

Powerlifting essay



**ASSIGN
BUSTER**

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting his 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 e manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks.

The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this e manual, be sure that your equipment is hallucinated, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary orgasm 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. 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 any exercise or demonstration performed in The Diesel Underground Combat Seminar. If you experience any light headiness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician. [HTTPS://www.undergroundstrengthcoach.](https://www.undergroundstrengthcoach.com/public/540)

[Com/public/540](https://www.undergroundstrengthcoach.com/public/540). FM 3 Don't perform any exercise unloosens have been shown the proper technique by a certified personal trainer or certified

strength and conditioning specialist. Always ask for instruction and assistance when lifting.

Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

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 of age. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use The Gladiator Training Course or any other Underground Strength Courses, please follow your doctor's orders.

These workouts are not meant for preparing you for a specific sport, although they will get you strong as hell.

If you've been at the iron game for a long time like have, you may want to set aside 8 12 weeks to give yourself the opportunity to do something different. The Gladiator Program would be that " Different" thing I) After well over 20 + years in the iron game, I sometimes like to step outside my own mind and pull up an old school strength program to follow from an expert like Appeal, Marty Gallagher, Dan John or Lieu Simmons. How did The Gladiator Program originate? S a busy guy, teaching Health & Physical Education full time at a middle school (which was the swishiest gig I ever held in my life), teaching fitness courses in a community college, finishing up graduate school and coaching Middle School Wrestling. Time was NOT on my side. Was slammed busy! I was bummed out because after a good 7 or 8 year stint at one of the most hard core gyms in the country, could no longer

afford the time behind the wheel, commuting 30 minutes each way would not allow me to complete the endless hours of studying and work needed to apply to graduate school.

I needed every minute of my day to get my work done for

Graduate school and it was quite stressful trying to fit everything in while pushing myself to get through each day of work inside a school that cared little to nothing about doing anything good with regards to Physical Education. The stress was brutal for me and missing my hardcore gym didn't help one bit. I had been to all the local gyms near and far and they ALL sucked, BAD, except for Diamond Gym, located in Noblewoman, NJ. The music at all these other gyms was Shiite, even on their best days! Was in serious debt at the time so getting my little garage gym together would be tough as my pockets were empty to say the least.

My parents garage was VERY small and the ceiling was extremely low. This was a limiting factor and I had to make it work.

I had NO choice. The other issue was winter was fast approaching and our garage was NOT heated. In fact, the freaking' garage seemed colder than the weather outside! 30 degrees outside made our garage feel like 20 degrees inside. Decided would bundle up, just as I did back when I was a high school wrestler and would run 4 miles every other night wearing 4 or 5 sweat shirts, a winter hat, gloves, shorts underneath my sweat pants and 2 pairs of socks!

F* *k it, it was GO time, time to be a Gladiator. Time to train NO frills.

Used my knowledge of old school bodybuilding to help me design this simplistic yet highly effective program. It was a hybrid of old school bodybuilding and overpowering. I was most influenced by the bodybuilders of the Golden Era and these bodybuilders truly trained like Gladiators. They performed heavy powerless and Olympic lifts and lots of ground based lifting.

Machines were kept to a minimum and heavy weights were the norm. Golden Era bodybuilders did NOT train for the pump.

They trained to build brute strength and granite hard muscles. I was on the same path. But, for YOU, will be making some slight changes so you can have better athleticism as well as getting a better fat burning effect than what I had back when I put this program together.

I will also include prefab and rehab methods to ensure long term health while training at high intensity. The First thing I did was scour the newspaper classifieds. I wanted to get some used gym equipment and knew I would find some gems that were being sold used for dirt cheap.

I also remember seeing a 300 lb barbell set being sold at Cost for \$99, that would be a definite on my check list. 6 mound a few gems being sold through the classified ads, so I took a trip to Newark, NJ, where some dude had a storage space selling some equipment from a little studio gym he had which went out of business. Money was tight and he wouldn't budge on the adjustable incline bench I was eyeing, so I snagged the little stuff could afford and only what could fit into the back of my SUB.

Here's what got: – A pair of 50 and 100 lb Hex Dumbbells – A Flat utility Bench -A Dip Bar would place a tool box under the utility bench for my incline work so not being able to afford the adjustable bench worked out fine for me. Besides, that's really all I could afford from what he had but knew it would be perfect. Heck, I was excited for this new journey. I was REALLY excited for the fact that could play loud music! I'm still confused why gyms nowadays play Shiite music that you can barely hear as if you're in a library!

Don't they realize this hurts their business? Don't they realize the people training want GOOD music??!! Back to my garage gym...

My mind was running a hundred miles a minute. I began to envision my training and my new " gym. " had read about Dave Draper training in " The Dungeon" back when he would train at 5 AM in Venice, Ca. In the Dungeon, the benches were put together by several boards of wood and a few nuts and bolts. Beer would drip through the ceilings as it trickled through the floor of the above pub, located on top of The Dungeon.

The Dungeon was a basement gym, an Underground if you will, separate from modern civilization where " normal people" were roaming the streets.

The Dungeon was anything but normal. The Dungeon had heavy dumbbells, heavier than 1 ass, the only lights were a few light bulbs hanging from the ceiling, which was awesome, as this is what I had, a few light bulbs. 7 In my mind, I pictured myself as a Golden Era Bodybuilder, a throwback, a Bedaubs who marched to the beat of my own drummer, compared to all the other metropolises who were training in their cozy gym environment with NO intensity or passion.

Those f**in' wimps made me sick! Knew I could use the 50 lb Db's for warming up on pressing and rowing, the sass reserved for the heavy stuff. I'd used 150 + lb dumbbells when I had access to Diamond Gym, but those days were behind me and I had to make due with whatever I had. NO excuses.

If 100 lbs was too light, screw it, I was goanna crank up the reps!

[HTTPS://WV. undergroundstrengthcoach. Com/public/540](https://www.undergroundstrengthcoach.com/public/540). CFML 8 snagged a few lighter hex dumbbells off of e bay so I could do the outbuilding stuff such as triceps work and various shoulder raises and lunges.

Hey, come on, I was still a bodybuilder and hand ditched the little stuff just yet. Besides, those “ little exercises” are still good to do.

They use them at Wayside Barbell to help pack on muscle and improve the 3 powerless: the squat, bench press and deadline. Wanted to make sure could squat, as squats was an exercise I excelled at. I knew the importance of squatting, it wasn't an exercise I shied away from either, so I purchased a “ gun rack” for dirt cheap from an old web site. A gun rack is simply a pair of upright stands for squatting.

I was also able to slide my flat bench between these uprights for some heavy benching as well.

The Dungeon was coming along. Already had a loud stereo so now I was golden. All systems were GO! Loud music and heavy weights would give me all the thunder I needed. There would no one in my way to steal my thunder, no gym rules telling me I can't use chalk or drop the weights. That, this was my world now, and I was born to do this! 9 The garage was quickly becoming

a freezing cold Dungeon so snagged a small space heater from Cost, which did little to help the cold, even when I placed it 2 feet away from my body.

So, I bought a 2nd space heater. Problem was, if turned on BOTH space heaters it would short the entire house as our house was old and did not have the capacity to power all the electricity at once. I remember my Dad screaming the first time the house went dark. So much for my ideas on staying warm, ha ha Here's how I broke down my workouts back then: Day 1: Shoulders, Arms, Forearms Day 2: Calves, Legs (Quads / Hams) Day 3: Chest, Back would hit an ABA circuit as part of my warm up before every workout, and, more often than not, trained my calves before every workout as well.

Remember, was still a bodybuilder at the time ???? My calf work consisted of 1 legged calf raises holding the 50 or 100 lb DB. Bought a 2 x 4 from Home Depot, cut it and bolted it together so could create a small calf block. Would perform sets with the 50 and 100 lb dumbbell being held in my hand on the same side as the working calf. Usually 4 or 5 sets Of 10-20 reps per leg did the trick.

My ABA circuit was a mixture Of: – crunches – reverse crunches – seated knee tucks – Russian twists holding a 15-25 lb dumbbell – leg raises while upright on the dip bar 10 I'm first going to outline some of my workouts exactly as they were back then, afterwards, I will create a Gladiator Program for you, with tweaks that are more in line with what have learned to work best today for developing strength and packing on serious muscle.

Assume that calf and ABA work were performed before every workout as part of my warm up, sometimes a quick run around the block as well, which was a 400 meter run.