

# THE WARRIOR PHYSIQUE

BUILDING THE  
HYBRID SUPER MUSCLE

MIKE WESTERDAL

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# LEGAL STUFF

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This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

## WHY I WROTE THIS SPECIAL REPORT

Like many of you I played sports in high school. I walked on the football team in college and played four years of football. Keeping my body lean and strong during that period of my life wasn't a problem. After all we had practice, mandatory weight lifting sessions, morning running and a very positive environment for keeping the body in an overall anabolic state.

As the post-college years kept passing by, I found myself being less and less active. Don't get me wrong I found a new passion and started testing my merit in amateur powerlifting over the past few years and it has kept me really motivated and I do love the competition. But.....something is missing. I've gotten a lot stronger but I also gained over 25 lbs! It's kind of embarrassing actually. Here I am preaching on the Internet and trying to help others stay fit and I go right ahead and pack on some un-needed pounds.

What does all this have to do with the Warrior Physique Mike? I'm glad you asked, let me explain. I have lot of relatives that live in Sweden and I've always been interested in Viking History. As I was reading a book of mine called, "The Long Ships" I realized the Vikings didn't have to workout in gyms, their lives and their battles were workouts enough. Fortunately I don't have to engage in battle which is good considering I get winded from playing a pickup game of basketball! It was starting to get obvious that I'd probably make a lousy Viking and was nowhere close to the top shape I was in during college.

Several months ago I hooked up with my now good friend Elliott Hulse who is the owner of a warehouse gym in my area called Strength Camp. Elliott is pro strongman and I started watching some of the workouts he was putting his clients through. This wasn't like anything I had really seen before. They weren't using your typical gym equipment. They were carrying odd objects, loading sandbags, dragging sleds and doing all kinds of exercises that looked like half resistance training and half cardio training.

I told Elliott I wanted to try some of the "Warrior Training" methods. He grinned and wanted to know what I meant by that and I told him, that the guys from his camp train like guys from my Viking book. It's no surprise Elliott and I hit it off right away and started doing some workouts together.

We'd combine my strength building exercises with his max effort resistance cardio techniques to come up with some pretty sick training sessions. The fat has been melting off and I'm still getting stronger so I think it's safe to say we're on to something here.

In this report let us explore how some of this planet's all-time greatest elite warriors of the past developed some physiques that have become legendary! If you feel like you're close to becoming a desk jockey or you want to feel like you did in college, revive your energy, build lean muscle mass while burning fat as fast as possible than read on my friend!

*Mike Westhead*

## INTRODUCTION



It's no secret that our ancestors were physically, in much better shape than overall, we are today. For ordinary people, their day-to-day lives were much more physically demanding than ours. Back in the day if you wanted to eat you had to go hunting or catch some fish. Everything was functional. In today's world most of us are subject to the triple seated threat as I like to call it—sitting at our computers, sitting in the car or sitting on the couch.

Let's take a look back at our ancestors. Even without the medicine and advancements in technology they knew how to develop muscle and they did it out of necessity not for aesthetics. It may just be we have a thing or two to learn and why coming full circle in our training may be just what we need. Let's take a closer look at some of the elite warriors of the past.

Ancient cultures like the Spartans, Romans and the Scandinavians—often referred to as *warrior cultures*—had legions of career warriors whose sole job was to fight. This of course, required them to be in peak physical condition and even more important, their fighting ability depended on compound movements.

Legendary warriors of the past didn't have gyms and machines to isolate their muscles. They didn't train the chest one day, legs the next and back the day after that. There were no seated benches and workout devices that took all your stabilizers out of the movement. Though they didn't workout for looks alone, their training and the way they lived produced just that. The physiques that most guys strive for—yet very few ever achieve—were not the goal, but rather a byproduct of their lifestyles and how they trained to be warriors.

We can't relate to it today but these guys trained as though their very lives depended on it, because *it did*. It wasn't just about losing a competition it was about surviving to fight another day. They knew from experience that in order to win battles—most of which were fought in hand-to-hand combat—they had to develop their entire bodies, not just certain parts. In other words, they weren't so interested in training the “beach” muscles like most guys are today. Rather, they were concentrating on developing their *functional* muscles and skills—the ones that would help them win the battle.

You see though that their training routines wouldn't have looked anything like what you see in gyms today—mostly machine- or apparatus-assisted

movements that isolate particular muscles. No sir. Everything they did to train would have resembled “real-world” situations that they faced on any given day, which means lots of compound movements that simultaneously recruit a number of different muscle groups.

It’s because of this type of training—combined with the overall warrior culture in which these guys lived—that warriors like the Spartans, the Roman Gladiators and the Vikings were consistently victorious in battle.

## VIKING WARRIORS



When people talk about ancient warriors renowned for their physical prowess, other than the Spartans of ancient Greece, the Viking warriors are among the most likely to be discussed. And why is this? Because for 300 years they kicked ass like nobody else. Like the Spartans, the Vikings were career

warriors, well-known for their superior hand-to-hand combat skills. They typically wore minimal body armor, instead relying on brute force and strength combined with agility and speed for protection. Their typical weapon of choice was the battle axe, though they sometimes used swords as well.

The Viking warriors were renowned for their ferocity in battle. In fact, they were so fierce—and their reputation so frightening—that often times, their victims gave up without a fight. You've heard the term “berserk,” right? Well, it originated with the Vikings. Originally, it referred to a Viking class of warrior known as the Berserkers. These guys wore coats of wolf or bear skin—no armor here—and were reported to have fought in an almost uncontrollable rage or “trance of fury.”

Why were the Viking warriors able to kick the collective asses of just about every other culture they encountered for about 300 years? The answer lies in their training. Like I said, they were fierce, career warriors with one mission—conquer or be conquered. Their training regimen reflected that intensity.

First, the Vikings were mostly seafaring warriors traveling in boats, which were mostly propelled by physical manpower—or in other words, guys rowing with oars. And since their typical “M.O.” was a rapid, surprise attack, there was no time for rest. So after rowing for long distances, they would immediately disembark, get into formation, march for miles and then launch into a fierce hand-to-hand battle.

Each of these activities requires its own unique skill set. For example, rowing requires both strength and endurance while hand-to-hand combat requires power, speed and agility. In order to be able to handle the demands of all the things they were required to do on any given day, an ordinary training regimen just wouldn't do. Even a cross-training routine wouldn't be enough to get them into the peak physical condition their profession demanded. Nearly every physical exercise they did—whether it was just for training or during battle—required both physical strength *and* endurance.



So instead of just running long distances, the Vikings would run long distances dressed for battle *and* carrying their weapons along with their other gear. And that was just the warm-up. Afterwards, the real training would begin.

Remember, the lives of these guys had one purpose—fight to win. No day jobs and no weekends off. Their very lives were dependent upon their physical condition and their ability to fight so you know that when they trained, they trained *hard*. Also, because of the variety of muscles and skills needed to do the things they did, nearly all of their training routines would have involved compound/functional movements that recruited multiple muscle groups.

Looking back at the types of activities Vikings engaged in on a regular basis—rowing long distances, marching in full battle gear and hand-to-hand combat—we can imagine some of the things that they would do to get themselves into the physical condition they needed to be in. So besides marching and running dressed for battle some of the things they did to develop both physical strength and endurance probably included:

- A variety of movements in which heavy objects would be repeatedly picked up and lifted over the head. This would have both strengthened the core muscles and also built up endurance;
- Swinging a battle axe overhead in a movement that mimicked crushing a foe's skull (probably using hay or something as a target). Swinging and slamming the heavy battle axe into a target would have developed upper body strength, endurance and accuracy;

- Lifting, carrying and dragging heavy objects across distances. This would have prepared them for any number of situations that they might encounter—fallen trees or boulders blocking the trail, hauling gear and supplies or carrying the wounded;



These are just a few examples of some of the things they would have done to get in shape and prepare for battle. You can see that all of these routines are designed for functionality—to enable them to perform and

ultimately, win the battle. They weren't exercising so that they could look good while hanging out at the beach, which is not what you see going on at most gyms today.

## SPARTAN WARRIORS



We just talked about the Vikings so let's take a look at their Grecian counterparts—the mighty, renowned Spartans. Though the Spartans were well-known for their physical abilities long before the film *300* was ever envisioned, the movie put these ancient warriors in the spotlight once again—not only because of their capacity to fight like no other, but also because of their incredible training routines, which usually began at about the time a boy turned seven years old.

At that age, boys were typically taken away from their mothers and they were moved into sort of Spartan youth training camps where the boys began to

develop their skills. This rigorous training program was known as the agoge. The boys stayed there until they were about 20 years old. Right from the start they focused on developing their physical strength and endurance. The brutal training programs were intended to develop physical strength, military prowess, communal bonds, discipline and obedience. The youngsters engaged in a wide variety of intense physical activities such as vigorous wrestling matches—usually with boys older and more skilled—and numerous track and field events.



At the age of 12 the boys were thrown out into the elements to survive on their own. After a year, those who survived entered an even more rigorous training period, which consisted primarily of wargames and hand-to-hand combat exercises. These were very serious activities—not at all like the “mock” wargames we see today—in which contestants were often seriously injured or even killed. Tough stuff yes, but Spartans were in the game to win. They had

one purpose in life—to fight and to protect Sparta and for that they were willing to train to any lengths to achieve that objective.

Their training routines were focused on developing athleticism and fighting skills that were superior to the enemy. To develop these skills and enhance their adaptability, they trained using a variety of ever-changing routines that incorporated compound movements. They also would have done exercises that involved a great deal of lifting and throwing that incorporated their weapons as well as heavy objects such as boulders and sacks of grain. The same session was rarely repeated.

The overall point of these super intense regimens was to improve their “functional” or all-around fitness using a wide variety of movements that developed the skills, muscles and ranges of motion required in real fighting. They accomplished this by submitting the body to ever-changing—and increasingly difficult—physical challenges.

So you can see that even if “modern” gyms had been around back in the time of the Spartans, a typical routine that you see in most of the fitness magazines would have done these guys little—if any—good. They might have looked like they were in good shape and physically fit but on the battlefield, they would have quickly gotten their collective asses kicked by their enemies and they would have faded off anonymously into history rather than being known for the legendary warriors they were.

When the directors of the movie *300* were planning production, they decided that they wanted the actors to *really* look like authentic Spartan warriors.

The guys from the movie *300* were ripped and strong. But they had to train in a certain manner to get that way and it's very similar to how the real Spartans trained. The training routines they used were specifically designed to mimic the training routines that the actual Spartan warriors would have used in ancient times. In fact, their training regimen got almost as much attention as the movie. We'll give you a routine so hang on.

## GLADIATOR TRAINING & COMBAT



Scandinavia had its Vikings—we looked at them and their training routines. Greece had the Spartans—we've looked at them too, so now let's move over to Rome and take a look at the Gladiators. Like their brothers in Greece and Scandinavia, the Roman Gladiators were fierce fighters, highly

skilled in hand-to-hand combat techniques that demanded peak physical condition—strength, power, speed and agility.

So like their warrior brethren to the north and the west, the Gladiators didn't just have an ordinary routine. Again, these guys were career fighters whose lives depended on their skills, strength and speed. They weren't engaging in "mock" battles in the Coliseum—these were battles to the death, with losers being toted out in an ancient version of a body bag. No second chances here.



Also like the other warrior cultures, the Gladiators' training routine would have been not just diverse—running one day, weight lifting another—but rather, very hardcore and tightly focused on developing the critical skill sets they required to win the battle and live to fight another day. For instance, running five miles a day can build endurance but in a fight, weighed down in armor and with heavy weaponry, that type of endurance wouldn't have been very useful.

That's because a basic run—without the resistance provided by the armor and weapons—would have only *partially* prepared the body for the battles ahead.

Instead, they would have done long-distance walk/jog/sprint combinations wearing their full battle gear carrying weapons. The purpose of these exercises being to simultaneously build cardio endurance, muscular strength and adaptability so that they could quickly switch from one form of fighting to another.

Looking back at Gladiator training routines, they probably would have resembled a modern-day strongman competition far more than they would have resembled a typical “day at the gym.” The key difference being that the Gladiators' workouts would have most likely emphasized the cardio/endurance development component nearly as much as the strength-building element. Overall though, they would have been very similar.



Picture Courtesy of [GladiatorSchool.tv](http://GladiatorSchool.tv)

Where today at a strongman competition you'll find guys flipping huge tires, back in the day of the Gladiators they would have been flipping huge boulders, marble slabs or fallen trees. And instead of doing the farmer's walk toting a 120-pound dumbbell in each hand they would have done the same thing but instead of dumbbells, they might have walked long distances carrying heavy clay pots loaded down with large rocks.

Gladiators often times picked up their combatants, hoisted them over their heads and threw them to the ground. This not only injured his opponent but it was a psychological tactic to strike fear into the hearts of other potential adversaries. It also was a display of victory, strength and overall physical prowess. Practice for these types of displays would have involved repeatedly lifting heavy grain- or sand-filled sacks over the head.

Given what we know about the Gladiators, it's likely that they also engaged in a version of the modern-day strongman technique of sled-dragging. Instead of dragging a sled, a car or a truck, the Gladiators would have wrapped leather or rope straps around large boulders or marble slabs, dragging them across fields as fast as they possibly could.

You can see that for the most part, the Gladiators' training routines would have been very similar to the Spartans and the Vikings. The key difference would have been that because the Gladiators were career fighters—rather than soldiers charged with protection—they would have done less long-distance activities such as marching and rowing than their warrior brothers.

## THE SUPER HYBRID MUSCLE



A hybrid is a “combination of two or more different things, put together specifically to achieve a particular objective.” And that’s exactly what hybrid cardio is—it combines intense muscular activity to cardio, which results in not only achieving the “best of both worlds” but also creates new mitochondria in the muscles. Or in other words—“[super hybrid muscles](#).”

When talking about “super hybrid muscle,” we’re referring to a muscle that has essentially been reconfigured, adding mitochondrial density, which results in a bigger stronger muscle with more endurance capacity. This is accomplished by combining cardio and strength training into a single activity.

I learned a lot about hybrid super muscle through the book ***The Purposeful Primitive***, written by Marty Gallagher. It’s one of my all time

favorite books and you can learn more about it at Marty's site [martygallagher.com](http://martygallagher.com) . In it, he presents some very interesting ideas muscle strength and endurance. Let's start with a bit of history. "Early adopters" of the concept of hybrid super muscle included Len Schwartz—who was actually the first—John Parillo and Ori Hofmekler. As I said, it all started with Dr. Len Schwartz when, in 1995 he said that in his latest project, he would be working a new form of exercise, which would help athletes to develop "long strength." And what is "long strength" you ask? Long strength is "the ability to exert significant strength for an extended period of time." This is exactly the sort of strength that the ancient warrior cultures sought to develop. That is the key difference that set them apart from their foes.

According to Dr. Schwartz, a key positive attribute of long strength exercises is that over time, they can essentially reconfigure the fiber composition of the working muscle groups. Eventually, the muscles develop long strength and actually "morph."

John Parrillo—the second proponent of long strength—began having his bodybuilders doing really high intensity cardio. He claimed that doing this actually altered the muscle composition. He called this form a resistance training the "100 rep extended set," saying that it helped the body to construct more mitochondria—the muscles' "cellular blast furnaces." He also says that this increases muscular growth by developing the circulatory pathways that provide nourishment to the muscles.

Ori Hofmekler is the third early adopter of the long strength concept. Ori developed a weight training system that he called, “Controlled Fatigue Training.” According to Ori, this type of training was specifically designed to develop these super hybrid muscles—ones that were capable of generating and sustaining strength for extended periods. Ori had spent time researching ancient cultures and based on what he had found, he became convinced that ancient warriors—the Spartans, the Gladiators and the Vikings in particular—were so successful because they had developed a great deal of Hybrid Super Muscle. These ancient warriors would have need great amounts of sustained strength and endurance for fighting and doing all of the other things they were called upon to do—marching long distances dressed in full battle gear *and* lugging supplies, carrying the wounded, rowing mammoth ships across the sea and more.

*Ori Hofmekler Showing the Abs!*

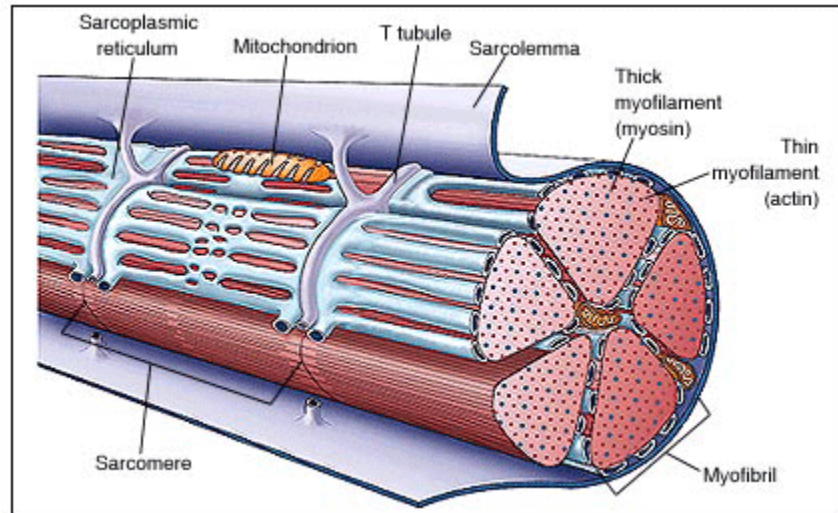


So what does a guy *today* need to do in order to build Hybrid Super Muscle? For starters, you can look to the ancient warrior cultures—the Spartans, the Vikings and the Gladiators—and learn from them. Remember that all of the training they did was in preparation for the battles ahead. In other words, they were training for functionality rather than aesthetics, meaning that their training routines would have incorporated activities that simultaneously developed both strength and endurance.

Today, to build Hybrid Super Muscle we can start by engaging in aerobic activities that have a strong element of resistance. Let's look at what some of the early adopters of the long strength concept came up with to add resistance to aerobic activities. Dr. Len Schwartz had developed a system in which athletes used heavy hand weights in combination with a variety of foot patters. As mentioned earlier, John Parillo had his guys do maximum intensity cardio or his 100 rep giant sets using standard weight training equipment from the gym. And lastly, Ori developed his Controlled Fatigue Training system, which incorporates the pushing and pulling of weights—or even bodyweight—in specific patterns. The key point here is that all three of these systems rely upon “unorthodox exercise protocols” to force the muscles to reconfigure and develop long strength.

What each of these three men did was to develop a complete training system that required muscle groups to work at maximum effort for extended periods. The goal of these training systems is of course to enable the muscles

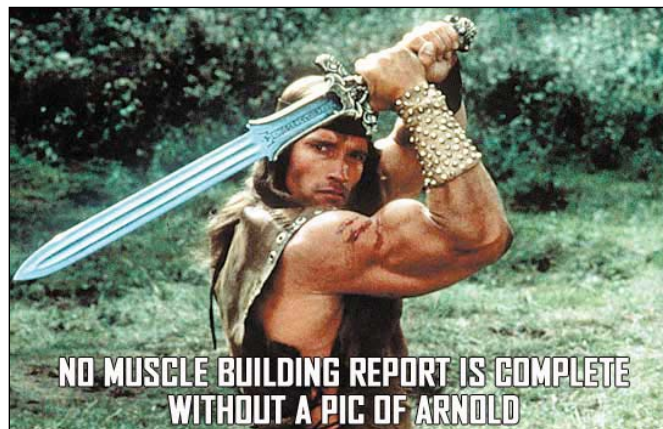
to develop long strength or in other words Hybrid Super Muscle. Earlier, I mentioned that Dr. Schwartz had said that these activities enabled the muscles to increase the mitochondria or “cellular blast furnaces.” Let’s take a look at this so you can see what this means to you.



As I said, mitochondria are the cells’ powerhouses. They take in nutrients, break them down and create energy in the process—that’s why they’re called cellular blast furnaces. They also generate the majority of the cells’ supply of ATP, which is a source of chemical energy. Exactly how many mitochondria are in a cell will vary, depending on the cell and its role. For example, nerve cells will have far fewer mitochondria than muscle cells, which require a great deal of energy. *Now you see why we’re concerned about mitochondria and how increasing the number we have in our muscle cells. The more mitochondria there are in the muscle cells, the greater the energy capacity, which fuels both strength *and* endurance.*

By combining cardio and resistance activities it causes the composition of muscles to transform from predominately type II or type IIb into Type III. By doing this, we are able to push “beyond our genetic limits,” much like the ancient Spartans, Gladiators and Vikings did. Having more mitochondria in the muscle cells means that more nutrients can be processed, giving the muscles the ability to work considerably harder for longer periods. They’re also able to grow larger and are able to resist getting tired for longer periods.

Knowing this, we can see that the goal of cardio combined with resistance—sometimes known as hybrid cardio or max effort cardio as I like to call it—is push our muscles to undergo a reconfiguration and increase the number of mitochondria in the cells. The result of this is that the muscles morph into a hybrid muscle fiber that is a type III, which is an intermediate fast twitch fiber that is a cross between type I and type IIb. These type III hybrid fibers utilize both aerobic and anaerobic pathways for energy metabolism. They also have greater capacity for both strength and endurance—or in other words, long strength.



## ANCIENT WARRIORS HAD DEVELOPED HYBRID MUSCLE



There's little doubt that our ancestors were in *much* better shape than overall, we are today. Why? Because their lives were far more physically demanding than our lifestyles today. Unless you have a job that requires lots of physical activity, the majority of us are sedentary for the most of the day. Our ancestors though, they *had* to be in peak physical condition. If they weren't, they just didn't live very long. There were no cars or subways to get from one place to another and there were no grocery stores. People had to walk from place to place and in order to eat, they had to grow their own fruits, vegetables and grains, and hunt for their meat.

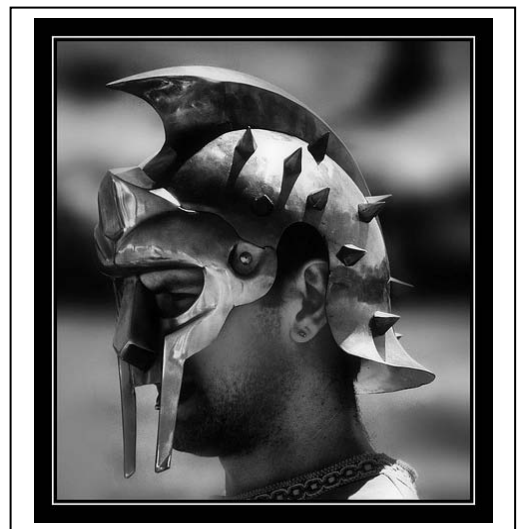
And if you were a warrior, your daily life was even more physically demanding than that of an ordinary citizen. Fighting wasn't just a hobby to them—it was their *sole focus in life*. Coming in second place was often deadly. Knowing this, it's no surprise that ancient warriors were seriously committed to training and to developing their skills to their maximum levels.

In addition to the many hours they spent in training, the activities that they regularly engaged in helped them to build hybrid muscle. Rowing ships for days at a time, marching long distances loaded down with supplies, swinging heavy axes and swords during prolonged battles, clutching and lifting a heavy, cumbersome shield, carrying the wounded for miles—all of these were activities that involved both cardio and resistance. More importantly, these were extremely intense activities that required an incredible amount of stamina and determination. Just about anybody can build up to running five miles or more a day. But try doing that wearing battle armor and it's an entirely different story.

This wasn't just light cardio with *some* resistance like you would see going on in most gyms today. These activities were going on at a level that few people—at least in the Western World—ever encounter in their entire lives. The point I'm getting at is that the type of training and the things that these guys had to do nearly every single day without fail required as much mental effort as they did physical effort. When you're forced to have that level of commitment or face the deadly consequences, it's not surprising that these warrior cultures were as successful as they were.

And because they were consistently exercising at this level of intensity, the ancient warriors were developing hybrid muscles—even though they may not have been consciously aware of what they were doing. The kinds of intense hybrid cardio training routines that they had developed enabled the soldiers from all three of these great warrior cultures to push beyond their “genetic limits” and build larger, stronger muscles that were more resistant to fatigue than those of their enemies.

Like I’ve said before, a lot of the things the ancients did—both everyday activities and training routines—would have resembled at least somewhat, a strongman competition. Think about it. The body armor they wore was the “weight vest” of today. Carrying boulders, dragging rock slabs and huge tree trunks were the tire flips, farmers’ walks and sled dragging of today. Basically, all of the things they did helped them to develop strength that could be sustained over long periods of time as needed.



## **YOUR TURN!**

## HOW CAN YOU BUILD HYBRID MUSCLE LIKE AN ELITE WARRIOR?

To follow I'm going to share with you some [killer hybrid muscle building](#) tactics that you can add to your weight training regiment right now. To start, try replacing what you are currently doing for cardio training with one of these "Warrior" movements described below. Or if you're doing full body workouts try experimenting with some of these exercises instead and see for yourself what kind of results you can attain. These are just a few samples that you can try but the possibilities are endless.

### **Sandbag Carry**

This is an exercise that is easy to put together. Simply go to Home Depot (there *may* be one in your city) buy a few 80 pound bags of pea gravel, throw them into contractor bag and duct tape them shut. After a while if you need heavier bags buy a few large army duffle bags and toss the smaller bags into it. Now you've got bags from 40 pounds to almost 300! This exercise is as simple as – pick it up and go! But make no mistake, it is NOT easy. This exercise goes on my list of the best overall body conditioners.



**Zach Even-Fish pictured above**

## Tire Flips

If there ever was an exercise that trains the entire body, from the rooter to the tooter... It's tire flipping. Getting your hands on a 300, 400 or 700 pound tire is a lot easier than most people think. Also, the best part of this piece of equipment is that it is FREE! All you need to do is look in your phone book for a tire company in your city. They've got tons of these things and they need to dispose of them, and this costs them money. They are happy when someone calls and says that they are willing to take one off of their hands for free.



## Tire Sled Dragging

Instead of dragging a boulders or marble slabs across a field with leather straps like the Gladiators used to do you can perform tire sled drags. This is a staple of many training programs and the exercise is used for several different reasons.



First, upright forward sled dragging is a great posterior chain builder. Nothing gets those lazy glutes into tiptop shape like sled drags. Second, backwards sled drags does for the quads what forward dragging does for the glutes... fries em! Third, when done for distances greater than 50 yards or with short rest intervals this is one of the absolute best work capacity / conditioning exercises. Finally, because your legs are always moving in a concentric fashion there is minimal soreness associated with doing this exercise. You can drag today and max effort squat tomorrow.

## Weight Vest

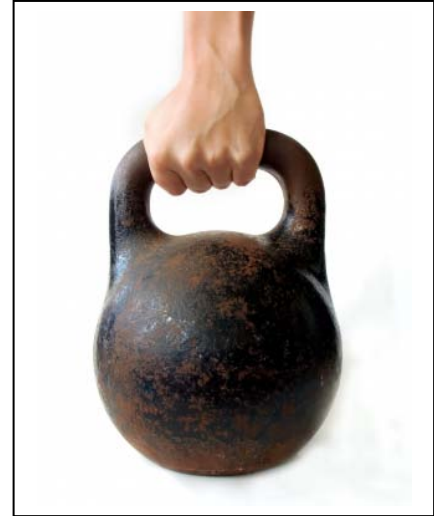


### How's This For An Old School Weight Vest?

Instead of heavy body armor, those of us who want to train like a warrior can purchase a weight vest to achieve the same goal. Weight vests range from about 25 pounds all the way up to 100 pounds. You wear them when you're doing any type of activity to add a serious level of resistance. Here are some examples of exercises that can be significantly ramped up with a weight vest: jogging, dips, pull-ups, push-ups, squats, lunges, sprints, climbing up stairs and even jumping rope. Using the vest, you are essentially "tricking" your body into believing that it has gained weight, causing it to work harder. The result is that your conditioning level will improve and your strength, power, and quickness will also improve.

## Kettlebells

Kettlebells are great for working multiple muscle groups simultaneously—particularly the core. They can be used in a variety of exercises such as the one-arm snatch. Start with the kettlebell between your feet, then moving the weight over the head with the arm extended. Another example is the single-arm clean and press. You start with your legs about shoulder-width apart and grab the kettlebell,



bringing it up in front of your shoulder, elbow bent and pointed down. Press the kettlebell up towards the ceiling. Without pausing, bring it back down to your shoulder and then lower it back to the starting position.

## Keg Training



A thick, strong and powerful upper back is paramount for building upper body strength that lasts. Everything from an increased bench press to decreased risk of shoulder injuries are associated with having a strong set of traps, rhomboids and rear delts. Nothing builds a strong upper back in conjunction with leg strength and agility like keg carries.

## Farmers Carries

Instead of carrying heavy clay pots loaded down with large rocks like the Roman Gladiators you can do farmers carries. This should be a staple in any strength and conditioning program. There is NOTHING that this exercise doesn't do. Besides a killer conditioner, farmers carries or farmers walks trains the arms, legs, core, shoulders, neck, grip, eye lids, eye brows and ear lobes and every other muscle in your body you didn't even know existed!

What makes this exercise even more incredible is that anyone can do it, anywhere, with little or no equipment. You can get the specialty bars like the monsters on ESPN2 or you can use dumbbells, suit cases or even milk jugs filled with sand.

## Sledge Hammer Slams



This exercise helps build explosive torso strength and power. To do this exercise you'll need a sledgehammer and a large tire (not on the rim), bales of hay or something similar to hit. Don't use something with enough bounce to cause the sledgehammer to come back up and hit you in the face.

You want something that will absorb the blow but not fall apart after a few hits. What you'll do is swing the sledgehammer over your head, slamming into the target with all of your force. You then bring the hammer back up and around to repeat the exercise again.

## **WE'RE NEARLY SCRATCHING THE TIP OF THE ICEBERG!**

One thing is for sure the possibilities are endless and there's no way you'll get bored with your training. Finding the equipment needed doesn't have to be expensive or even require a gym membership for that matter.

I have to admit at first I wanted to keep this information to myself because I was making such rapid gains when I combined this kind of training with the strength building weight training routine I was doing, but Elliott convinced me the right thing to do is bring this information to the forefront. I almost feel like it's my responsibility to do so since I can reach so many people online.

I remember what it used to feel like to be so confused with all the different routines and supplements when I was a teenager reading the muscle magazines. I don't want anyone else to feel that way. It's really exciting what we're working with. Like I mentioned earlier I'm an amateur powerlifter and love working on max strength. As a strength coach Elliott is huge into conditioning working with all kinds of athletes on a daily basis.

Just like you, we have a lot of questions as well, but there has been such a huge interest in this training style that we have plenty of "lab rats" and people that are sharing their experiences. If you have something to share that you think can help others build the Hybrid Super Muscle please do join us on the Inside where you can access all the Hybrid Workouts we've been doing by [clicking here](#).

We'll do our best to answer comments on the blog. Elliott runs a gym called, Strength Camp where he trains athletes plus he has a wife and three daughters, so you can imagine his schedule is pretty full. As many of you know I operate one of the largest Muscle Building sites on the Internet called CriticalBench.com which takes a huge amount of leg work on my part.

However we've both made the decision that we're going to stay up late a few nights a week and do what it takes to continue sharing our journey with you and helping you reach your fitness goals. It's humbling to get all the life changing emails and we both want to thank you for your interest and all the positive feedback. It really makes it all worthwhile.

It's really exciting to see what kind of results people are experiencing since we first introduced this Lean Hybrid Muscle Training. I invite you to read **Part 2** of this special report by [clicking here](#) now.



*Elliott Gained 34 Lbs of Muscle  
& Dropped His Body Fat to 11%*



*Mike Shed 12 Pounds of Fat  
Replacing It With 10 lbs Of Muscle!*

## SURPRISE “WARRIOR PHYSIQUE” BONUS



Ori Hofmekler is a well-known fitness expert and former Penthouse columnist. In his latest endeavor, Ori has developed and is promoting his *Warrior Diet*, which is a radical departure from most any other diet you've encountered. He says that it is based on a combination of the science of survival and historical evidence. Why is it so radically different from other diets? Let's take a look and you can see for yourself.

Most of us have heard throughout our entire lives that breakfast “is the most important meal of the day,” but you won't hear Ori talking about breakfast.

In fact, the Warrior Diet doesn't even call for eating breakfast at all. The overall premise of the diet is that for the most part, you fast the entire day eating only one large meal a day, in the evening.

This is a concept that definitely runs contrary to most any other diet I've ever seen—particularly if you're weight training. Most weight training eating programs emphasize eating numerous small meals throughout the day—usually about six. With Ori's diet though, you fast all day and eat one large meal in the evening. You do however, get to eat until you are full. The Warrior Diet does make some exceptions for guys who are active. Ori allows for small quantities of fresh-squeezed fruit and vegetable juices, raw nuts, fruits that are low on the glycemic index and some lean protein. No pastas or bread-like carbs are allowed during the day.

Not all of the fundamentals of the Warrior Diet diverge from what you might expect to see as part of a healthy diet for guys who are training or who otherwise just want to be fit. For instance, the Warrior Diet calls for eating only natural, unprocessed foods. Nothing unusual there and this of course makes sense. Processed foods tend to have lots of artificial ingredients, are less nutritious, contain plenty of empty calories and are generally loaded with sugars, saturated fats or sodium.

An emphasis on eating a variety of foods—different aromas, colors, textures and tastes—is another tenet of the Warrior Diet that isn't unusual at all. Eating a limited variety of foods or eating the same thing every day is not only

dull, but it's also ineffective. As humans, we crave variety—when a diet calls for eating essentially the same thing day after day, the likelihood that we'll stick with the diet decreases exponentially. Also, drinking lots of water throughout the day is an important part of the Warrior Diet—this is of course a common element of countless diets and healthy eating strategies.



Fasting itself is nothing new—people have been doing it and enjoying the benefits of it for thousands of years—the difference here is that you don't generally see fasting as part of a diet strategy for guys who are trying to get fit. Ori says that contrary to what you might think, the Warrior Diet is actually in sync with the body's innate circadian rhythms that have been part of us basically since the dawn of man. Our ancestors, he says, often times had to

subsist on only one large meal a day and that for the most part, human beings are inherently nocturnal eaters.

He says that the focus on eating whole, natural unprocessed foods, combined with daytime fasting and eating our main meal in the evening increases the body's capacity to burn fat and utilize nutrients, resulting in a leaner, healthier "warrior-like" body and mindset. The daytime fasting provides you an opportunity to develop a certain "mastery" over food, hunger, and even desires. As far as workouts are concerned, the Warrior Diet stresses brief but intense training sessions.

Sticking with a very strict regimen like the Warrior Diet is no simple task—it requires a lot of discipline and commitment. That's partially the reason that Ori refers to it as the *Warrior Diet*, because developing and sustaining a "warrior" mentality is one of its key, fundamental principles. Ori says that his diet "triggers the Warrior Instinct," making you "sharper, more alert, more energetic, and more adventurous." If you don't believe that you've found the right eating program for you and feel that you're up to the challenge and have the discipline to follow through, then I certainly encourage you to check out Ori's Warrior Diet—it might be just what you're looking for.



**THEY DID IT AND SO CAN YOU!**

Join Byron, Neil and Suzanne by [CLICKING HERE](#)

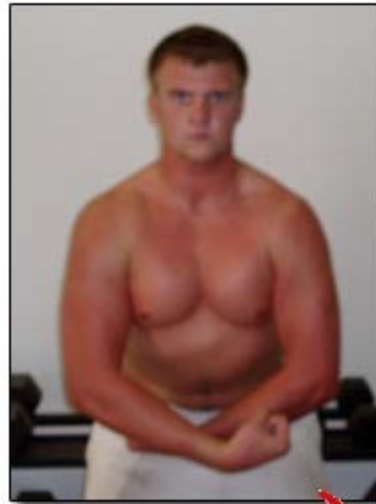
*Byron Goes From WACK to JACKED!*



*20 LBS of Hybrid Muscle Later!* 



*Hunter Packs On Muscle For Football*



*Gains 25 lbs of Muscle Mass in 9 Wks* 

*Leon Hadn't Worked Out Since High School*



*Dropped 50 Pounds Of Fat!* 

*Chris McCain Is Back In The Game!*



*Reduced Body Fat 8% in 8 Weeks*



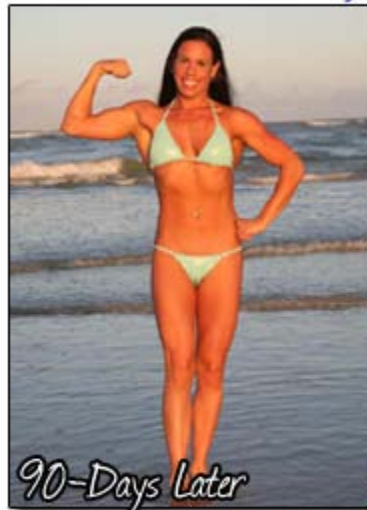
*Richard McKeefe, From Average Joe to Pro!*



*13% Bodyfat to 7% in 10-Weeks!*



*Suzanne Mikolay - From Cute to Stunning!*



*Packed on 10 lbs of Muscle & Leaned Out*



[CLICK HERE FOR PART 2 OF THIS REPORT](#)