Anarchy Training

Big Man Strong Presents

* Bodyweight Training
* Sandbag Training
* Kettlebell Training
* Unconventional Lifts

Forget everything you thought you knew about fat loss conditioning

By Teiko Reindorf
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The information presented is not intended for the treatment or prevention of disease, nor is it a substitute for medical treatment, nor as an alternative to medical advice.

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 or nutrition program. This information is not a prescription. Consult your doctor, nutritionist or dietician for further information.
Take your Barbell training to the next level

Want to become a bigger, stronger, more dominant force in arena? Then you’ve gotta do something different.

The New Power Look gives you the blueprint to becoming the strongest, fiercest version of yourself that has ever stepped foot into the gym.

CLICK HERE TO ORDER
# Table of Contents

**Introduction** .................................................. 5

**Wake Yo Ass Up** ................................................ 7

**What’s Anarchy Training All About** ................................. 9

**What Does a Normal Anarchy Training Workout Consist of** ................................. 10

**What Equipment Will You Need to Do Anarchy Training** ................................. 11

**Choosing a Kettlebell** ............................................ 13

**Choosing a Suspension Trainer** ........................................ 14

**Choosing a Sandbag** ............................................. 14

**FAQ’s** ......................................................... 15

**Phase 1** ........................................................ 17

**Phase 2** ....................................................... 19

**Phase 3** ........................................................ 22

**Exercise Index** .................................................. 25

**Things You’ll Need on This Journey** ........................................ 39

**Supplements** ................................................... 40

**Teiko’s Products** ................................................. 41

**Teiko’s Sites** ................................................... 42
INTRODUCTION

Well this is a bit of a surprise... If you had told me one day i’d be writing fitness books I woulda probably laughed in your face.

I had no intentions of being a writer or a trainer but as fate would have it... here I am

In my early twenties I was kicked out of college and needed to find a job. I started working nights at the clubs but that barely covered the bills.

A friend suggested I become a trainer and initially I laughed it off. To me trainers were nuthin more than glorified babysitters who did more talking than coaching.

Despite my apprehension, the Toronto nightclub scene was becoming increasingly dangerous. Each night I worked I risked injury or even death.

I got my cue to leave one night when some patrons showed up completely soaked in blood.

They had just left another nightclub I had worked at some weeks prior. Supposedly a fight had broken out between some patrons and the bouncers and the melee had turned into a bloodbath.

During this fight all of the bouncers were attacked. My buddy Matty (the guy who got me the job) happened to get stabbed in the neck.

The crazy part is; If I hadn’t quit two-weeks before that incident - who knows what would have happened to me.

That was all I needed to hear to start taking this training thing more seriously. I began taking classes, attending seminars and educating myself. I also emersed myself into physical culture and sought out different schools of training - I left no rock unturned.

The information in Anachy Training is a result of this journey.
I’ve taken the lessons that I’ve learned in the textbooks and mixed it with real-world experience. Some stuff may seem weird but I’ve seen it work repeatedly.

Keep and open mind and the results will come- quickly.

Hopefully the obstacles you overcome during these workouts will spill over to other areas of your life. At the end of the day Big Man Strong is about cultivating strength inside and outside of the gym. I’m pleased to help you on this journey and can’t wait to see where it takes you.

Thanks for getting this book, now let’s get it poppin.
RISE N SHINE MUTHAFUCKER

It’s time to shake things up.

Welcome to Anarchy Training, the first and only program that’ll make you weep in your jammies.

After training hundreds of people just like you... I’ve come to the realization traditional training can get real fucking boring.

To me, liftin is like a relationship - the moment you start getting into a rut, you are bound to lose that spark. Once that happens it’s GAME OVER.

This realization has forced me to go back into the lab and create some of the most exciting, albeit diabolical programs I’ve ever put on paper.

I’ve tested all of these programs with my one-on-one clients and I am glad to report - Every single one of them dropped fat, and gained a shit-ton of energy.

Now I’m bringin those same workouts to yo ass.

As boldly stated on the cover of this manual - forget everything You thought you knew about fat loss conditioning, these ain’t your run-of-the-mill conditioning workouts.

Fact is; When I created these programs, I threw out damn near every so called rule I’d learned over the past decade. I didn’t want to have any mental blocks regarding programming the most bad-assed fat loss routines possible.

Some of the workouts in this book are gonna have you scratching your head and have you sayin WTF, has that fool lost his mind?
I don’t really care. I still want you to do em.

If that’s too much to ask I’ll have to politely ask you to pack-up yo shit and KICK-ROCKS

As I said earlier... I’m only interested in people who are willing to do whatever it takes to succeed. If that isn’t you... well you know where the door is.
I’m sure you’re familiar with the expression;

“If you want to get different results, you’re gonna do something different.”

That sums-up everything you NEED to know about Anarchy training.

For way too many years, I’ve watched wayyy too many people walk into the gym - go through the motions and never making a dent in how they look or physically feel.

The problem with most of these people is - despite their good intentions, none of them are willing to get uncomfortable enough to bring about any serious changes.

Anarchy Training Rule #1

If you wanna lose the fat you better get uncomfortable... quick.

I see way too many guys fall into the trap of using one program, getting results, then staying on that same program forever - bad idea.

If you don’t switch shit-up your body will start acting like a bored housewife. Soon it’ll stop responding. If you wanna re-ignite that flame you’ve gotta get freaky and do something different.

The first change we are gonna make is to ditch all machine and barbell training for the next little while. *(Lol, I can hear you crying right now)*

For the next few months all of our training is gonna be done using bodyweight and non-traditional implements. This change of equipment is the first thing in our tool-box to illicit a wake-the-fuck-up to your nervous system.

Second thing we are gonna do is deep-six all of that theory you’ve been taught about choosing the correct number of sets and reps for a given workout. From now on, it’s training is a-no-holds-barred event.

The third and final change we are gonna make around these parts is: no-more timed rest intervals. As of this moment you are the captain of the ship called how much time a muthafucker rests.
With that said, I don’t want you sneaking in an episode of Gossip Girl inbetween sets - we are still here to train but rather than have you adapt to the program... this program is gonna adapt to you.

So the fitter you become, the shorter I want your rest periods to be.

**WHAT DOES A “NORMAL” ANARCHY TRAINING WORKOUT CONSIST OF?**

Where have you been the past few pages?

There is no such thing - this workout is built to take you on a roller coaster and drop your ass off in a place you’ve never been.

Remember the less predictable your training is the greater the chance for adaptation.

One phase of this program will have you training one way, the next will be completely different. The only thing you should expect is a whole lotta results.

Now before we get into the program itself, I wanna issue you a warning. This program is gonna be freakin tough but it’s certainly gonna be worth it.

Also because we are training for fat-loss don’t expect to walk outta this that much heavier - If you wanna gain weight this isn’t the program for you.
Kettlebells

Unless you’ve been hiding in a cave somewhere you’ve most likely heard of kettlebell training. The kettlebell (known as the girya by the Ruskies) is a cast-iron weight which looks an awful lot like a cannon ball with a handle.

Kettlebells were developed hundreds of years ago in mother Russia. They were so bad-assed that the Soviet army used them to condition soldiers and get them ready to endure the riggers of war. Once people realized how effective kettlebells were for turning wet behind the ears soldiers into well-conditioned machines - they started incorporating them into competition.

Generally kettlebells are used to perform ballistic exercises. These ballistic exercises increase cardiovascular capacity, build explosive power and melt away fat.

There are a few major differences between kettlebell and traditional dumbbell training.

Firstly traditional kettlebell training tends to be more holistic. The majority of lifts (swing, snatch, clean and jerk involve the entire body rather than the single limb training often seen with dumbbells.

Secondly most kettlebell movements are done for higher rep counts than dumbbell training. It is not uncommon for a single kettlebell training program to include upwards of 20 minutes of snatches or swings.

Suspension Training

When I talk about suspension training I’m talking about a fairly new approach to training where you use a system of ropes, Olympic Rings or a “suspension training unit “.
I first saw someone bust-out this style of training 10 years ago when I was working at a commercial gym. Back then I thought it was lame. Looking back now, that wasn’t a fair assessment - my opinion had been biased on this approach to training because the guy who had been doing it was a pussy.

Either way since then, I’ve come around to the idea of suspension training. It’s a great alternative to bodyweight training that’ll allow you to ramp-up the intensity of traditional bodyweight exercises.

With that said, I’ve yet to find it all that effective when it comes to training for mass and or power but... considering you got this book because you are trying to get lean, that shouldn’t matter.

**Sandbag Training**

A third bad-assed component of the Anarchy Training protocol is sandbag training. Sandbag training has started to reach the mainstream over the past few years.

What started out as a “fad” has quickly become popular now that people realize the neurological effects of training with the sandbag.

Sandbags rock because they aren’t rigid like a dumbbell or kettlebell, they challenge the nervous system by respond to the instability of the load. This in it self is enough to force your body into an adaptation process.

Supposedly the origins of sandbag training can be traced all the way back to Ancient Rome. It is believed that roman soldiers trained with sandbags before the advent of modern training implements like dumbbells and barbells.

Regardless of where they came from Sandbags are here to freakin stay.
Choosing a Kettlebell

There are a few things you’ve gotta take into consideration when the time comes to choosing a kettlebell. The first is the weight of the kettlebell itself. Unlike dumbbell or machine training, kettlebell training tends to be fairly technical. All those swings, cleans and snatches can leave you fucked-up... if you don’t know what you are doing.

My general rule of thumb for kettlebell selection is; if I can’t strictly overhead press it with one arm - that shits too damn heavy.

If you are a rank beginner and want a more concrete set of guidelines for a kettlebell to start with - go by;

Beginner men should start with a 12kg kettlebell (24lbs) and progress up to 16kg once they’ve achieved a high level of technical proficiency.

Beginner women should start with an 8kg kettlebell and move up to a 12kg once they’ve got the technique down.

Now in terms of the actual brand of kettlebell, I would recommend either a standard cast iron kettlebell or a competition level kettlebell, anything else is JUNK.

The cast iron kettlebells tend to range in size and have the benefit of being more easily racked on the shoulders due to their (sometimes) smaller size. Competition kettlebells on the other hand all come in the same size regardless of weight. This is important because as you move up in weights used you will never have to re-adjust to their size.

Personally I am a huge fan of the kettlebells from Dragondoor. These guys have been making kettlebells for years and are arguably responsible for their rise in popularity over the past decade.
Choosing a Suspension Trainer

Suspension training has been hot for a relatively short period of time and there are a bunch of different trainers to choose from. You’ve got the TRX, the Jungle Gym XT, Blast straps and Gymnastic rings.

Of all of these I like the TRX the most. It is the only suspension trainer I’ve found that I can set up damn near any where. I’ve used it in the park, the gym and even in my home office.

Another thing I like about the TRX is the double handles. It allows you to perform suspended exercises with your feet placed in the handles without potentially smashing your knees into the ground.

With that said it’s one major drawback is it’s price. The TRX isn’t cheap but if you are looking for a piece of equipment you can truly use anywhere... this is the one.

Choosing a Sandbag

When it comes to training with the sandbag the rule of thumb is to keep it heavy and simple. Opt for a sandbag that is heavy enough to give you a training effect without increasing your chances of injury.

Currently there are a ton of sandbag options on the market. You’ve got DVRT Ultimate sandbags and Brute force sandbags just to name a few. Professional sandbags are built to take a beating, you can hurl em around without having to worry about them busting on you.

If you are looking for a cheaper alternative you can always build your own sandbag using a duffel bag, some mini bags or a trash bag and some duct tape. The sandbag won’t look that fancy but hey who cares... we are HARDCORE.

Just search “build my own sandbag” online, there are a ton of detailed instructions to get er done.
FAQ’S ABOUT ANARCHY TRAINING

Q: I have never used a kettlebell or suspension trainer before can I still train using the Anarchy program?

A: When I created Anarchy it was used with my more advanced clients (anyone with at least two years of training experience). This is the ideal training age for anyone who wants to engage in a physically intense program like Anarchy. Many of the movement patterns have a steep learning curve and are best suited for a more advanced trainee.

With that said... If you are willing to put more time into learning the movements before you progress, give Anarchy training a shot.

Q: How do I incorporate Anarchy Training with my current training routine?

A: Anarchy Training should be done by itself. It’s a cutting-edge approach to fat loss and may lose some of it’s effect if merged with traditional strength training or body-building programs.

If you want to train using either of those traditional mediums... schedule a few months in your training cycle each year when you are cutting and use Anarchy then

Q: How should I eat while doing the Anarchy Training program?

A: Anarchy Training is built specifically for fat loss and conditioning, if you’d like to accelerate your results start following a fat loss diet like Brad Pilons Eat Stop Eat

Q: I don’t have all of the equipment necessary to get through all of the Anarchy Programs, what do I do?

A: If you want to maximize your results while on Anarchy I would recommend you pick up a kettlebell, suspension trainer and a sandbag.

If you don’t have access to any of these pieces of equipment you can substitute the kettlebell with a dumbbell, suspension training with bodyweight exercises and the sandbag with a home built sandbag.
IT'S ABOUT TO GO DOWN
The very first stage of Anarchy Training is going to have you combining 3-different training styles to start melting-way the fat. You are gonna train using a kettlebell on one day and strictly bodyweight on the other.

The workouts will be performed over 4-days within a seven day period and alternate between a power based day and a bodyweight conditioning day.

On the power based day you will be training with the kettlebell as your primary tool. You’re gonna perform a serious of swings, snatches and cleans to jump-start the fat loss process. Most of these high-intensity exercises will be done for low reps, then supersetted with a higher volume moderate intensity exercise.

As mentioned earlier it will be up to you to decide just how much you wanna rest. If you are very fit, keep your rest shorter than 30 seconds in between supersets... if not take your damn time. (Last thing I need is a picture of your dead ass sent from a grieving widow)

The second workout in this phase is the bodyweight workout. For this one all you are gonna need is about 5 feet of space and a stop-watch.

The exercises in this workout are also performed in a super-set manner with the first movement as your conditioning movement and the second as the bodyweight exercise.

Once again make sure you rest adequately from movement to movement... I’ve seen way too many tough guys try to hammer through this style of training only to peter our mid-way during the training.

The workout is as follows on the next page.
ANARCHY TRAINING

PHASE 1:
MON - POWER, TUES - CONDITIONING, THURS - POWER, SAT - CONDITIONING

Mon, Tues

<table>
<thead>
<tr>
<th>Superset</th>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1a</td>
<td>Kb snatch</td>
<td>4</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>1b</td>
<td>Bodyweight dips</td>
<td>4</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>2a</td>
<td>Pull-ups</td>
<td>4</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>2b</td>
<td>Goblet Squat</td>
<td>4</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>3a</td>
<td>Kb clean &amp; press</td>
<td>4</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>3b</td>
<td>Reverse Db lunge</td>
<td>4</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>4a</td>
<td>1/2 Turkish get-up</td>
<td>4</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>4b</td>
<td>Plank rows</td>
<td>4</td>
<td>12</td>
<td></td>
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Thurs, Sat

<table>
<thead>
<tr>
<th>Superset</th>
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<th>Sets</th>
<th>Time</th>
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<tbody>
<tr>
<td>1a</td>
<td>Sandbag clean</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>1b</td>
<td>Sandbag reverse lunge</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>2a</td>
<td>Sandbag zercher squat</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>2b</td>
<td>Sand bag overhead press</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>3a</td>
<td>Sandbag Rdl</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>3b</td>
<td>Sandbag overhead carries</td>
<td>4</td>
<td>30 secs</td>
<td></td>
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</tbody>
</table>
Welcome to Phase 2 of your Anarchy Training. In this second phase of workouts we are going to move away from using supersets and graduate to a longer, harder variation of circuit training called complexes.

I first discovered complexes seven years ago while toiling away at a big box gym.

Up until that time all of the programs I’d been exposed to were your run-of-mill bodybuilding workouts. Though those programs had worked in helping build mass they royally sucked when it came to losing fat.

Back then, a friend of mine had been reading-up on Eastern bloc training and recommended I check out some of the older Romanian texts. There was some coached named Istvan Javorek he kept raving about, so in effort to shut-him-up I read that shit.

What I learned blew me away!

Javorek had worked with World Champion Olympic Lifters and experienced a ton of success. His training was known to be radical but all of his athletes got results.

One of his most controversial programs at that time was something called complexes. These complexes were basically a giant set of huge barbell movements like squats, deads and pulls without any rest.

I decided I’d been training long enough to master these complexes... all it took was one set to put me on my ass.

That was the moment I realized I’d stumbled on something special. Nowadays complexes are a staple in all of my fat-loss conditioning programs.

To perform these complexes you are going to grab either the kettlebell or suspension trainer and use only that throughout the entire sequence of exercises.

Do not rest the equipment down until each exercise within the entire sequence is done.
As always the rest periods in between giant sets is up to you. The fitter you are the less you rest.

Day 1 & 3’s complexes will be performed with a kettlebell whereas day 2 & 4 workouts will be suspension training.
Mon, Tues

<table>
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<th>Sets</th>
<th>Reps</th>
<th>Weight</th>
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<tr>
<td>1a</td>
<td>Kb clean</td>
<td>4</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>1b</td>
<td>kb 1-arm press</td>
<td>4</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>1c</td>
<td>kb alter swing</td>
<td>4</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>1d</td>
<td>kb lunge</td>
<td>4</td>
<td>8</td>
<td></td>
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<tr>
<td>1e</td>
<td>Kb row</td>
<td>4</td>
<td>8</td>
<td></td>
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Thurs, Sat

<table>
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<th>Reps</th>
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<td>12</td>
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<tr>
<td>1b</td>
<td>Suspension split squat</td>
<td>4</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>1c</td>
<td>Suspension atomic push-up</td>
<td>4</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>1d</td>
<td>Suspension single leg deadlift</td>
<td>4</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>1e</td>
<td>Suspension single leg burpee</td>
<td>4</td>
<td>12</td>
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</table>
Phase 3: Climbing Into Chaos

Congrats homeboy, you’ve made it to phase-3 of Anarchy Training. In this third and final phase we are gonna throw caution to the wind and do some shit that’s gonna have people looking at you all sorts of crazy in the gym.

First thing we are gonna do is start implementing unconventional lifts into our workouts. Most of these lifts are derivatives of classic strength training movements but they’ve gone under a sinister, surgeons knife and come out deformed... that’s just the beginning.

Another change we are gonna make during this phase of training is the layout of your workout itself. It’s time to ditch the traditional set-rep scheme and initiate something called “the ladder”.

Ladder’s might be the most diabolical program I’ve ever seen. To do em you’ve gotta choose two exercises, preferably one upper body and one lower.

The first exercise will be performed start with a high number of reps and descend with each set, whereas the other will start low and ascend.

This brutal combination kicks your fat-loss and conditioning into overdrive. The key to ladder workouts which bring the heat, is selecting big exercises which will get your heart racing.

As much as I like this style of training, I’ve saved it for the last phase of training because it would destroy a rank beginner. To say this shit is rough would be an understatement.

Once again you must keep an eye on your ability to recover with this style of training. I’ve found technique tends to fly out of the window if you don’t have an adequate base of training under your belt.

I hope you are ready to test your metal

Good Luck
Mon, Tues

<table>
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<td>Kb swing</td>
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<td>1b</td>
<td>Push-ups</td>
<td>6</td>
<td>10,12,14,16,18,20</td>
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<td>2a</td>
<td>Squat press</td>
<td>6</td>
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<td>Fat man pull-ups</td>
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<td>3a</td>
<td>Kb deadlift to highpull</td>
<td>6</td>
<td>20,18,16,14,12,10</td>
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<tr>
<td>3b</td>
<td>Dips</td>
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<td>4a</td>
<td>Goblet squat</td>
<td>6</td>
<td>20,18,16,14,12,10</td>
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<tr>
<td>4b</td>
<td>Pull-ups</td>
<td>6</td>
<td>2,4,6,8,10,12</td>
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Thurs, Sat

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<th>Weight</th>
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<tbody>
<tr>
<td>1a</td>
<td>Jumping jacks</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>1b</td>
<td>Push-ups</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>2a</td>
<td>Fast feet</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>2b</td>
<td>Lunges</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>3a</td>
<td>Wideouts</td>
<td>4</td>
<td>30 secs</td>
<td></td>
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<tr>
<td>3b</td>
<td>Bodysaw</td>
<td>4</td>
<td>30 secs</td>
<td></td>
</tr>
<tr>
<td>4a</td>
<td>Wall drives</td>
<td>4</td>
<td>30 secs</td>
<td></td>
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<tr>
<td>4b</td>
<td>Wall sit</td>
<td>4</td>
<td>30 secs</td>
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## The Walking Shred

### Fat Loss Finishers

Select one of These Finisher sets and perform 2 giant sets at the end of your phase 3 Anarchy Workouts

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
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<tr>
<td>Sandbag Rdl</td>
<td>2</td>
<td>30 seconds</td>
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<tr>
<td>Sandbag cleans</td>
<td>2</td>
<td>30 seconds</td>
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</tr>
<tr>
<td>Sandbag zercher squat</td>
<td>2</td>
<td>30 seconds</td>
<td>none</td>
</tr>
<tr>
<td>Sandbag Overhead carry</td>
<td>2</td>
<td>30 seconds</td>
<td>90 seconds</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
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<tbody>
<tr>
<td>Kettlebell deadlift</td>
<td>2</td>
<td>30 seconds</td>
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<tr>
<td>Kettlebell high pulls</td>
<td>2</td>
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<tr>
<td>Kettlebell swings</td>
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<td>30 seconds</td>
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</tr>
<tr>
<td>Kettlebell goblet squat</td>
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<td>none</td>
</tr>
<tr>
<td>Push-ups</td>
<td>2</td>
<td>30 seconds</td>
<td>90 seconds</td>
</tr>
</tbody>
</table>
EXERCISE INDEX
**Pull-Ups**

- Grab Chin-bar with hands wide
- From a dead-hang, pull yourself upwards with chest towards the bar
- Slowly lower yourself to starting position

**Dips**

- Grab dip handles and hoist yourself into start position
- Bend elbows and slowly lower yourself until arms are 90°
- Pause for a count
- Explosively extend your arms and lift to starting position
**FAT MAN PULL-UPS**

- Take an athletic stance, feet slightly wider than shoulder width
- With elbows high, push your hips back and bend the knees
- Descend into a deep squat, thighs deeper than 90°
- Reverse the movement and stand back up

**1/2 GET-UP**

- Lay on floor, kettlebell on chest
- Press kettlebell into air with a solid shoulder
- Roll onto the opposite elbow and perform a sit-up with arm extended
- Slowly reverse the movement and lay back down
KETTLEBELL SWINGS

• Take an athletic stance
• With kettlebell in between legs, push your hips back
• Thrust hips forward and allow kettlebell to swing upwards
• Switch hands at top of movement and pull kettlebells back through legs

GOBLET SQUAT

• Take an athletic stance, feet slightly wider than shoulder width
• With elbows high, push your hips back and bend the knees
• Descend into a deep squat, thighs deeper than 90°
• Reverse the movement and stand back up
**Mountain Climbers**

- Get in push-up position
- With a tight core bring one knee towards chest
- Alternate driving each knee toward chest
- Perform for allotted period of time

**High-Knee Runs**

- Start running in place
- With elbows high, drive knees up towards chest
- Perform high-knee runs for allotted period of time
KETTLEBELL CLEAN

• Grab kettlebell in a deadlift position
• Explosively extend hips, knees and ankles and hoist kettlebell to shoulder
• Slowly lower yourself to starting position

KETTLEBELL PRESS

• Rack kettlebell on shoulder
• Brace your core and press the kettlebell overhead
• Rotate the arm position from palms facing you to palms out as you press
• Slowly lower kettlebell to starting position
**Kettlebell Lunge**

- Rack Kettlebell on shoulder
- Assume a split stance with feet
- Bend both knees and slowly lower yourself towards the floor
- Reverse the movement and stand back up

**Kettlebell Row**

- Assume a split stance with feet
- Bend at waist and place forearm on forward knee
- With an extended arm pull the kettlebell towards your trunk
- Slowly lower kettlebell to starting position
KETTLEBELL HIGH-PULL

• Take an athletic stance and sit back into a deadlift position
• Powerfully extend the hips, knees and ankles
• Pull the kettlebell to chest height with elbows high
• Reverse the movement and lower the kettlebell

KETTLEBELL SNATCH

• Take an athletic stance and sit back into a deadlift position
• Powerfully extend the hips, knees and ankles
• Pull the kettlebell to chest height with elbows high, then powerfully extend arm overhead
• Reverse the movement and lower the kettlebell
ANARCHY TRAINING

SANDBAG CLEAN

• Grab sandbag in a deadlift position
• Explosively extend hips, knees and ankles and hoist sandbag to shoulder
• Slowly lower yourself to starting position

SANDBAG OVERHEAD PRESS

• Rack sandbag on shoulder
• Brace your core and press the sandbag overhead
• Extend arms until shoulders are in-line with ears
• Slowly lower sandbag to starting position
ANARCHY TRAINING

SANDBAG LUNGE

• Rack Sandbag on shoulder
• Take a step-backwards with working leg
• Bend both knees and slowly lower yourself towards the floor
• Reverse the movement and stand back up

SANDBAG ZERCHER

• Assume an athletic stance with feet
• Place sandbag in crux of elbows
• Push hips backwards, bend knees and descend into deep squat
• Reverse the movement and stand back up
**Sandbag RDL**

- Take an athletic stance and hold sandbag in front of body
- Hinge at the hips with a soft bend in the knees
- Maintain a flat back
- Reverse the movement and stand back up

**Sandbag Overhead Walk**

- Rack the sandbag to the shoulders
- Press it overhead
- Extend arms overhead until they are in-line with ears
- Walk allotted distance with sandbag pressed overhead
SUSPENSION ROW

- Grab the suspension handles
- Extend arms and lean back
- Maintain a straight body and pull yourself towards the anchor point
- Slowly lower yourself back down

SUSPENSION LUNGE

- Assume a split stance with one foot forward one foot back
- Hold suspension handles at chest height
- Slowly bend both knees and lower back knee to floor
- Explosively drive through the lead leg and stand back up
SUSPENSION SLDL

- Place back leg in single grip suspension system
- Assume a split stance with feet
- Hinge at hips, with a flat back reach towards the floor
- Reverse the movement and stand back up

SUSPENSION BURPEE

- Place back leg in single grip suspension system
- Hinge at hips, with a flat back reach towards the floor
- Drop into a push-up position on chest and hands
- Push-up, pull leg under your body and stand back up
• Place both feet in the suspension handles
• Get in push-up position with feet elevated
• Maintain a straight body and lower yourself towards the floor
• Perform push-up then pull feet in towards arms
• Lower legs and return to starting position
THINGS YOU’LL NEED ON THIS JOURNEY
If you’ve been following my work for any period of time you know that I am very skeptical of most mainstream supplements on the market.

Most of the products lining up your local Health food store isles are nothing but low quality placebos that rarely deliver on their overhyped promises.

With that said there are a handful of supplements I do recomend to my clients. These are the few supplements worth taking during a challenging program like Anarchy Training

These supplements can be found in the next few pages. Though none of them are mandatory to achieve the final outcome of a bigger, stronger body, they will aid in recovery and keep you coming into the gym feeling ready to throw down.

**SUPPLEMENTS**

**BRANCH CHAIN AMINO ACIDS**

One of my go to supplements during a bout of heavy training. Studies indicate that supplementing with BCAA’s during your workout will help reduce the incidence of delayed on-set muscle soreness. This is a good thing, it’ll help you come back to train the next day without feeling like you’ve been run over by a truck

**CLICK HERE FOR MORE INFO >>

**OMEGA 3 FISH OILS**

A second high quality supplement, I swear by. Fish oils have literally saved my lifting career. After that back injury the thought of getting under a bar was the furthest thing from my mind. All of the pain meds I had taken and crappy food I started eating threw my whole body outta balance. Thanks to fish oil I was able to restore balance to my body and reduce the inflammation from the injury. EVERY SINGLE LIFTER SHOULD TAKE THESE

**CLICK HERE FOR MORE INFO >>**
Teiko’s Products

Big Man Strong

The original 12-week muscle-building, fat melting system. The Big Man Strong program gives you all of the tools to transform your body from frumpy and weak to big, muscular and strong.

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Huge

The best collection of tried and tested mass-building programs anywhere on this planet. Huge is about getting you big in as little time as possible. The programs might be tough but they are damn well worth it.

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Thanks for grabbing a copy of Anarchy training, till next time...

Go Big Or Go Home