limited-equipment, multiple set workout that you can carry with you anywhere. It also works great for home training.

Don't let the program's apparent brevity and simplicity fool you. This is a very rugged schedule.

If you cannot find a chin bar, substitute handstand pushups for chins. And if you have time and energy finish off with two or three 3-minute rounds of jumping rope.

1. Deep knee bend 4 x 50-75 or 3 x 100 or 2 x 150 (shoot for 300 reps total)
2. One-legged pushups with foot elevated 4 x 15-25 with each leg
3. Wide grip chins, two towel pull-ups or bar and towel chins 4-6 x 5-15
4. Hanging leg circles 5 x 8-10 or Dinosaur roll-outs 5 x 5-10 supersetted with wrestler's bridge 5 x 1-3 mins

## WORKOUT NO. 31—TOTAL BODY TRAINING WHILE TRAVELING

Here's a total body program that places special emphasis on conditioning work, and requires minimal equipment. You can use this program in a hotel room or at home.

1. Deep knee bends 1 x 100
2. Jump rope 1 x 3 mins
3. Pushups with feet elevated on chair or one-legged pushups 1 x 25-50
4. Jump rope 1 x 3 mins
5. Wall squats 1 x 60 seconds or one-legged wall squats 1 x 30-60 seconds per leg or one-legged squats 1 x 5-10 per leg
6. Pushups with feet elevated on chair or one-legged pushups 1 x 25-50
7. Jump rope 1 x 3 mins
8. Wrestler's bridge 1 x 2-3 mins
9. Deep knee bends 1 x 100
10. One arm and one leg plank 1 x 60 seconds
11. One arm and one leg plank 1 x 60 seconds (reverse of no. 10)
12. Wall squats 1 x 60 seconds or one-legged wall squats 1 x 30-60 seconds per leg or one-legged squats 1 x 5-10 per leg
13. Pushups with feet elevated on chair 1 x 25-50 or extended pushups 1 x 10-20 or
14. Jump rope 1 x 3 mins
15. Wrestler's bridge 1 x 2-3 mins

## WORKOUT NO. 32 –TOTAL BODY TRAINING WHILE TRAVELING

Here's another portable workout that you can take anywhere. And it also works great at home!

This program assumes that you have access to a pair of sturdy chairs, a chinning bar, and a few other pieces of basic equipment

1. Deep knee bends 3 x 50-75 supersetted with chair dips 3 x 25-50
2. One-legged squat 3 x 5-10 per leg or wall squat 3 x 60 seconds supersetted with wide grip chins 3 x 5-15
3. Handstand pushups 3 x 5-10 supersetted with wrestler's bridge 3 x 1-3 mins
4. One arm and one leg plank 1 x 60 seconds
5. One arm and one leg plank 1 x 60 seconds (reverse of no. 4)
6. Side plank 1 x 60 seconds with the right arm
7. Side plank 1 x 60 seconds with the left arm
8. Extended pushups 3 x 10-25
9. Elevated superman 1 x 60 seconds
10. Full extension back neck plank 1 x 60 seconds
11. Fingertip pushups 1 x 15-25
12. Two finger pull-ups 1 x 8-12

## WORKOUT NO. 33—TOTAL BODY TRAINING WHILE TRAVELING

Here's a strength and power oriented schedule that will tax even a super-strong and superbly conditioned trainee while on the road or while training at home with only limited equipment.

This one should convince anyone that you don't need much in the way of equipment to get a really good workout.

This is also a good example of low rep, multiple set bodyweight training.

1. One legged squat 5 x 5-10 per leg (10 sets total) or one legged wall squat 5 x 30-60 seconds per leg (10 sets total)
2. Two towel pull-ups, two finger pull-ups or L-sit pull-ups 5 x 5-10
3. Handstand push-ups with hands on push-up bars 5 x 5-10
4. Wrestler's bridge 5 x 2-3 mins
5. Hanging leg raise or hanging leg circles 5 x 5-10
6. Stability ball hyperextensions or Superman exercise or elevated Superman exercise 5 x 60 seconds

## WORKOUT NO. 34 – CORE TRAINING

Workouts No. 34 through 40 will outline a variety of divided workout schedules. These programs can be used in a variety of ways. You can alternate them with total body workouts, or you can alternate the different divided workout programs.

Divided workouts allow you to concentrate on certain targeted exercises or on certain muscle groups, hitting them with everything you have for maximum growth stimulation and maximum development. They are extremely productive and effective programs.

If you want to add some serious conditioning work to this program, include 2-3 mins of jumping rope after each exercise or after every second exercise.

You also may wish to include the wrestler's bridge for one to two minutes after each of the core exercises. Stretching the abdominals and spine with the wrestler's bridge immediately after performing a hard set of gut work is extremely rigorous and enormously beneficial.

1. Hanging, twisting leg raise or hanging leg circle 1 x 10-12
2. One-leg plank with right foot on stability ball 1 x 60 seconds
3. One-leg plank with left foot on stability ball 1 x 60 seconds
4. L-Sit hold 1 x 30-60 seconds
5. Power Wheel pike and hold 1 x 30-60 seconds
6. Stability ball power crunches 1 x 20
7. One arm and one leg plank 1 x 60 seconds
8. One arm and one leg plank 1 x 60 seconds (reverse of no. 7)
9. Extended plank 1 x 30-60 seconds
10. Side plank 1 x 60 seconds with right arm
11. Side plank 1 x 60 seconds with left arm
12. Ball buster plank or double ball buster plank 1 x 60 seconds



## WORKOUT NO. 35 – CORE TRAINING

Here's another core workout that takes no prisoners.

1. One-legged plank with right foot elevated 1 x 60 seconds
2. One-legged plank with left foot elevated 1 x 60 seconds
3. Ball buster plank 1 x 60 seconds
4. Hanging leg raise 1 x 8-12
5. Side plank 1 x 60 seconds (right arm)
6. Side plank 1 x 60 seconds (left arm)
7. Power Wheel Pike 1 x as many as possible
8. Hanging leg circle 1 x 10-12, alternating clockwise and counter-clockwise reps
9. One-legged plank with foot on stability ball 1 x 60 seconds (right foot)
10. One-legged plank with foot on stability ball 1 x 60 seconds (left foot)
11. Double trouble plank on two stability balls 1 x 30-60 seconds
12. Wrestler's bridge 1 x 3 mins

## WORKOUT NO. 36 – CORE TRAINING

This core workout packs an enormous wallop. You begin with four sets of hanging leg raises, an exercise where the average trainee cannot perform even a single rep. After that, you work through a variety of planks. You finish the program with five sets of hanging leg circles (a very tough exercise), superseded with the wrestler's bridge. (There it is again – core exercise combined with the wrestler's bridge. A potent combination.)

1. Hanging leg raise 4 x 5-10
2. Right arm plank 1 x 60 seconds
3. Left arm plank 1 x 60 seconds
4. Side plank 1 x 60 seconds with right arm
5. Side plank 1 x 60 seconds with left arm
6. One-arm ring roll-out and hold 1 x 30-60 seconds with right arm
7. One-arm ring roll-out and hold 1 x 30-60 seconds with left arm
8. Hanging leg circles 5 x 10-12, alternating clockwise reps and counter-clockwise reps superseded with wrestler's bridge 5 x 1-2 mins

## WORKOUT NO. 37—LEG AND LOWER BACK TRAINING

A workout devoted to leg and lower back training will test your inner warrior. And it doesn't have to be long and complicated, or involve a wide variety of exercises. Here's a six-exercise program that will leave you covered in sweat.

1. One-legged squats 5 x 5-10 per leg or one-legged rope squats 5 x 10-15 per leg supersetted with one-legged hyperextensions 5 x 10 per leg
2. Deep knee bends 1 x 100-200
3. Weighted hyperextensions 4 x 10
4. Deep knee bends 1 x 100-200
5. Stability ball hyperextension 1 x 60 seconds or stability ball leg curl and hold 1 x 30-60 seconds

## WORKOUT NO. 38 – LEG AND LOWER BACK TRAINING

This workout is a combination of leg and low back training along with some conditioning work. It makes sense to combine these types of exercises into one workout because the leg work is almost always going to involve plenty of puffing, panting and perspiring.

1. Jump rope 1 x 3 mins
2. Deep knee bends 1 x 100
3. Jump rope 1 x 3 mins
4. Hyperextensions 1 x 15-25 or one-legged hyperextensions 1 x 10 per leg or Superman exercise 1 x 2-3 mins or stability ball hyperextension 1 x 60 seconds
5. Jump rope 1 x 3 mins
6. Deep knee bends 1 x 100
7. Jump rope 1 x 3 mins
8. One legged rope squats 4 x 10-15 per leg supersetted with weighted hyperextensions 4 x 10
9. Jump rope 1 x 3 mins
10. One legged calf raises with foot on block 4 x 50 per leg

## WORKOUT NO. 39 – PUSHING AND PULLING

Workouts No. 39-40 will allow you to build your torso, arms and shoulders to the maximum possible degree. They are extremely productive and demanding schedules. Use them in combination with the core programs and the leg and lower back programs, or alternate them with the different upper body programs outlined previously.

Some trainees prefer to do multiple sets of a limited number of exercises. I usually train in this fashion.

Others prefer to use a wide variety of different movements, but to perform only one or two sets of each. John Grimek and Sig Klein used to prefer to train this way.

The first pushing and pulling program will appeal to those of you who fall into the former group. The next program will be for those of you in the latter group.

1. Handstand pushups using push-up bars 10 x 5-10 supersetted with double rope pull-ups 5 x 5-10 and double ring pull-ups or two finger double ring pull-ups 5 x 5-10 (for a total of ten sets of pull-ups)
2. Chair dips, pushups with the feet elevated or Jowett pushups 5 x 10-25 supersetted with wide grip pull-ups 5 x 8-10

## WORKOUT NO. 40—PUSHING AND PULLING

Here's a pushing and pulling workout that offers plenty of variety and hits the muscles from a multitude of different angles.

1. Double rope pull-ups 1 x 5-10
2. Handstand pushups (with hands on pushup bars) 1 x 5-10
3. Two towel pull-ups 1 x 5-10
4. Ring dips 1 x 10-15
5. Towel and bar pull-ups with right hand on bar 1 x 5-10
6. Handstand pushups (with hands on push-up bars) 1 x 5-10
7. Jowett pushups 1 x 15-25
8. Towel and bar pull-ups with left hand on the bar 1 x 5-10
9. Handstand pushup hold (arms at 90 degree position) 1 x 30 - 60 seconds
10. Wide grip pull-ups 1 x 5-10
11. Double trouble pushups or ball buster pushups 1 x 10
12. Handstand hold (arms in extended position) 1 x 30 - 60 seconds
11. Two finger ring pull-ups 1 x 5-10
12. Close grip pushups with feet elevated 1 x 25

## WORKOUT NO. 41 – WEIGHT TRAINING AND BODYWEIGHT EXERCISES

As promised at the beginning of this Lesson, here is the first of ten workouts that combine weight training with bodyweight exercises. The first is a three times per week program designed to build a good balance of strength, muscular size and over-all condition. It's a good program for beginners and intermediates.

1. Standing barbell curl 2 x 6-8
2. Standing barbell press 4 x 5-6
3. Barbell squats 1 x 15, 1 x 12, 1 x 10
4. Jowett pushups 3 x 15-25 (superset these with squats if possible)
5. Wide grip pull-ups 3 x 5-10
6. Weighted hyperextensions 3 x 10
7. One-legged stability ball pushups 1 x 10-25 per leg
8. Hanging knees to chest or hanging, twisting knees to chest 3 x 10-12
9. Wrestler's bridge 1 x 1-3 mins

## WORKOUT NO. 42 – WEIGHT TRAINING AND BODYWEIGHT EXERCISES

Here's another three-day per week program that combines bodyweight training and weight training. This is a good, well-balanced training program. It builds a hard, thickly muscled physique with plenty of strength and power. It also is an excellent conditioner and fitness builder.

1. Deep knee bends 1 x 75-100
2. Standing alternate dumbbell curl or incline dumbbell curl 3 x 6-8
3. Handstand pushups using pushup bars 3 x 5-6 (Note: this can be supersetted with the curls.)
4. Deep knee bends 1 x 75-100
5. 45-degree dumbbell bench press 3 x 8-10
6. Double towel pull-ups or double rope pull-ups 3 x 5-10 (Note: this can be supersetted with the incline dumbbell bench press.)
7. Regular deadlifts or trap bar deadlifts 5 x 5-6
8. Deep knee bends 1 x 75-100
9. Finger-tip pushups 4-5 sets of 10-20 reps
10. Dinosaur roll-outs 5 x 8-10



## WORKOUT NO. 43 – WEIGHT TRAINING AND BODYWEIGHT TRAINING

Here's a different sort of "combination" workout that involves multiple sets of low reps on all of the exercises. It's an excellent strength and power builder, and a great size builder. Train on this and similar schedules for a while and you won't believe the results.

1. Power clean and press 5 x 5 (perform one clean and one press on each rep)
2. Double towel pull-ups, double rope pull-ups or double ring pull-ups 5 x 5
3. Standing barbell or dumbbell press or handstand pushups on pushup bars 5 x 5
4. Barbell squats or barbell front squats 5 x 5
5. Ring crucifix or crescent pushups with feet elevated 5 x 5-10
6. Hanging leg raise 5 x 8-10
7. Wrestler's bridge 1 x 2-3 mins

## WORKOUT NO. 44– WEIGHT TRAINING AND BODYWEIGHT EXERCISES

Here's another low rep program that will build plenty of strength, power and muscular size. Note that for the first time I am giving you a program that combines barbell squats with bodyweight squats. This makes the program a truly excellent leg, hip and lower back schedule.

1. Standing barbell press or push press 5/4/3/2/1
2. Double rope pull-ups 5 x 5
3. Close-grip pushups with the feet elevated 5 x 10-15
4. Barbell squats or front squats 5 x 5
5. One-legged rope squats 5 x 10 per leg
6. One-legged hyperextensions 5 x 10 per leg (Note: these can be supersetted with the one-legged rope squats.)
7. Hanging leg raises 5 x 8-10

## WORKOUT NO. 45 – WEIGHT TRAINING AND BODYWEIGHT EXERCISES

Here's a three-day per week schedule for powerlifters. The program is an excellent strength and muscle builder, and can be used by anyone else who enjoys heavy squats, bench presses and deadlifts and who also wants to include some bodyweight exercises in his program. I've selected bodyweight exercises that will help to protect the muscles and joints that get the most stress from a program of heavy powerlifting.

Mon or Tuesday

1. Barbell squat 5 x 5, 1 x 3, 1 x 1
2. One-legged rope squats 5 x 10-15 per leg
3. One legged hyperextension 5 x 10 per leg or weighted hyperextensions 5 x 10
4. Hammer curls 5 x 5-8
5. Hanging leg raises 3 x 8-10
6. One leg stability ball plank 1 x 30-60 seconds with the right leg, and 1 x 30-60 seconds with the left leg
7. Side planks 1 x 60 seconds per side
8. One arm and one leg plank 1 60 seconds with the right arm and the left leg; repeat with the left arm and the right leg

Wed or Thursday

1. Bench press 5 x 5, 1 x 3, 1 x 1
2. Ring crucifix with feet elevated or crescent pushups with the feet elevated 5 x 8-10
3. Double towel pull-ups or double rope pull-ups 5 x 5
4. One-legged stability ball pushups 8 x 15-25 (4 sets per leg)
5. Double ring pull-ups 5 x 5
6. One leg stability ball planks 1 x 30-60 per leg
7. Wrestler's bridge 1 x 2-3 mins

Fri or Sat

1. Barbell deadlift 5 x 5, 1 x 3, 1 x 1
2. Handstand pushups using pushup handles 5 x 5

3. Hanging leg circles 5 x 10-12 (5-6 reps in each direction)
4. Wrestler's bridge 1 x 2-3 mins
5. One arm and one leg plank 1 x 60 seconds with the right arm and the left leg; repeat 1 x 60 seconds with the left arm and the right leg
6. Side plank 1 60 seconds with each arm
7. One-legged stability ball plank 1 x 60 seconds with each leg

## WORKOUT NO. 46 – WEIGHT TRAINING AND BODYWEIGHT EXERCISES

Here's a schedule that combines powerlifting, power rack training and bodyweight exercises. This is a tough program, and it will build some serious strength, muscle and power. As with the previous schedule, I've selected bodyweight exercises to help strengthen, preserve and protect those parts of the body that get hammered from powerlifting and heavy rack work. It's a three-day per week divided workout schedule, so you have three different workouts. Put them together over the course of the week, and they'll work everything into the ground.

This is a very demanding schedule, and you need to be very advanced before giving it a try.

If you perform "strongman" workouts or compete in strongman competition, you can add a fourth workout where you train the events, or you can train events after the third workout of the week (training on Saturday).

Mon or Tuesday

1. Barbell squats 5 x 5, 5 x 3 or 5/4/3/2/1
2. Quarter squats 5/4/3/2/1
3. Weighted hyperextensions 5 x 10
4. Deep knee bends 3 x 75-100
5. Hanging leg raises 4 x 8-10
6. Wrestler's bridge 1 x 1-3 mins

Wed or Thurs

1. Bottom position bench press 5-7 progressively heavier singles
2. Double rope pull-ups 5 x 5
3. Close grip bench press 5 x 5
4. Double ring pull-ups 5 x 5
5. 6-10 different planks (your choice) holding each position for 30- 60 seconds
6. Wrestler's bridge 1 x 1-3 mins

Fri or Sat

1. Deadlifts or trap bar deadlifts 5 x 5
2. Deadlifts from the knees or trap bar deadlifts from the knees (using blocks) 5 x 5

3. Military press 5 x 5
4. Handstand pushups 5 x 5
5. Hanging, twisting leg raises or hanging leg circles 5 x 8-10
6. Wrestler's bridge 5 x 1 mins

## WORKOUT NO. 47 – WEIGHT TRAINING AND BODYWEIGHT EXERCISES

Many of you enjoy training programs that include plenty of power cleans, power snatches and similar movements. Here's a program that incorporates these movements with Dinosaur Bodyweight Training.

### Mon or Tues

1. Power snatch 5-7 progressively heavier sets of 3 reps
2. Snatch grip high pulls 3 x 3
3. Back squats or front squats 5 x 5
4. Deep knee bends 1 x 100 or one-legged rope squats 5 x 10-15 per leg
5. Weighted hyperextensions 5 x 10
6. Hanging leg circles 5 x 10
7. Wrestler's bridge 5 x 1-2 mins

### Wed or Thurs

1. Power clean 5-7 progressively heavier sets of 3 reps
2. Standing press or push press 5-7 progressively heavier sets of 3 reps
3. Two towel pull-ups or double rope pull-ups or wide grip pull-ups 5 x 5
4. Stability ball pushups 5 x 25 (super-set these with the pull-ups)
5. The Superman exercise 1 x 2-3 mins
6. Your choice of 6-10 different planks, holding each position for 30-60 seconds

### Fri or Sat

1. Repeat the first workout. (Over a two-week period, you will perform each workout three times.)

## WORKOUT NO. 48 – WEIGHT TRAINING AND BODYWEIGHT TRAINING

Here's another program for those who enjoy building their workouts around the squat, bench press and deadlift, but who also want to begin doing bodyweight training.

### Mon - Weights

1. Squat 5 x 5
2. Bench press 5 x 5
3. Hanging leg raise 5 x 10

### Tues – Rest

### Wed – Bodyweight Exercises

1. Deep knee bends 3 x 100
2. Handstand pushups 5 x 5 or Jowett pushups or chair dips 5 x 20-25
3. Double rope pull-ups 5 x 5
4. Weighted hyperextensions 5 x 10
5. Hanging side leg raise 3 x 6-12 per side
6. Wrestler's bridge 5 x 1-2 mins

### Thurs – Rest

### Fri – Weights

1. Military press, standing dumbbell press or push press 5 x 5
2. Deadlift or trap bar deadlift 5 x 5
3. 10 different planks of your choice, holding each position for 30-60 seconds

### Sat – Rest

### Sun – Rest



## WORKOUT NO. 49 – WEIGHT TRAINING AND BODYWEIGHT EXERCISES

Here's an interesting schedule. Perform a total body weight training workout on day one, followed by a total body workout using bodyweight exercises on day two. Rest on day three. Begin the three-day cycle all over again on day four.

### Day One

1. Power snatch 5/4/3/2/1
2. Power clean and press 5/4/3/2/1 (perform a full clean and a full press on each rep)
3. Alternate dumbbell press 5 x 5
4. Deadlift and shrug 5/4/3/2/1
5. Back squat 5 x 5
6. Weighted hyperextensions 5 x 10

### Day Two

1. Deep knee bend 3 x 100 or one legged rope squat 5 x 10-15 per leg
2. Wide grip pull-ups 5 x 5-10
3. Jowett pushups 5 x 25
4. The Superman exercise 1 x 2-3 mins
5. Hanging leg raises 5 x 8-10
6. Wrestler's bridge 5 x 2-3 mins

## WORKOUT NO. 50 – WEIGHT TRAINING AND BODYWEIGHT EXERCISES

Here's a rugged three day per week schedule that combines weight training and bodyweight exercises into a single workout.

1. Military press, push press or standing dumbbell press 5 x 5
2. Handstand pushups 5 x 5
3. Two towel pull-ups 5 x 5
4. Back squat 5 x 5 or trap bar deadlift 5 x 5 (use one in one session, and the other in the next session)
5. Crescent pushups or the prone crucifix 5 x 8-10
6. Deep knee bends 2 x 100 or one-legged rope squats 5 x 10-15 per leg (use one in one session and the other in the next session)
7. Weighted hyperextensions 5 x 10
8. Hanging leg raises 5 x 10
9. Wrestler's bridge 1 x 2-3 mins or front bridge 1 x 2-3 mins (use one in one session and the other in the next session)
10. Thick bar pull-ups 5 x 5

## A FINAL MESSAGE

This is the toughest page for an author to write – especially when you are writing about something you care about as deeply and strongly as I care about strength training and muscle-building.

And it's even tougher when you feel as if you have come to know the reader. And that's certainly how I feel about you. I feel as if we are kindred spirits, standing shoulder to shoulder in the battle of life. I hope you feel the same way.

When you purchased this course, you probably thought you were ordering a course about exercising. I've tried very hard to make it much more than that. I've tried to give you a course that combines physical, mental and emotional skills. I've made every effort to give you something that transcends the physical aspects of strength training and muscle building. I believe that I have succeeded. Your success will help to validate that belief.

Wherever you are, wherever you go, and whatever happens over the coming years, hold the Lessons in this course deep inside you. Make them an integral part of your inner warrior. Use the Lessons in this course to actualize your dreams of successful strength training and muscle building. Beyond that, use the Lessons in this course to live a happy, healthy, prosperous and successful life.

Keep me posted on your progress. I can share the results with others around the world through my website and the Dinosaur Inner Circle. When you succeed – as I know you will – your example will inspire and motivate many others. They in turn will achieve success, and by so doing, will become inspirations for others.

Remember this when you train. Remember that you are training not only for yourself, but rather, for all serious trainees all around the world. Your success is their success as well.

Thank you for ordering this course, thank you for reading it, and thank you for making the commitment that it requires.

Now put the course into action. Go out there and train – DINOSAUR STYLE!