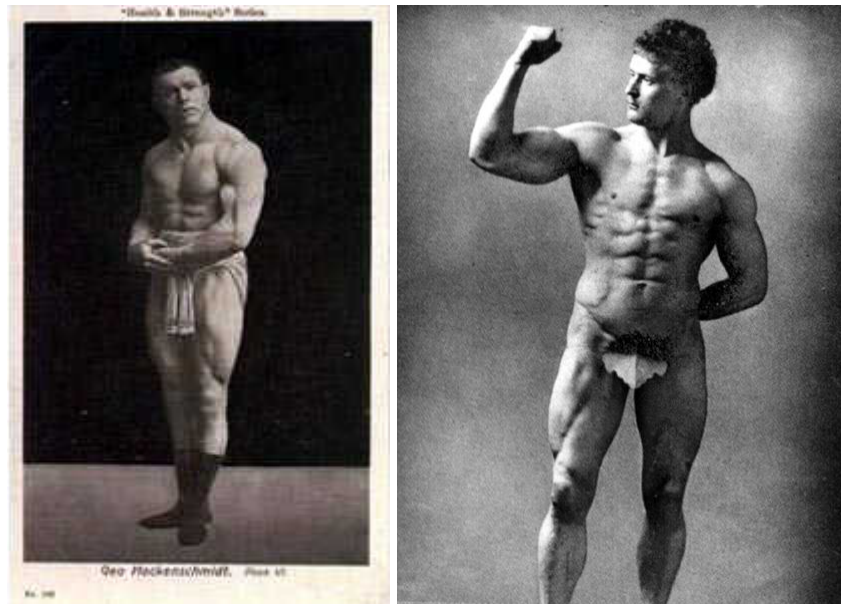


Old School Fitness

**How to Use 'Physical Culture' Methods of the Past
to Develop the Body That the People of Today**

Still Can't Achieve!

**'Old School Fitness for Superior Results in Fat Loss, Strength Gains and
Building Granite Hard Muscle Faster than You Ever Imagined!**



by Zach Even - Esh

In the early 1900's and prior, strength was something many men and women practiced. The gymnasiums back in the day were called 'Turner Halls' and they

were large, open gymnasiums which had many gymnastics apparatuses, medicine balls, Russian Kettlebells and playground type equipment.



Above, hand walking on parallel bars at a playground

Today, gyms are jam packed with machines, the majority of exercises lock you into position and require you sit down or lie down – this is NOT fitness and this will never give you the results that you are about to experience through ‘Old School Fitness’!

Back in the early 1900's and prior, people understood the necessity to move the body as opposed to what many think today, they feel "moving" is trapped on a stationary bike, treadmill, leg extension, smith machine, etc.

Those "exercises" are certainly not movements, and they will never develop a physique that is lean, strong and muscular AND one that can move!

Let's look at what was done back in the early 1900's compared to today.

Early 1900's and Prior	Today
Barbell Clean and Press	Smith Machine press behind the neck
Rope Climbing, Pole Climbing, Ladder Climbing	Lat Pulldowns
Handstand push ups and hand walking	Bench press and tricep pushdowns
Cartwheels, jumping, sprinting, jumping rope	Stationary Bike, Treadmill, Elliptical
Inverted sit ups	Crunches, stability ball crunches

I think you can see the difference between the two columns and which would be more effective and more fun!

If you train at a conventional gym, you can still begin utilizing these ‘Old School’ techniques. Here are a few methods you can begin using immediately inside a conventional gym:

1. Eliminate machines and anything that locks you in place
2. Incorporate “ground based” lifts. This means stand up as often as possible and replace anything that requires sitting down or lying down with standing up. Your entire body will get worked much more effectively and efficiently which means you will build muscle and burn body fat at a much faster rate!
3. Train heavy! That’s right, the times of ‘Physical Culture’ were time of REAL strength! It was common to see men performing one arm dumbbell lifts of all types overhead with weights of 120 lbs and beyond (that’s 120 lbs. in each hand!)
4. Incorporate gymnastics and bodyweight movements on a regular basis. Hand walking, rope or pole climbing, partner wheel barrow walks – these are POWERFUL movements that strengthen the body unlike any other “exercise” you can find in the gym!

Often times people will look at you with strange looks and of course they will give their “expert” opinion but it’s time for you to forge onward and do what works, not what the B.S. magazines claim to work!



Above, partner wheel barrow walks up stairs, equally effective on flat surface
such as sand or grass

Eventually, you will begin training in your own house, using only a barbell, some dumbbells and playground equipment. These tools will bring you the greatest results, trust me.

Take a look at these workouts below, give them a shot and of course, war, up first.

These are just a slight taste of what 'Old School Fitness' looks like and you will quickly become a believer as the results come quickly and they are infinitely more fun than the traditional gym work out!

Workout 1

1A) barbell hang clean 5 x 3 reps

1B) handstand push up 5 x max reps

* run or ride bike to nearest playground

2A) pole climb on swings 3 x 1 rep

2B) plyo jump on top of picnic table 3 x 5 reps



Above, pole climbing on a swing set, VERY tough but very effective for upper body development!

Workout 2

1A) partner wheel barrow walking 3 x 50 ft.

1B) broad jumps 3 x 50 ft (as many jumps as possible inside 50 ft. distance)

2A) recline rope climb 3 x max reps (lay on your back and climb up rope until you are standing upright, then go back down in hand over hand fashion)

2B) medicine ball throwing – throw the ball from various directions – scoop and toss, push pass, overhead throw – chase after the ball and repeat for 5 reps per set, 3 sets total



Above, climbing up the ropes while leaning back, hand over hand.

Workout 3

1A) hand walking on parallel bars 3 x back and forth max reps

1B) mixed grip pull ups on monkey bars 3 x max reps

2A) [picnic table military press](#) (get hands under one side of table and press!) 3 x

12 – 15 reps

2B) walking lunges 3 x 10 each leg

Workout 4

1A) 1 arm dumbbell snatch 4 x 5 reps each

1B) medicine ball sit up & throw (against wall and catch on rebound) 4 x 10 reps

2A) 2 hand dumbbell swing 3 x 12

2B) handstand hold 3 x 1 minute

Notice the freedom of movements in the workouts above. They are natural and powerful all in one. Nothing is holding you in place except your mind, if you allow it to do so.

The skills of strength and power require regular practice. They are skills that need consistency and regularity, not simply to be applied once every 2 weeks or so. This must become a new style of training for you, not just something you will try for a week or two.

I still remember when my biggest gains began to come. It all happened after I left the traditional gym setting and only had a 300 lb. barbell, a pair of 50 & 100 lb. dumbbells and the rest was performed outdoors:

- [playgrounds](#)
- [monkey bars](#)
- [picnic tables](#)
- [stones](#)

I used these tools and these settings as my own “natural” gym. Now it’s your turn to do the same if you REALLY want to transform yourself into a rugged, strong, powerful and agile man or woman.

It is our obligation to be strong. This is the first generation where our children and youth are weaker and more out of shape than their parents. It is up to us to change this by setting powerful examples of what the human body can truly be capable of!

Zach Even – Esh is the author of [‘The REAL Man Fitness Program’](#), a no nonsense fitness program for busy men who want to be strong and fit and still have plenty of time in their day to enjoy life and not be a slave to the gym.

Zach has also written [‘The Ultimate Underground Training Manual’](#), an encyclopedia of fitness methods for those who are tired of the traditional gym setting and want something fun, challenging and EFFECTIVE!

You can gain more top secret access to The REAL Man Fitness Files by visiting <http://REALManFitnessProgram.com> and you can also check out the best equipment for building a rugged man’s body in the comfort of your own home at <http://REALManFitness.com> (there’s another special gift awaiting you there as well ☺)

Get MORE FREE Stuff by Zach Even – Esh at the following web sites:

- <http://REALManFitness.com>
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