

ZACH EVEN-ESH'S
BODYWEIGHT
BODYBUILDING



TOP 5
BODYWEIGHT
EXERCISES
FOR
PACKING
ON
LEAN
MUSCLE!

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CEVA

WARNING: You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity.

This program is designed for healthy individuals 18 years and older only. The information in this report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors & publishers advise readers to take full responsibility for their safety and know their limits.

Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including The Underground Volume Training 90 Day Strength & Muscle Building Program.

If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement & consult a physician immediately.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. This publication is intended for informational use only. Zach Even - Esh Performance Systems, LLC & Underground Strength Coach will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

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THE TOP 5 BODYWEIGHT EXERCISES FOR PACKING ON LEAN MUSCLE MASS & BUILDING AN ATHLETIC BODY, PAIN FREE!

The beauty behind bodyweight training is that it can be performed anywhere, anytime and without the use of any equipment minus a pull up bar. But, you've heard that line before haven't you?

Well, here's the truth. I've been training since age 13, and after 20 some years of lifting weights, HEAVY, your body starts to get beat up and you can feel like shit. That just ain't cool when you wanna live a pain free life AND still be strong, look strong and get lean and mean.

I'm NOT telling you to ditch the free weights, I still use them, just not nearly as often. And, when I wanna get rid of those aches and pains, I get into a phase of strictly bodyweight training and it gets me feeling great immediately.

I've found a select few bodyweight exercises to be my "go to" exercises when it comes to getting stronger, getting leaner and feeling like an agile, mobile and hostile machine. Sounds cool, right? It is :)

THE TOP 5 BODYWEIGHT BODYBUILDING EXERCISES:

1) Squat Jumps ([Video HERE](#)) ==> <http://youtu.be/1UIY8WeBvIU>

2) Lunge Jumps ([Video HERE](#)) ==> <http://youtu.be/kKazbtEbq1k>

3) Handstand Push Ups / Handstand Training ([Video HERE](#))

==> <http://youtu.be/HoputKkrO7M>

4) Mixed Grip Pull Ups / Rope Climbs ([Video HERE](#))

==> <http://youtu.be/iVewm7Wi9sc>

5) All Push Up Variations ([Pull + Push Video HERE](#))

==> <http://youtu.be/BRo0YKDqvXY>

6) **BONUS:** Hanging Leg Raise Variations (Hey, I'm a Nice Guy, I Wanted to Add an Extra Exercise, These are Awesome for developing a rock solid set of abs, but, nutrition will be THE key to SEE the abs :) - [Leg Raise Video HERE](#)

==> <http://youtu.be/eZsJPhrQ03w>

HOW TO USE THESE BODYWEIGHT BODYBUILDING EXERCISES FOR FAST RESULTS...

You can use the Bodyweight Bodybuilding Exercises in MANY ways, here are a few favorites:

- Circuit Training
- Finishers to your workout AFTER a heavy squat, bench or deadlift
- Bodyweight Bodybuilding ONLY workout

BELOW IS A FAVORITE BODYWEIGHT BODYBUILDING WORKOUT OF MINE. I USE THIS FOR MY ATHLETES AS WELL AS FOR MYSELF. IT'S A FAST AND EFFECTIVE WORKOUT FOR DEVELOPING ATHLETIC POWER AND LEAN MUSCLE MASS.

*** Perform the 5 exercises below as a circuit. First round is 12 reps of each. 2nd round is 10 reps, 3rd round is 8 reps, etc.**

*** The faster you finish the workout below the stronger and more muscular you will get. Time yourself every week and measure your progress!**

- 1) Pull Ups x 12, 10, 8, 6, 4, 2
- 2) Push Ups x 12, 10, 8, 6, 4, 2
- 3) Squat Jumps x 12, 10, 8, 6, 4, 2
- 4) Lunge Jumps x 12, 10, 8, 6, 4, 2
- 5) Hanging Leg Raise x 12, 10, 8, 6, 4, 2

YOU CAN ALSO PERFORM THE BODYWEIGHT BODYBUILDING WORKOUT ABOVE WITH VARIATIONS. TRY IT, 3 - 4 X WEEK, FOR THE NEXT 4 WEEKS WITH THE OPTIONS AND VARIATIONS BELOW:

- Instead of 12, 10, 8, 6..... Try starting at 2 reps and then working up to 4, 6, 8.... 12. This is ver challenging and allows you to use this workout as your warm up.
- Add weight to your pull ups and push ups with a chain hanging from a belt, weight vest or weight belt.
- Add resistance to your jumps with bands or a light sandbag
- Perform a predetermined number of reps on each exercise before moving to the next. For example, 25 total pull ups, then 50 total push ups, then 50 total squat jumps....
- Perform one exercise a day, working the exercise throughout the entire day until you achieve a predetermined number of reps. This is called **GTG or Grease The Groove**. For example, with a goal of 250 squats before the day ends, you would perform 25 squats every other hour until you are at 250 reps. Or if you want to improve your pull ups, you would practice pull ups several times throughout the day to practice technique and strength while fresh.
- Perform plyo push ups instead of traditional or weighted push ups

Here's The TRUTH About The Benefits of Bodyweight Workouts

- **MOST** guys use them ineffectively and inefficiently. They treat bodyweight exercises only as finishers or only as circuits. This is **NOT** the way to pack on muscle with **Bodyweight Exercises**.
- You **CAN** pack on muscle with specially organized bodyweight training with the proper sets and reps and the proper program design model. We explain that in our **Bodyweight Bodybuilding Course** [HERE](#)
- You **CAN** develop serious athletic strength & power as well as burn fat through **Bodyweight Only** training. **NO Gym** needed.
- Most people will use bodyweight as a circuit or as an after thought to their **BIG** exercises such as finishers after benching heavy, etc.
- That is fine and great for a finisher, but it's **NOT** the most effective way to utilize bodyweight training and bodyweight workouts in general.

TRY THIS SAMPLE BODYWEIGHT BODYBUILDING WORKOUT

**** Warm up thoroughly before each workout, ALL sets listed below are WORK sets, the warm up sets are NOT included ****

DAY 1: STRENGTH DAY

1A) Weighted Push Ups 5 x 8 - 12 reps

1B) Weighted Pull Ups 5 x 3 - 6 reps

2A) Squat Jumps 5 x 8 reps

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

3) Hanging Leg Raise w/ankle weights 5 x 5

DAY 2: CONDITIONING DAY

1) Run 1/2 Mile HARD! AFAP (As Fast As Possible)

Circuit of 5 Rounds:

2A) Hand Walk (use power wheel or partner holds ankles) 5 x 40 ft. (less distance if necessary)

2B) Pull Ups 5 x submax reps (leave 1 rep in the tank)

2C) Dips 5 x submax reps (leave 1 rep in the tank)

2D) Dip Bar Leg Raises 5 x 10 reps

2E) Walking Lunges 5 x 20 reps (10 ea. leg)

3) Finish: Run 1/2 Mile HARD!

DAY 3: BODYBUILDING / MUSCLE BUILDING DAY

NOTE: ** On Bodybuilding Day, Focus on a slower tempo, squeezing reps, pausing at the top of each rep **

1A) Bulgarian Split Squats (back foot elevated on bench) 4 x 12 / 12 ea. leg

1B) Dips 4 x (2 x submax reps / 2 x MAX reps)

2A) Mixed Grip Pull Ups (3 second pause at top) 4 x (2 x submax reps / 2 x MAX reps)

2B) Close Grip Push Ups (3 second pause at top) 4 x (2 x submax reps / 2 x MAX reps)

3A) Recline Rows 3 x MAX Reps (3 second pause at top)

3B) Dip Bar Leg Raises 3 x MAX Reps (3 second pause at top)

4) Squat Jumps x 50 total reps AFAP (As Fast as Possible)

Note how each workout was broken down with a focus. This makes your bodyweight workouts 20 X more productive than the typical bodyweight finisher or only using bodyweight as a circuit. Give them a shot and let me know how you do!

Please help spread the word about [Bodyweight Bodybuilding](#). Tell your friends on facebook that you're stepping up your training and getting after your workouts with full blown commitment and fire in your eyes!

Thank you for trusting me to help you reach your goals in strength and fitness!

Live The Code, Advance & Conquer!

Zach Even-Esh



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