

The Ultimate
**FITNESS ANYWHERE
TRAINING Bible**



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Training outdoors is the way to go as often as possible. I have said it before and I'll say it again, if I lived in a location where the weather was warm year round I would NOT own a gym. Even as a gym owner, I train outside every time the weather permits.

Your backyard may or may not have objects that can be used as “weights”, if your backyard does not have stones for carrying and lifting then spend your time outside using our countless bodyweight movements.

Grabbing thick tree branches for pull ups and hanging leg raises are awesome, as is handstand push ups with your feet against the tree.

I understand not everyone has a backyard because they live in the city or have a condo. There is nothing stopping you from doing this at a local playground or park.

Now it's time to get busy and focus on getting the job done. Pick a few of these “Backyard” exercises and work your ass off on them. A few exercises worked super hard are better than countless exercises worked with submaximal effort.

Hard work is the missing key that too many Men are missing out on.

The tools, once again, are below, the effort, the dedication, the intensity, all must be provided by you. Do it and you will get the results beyond what you've ever experienced!

The Ultimate Animal Based Playground Movements

Mixed Grip Pull Ups



Overhand Pull Ups





Overhand Thick Grip Pull Ups & Neutral Grip Pull Ups



Staggered Grip Thick Bar Pull Ups



- Your grip on pull ups should always vary, on every set
- Begin with arms fully extended and pull until your chin clears the bar
- Keep your chest high and focus on squeezing the shoulder blades together at the top of the movement
- Pull ups are like squats for the upper body, get REALLY good at these!

Muscle Up



This movement was inspired by college Gymnastics instructor, and it is tough. First, you must be very explosive on regular chin ups. If you are, you must pull aggressively as if you are trying to blast yourself through the roof, and once your low chest clears the bar you must switch your hands from a pulling position to a pushing position to lock yourself out above the bar. This is a tremendous upper body movement and is best used on high pull up bars so your legs can hang freely.

Dip - Leg Raise Combo on Parallel Bars



- Using parallel bars, slowly lower yourself with a dip and then push back up under control, no snapping of the elbows
- At the top, pause for a second and perform a full leg raise under control
- Repeat for prescribed / desired reps
- Excellent for upper body and abdominal development

Hand Walking on Parallel Bars



- This is one of the best upper body exercises, bar none.
- Using playground parallel bars, take short “steps” with each hand moving forwards and backwards. Traveling backwards will take some practice but becoming proficient in each direction will improve your overall athletic performance greatly.
- Repeat for several sets or, make this movement more challenging by performing dips and leg raises at the end of each hand walking trip.

Pole Climbing



- Go to a playground and perform hand over hand climbing on a pole
- Go up and down using the hand over hand fashion, do Not slide down or jump off
- You can use your legs for assistance, this will still give your upper body, especially the back, shoulders, biceps and grip, one heck of a workout!
- Bring chalk with you as poles are much tougher and more slippery compared to ropes.
- If you have a climbing rope, choke it over a backyard tree and use it at least 2 x week. We get our ropes from <http://jammarmfg.com>

Feet Elevated Push Ups



- Feet elevated push ups are excellent for the core and upper body
- You can perform full range push ups, or, you can simply hold the top or mid-range point of the push up to work the muscles in an isometric fashion
- The most advanced version would be plyo push ups traveling left / right or up and down. Plyo push ups require a soft surface such as mulch or sand, NOT cement.

Bench / Table Jumps



- This is excellent for developing muscular legs and calves, as well as developing legs that will become powerful and strong
- Jump onto the bench or table, step down under control.
- Land correctly by bending the knees upon landing and “sticking” the landing
- These jumps will also increase conditioning and elevate your heart rate
- For an added challenge, jump over the bench every rep instead of on the bench.
- Jumps can be performed forwards, backwards and laterally.

Swing Push Ups



- These are tougher than they look! Place one hand on a swing and make sure your body remains in a straight line.
- Tighten up your entire body and lower yourself slowly.
- Push up explosively and pause at the top for a 1 count.
- Perform maximum reps.
- Intensify the exercise by performing slow motion reps making your abs and upper body work overtime. Try going up and down using a slow 5 second count, making each rep last 10 seconds. Get ready to burn!

Swing Roll Outs



- Grab the chains on each side of one swing and stabilize your core tightly.
- Slowly extend your arms out in front of you until your body makes a straight line. Do not overextend and allow your abs / hips to sag.
- If your core strength is not up to par you can modify the exercise by limiting your range of motion.
- For a tougher variation try holding the extended position for a 5 count and then slowly returning to the starting point. This is one of the most effective abdominal movements you can use and is very similar to the **power wheel roll out**.

Swing Triceps Extensions



- Grab the chains on the side of a swing and extend your arms and body in a straight line.
- Slowly bend at your elbows and move your head under the swing. Using your triceps push yourself back to the starting position.
- This movement works your abs AND triceps at the same time.
- Hit your triceps at the end of your workout so arm fatigue does not interfere with bigger movements such as push ups, dips, hand walks, etc.

Split Squats on Swing



- Place one foot on the swing and then hop forward slightly so your front foot allows you perform a split squat while keeping the front foot flat.
- Lower yourself slowly and as low as you can, feeling a deep stretch in the back leg while intensely working your front leg.
- Grab a stone in the zercher position for an added challenge with these.

Feet Elevated Push Ups on Swing



- Keep your body in a perfectly straight line, no sagging of the hips or core.
- Feet should be placed tightly together on the swing.
- Your hands should be directly under your shoulders, not extended in front of you. When your arms are in front of you your elbows become the hinge and this turns into a triceps extension. You want your upper body to work as a group in this movement, not in isolation.

Knee Tucks on Swing



- Hit your abs hard with this excellent movement. While working your abs your upper body will get an intense workout simply from holding yourself up in an isometric fashion.
- Start off in a perfect push up position and then pull your abs in as far as possible. Return slowly.
- **I really love hitting a push up – knee tuck combo.** Perform 1 push up, then 1 knee tuck and repeat for desired reps.

L Push Ups



- L Shape Push Ups are almost like handstand push ups.
- Simply place your upper / lower body at a 90 degree angle, neck and head neutral and lower yourself until your head almost touches the floor.
- Push up and hold for a 1 count.
- Repeat for desired reps.
- These will hit your shoulders, triceps and upper back HARD!

Elevated Plyo Push Ups



- Elevating your hands will make the plyo push easier, but, if you are unable to perform plyos on the floor, elevate your hands to the top or bottom of the bench. The lower the hands, the tougher the exercise.
- Keep your posture perfect throughout the entire exercise.
- Reps can be slightly higher than normal on this movement since you are not fully loaded on the floor.
- Try performing 10 – 15 plyo push ups with hands elevated and then go right into hands elevated push ups for another 10 – 15.

Steps Ups onto Park Bench



- Place one foot on the bench and one on the ground. Push yourself up with the top leg only, pressure on the heel, NO help from the bottom leg.
- Add weight by grabbing a stone or intensify the exercise with a slower rep speed or adding more reps.
- Start with your weaker leg first and match reps with the stronger leg.

Split Squats on Bench



- Perform these just as you would on the swings. Pressure on the front heel, back shoe laces on a bench.
- Travel down and keep posture nice and tall.
- Lower yourself slowly and under control and feel the deep stretch in the back leg.
- As always, feel free to add weight with a stone, weighted back pack or anything else you may find floating around.

Triceps Extensions on Bench



- I am not one for performing lots of isolation movements, but, the triceps extensions performed on benches, swings, parallel bars, etc are great because of the work your abs, upper back and shoulders get at the same time.
- On these, I was unable to get my feet back far enough without slipping, so I placed my hands on the lower portion of the bench making the movement much harder.
- Normally you want a perfectly straight line with your body, but, if you can hold your position as I am above, no shifting in the hips, core, etc. – you are good to go!

Recline Rows on Parallel Bars



Neutral Grip



Recline Rows – Overhand Grip



- If you are unable to perform vertical pull ups, the recline row is your answer.
- Use any grip: neutral, overhand, underhand, staggered grip, close grip – anything to mix it up
- Keep your posture perfect, just like a push up.
- Pull as high as possible and focus on squeezing the shoulder blades together.

Hanging Leg Raises / Knees to Elbows



Using the monkey bars, grab tightly and stabilize your upper body. Raise your legs as high as possible, until your knees reach your elbows. Lower the legs slowly and repeat again.

This is a brutally demanding abdominal movement and should be performed slowly and carefully for low reps until your form is mastered and your abdominals develop greater strength and stability.

Windshield Wipers



These will really destroy your abdominals like never before. Your upper body will require serious strength as well. Raise your legs slightly above parallel to the ground. Hold them tightly in place and move them side to side, never allowing them to drop lower than parallel. Your upper body will be gripping and holding on very tightly.

This is a very advanced abdominal movement so build your way up to this exercise slowly and carefully!

Stair Training

Down & Reverse Bear Crawls



Finding a long flight of stairs can be an amazing place to train if you are so lucky. I found a long flight behind the local elementary school, which conveniently has an awesome playground, some picnic tables, a hill and low basketball rims.

Above, you see downward bear crawls which are BRUTAL! You really need a serious foundation of strength here as these are very similar to feet elevated push ups, but feel just as tough as handstand push ups. Your upper body will get hammered here! Travel down the stairs and once you reach the bottom, push back UP the stairs. Adding stairs is like adding reps. It takes time to progress and progress is your goal as often as possible.

Stair Sprints



Stair sprints are right next to hill sprints when it comes to effectiveness for burning fat, developing powerful and muscular legs as well as giving you an ass kicking workout. I ALWAYS skip 1 or 2 stairs on the sprints which really forces me to explode up the stairs. To add more intensity, place a DB or a set of TNT bands at the top of the stairs and perform 1 exercise at the top, or just stick to the basic push up variations. Sprint up, perform 1 exercise, walk down and repeat for time or sets. Those who are really crazy can sprint up and go down using the bear crawl!

Stair Jumping



Stair jumps will make your legs burn and work like crazy! Squat down slightly, arms behind you. Swing your arms up aggressively and then jump up a few stairs. Land softly by squatting to absorb the shock. Like stair sprints, you should be skipping 1 or 2 stairs on every jump.

Partner Wheel Barrow Stair Climb



If you have a partner you must incorporate the partner wheel barrow stair climb! It is absolutely brutal and was inspired by watching Dan Gable train his Iowa wrestlers with many stair training exercises.

Coach Gable was probably the closest in training methods to the Shaolin Warrior Monks who did brutally intense stair training movements, many of which you'll be performing as well 😊

I suggest climbing up stairs on this movement for safety reasons, not down stairs.

Stair Workouts

Stair Workout # 1

- 1A) sprint up stairs 5 x to top of staircase
- 1B) push ups (vary push up every set) 5 x 10
- 2A) stair jumps 3 x to top of staircase
- 2B) push ups (vary push up every set) 3 x 15

Stair Workout # 2

- 1A) bear crawl up / down 3 x max reps
- 1B) jump rope at bottom of staircase 3 x 1 minute
- 2A) sprint to top of stairs 3 x
- 2B) plank 3 x 1 minute

Stair Workout # 3

- 1A) sprint up top of stairs 4 x
- 1B) jog down stairs
- 1C) jump to top of stairs 4 x
- 1D) jog down
- 1E) push ups 4 x max reps

A Short Story.....

I just returned from a 4 day weekend at my log cabin in up state, NY. I have to climb a good 30 stairs to get to my home, and I NEVER walk up those stairs. I sprint up them, skipping every other stair.

Out back is a man made waterfall and creek, stones are everywhere, and of course I use them for military presses, overhead carries, high rep cleans and burpee combos.

I keep my body active with mini workouts. One is early before the family rises, another is late when the family sleeps. Sometimes I get in an outdoor workout by asking my wife to drop me off approximately 1 mile from our home.

I run back, sometimes carrying a stone, other times stopping to grab a large tree log for a short carry or a few hard squats.

The outdoor training clears my mind and works my body aggressively.

Everyone needs this at least every once in a while.

And now it's your turn.

Take action!

In Strength,

Zach Even – Esh

<http://ZachEven-Esh.com>

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