

## **The Single Best Exercise For Getting Ripped & Strong (And Why Almost Nobody Does This)**

**\*Exclusive content reserved for Fitness Under Oath RAW members\***

This is going to be cool.

I had fun writing this article, so I think you're going to enjoy it.

Two weeks.

Just two weeks.

Use this plan for just two weeks and you'll be amazed at what happens to your body. You'll be stronger from head to toe. You'll have more muscle in your arms, shoulders, traps and midsection. Your heart and lungs will working better.

Oh, and you'll get better abs too.

Here's the deal:

There are many exercises that I consider to be “game-changers.” For example, if you show me a 16 year old kid who's been doing nothing but bench presses and curls, I will introduce him to the squat rack. Within a few short months he'll be squatting 225lbs for reps.

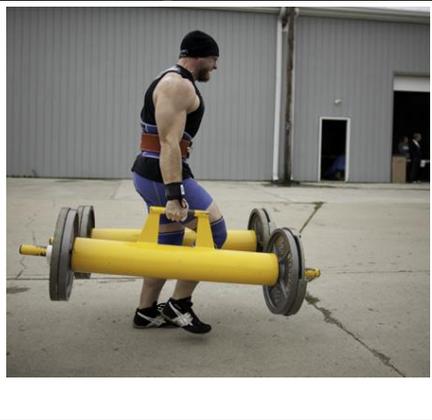
This will be a game changer. Incorporating squats into his workout will dramatically change his physique, his strength, his fitness. When he adds the squat to his program he will make “warp speed” progress.

There are of course other exercises that I consider “game changers.” But let's be honest. If you've read my books then you've probably got the basics covered. You're probably doing at least most of the primary exercises.

Except for one.

There is one exercise that is ultimate game changer. And I know from experience that 99 out of 100 people aren't doing this exercise.

I'm talking about the Farmer's Walk.



Yeah, I know. You've already heard about this exercise. Already seen it. But let me ask you this: Do you actually DO this exercise – as the kids say – “on the reg?” (Translation: On a regular basis.)

If you do, awesome.

If not, I think I know why.

It's because actually doing farmer's walks can be a pain. In theory, it's simple: Grab a pair of heavy-ass dumbbells and go for a walk. But in reality, it's not so simple.

If you train at a commercial gym, they might not even have heavy enough dumbbells. If they do, chances are there is very little room to walk around. You could always grab the heaviest dumbbells they have and walk outside, but most gyms frown on it's members walking out the door with their equipment.

If you train at home, you probably don't have a full set of dumbbells. The list goes on and on and on.

So while the farmer's walk might be the ultimate “game-changer” of an exercise... it doesn't matter. Because you're not going to do it.

Well, that changes today. Because I'm going to show you a “Do It Yourself” method for creating your own Farmer's Walk training tools.

It will only cost you a few bucks and few minutes of your time. Follow this plan and start doing regular Farmer's Walks. In just two weeks, you'll be absolutely

amazed.

So here it is: The Two Bucket, Two Week Fitness Challenge.

To start, you are going to build you own Farmer's Walk equipment using stuff you can find at Home Depot.

Here is your shopping list:

Two 5 gallon Home Depot Paint Buckets.



Two 80-pound bags of Quik-Crete (concrete mix.)



6 pieces of 6-inch  $\frac{3}{4}$  thickness pipe.

4 90-degree elbows (also  $\frac{3}{4}$  thick)

2 flanges ( $\frac{3}{4}$  thick).

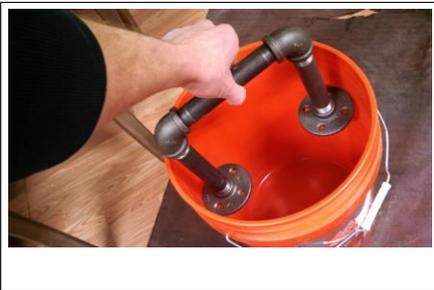


Note: I realize the last few part descriptions sound confusing. But trust me, once you actually walk into the Home Depot and head into the plumbing section you will easily find these parts.

Step one: Assemble the plumbing pieces into a handle, like so:



The handle will fit perfectly inside the bucket:



Next step:

Prepare the concrete (you just add water and stir). Pour the concrete into the buckets.



Stick the plumbing pipe handles into the wet concrete and use something to keep them from moving. (I used some cardboard red bricks that my kids had laying around.)

Side note: The concrete mix will be dusty when you pour it out, so use a mask!



Wait 24 hours for the concrete to fully harden.

And then “ta-da!” You've got your own farmer's walk tools!



Mine each weighed about 95lbs.

(One was 94lbs, the other was 96lbs. Not big deal, it doesn't need to be perfect.)

Once you've got your Farmer Walk buckets finished, the real fun begins.

Pick them up and walk around a bit. You'll be shocked at how every muscle in your body is under strain.

The nice thing about this project is your total cost is only about \$30 bucks.

Which mean you can take your Farmer Walk buckets to a deserted area and just leave them.

I happen to live near an abandoned store with a big empty parking lot so I just took mine to the empty parking lot and left them there.

Whenever I want to use them, my Farmer Walk buckets are sitting there waiting for me.

And if somebody happens to steal them, oh well I'm only out a few bucks.

But I highly doubt anyone is going to steal them. ;)

You can choose to leave yours somewhere in the open. Or you could stash them on the side of your house and do your farmer walks right in your back yard.

Totally up to you.

So now that you've got your instruments of torture, errr, I mean “instruments of fitness” created, here's the plan that's going to completely re-shape your physique is just two weeks:

You are going to train with your buckets 3x per week for the next two weeks.

Ideally, you will train with your buckets on your “off” days in between your weight training workouts.

Or you can do this at the END of your weight training workouts.

Do NOT use your buckets at the beginning of your training workouts as they completely wipe you out and make you not want to train that day. ;)

All you're going to do is pick them up and walk as far as you can. Then, turn around and come back. (You may have to stop and rest on the way back.)

That's 1 trip. You just going to do 3 trips today.

Down and back. Down and back. Down and back.

How far you go is obviously going to vary based on your strength and conditioning levels. But trust me on this one: You won't be going anywhere near as far as you think.

In between trips, take a few minutes to catch your breath. You'll need to.

Do this 3x a week for the next two weeks.

That's 6 short workouts. Each workout will probably only take 10-15 minutes, start to finish.

So over the course of two weeks, I'm only asking you to invest roughly one hour outside "playing with your buckets."

Doesn't sound like much.

But after two weeks, you'll be rewarded with a whole new level of head-to-toe strength.

Your heart and lungs will be in much better shape. And don't be surprised if your abs are popping out like never before.

Give it a shot and drop me a line with your results.