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Underground Secrets of Stone Training!

Stone lifting and stone training seems to have gotten lost and buried away somewhere in this day of fancy equipment that seems to be so popular with so many Coaches.

Well, what do you do when you don't have the money to buy equipment for all your athletes or an entire team of athletes? What do you do when you want to get in that workout reminiscent to the days of Ancient Gladiators?

The answer is simple...You go and lift stones!

I remember exactly when I started lifting stones. It all started during my first days of a Strength Coach. I was training a wrestler and a basketball player together. I had a crappy barbell set from Costco, a pair of 50 and 100 lb dumbbells, and barely any room to do any training in the corner of my Dad's garage. So what did we do?

We took our training to the back yard, where there were tons of stones on this make shift wall that have been there since we moved to the house. We started doing the basic lifts with stones that we might do with a barbell.

We carried the stone, performed the deadlift, military press, clean and press, front squat, and lunges. We used the smaller stones for complexes and circuits. We would perform shoulder raises from every angle possible, curls for high reps and wrist curls!

I've taken to the various sized stones and worked them in any imaginable way possible.

Let's take a look at all the **2 handed stone lifts** you can perform:

- 1) Zercher Carry
- 2) Overhead Carry
- 3) Zercher Squat
- 4) Rack / Clean Position Squat
- 5) Shoulder Squat
- 6) Deadlift
- 7) Romanian Deadlift
- 8) Zercher Good Morning
- 9) Bent Over Row
- 10) Swings
- 11) Zercher Lunges
- 12) Rack Lunges
- 13) Rotational Lunges
- 14) Military Press
- 15) Shoulder to shoulder press
- 16) Hang Clean
- 17) Power Clean (off ground)
- 18) Hang Clean and press
- 19) Power Clean and press
- 20) Burpee + any movement
- 21) Snatch
- 22) Curls
- 23) Overhead Triceps extension
- 24) Throwing
 - Push throw
 - Scoop toss (off ground or hang position)
 - Rotational Throw

Now, let's take a look at the **one handed stone movements**:

- 1) Front Raises
- 2) Lateral Raises
- 3) Bent Over Raises
- 4) L Raise
- 5) Curls (supinated, pronated, neutral hand position)
- 6) Overhead triceps extensions
- 7) 1 Arm Row
- 8) 1 Arm Swings
- 9) 1 arm snatch / alternating snatch
- 10) Double Clean and press
- 11) Double swings
- 12) Double Squat – High Pull
- 13) Wrist Curls
- 14) Windmill
- 15) Throwing
 - Shot throw
 - Wide arm throw with or without rotation
 - Scoop Toss (from hang or off of ground)

The possibilities are endless! I've seen my homeboys from the Diesel Crew performing get ups with the atlas stones! You can train in the woods and perform medleys with the stones, carrying the stones from one area to the next, running back and forth with the stones until all the stones have been moved from the start to finish.

Anytime you see new home construction going on you can bet you'll find a ton of different sized and shaped stones. When I see new home developments going on near my home I rode my mountain bike to the area, found a stone and perform 10 sets of deadlifts for 3 – 5 reps. The next day my forearms were hammered! Stone training is one of the ultimate forms of grip training!

Use the Stone Training Exercise Index below and incorporate stones into your workouts at least once a week. You'll see your grip strength skyrocket in no time. Your forearms will look like solid steel chords and they'll look great in short sleeve shirts!

Zercher Carry



Deadlift the stone up and then get your arms underneath the stone. Walk quickly with short steps while maintaining posture. Set the stone down with a deadlift motion when finished for safety. Dropping the stone is a great way to break toes!



Overhead Carry



The overhead carry will stress the entire body, especially the entire back, abs, shoulders and triceps. Walk slowly with the stone fully locked out overhead. This is an excellent way to train your core in a manner you've never experienced before. Extreme caution should be taken here, especially as you begin to fatigue. Simply lower the stone to the rack position as opposed to letting the stone go or dropping it!

Windmill



The stone windmill is performed just as you would perform the kettlebell or dumbbell windmill. Press the stone overhead while looking up at the stone. Keep your eyes on the stone the entire time. The arm that is up is the same side your hip will kick out towards. That outside leg should stay as straight as possible. Bend the other leg slightly. Take your free hand and let it slide down your leg all the way to your toe. This hand sliding technique helps keep you in position. Go down very slowly and then come back up under control. Sets of 5 reps work best with the windmill.

Repeat the same reps to the opposite side. In the photo above I used my free hand and placed it behind my back. This is the position you will use once you become comfortable with the windmill. It is not necessary but it sometimes feels more comfortable so give it a shot.

The Backyard Stones



We use stones of all shapes and sizes. The best stones have been found at construction sites and new home development areas!

Preparing to lift the stone



Lifting stones off the ground requires repeated reps in the deadlift which is an excellent way to improve full body strength.

Preparing to press the stone



Locking out the stone military press



Stone training requires only ground based movements, which forces your entire body to work together. This is a highly effective way to train. If you're lucky enough to have

stones in your yard you can quickly and conveniently crank out a 15 minute stone workout that will kick your ass and bring great results!

Midpoint of Stone Press



Shoulder to Shoulder Press



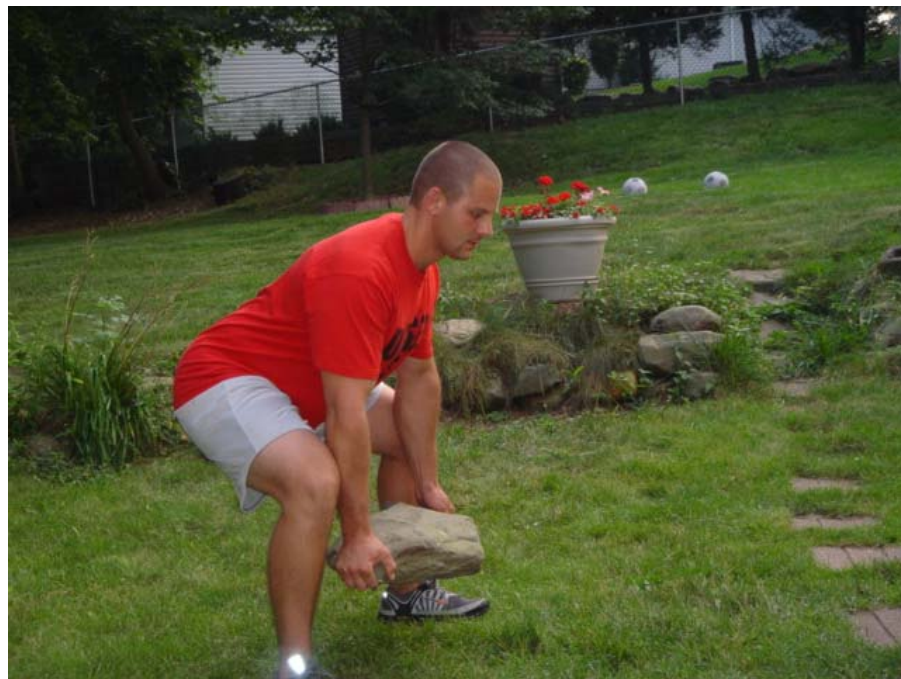


Pressing from shoulder to shoulder requires the body to lean side to side as you change the position of the stone. This is great for working your core in a different manner than it is used to, which is normally with traditional movement. This movement can also be incorporated into a shoulder to shoulder press – squat combo, an excellent metabolic movement.

Deadlifting the stone



The deadlift is by far one of the best movements for adding muscle and improving total body strength. Reps are best kept under 5 to maintain form but can be performed for higher reps for the advanced athlete.

Bent Over rows as Man's best friend looks on!

The bent over row is one of the best back movements around. In addition, your lower body gets quite a workout just by holding your upper body in place. The hamstrings and quads will get the extra work here which is always a good thing. Keep your shoulders retracted tightly and never allow the back to round out during this movement.

Front Squat (rack / clean position)

Keeping your elbows in tight after cleaning the stone, sit back and squat down as low as possible with pressure on your heels the entire time. Your posture must be kept as upright as possible to avoid allowing the stone from falling forward. This rack position places extra strain on the posterior chain which is a good thing.

Zercher Squat



The zercher squat is also going to force the posterior chain to work heavily, especially the back. The placement of the stone puts gravity at favor here so you're body will need to resist falling forwards during the squat. As always, keep pressure on the heels as you sit back and squat as low as possible.

Zercher Good Morning



The zercher good morning is awesome for strengthening the lower back and hamstrings, but your upper back will still get plenty of work. With a slight bend in the knees, bent at your hips by pushing back and lowering your upper body towards the ground. Notice how the back stays flat. No rounding of the back should happen here.

Rounding of the back is often a sign of fatigued muscles or weak muscles. The upper and lower back must stay tight to keep from folding over. Remember, the zercher position is a method of making the upper body work extra while the lower body works as well. This is why you see our athletes performing zercher movements so often with the odd objects.

Shoulder Squat



This is an excellent off set squat variation. The opposing side must work hard to stabilize and maintain posture. This movement is great when combined with the shoulder to shoulder press. As a combo movement, shoot for moderate to high reps, around 6 – 8 reps per side will definitely do the trick!

Getting situated for the one arm press. This was tough!







How to Master the One Arm Stone Press

The key to pressing this odd object with one arm overhead is tightening your entire body! You must have full body tension radiating through every ounce of your body from head to toe.

Using two hands to situate the stone in your hand, start grounding your feet. By grounding I mean GLUE your feet to the ground. Flex your legs extremely tight and especially flex your glutes! Fill your stomach with air by inhaling deeply to increase support.

Your fingers should be trying to grip the stone tightly! Keep your shoulder down and your back tight. Press up while exhaling out forcefully. The breath should be a long, tight breath! By tight I mean you should hear “tssssssssssssssss”. This is similar to what you hear when Muay Thai fighters kick the pads. You heard a fast “tss”! With the one arm stone press you’ll be moving much slower than they kick, thus the extended breath!

Once you lock the stone out pause at the top for a 1 or 2 count, and then actively pull the stone down using your lats. Make pretend you are pulling a thick vine down from a tree and you must pull hard! If you relax at the lock out the stone will wobble all over the place and you will lose control.

Keep your entire body tight and grounded to the ground. Once the stone returns to the rack you can press upwards another 1 or 2 reps, or switch arms. Don’t be afraid to go heavy on the one arm stone press. Like any movement, this takes practice.

Using lighter stones you can practice pressing them up for sets of 1 – 3 reps repeatedly. Slowly, keep increasing the size of the stone until your moving some nice sized stones and scaring your neighbors!

Starting the Burpee, push up & snatch combo



Anytime you want to incorporate conditioning into a workout, especially one which is crunched on time, you need to add a burpee to any lift possible. Here you see the burpee with perfect form. The body should be straight when the legs are extended and when the legs are bent the chest must remain high with a flat back, just like a deadlift.



Ripping the stone up during the snatch



Burpees and Olympic lifts with stones (or any implement) are extremely challenging. Any O lift variation can be used with the stone lift and the burpee: clean & press, clean & jerk and the snatch are three of my favorites!

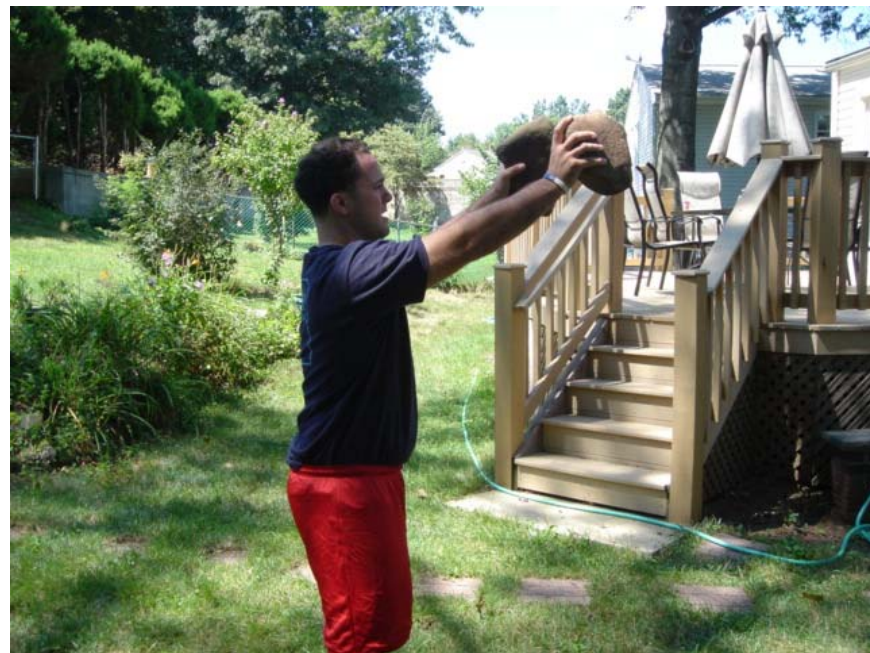


Getting aggressive on the stone swings!



Swinging a stone as opposed to a kettlebell takes on a whole different world of challenges when compared to the kettlebell swing. This is one of the best ways to incorporate grip work into a workout. The speed of the swing forces you to hold the stone even tighter so it doesn't get ripped out of your hands. You'll be utilizing the crush grip when performing these two hand stone swings.

Check out the Double Stone Swing!



Double stone swings are brutal on the grip more than anything. Holding one stone in each hand, take a wide stance and perform the regular swing. Aim for higher reps here since the load is lighter, and make sure no pets or kids are around. As the grip fatigues it becomes easy for the stones to slip out.

Ready to deadlift the stone during the burpee, push up & deadlift combo



Notice the flat back with the chets held high during the deadlift portion of the movement. Form, as always, must be kept strict. You can always use a lighter, smaller stone, just as you would if you were using a barbell.



After the burpee, add some extra upper body work and drop into a push up. The more movements you can combine into the burpee, the more challenging and metabolically oriented the movement becomes. Try doing 10 reps of the burpee, push up, dead lift combo with 30 second rest periods for 5 sets! If you really want to push it, go for the clean and press instead of the deadlift!

Lunges



When performing lunges you can use any of the positions for a different effect on the upper body. Above you can see the zercher lunge and the rack lunge.

Rotational Lunges



The rotational lunge will blast away at your obliques and midsection. These are awesome because you can go heavy on a rotational movement while simultaneously working the midsection. Your upper back, shoulders, grip and biceps will also get some serious work here!

Shoulder Lunges



Shoulder lunges off set the load on your body forcing one side to work on stability and the other side to handle the load. Perform equal reps on both sides. For the added challenge, you can go through an entire leg complex with the various squats and lunges. Go for 6 reps per movements and your lower body will be hammered and your upper body will get some serious work in an isometric fashion!

Lower Body Stone Complex (perform all 6 movements with out rest)

- 1A) Zercher squat x 4 reps
- 1B) Shoulder squat x 4 ea. side
- 1C) Rack Squat x 4 reps
- 1D) Rack lunges x 4 ea. side
- 1E) Reverse Zercher Lunges x 4 ea. side
- 1F) Rotational Lunge x 4 ea. side

The above workout will skyrocket your leg endurance and strength endurance. If you want to go heavier, simply separate the squats and lunges into two separate complexes, resting 1 minute between each complex!

Double Stone Lunges



Laterals





This is an excellent shoulder movement as well as a grip exercise. You'll work the upper back and traps here as well. I prefer shoulder raises performed in circuits at the end of a stone workout. As a grappler, my shoulders and arms get loaded with lactic acid and these are an excellent way to boost lactate tolerance and improve muscular endurance.

Bent Over Raises





These target the upper back and rear delts heavily, an often weak and neglected area which must be trained. We sometimes use this movement as a warm up because it places a lot of blood in the upper back and prepares us for heavy movements such as deadlifts, cleans and snatches.

Front Raises



You will finish off your shoulder circuit with front raises. Once again, these are excellent for grip work as well. This movement targets the anterior portion of the shoulder, and is

also the least important movement to do. All the pressing movements you do already beat up the frontal portion of the shoulder so focus your time and energy on the rear and lateral movements.

Stone Holds For Time



At the end of your workout just grab the stones and hold them for as long as possible. This is one of the best movements for hand and grip strength!

One Handed Curls



Two Handed Curls



Curling with stones is not a necessary movement, but if you want to crank out some stone circuit training then throw these in at the end. It's never a bad thing to work on the guns. Heavy curls allow for some body motion and bring into play your legs, back and shoulders so feel free to use some heavy stones on the two arm curl!



Below, high rep stone curls can (and will) make you work your ass off and will hit much more than just your biceps! Don't be afraid to go heavy and be aggressive on these!



Two Handed Tricep Extensions



Depending on your sport, tricep strength might be a key factor. In addition, strengthening the arms helps boost your numbers in the big lifts as well. It doesn't take a lot of volume to work the arms, so cranking out an arm circuit for a few minutes at the end will get the job done after you've pounded away with all the basics on heavy stones.



Double Military Presses. Lighter stones requires you to perform circuits or high rep training, but the grabbing of the smaller stones in each hand will give your hands and grip the workout of their life!



You can also perform the **see saw press**



For the extra challenge on your grip coupled with metabolic training, try using the clean and press with the double stones.





Above, finishing the **one arm snatch**



Above, mid point of the double squat & high pull.

This is one of my favorite full body movements and works great with two stones! Notice the struggle just to hold the stones!

The **double stone lifting movements** are very challenging on the hands and grip. They can be used during the warm up phase or at the end of a heavy workout with large stones in circuit or complex fashion.

The Atlas Stones

Special thanks goes out to Elliot Hulse of <http://HulseStrength.com> – Elliot really inspired me to get atlas stones into this manual after he told me about some of his wild, stone workouts performed density style.

First of all, when you see someone who is strong as hell and you know he / she walks the walk, it's a good idea to listen to them. Elliot has done some amazing things personally and with his athletes using atlas stones.

Two of my favorite workouts that Elliot told me about was loading the atlas stone onto a platform for either 50 reps total or max reps in 15 minutes. This would sometimes be his workout in itself, just the stone loading and for good reason. This movement hits every muscle in your body! It's seriously powerful.

Check out the pics below from various angles and through the use of various loading decks / loading heights.



Note the height of Elliot's loading deck is chest height. The movement begins with a deadlift, then lapping the stone and then the final explosive squat / jump while thrusting your hips and chest to push the stone onto the loading deck.

Below, Elliot lifts and throws the stone OVER the strongman Yoke!



Another angle of stone lifting. Note the round back to lift the stone while simultaneously squeezing and hugging the stone!





Above, lapping the 260 lb stone. Too heavy for me to get any further than my lap!

The simplest way to organize a full stone lifting workout is by performing full body workouts. It's impossible to turn a stone lifting session into an upper / lower body split. Start with the big lifts and finish up with circuits for metabolic conditioning and muscular endurance.

There have been many times when we would want to train at one park but showed up to find a baseball game or another event that forced us to go elsewhere. It was not a problem because I knew that I could find stones of all sizes any where and every where we traveled.

Remember, you don't need fancy equipment to get strong as a bull. Heavy stone training will test any man or woman to the limit. You can also take your back pack with you to load up with smaller stones. With a stone filled back pack use movements that are controlled to avoid getting hurt by your back pack. Movements like squats, pull ups, lunges, push ups and rope / pole climbing will be perfect.

Now you have a boat load of stone lifting movements that can be done in the comfort of your own backyard! Don't get confused with the meaning of "comfort". It truly should say convenience instead!

Let's take a look at different stone lifting workouts that can be done right in your own backyard!

* warm up before your stone workouts as you would before any other workout *

Stone Workout 1:

1A) Shoulder to Shoulder Press 4 x 6 (3 ea. side)

1B) Shoulder Lunges 4 x 12 (6 ea. side)

2A) Bent Over Rows 3 x 12

2B) Push Up, Burpee & Clean 3 x 6

3A) stone swings 3 x 10

3B) zercher carry 3 x 100 ft.

Stone Workout 2:

1A) Zercher Squat 5 x 5

1B) Military Press 5 x 5

2A) Side Laterals 3 x 10

2B) Bent Over Raises 3 x 10

3A) Two Hand Curls 3 x 6

3B) Two Hand Tricep Extensions 3 x 6

Stone Workout 3:

1A) Thrusters 3 x 6

1B) Bent Over Row 3 x 6

2) zercher carry 1 x 100 ft

3) Burpee + Push Up + Deadlift 3 x 10

4) zercher carry 1 x 100 ft.

5) swings 3 x 12

6) zercher carry 1 x 100 ft

Stone Workout 4:

1A) bent over row 4 x 6 -10

1B) military push press 4 x 5

2A) Rotational Lunge 3 x 10

2B) Sumo RDL 3 x 6

3A) Overhead walk 3 x 50 ft

3B) swings 3 x 8 – 12

Stone Workout 5

- 1) Clean and press x 2 reps every 30 seconds for 10 minutes
- 2) Walking Lunge (rack position) 3 x 20 reps
- 3) Burpee + Deadlift 3 x 10

Stone Workout 6

- 1) 1 Handed Shot Throw (alternate hands) – jog up to stone and repeat x 6 minutes
- 2) Burpee, push up, clean and press x 2 reps every minute x 6 minutes
- 3) Walking stone swings 2 x 20 reps
- 4A) rack squat 2 x 5
- 4B) rack lunge 2 x 5 ea. side
- 4C) rotational reverse lunge 2 x 5 ea. side

Stone Workout 7

Three rounds of the circuit, 2 minute rest between each round

- 1A) strict military press x 6
- 1B) swings x 6
- 1C) bent over x 6
- 1D) swings x 6
- 1E) rack squat x 6
- 1F) overhead carry x 30 steps

Stone Workout 8

- 1) Shoulder to shoulder press – squat combo 4 x 5 ea. side
- 2) Deadlift 10 x 2 – 3 reps (30 second rest between sets)
- 3A) lateral raise 2 x 10
- 3B) bent over raise 2 x 10
- 3C) two hand swings 2 x 10

Stone Workout 9

- 1) American swings 3 x 8 – 12
- 2) 1 arm stone press 5 x 2 ea. side

- 3A) bent over row 4 x 8 – 12
- 3B) walking rack lunge 4 x 12
- 4A) 2 hand curls 2 x 20
- 4B) 2 hand overhead tricep extensions 2 x 20
- 5) stone holds for max time x 3 sets

Stone Workout 10

- 1) Double clean and press 6 x 6
- 2) Double swings 3 x 20
- 3) Alternating 1 arm snatch 3 x 10 ea.
- 4) Walking lunges with stone in ea. hand 3 x 20

Stone Workout 11

- 1A) See Saw press 6 x 6
- 1B) Double Squat – high pull combo 6 x 6
- 2) Sumo deadlift 8 x 3
- 3) Walking swings 2 x 20 reps
- 4A) 2 hand curls 3 x 12
- 4B) 2 hand overhead tricep extensions 3 x 12

Stone Workout 12

- 1A) two arm push press 5 x 8
- 1B) bent over row 5 x 10 - 12
- 2A) double snatch 2 x 5
- 2B) double reverse lunge 2 x 5 ea. side
- 2C) double bent over row 2 x max reps

The best way to incorporate the eleven stone workouts is to progress from the first one on to the second one each week. Your goal should be to get one stone workout in each week. This will take you through 10 weeks of stone training!

By the end of those ten weeks, you'll have insane grip and hand strength and you'll have definitely added REAL man strength to your entire body! I would suggest taking before / after photos so you can see the results of your efforts. If you're eating clean and training 'Underground' an extra 2 – 3 times a week and staying active you'll be making MAJOR changes in the next ten weeks, Guaranteed!

I look forward to hearing about your progress! Make sure you head on over to UndergroundStrengthCoach.com and tell us about your progress and day to day experiences.

Looking forward to seeing you at The Underground!

Kill it!

--Coach Z--

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Underground Strength Coach

Product Guide



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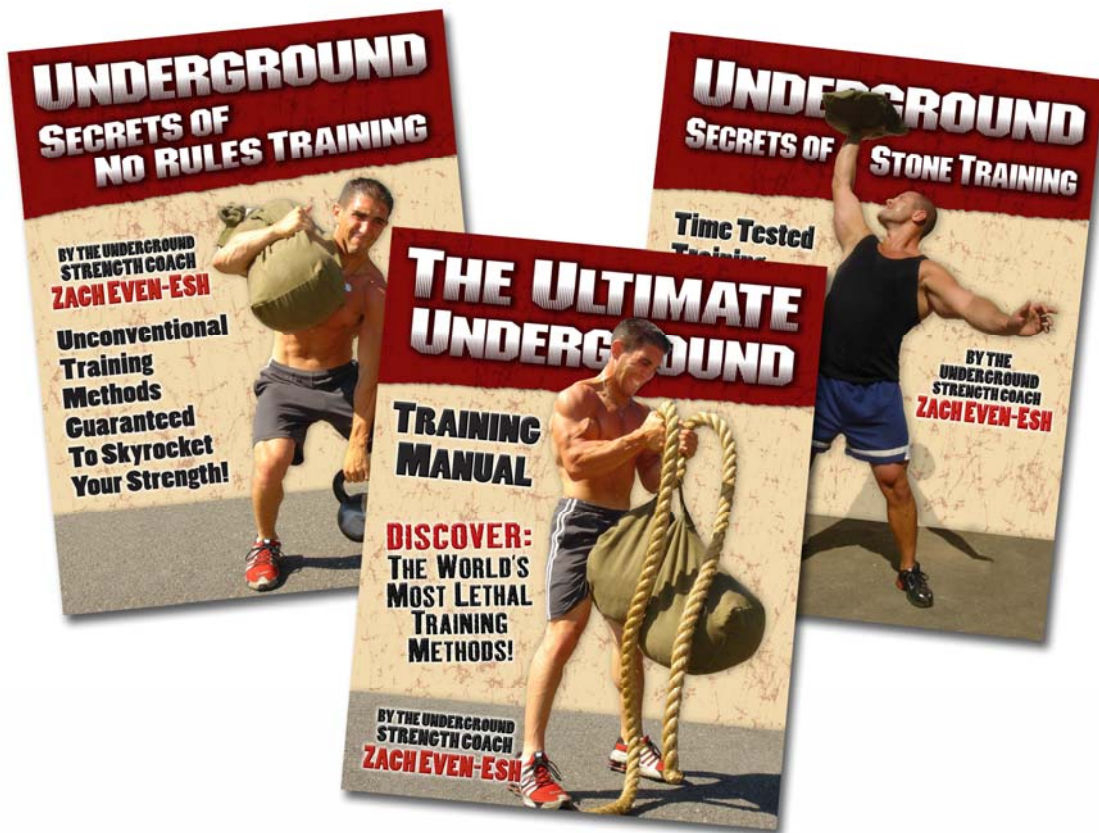
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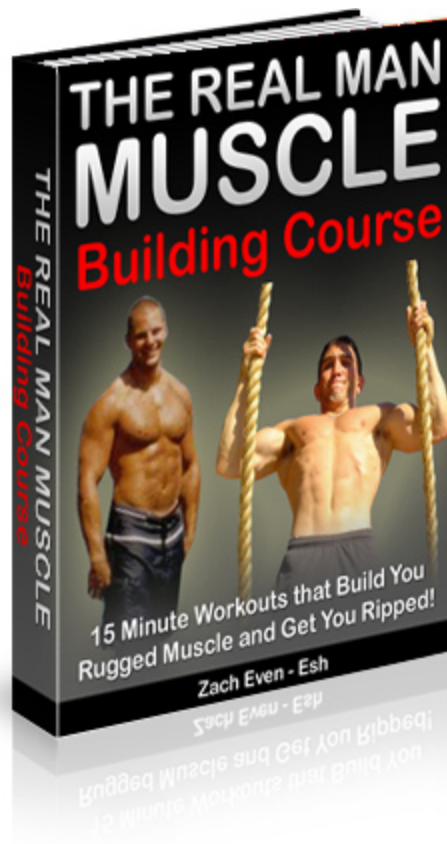
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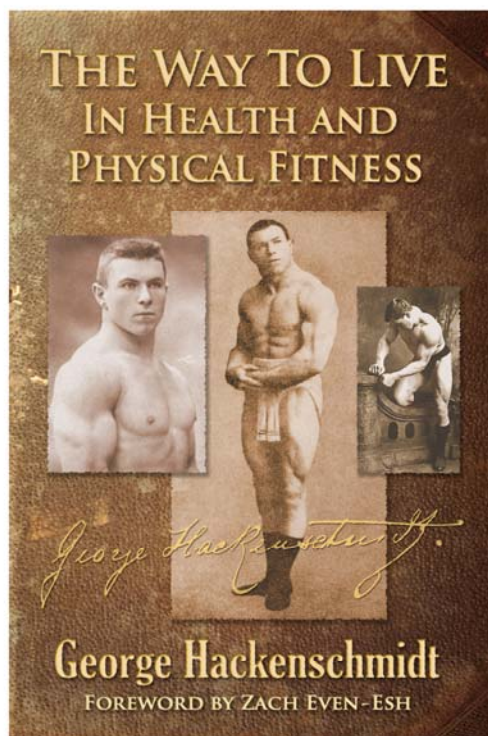
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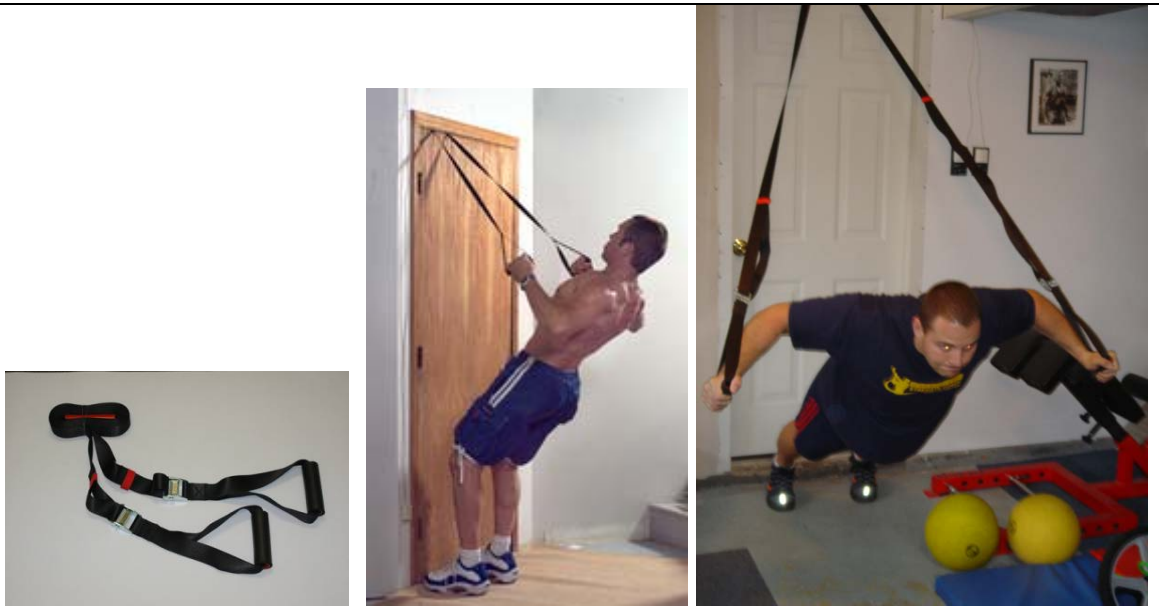
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In addition to the power wheel you will receive your FREE instructional DVD and Manual (valued at \$ 39)!

- Develop a rock hard upper body with the creative and challenging upper body exercises
- **Attack your core and upper body muscles like never before! Free weights will never work your body the way the power wheel does!**
- Develop six pack abs faster than ever before! These abdominal exercises pack on lean muscle faster than traditional core training movements!
- Extremely versatile for core and upper body training. You're going to love these unique movements that can not be done with free weights or in a traditional gym setting!

- Allows you to get a complete upper body and core workout in only a few minutes! Perfect for the busy man!

[Click HERE to discover all the benefits you will get once you begin using the power wheel!](#)

TNT Power Cables



Better Than Iron
for
Size * Strength * Power * Consistency

Generates 0 to 240 Pounds Instantly!

TNT is simply the most powerful resistance cable on the market. It is a 3 in 1 power cable and you can change from one cable to three in just seconds. So, if you are using the lightest cable, you can go from 30 to 60 to 90 lbs of resistance in seconds. Just as easy for the heaviest Lifeline TNT Cables - you can go from 80 to 240 lbs of resistance in seconds!

How you can easily use the TNT Power Cables for added muscle faster than ever before!

- The TNT came to life due to Lifeline's new patented 3 in 1 adjustable handles. These handles allow comfort and adjustability in just seconds
- Gives you endless possibilities with the most powerful, portable piece of exercise equipment ever made!

Advantages you will get:

- Perfect for all levels as it can grow in resistance with the progression in strength that the user makes
- Excellent for athletes as it can easily handle the extra powerful loads of resistance athletes want and need!

TNT STANDARD comes with three R4 5' plugged cables, two 3 in 1 Tri-Ad rotator handles and door attachment. Instruction manual by fitness expert Jon Hinds, former strength coach of the LA Clippers, will be included.

DELUXE TNT comes with all of the items as in the Standard unit, PLUS:

- Jogging belt 43"
- Carrying bag
- **FREE Bonus DVD:** Instruction video by fitness expert Jon Hinds (**\$ 39 value**)

[Click HERE to get your TNT Power Cables NOW!](#)

[Russian Kettlebells](#)

I've tried many [Kettlebells](#). Let me rephrase that, I have tried countless kettlebells! For the quality and price of these bad boys, these are the bells I roll with. They have a solid thick handle and I've had some of my bells outside in the rain for over 6 months with NO rust.

[These are Top Notch Kettlebells, Underground Approved!](#)



[Get your Underground Kettlebells HERE](#)