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**Presents....**

## **PROJECT UNDERGROUND!**

What happens when two Gridiron Gladiators find their way to someone's "shop" and start using their lunch breaks as time for working out?

You get PROJECT UNDERGROUND!

These workouts can be used as feeder or mini workouts to help promote improvement of GPP and work capacity, or they can be full blown strength and conditioning workouts.

You'll need to find an industrial area to get your hands on this stuff, or, you might go ahead and transform your back yard into your own PROJECT UNDERGROUND!

Speaking with many guys who have trained in industrial yards and seeing these men firsthand, I have seen strength is almost unrivaled. Sure, they don't squat or bench, but, when it comes to strength that is to be used when moving odd objects or in a man to man combat situation, these guys are able to put a hurting on others with ease.

Combining this training with some free weights and calisthenics is definitely a way to ramp up your strength and muscle gains. What I will do below is outline the movements that were photographed as two of my athletes took it upon themselves to train at an

industrial yard where one of their Dad's works. You'll see they made great use of their surroundings and hopefully you can do the same.



**Side Bends with a sandbag** for grip and oblique strength. Don't be afraid to go heavy on these, most people think these add unwanted / unnecessary muscle to the obliques, NOT true. Your obliques are critical for rotational strength, power and rotational defense. If you're a athlete who requires great agility, your obliques help with change of direction. 2 – 3 sets in the 12 – 15 range work great on this movement.



**Overhead tricep extensions** for grip and tricep strength. Crank these out at the end of a workout supersetting with sandbag curls for a few rounds or for a few minutes non stop. Shoot for a rep range anywhere from 6 – 20 per set. Heavy weight and light weights work great for the arms!



**Overhead carry** with support beam. Carrying to one side forces the opposing side to work in a stabilization fashion while the carrying side must work hard in an isometric fashion. Anytime you carry heavy objects it becomes a full body movement. I suggest placing these type of movements either in the beginning or end of your workouts. If conditioning is your goal for the workout, then incorporate this carry as part of a medley where you combine 3 – 5 movements and carries together.



Not your ordinary **picnic table press**. These boys loaded logs onto the table and then wedged them into place by adding sandbags. You'll know from our [Picnic Table E Book](#) that the table press is one of our favorite pressing movements. The favorable angle is



great as it does not stress the shoulders in an awkward motion as most traditional overhead presses can do. If you can load the table with extra weight and sandbags then you're going to have one of the best upper body movements right here. In addition, the great benefit of having to squat the weight up **FIRST** forces the lower body to work extra on every set. With very heavy weights, you can turn this into a push press, or, with a slightly lighter table, make it a strict press or a 1 arm table press.



Standing on pallets for extra range of motion, **overhead side raises** are performed with the support beam. This works the shoulders, biceps, grip and upper back heavily. This movement actually used to be done with dumbbells, where the arms began parallel to the ground and raised overhead. This emphasized the traps heavily and I remember seeing beasts like Bertil Fox hitting these with heavy dumbbells and a palms up grip.



**Overhead pressing** with the support beams. Overhead work is an excellent way to develop full body strength. The beams hit the ground so our athletes stood on pallets to extend the range of motion. But, even if the beams are tall and only allow a shorter than normal range of motion, this is a GOOD thing, because you can go heavier and work partials in the lock out position.



**Wide grip (snatch grip) farmer walks** with the support beams. Excellent for the entire body. The odd nature of these beams force the body to work intensely, more so than with a farmer walk with plain old dumbbells. The beams here are doubled on top of one another, making for a heavier carry. Simple things like Duct tape can keep these beams together and if you know a welder, have him weld the beams together. I've seen empty oxygen tanks have handles welded on them for farmer walk implements. The farmer walk, when performed heavy, will be the test of your leg strength believe it or not. I've seen the farmer walk throw guys all over the place because their legs were not used to walking with such heavy loads!



Look at this **floor press** with a ladder and extra sandbags! Get two partners and have one on each side hand them to you. The floor press is one of the best pressing movements for developing a strong and jacked chest, shoulders and triceps. In addition, the shorter range of motion saves the shoulders from the abuse of full range benching!



Steel beams taped together for bent over rows, the ultimate back building exercise that too many people avoid! You can perform the floor press and bent over row back to back to keep the pace of your workouts high. Certainly, the odd nature of these beams will make rowing tough, but that's the point behind these Industrial workouts. If these can not be performed with heavy loads, high reps are great for this movement as well. I am not one for turning down the value of a movement if heavy weights can not be used every time. Often times, the high reps shock the body to new levels of strength and growth.





Add some more weight to the beams with sandbags and buckets of sand. You can see our athlete struggling with the weight on this set, and these two guys never shy away from heavy weights. This toughness approach to their training allowed them to develop extremely strong, rugged and powerful physiques unrivaled by the majority of their competitors in Football.

## **My Take on Industrial Training**

I agree with MANY training tools, but, in the end, the King of the weight room will always be the barbell. This does not mean that one should only use a barbell. To keep making progress, the body needs variety from many stimuli, and this is where we bring in odd objects, calisthenics and the Industrial training methods.

Long before Project Underground took place, these two boys were utilizing objects in their garages for mini workouts or extra workouts, which is what is necessary to raise work capacity.

They were using large water jugs for carries, presses, snatches, shouldering, curling, various shoulder raises, lunges and various squatting movements. The extra workouts is

what pushed these kids way ahead of the others who did little to no training in addition to their traditional workouts.

This is where most people go wrong when seeking gains in strength, speed and size. Ask them what they do in addition to their regular workouts and they'll answer, "Nothing."

These people who answer with a "Nothing" are often the same people wondering why they have not been getting stronger, bigger, faster and have less injuries.

Sometimes these boys did extra push ups during the day, maybe it was 3 sets of 50 reps in the push up, or they would repeat our warm up for several sets, or they would mix together Industrial Training with calisthenics.

One thing that I have found through the years is that more often than not, the guys who train in less than optimal conditions with only limited equipment often have the strongest and most impressive physiques.

Now it's your turn to up the ante and add some Industrial Training to your workouts. You don't need much. Maybe it's going to take a trip to the junk yard, the tire yard, or maybe you just need to rummage through your garage and dig up some old tools that were once viewed as "junk".

Let's take a look at some alternative tools for training when the budget is tight or you simply feel like being creative:

### Gas Containers



Heavy Duty Gas Containers of plastic or steel can be loaded with various things: water, sand & water, sand and lead shot or cement.

## Buckets



I've seen larger buckets than pictured above at Home Depot. You can double the buckets to ensure they are stronger when carrying cement, sand or gravel. Shoulder raises, carries, lunges and walks of all types can be used here.

If you've seen my [DVD, Ancient Training Methods](#) or if you're a member of [The Underground](#), you'll have seen my extensive use of tree logs. In many strongman contests, tree logs were converted into tools for floor pressing or overhead pressing. There's no reason why you could not do the same.

There's nothing fancy here, it's simple to put to use, but it will NOT be easy! Getting stronger and packing on muscle is not easy! The tools are in your hands now, it's time to use them to your advantage!

Dedicated to your success,

Coach Zach Even - Esh