



Rough Strength Triple Defiance

by Alex Zinchenko

DISCLAIMER

The exercises and advice contained within this manual may be too difficult or dangerous for some people, and the reader(s) should consult a physician before engaging in them.

The author and publisher of this manual are not responsible in any manner whatsoever for any injury which may occur through reading and following the instructions herein.

Rough Strength Triple Defiance

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Introduction

We will make it without long introductions.

There is only one thing that separates you from your fitness goals

You won't believe it. It is YOU! And if you doubt it then you've been lied to. Ok, let me state this out loud one more time. You've actually been lied to.

You don't need gym membership to get strong and fit.

You don't need the latest and the most expensive supplements to get strong and fit.

You don't need all those machines to get strong and fit.

You don't need fancy gloves/t-shirts/glasses/shoes to get strong and fit.

You don't need mirrors to get strong and fit.

You need pretty no equipment to get strong and fit.

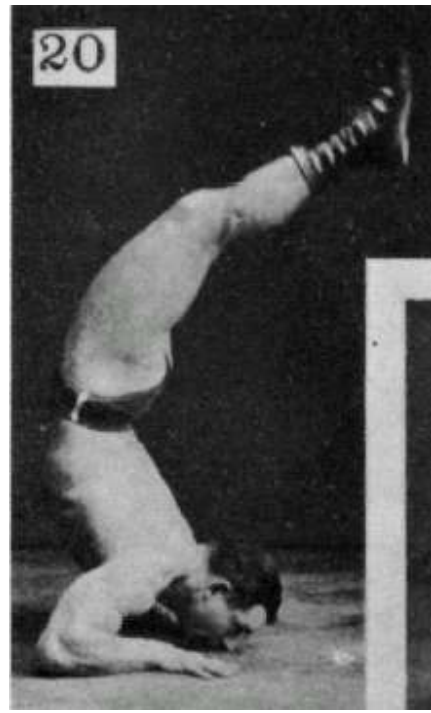
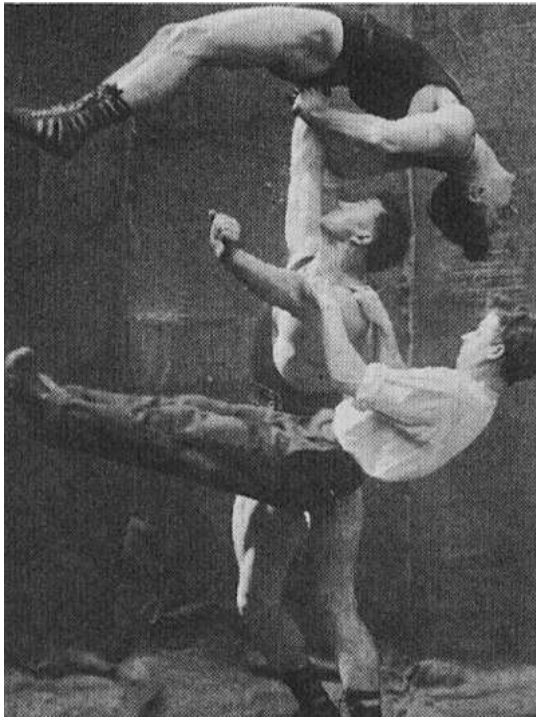
You need consistency of a locomotive and tons of enthusiasm to get strong and fit.

Why bother with getting strong?

Long time ago gyms were sanctuaries of strength and power. For example, if you haven't pressed 90 kg (200 lbs) barbell overhead you were considered weak and newbie. Every man in York Barbell Club could do at least one one-arm chin-up no matter what their weight was. Some strongmen could shoulder 100 kg (225 lbs) sandbag with one arm only. Many feats of strength of that time weren't replicated even today. Every man sought strength aggressively.



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Look at those men. And compare them to all those metrosexuals in modern gyms. You get the idea.

In this book you will find three rough ways to train: sandbags, kettlebells and bodyweight. These are the cheapest and the least place consuming training implements that will provide the all-around muscle development. I personally use them almost exclusively now. You will learn general information, where to get those implements and basic exercises with photos and descriptions.

In the end there is Rough Strength Sample Workouts section where you'll be able to find ready-to-go workouts divided into groups based on training experience.

So now you got it. Free yourself from all that mass-culture crap. Train rough. Anywhere. Anytime. For free. Take the challenge. That's what Triple Defiance is all about.

- Alex Zinchenko

Sandbag Challenge

General Information



Sandbags are one of the most simple and yet one of the most effective strength training implements out there. It's a shame that heavy sandbag training was completely lost. There were some efforts to revive sandbags. For example, the first person to attract my attention to sandbags was Brooks Kubik.

His "Dinosaur Training" is the classic read that devotes some attention to heavy sandbag training. But he uses sandbags as a supplement to conventional barbell and dumbbell training. In my opinion it's not enough for such a great tool. And even not close enough to describe its tremendous potential.



Brooks Kubik playing with 200 lbs sandbag

Here's the thing

1. Sandbags work your stabilizers in the most brutal way possible. Even after the first sandbag workout you'll be sore as hell in places you haven't even thought about earlier. Guaranteed. Barbells will feel like a walk in the park after sandbag brutality.

2. Sandbags work your grip the great deal. Pleasant bonus? Even more. Actually there is a strong correlation between your grip strength and size of your muscles. So don't neglect some grip work.

3. There is a lot of setup work with sandbags. Not good? Think again, man. It's like a workout in a workout. You will build incredible work capacity after all that cleans and shouldering.

4. You'll be sweating after the first work set with sandbags. Talking 'bout fat loss and conditioning.

The benefits are indisputable. What's next?

Where to Get a Sandbag?

I can answer this question easily. There are two viable ways. Either has pros and cons.



1. Josh Henkin manufactures very good quality sandbags that are appropriate for conditioning work. You can order such one [here](#) or by clicking on the image on the left. They are great for fat loss and conditioning but they definitely lack the weight you can stuff in if your goal is rough strength and size.

2. You will need a 'monster' sandbag to build strength and muscle. You should be able to stuff into it at least 300 lbs (135 kg) of sand. How can you make a sandbag? There are two different ways.



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Both methods begin identically. At first, take a bag, preferably army duffel bag or any bag made of tight material (for example, a bag made of canvas). It's cheap, heavy duty and you can find something like this almost everywhere. If you're so ghetto that you find even this expensive you can use construction-style bags. Here in Ukraine they cost approximately \$2. To tell you the truth, my first sandbag was made of couple of such construction-style bags and I wasn't complaining. Playing rough is ultimately necessary for survival in our country. Ok, the outer bag is ready.



So the next step will be buying a couple of huge trash-bags and stuffing them inside of the outer bag. This will ensure you that you won't be cleaning your home gym after every session (of course if you train indoors) and it will cost you couple cents. The inner bag is ready.

So we made it to the part where I'll explain you the difference between the two ways of making the sandbag. First one is the most simple and the least time-consuming. Get sand - Stuff it inside the bag - Lace it up - Train! You can buy sand or you can go to the beach with a shovel and get it for free (: When sand is inside the sandbag just tie it with a lace or something like that. Voila! Sandbag is ready. Weigh it if you want. You can start training. When the sandbag will become light just add more sand inside. Pros of this method: easy, time efficient. Cons: sandbag will be non-adjustable what is not so good if you see sandbag training as strength and size training tool rather than just for conditioning.

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And here's the second way which will allow you to make your sandbag adjustable. The major difference is when you get the sand you should divide it and stuff it in small bags. They could be small trash-bags or any other small bags. After stuffing sand inside just duct-tape it (or scotch-tape it) thickly. You don't want them to tear, right? Weigh every small bag and mark all of them. For example, I have small bags of such weight (in kilos): 16.5, 14, 12, 13.5, 11, 7, 5 etc. So now you can use these small bags similar to barbell plates. Just put them inside the sandbag and lace it. Here we go. Now you have an adjustable sandbag which you can effectively use as a supplement to your current training implements or amazing standalone tool.



Basic Exercises

These are some basic sandbag exercises. I divided them into categories.

1. Upper Body Push

Sandbag Overhead Press



Grab a sandbag off the floor. Clean it to your shoulders. Press it overhead.

Sandbag Floor Press



Lie down on the floor near a sandbag. Drag it forcefully across your body. Set it up in your hands. Press.

2. Upper Body Pull

Sandbag Bent-Over Row



Grab a sandbag off the floor. Bend over. Row.

Sandbag Shouldering



Grab a sandbag off the floor. Pull it forcefully and catch it. Jump and shoulder it in one movement. It's a full-body movement that works the whole body as one unit. So it's not only upper body pull.

3. Lower Body Push

Sandbag Bear-Hug Squat



Bear-hug a sandbag. Squat.

Sandbag Zercher Squat



Grab a sandbag off the floor. Jump with it and catch it in Zercher position. Squat.

Sandbag Shoulder Squat



Shoulder a sandbag. Squat.

4. Lower Body Pull

Sandbag Bear-Hug Good Morning



Bear-hug a sandbag. Grab it off the floor and stand up. Lean forward without bending your knees. Stand back up.

Sandbag One-Arm Swings



Take a sandbag in one hand. Swing it between your legs. Awesome exercise for developing grip strength.

5. Carries

Sandbag Zercher Carry



Grab a sandbag off the floor. Jump with it and catch it in Zercher position. Carry it around.

Sandbag Shoulder Carry



Shoulder a sandbag. Carry it around.

Closing Thoughts

Is sandbag the ultimate tool in building strength and muscle? Probably not. But it's pretty close to it. If you ask me would I stop working out with sandbags my answer would be: "Never!" Try it and you'll understand why.

Kettlebell Challenge

General Information

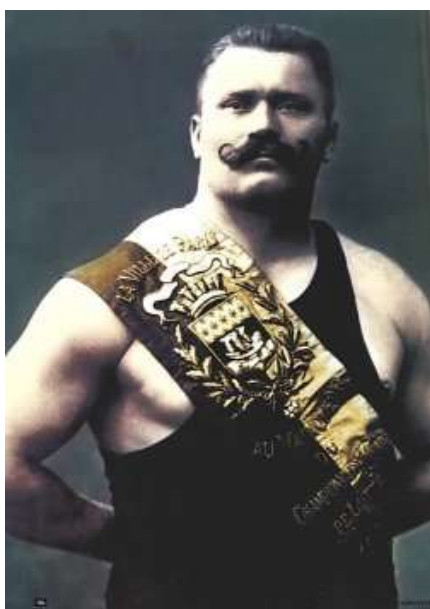


Kettlebell or 'girya' is actually my native strength training implement. Years ago everybody in our country knew what kettlebell is. Every man trained with kettlebells and it was not only matter of strength but matter of respect also. The man who could lift 32 kg kettlebell overhead was highly respected in society. Every man sought this status. Every man sought strength. It's a big

shame that such great native implement was forgotten nowadays in favor of machines and other 'toning up' devices.

So What Is the Kettlebell?

Kettlebell is cast iron weight that looks like a cannonball with a handle. This implement is very old and was used by Ukrainians and Russians for ages. Ivan Piddubny, Pyotr Kryloff, Moor Znamensky, Arthur Saxon among others are famous old-time kettlebell users.



Ivan Piddubny



Pyotr Kryloff

Just look at these men and you will understand the potential of the kettlebell.

What's the Uniqueness?

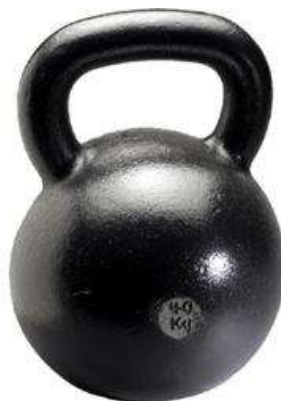
So why not to simply use dumbbells? It's the same thing, right? Actually no. Here comes the tasty stuff. The uniqueness of kettlebell is in its construction. You will notice right from the first time that kettlebells feel much heavier than dumbbells. Why? Because of offset center of gravity. This opens new horizons in using these implements. For example, presses will be in much longer range of motion and there will be added resistance at the top due to the offset center of gravity. Also kettlebells provide much wider variety of exercises and much more place for improvisation. Tired of conventional lifts? Try Swings, Snatches, Bottom-Up Cleans and Presses, Kettlebell Juggling, Kettlebell Throwing etc.

Space Issue

Kettlebells require very little space. And you are able to train with them literally anywhere. I, personally, train with them in my apartment and nobody's complaining. Talking 'bout kettlebell versatility.

Where to Get a Kettlebell?

Here in Ukraine people meaninglessly throw away kettlebells. Or they can use them in housekeeping. But rarely you will find someone using kettlebells for training. It's paradox, I know. But it is rough reality in our country. I'm very lucky to get my kettlebells almost for nothing. But what to do if you aren't so lucky? You can buy high-quality russian kettlebells [here](#) and finally start training.



Basic Exercises

I divided them into groups.

1. Upper Body Push

Kettlebell One-Arm Military Press



Clean the kettlebell to your shoulder. Press it overhead.

Kettlebell Double Military Press



Clean two kettlebells to your shoulders. Press them overhead.

Kettlebell Double Floor Press



Lie down on the floor. Grab the kettlebells. Press.

Kettlebell Side Press



Clean the kettlebell to your shoulder. Press it while leaning away from it.

2. Upper Body Pull

Kettlebell One-Arm Bent-Over Row



Grab the kettlebell. Bend over. Row.

Kettlebell Double Bent-Over Row



Grab two kettlebells. Bend over. Row.

Kettlebell Alternating Renegade Row



Get into push-up position on two kettlebells. Row one to your waistline while pressing the other. Prepare for VERY sore midsection on the next day.

3. Lower Body Push

Kettlebell Double Front Squat



Clean two kettlebells to your shoulders. Squat.

Kettlebell Double Lunge



Clean two kettlebells to your shoulders. Lunge.

Kettlebell One-Arm Overhead Squat



Snatch or clean and press the kettlebell overhead. Squat.

4. Lower Body Pull

Kettlebell Double Swing



Grab two kettlebells. Swing them between your legs. Flex the hips forcefully while reversing the movement of the bells.

Kettlebell One-Arm Snatch



Grab the kettlebell. Swing it between your legs. Flex the hips and pull the kettlebell forcefully while reversing its movement. Finish with your arm straight with the kettlebell overhead.

5. Core

Kettlebell One-Arm Windmill



Snatch or clean and press the kettlebell overhead. Stand with your feet pointing 45 degrees to the opposite to the hand holding the kettlebells side. Arch your back. Lean forward and down while twisting your torso until you touch the floor.

Kettlebell Turkish Get-Up



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Lie down on the floor. Press one bell. Stand up with the bell pressed. Now reverse the movement and get down on the floor. That's one rep.

Closing Thoughts

The greatest thing about the kettlebells is that they never lie. You can't drop down the weight a little bit. You can't train not recovered. You are on your own. You have to be honest with yourself or the kettlebell will force you to be so. Egos are out. True rough strength is in. You have to be serious about strength to master the kettlebell. And be ready to reap the benefits.

Bodyweight Challenge

General Information



Bodyweight and environment are amongst under-appreciated strength training tools. Number one benefit is that all the weight is built-in in you. It's very convenient, huh? One of the greatest things about pure bodyweight training in my opinion is that you won't use any external resistance. Why? It feels very much different and opens new horizons for you.

The Main Bodyweight Training Difference

Let's face it. Barbells, dumbbells, kettlebells, sandbags. They are all different but the principle is the same. You lift weights. With bodyweight training you lift your own body and the weight is quite fixed. So what to do when exercise becomes too easy? Progress to more difficult variation and/or decrease the leverage and/or add weight. Here comes the fun. Once regular Push-Ups became easy, work on Close-Grip Push-Ups. Once Close-Grip Push-Ups became easy, work on Handstand Push-Ups etc. Strategies vary slightly from individual to individual. But you should always strive for the most difficult exercise.

Hand Balancing and Static Exercises

The unique bodyweight exercises are levers and handstands. No weights can provide you analogs of such static loads. The funny thing is that you don't need any equipment to practice these skills. You'll be amazed how weak you are in real life. You NEED to master your bodyweight for complete strength and muscle development. It is no-brainer but some people are still obsessed about their bench while they can't perform even 5-10 push-ups which is ridiculous.

Environment

Environment can help you big time in your bodyweight training. Playgrounds, schoolyards, tree branches, steps, whatever you will find. You can do Dips, Pull-Ups, Muscle-Ups, Human Flags etc. Use whatever you find helpful.

Bodyweight Training and Joint Problems

Bodyweight training is easier on joints. It can be a fair alternative if you have an existing injury. Couple of weeks of exclusively bodyweight training can give you a

break of weight training and can be something like de-load. You will feel fresher and more powerful when you return weights to your training regimen.

Basic Exercises

I divided them into categories.

1. Upper Body Push

Push-Ups



Get into push-up position. Dip down until chest touches the floor. Push back up.

Handstand Push-Ups



Get into a handstand. Dip down until head touches the floor. Push back up.

Dips



Get between the dip bars, [rings](#) or any sturdy objects. Dip down at least until your upper arm will be parallel to the ground. Push back up.

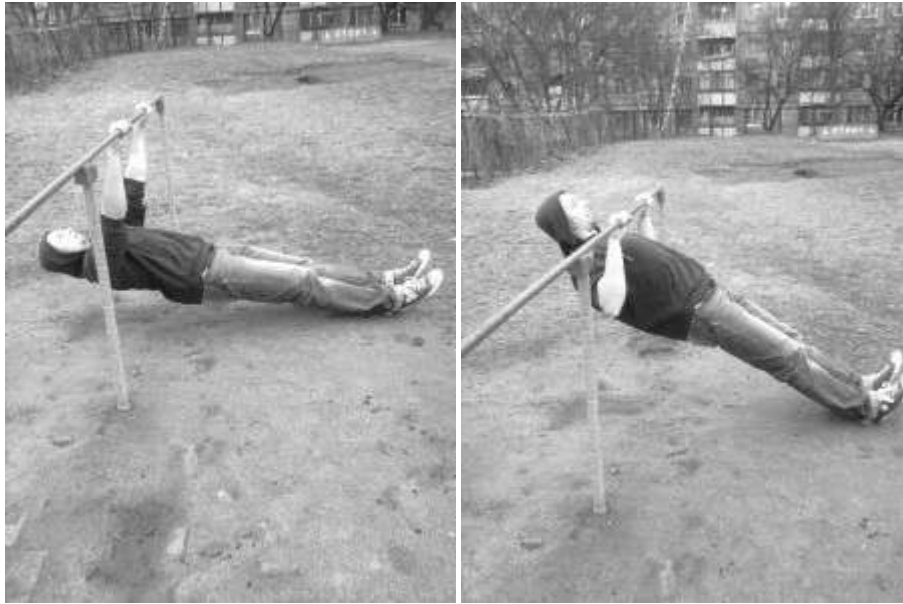
2. Upper Body Pull

Pull-Ups



Grab the bar, [rings](#) or tree branch (or any similar object). Pull yourself up.

Horizontal Rows



This is a little bit easier variation of pull-up. In Ukraine it is called "pull-ups for girls" (:

3. Legs and Lower Back

Squats



Squat down. Stand up.

Single-Leg Squats



Squat down and stand up but with one leg only.

Bridges



Lie down on the floor on your back. Push up with your hands and legs. Hold.

4. Levers

Elbow Lever



Hold your body on your elbows only. The body should be parallel to the ground.

Planche



Hold your body with your arms only. The body should be parallel to the ground.

Back Lever



Get on the bar (or rings) and hold yourself parallel to the ground with your hands behind you.

Front Lever



Get on the bar (or [rings](#)) and hold yourself parallel to the ground with your hands in front of you.

5. Core

Hanging Leg Raises



Get on the bar. Raise your legs without bending them.

Sit-Ups



This exercise is so old that it is nothing here to describe (:

Closing Thoughts

Some people can experience hard time on muscle gain with bodyweight training. Especially skinny guys. But strength that you gain with bodyweight training will carry over to real life and any sport you participate in. Overweight people can benefit from bodyweight training tremendously in terms of fat loss and strength

gain. Bodyweight is not the ultimate training tool. But it is so different, so natural and so fun that it would be a big mistake to neglect this unique tool.

Rough Strength Sample Workouts

(Using exercises shown in this manual)

Beginner

Workout 1

- | | |
|-------------|------|
| A) Squat | 3x5 |
| B) Push-Ups | 3x5 |
| C) Pull-Ups | 3x5 |
| D) Sit-Ups | 3x10 |

Workout 2

- | | |
|-------------------------------------|------|
| A) Sandbag Overhead Press | 2x10 |
| B) Kettlebell One-Arm Bent-Over Row | 2x10 |
| C) Sandbag Zercher Squat | 2x10 |
| D) Hanging Leg Raises | 2x10 |

Workout 3

- | | |
|--------------------------------------|-----|
| A) Horizontal Rows | 2x8 |
| B) Kettlebell One-Arm Military Press | 2x8 |
| C) Sandbag Good Morning | 2x8 |

Intermediate

Workout 1

- | | |
|---|-----------------|
| A) Sandbag Shoulder Squat | 5x4 (each side) |
| B1) Kettlebell Double Military Press | 5x5 |
| B2) Kettlebell Alternating Renegade Row | 5x5 (each side) |

Workout 2 – Upper Body

A1) Pull-Ups	3x8
A2) Dips	3x8
B) Sandbag Zercher Carry	3x As Long As Possible

Workout 3 – Lower Body

A1) Kettlebell Double Lunge	3x8 (each side)
A2) Kettlebell Double Swing	3x8
B) Turkish Get-Up	2x5 (each side)

Advanced

Workout 1

A1) Sandbag Bear-Hug Squat	8x3
A2) Kettlebell Double Floor Press	8x3
B1) Single-Leg Squat	8x3 (each side)
B2) Kettlebell One-Arm Snatch	8x3

Workout 2 – Upper Body

A1) Kettlebell Double Military Press	6x4
A2) Sandbag Shouldering	6x2 (each side)
B) Dips	4x6

Workout 3 – Lower Body

A1) Sandbag Zercher Squat	4x8
A2) Bridges	4x As Long As Possible
B) Sandbag One-Arm Swings	4x6 (each side)

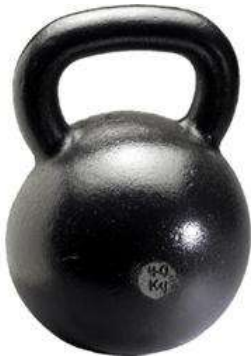
If you need more help be sure to sign up for [Rough Strength Personalized Program Design Services](#).



Play Rough!
Alex Zinchenko

Rough Strength Approved Products

Training Equipment



Russian Kettlebells

Always wanted to try kettlebell training but didn't know where to get these iron cannonballs? Now you have the unique opportunity to buy high-quality kettlebells from the best manufacturer out there. Kettlebell training will open the whole new page in your strength training. You can learn more on kettlebell training [here](#). Kettlebells don't lie. So why wasting time? Order one right now.

[Click here for more information](#)



Ultimate Sandbag Training Equipment

If you prefer sandbag training you should definitely take a look at this piece of equipment. Ultimate Sandbag by far is the leader on sandbag market. It has handles that makes it comfortable for different presses, cleans, rows, deadlifts, even snatches. Sandbag is unique tool. You can read about it [here](#). Try it and you will love it.

[Click here for more information](#)



Elite Gymnastic Rings

If you like bodyweight training you should definitely buy these. High quality rings will add so much more variety to your workouts that you will be amazed right after the first session. EFX Rings are the leaders on the market. You can learn more about bodyweight training [here](#). This product is definitely worth to be in your rough arsenal.

[Click here for more information](#)

DVDs



Mike Mahler's Aggressive Strength Kettlebell Solution for Size and Strength

One of the best DVDs on kettlebell lifting with emphasis on size and strength. If you enjoy kettlebells and willing to add muscle to your frame then it's a must have for you. On the DVD you will find lots of exercises suitable for gaining size and strength. Mike is very precise about lifting technique while information is very comprehensive and flavored with his good sense of humor. The Kettlebell Solution For Size And Strength will show how to get much stronger with kettlebells and build a muscular physique as well. You can read about kettlebells [here](#).

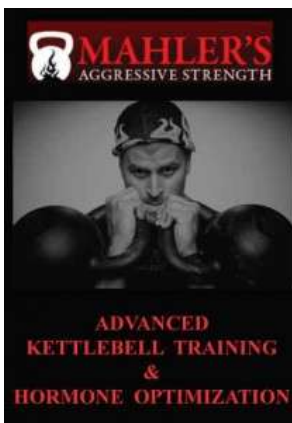
[Click here for more information](#)



Collision Course: Kettlebell Training and Beyond

Nine hours and thirty minutes of fluff-free information from respected fitness experts. John Brookfield on battling ropes, Jon Hinds on mobility and posture, Mike Mahler on kettlebell training and hormone optimization, Mark Philippi on strongman training, Tom Furman on mobility and durability and Dylan Thomas on kettlebell training and conditioning for martial artists. Enough said.

[Click here for more information](#)



Mike Mahler's Advanced Kettlebell Training & Hormone Optimization

Brand new product from Mike Mahler. Totally awesome course. Mike shares his knowledge on advanced kettlebell lifting techniques. You can find here such exotic drills like Double Swings outside of the feet, Double Snatches outside of the feet, Stacked Military Presses and many more. Mike clarifies many technique points that will help you in your training. Also there is hormone optimization lecture where Mike shares his nutrition and restoration tips.

[Click here for more information](#)