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# Jailhouse Strong



Josh Bryant and Adam benShea



## Synopsis

Tired of all the latest exercise advancements • delivering no results? For less than the cost of a day pass to any trendy chain gym, you can get Jailhouse Strong. With innovation and dedication prisoners make incredible strength gains. Jailhouse Strong offers functional strength training with a workout system that is based on the training habits cultivated behind bars. Through interviews with personalities ranging from a former Mr. Olympia, who started lifting behind bars, to a co-founder of the Crips Street gang, Jailhouse Strong describes the workouts prisoners use to become lean and powerful. Jailhouse Strong includes programs for lifting, bodyweight movements, and conditioning with unarmed combat techniques. The workouts require minimal cost, equipment, time, and space and they can be done at home, in a hotel, or just about anywhere. Whether you are doing 10â “25 or working 9-5, Jailhouse Strong can fit into your schedule because Jailhouse Strong provides the fitness habits that are crucial for getting strong and for maintaining a level of emotional balance amidst the volatile reality found on both sides of prison walls.

## Book Information

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## Customer Reviews

The information in this book will probably not be new to you if you've done any half serious training before. What sets this book apart is the calculation and intensity used to approach weightlifting. No easy way around it, no inflated promises. Just serious programs for people looking to get seriously strong. There is a great section on body weight training with routines that will make you reconsider how strong you really are. For me the meat of the book was the chapters on weightlifting (pug iron) which has routines that go from 4 days a week to 2 days a week depending on your availability and skill level. To top it off there's a short but important section on unarmed combat (to keep you gas-station-ready). 10/10 Would buy again. Would recommend.

Josh has been putting together my workouts for over a year and I recognize many of the strength training exercises presented in this book. I can tell you first-hand that his program works and the results are nothing short of incredible. My physique has changed. I am leaner, tighter, and carry more muscle than I thought possible, but in a most feminine way; not bulky or masculine like a man. The most rewarding part has been my strength gains. I lift at levels I thought possible only for advanced powerlifters and consistently break personal records every month. I admit this program can be tough and there are other programs specifically designed for women. But if you decide to give this one a try, follow Josh's guidance and take every part of each phase in strides at your current level of conditioning. Every chapter is catered towards improving your physique, strength, and confidence. A large part of my success comes from Josh's commitment to endless research and understanding of how the human body works. He knows his stuff and how to help both men and women reach their fitness goals. Trust me. Take pictures, track progress, and keep notes because if you commit, your body is going to change before your eyes.

This is the book I was looking for but didn't realize it. The book is very no-nonsense with a lot of really good information on how to get into great shape, get stronger, and do it with minimal resources and space. There's no verbose fluff stories about the glory days in prison or how the old-school strong-men were bigger and badder than anyone around (looking at you Convict Conditioning). Long story short, this is a great book with a lot of really solid information that I would confidently recommend to a friend.

Josh Bryant and Adam BenShea have extended the prison strength books series with an excellent addition. They found champion strong men (inmates Angelo White of Crips, Dorian Yates, Tyson Hughes, George Christie, Cory Matthews and others and guards Mike Knight, Garry Frank and

others) who have actually spent time behind bars and interviewed them to determine just what about prison workouts enabled them to grow big and strong. They merged the answers into a series of workouts and suggestions that worked. These men "built a physique that screams alpha male physical prowess, and drips with masculine virility." (page 1) These men built, not huge biceps and narrow waists, but "neck, traps, forearms and your back (the places where workout-hardened muscles coil into combat-ready weapons)." (page 1) These men not only were extremely strong, but appeared formidable. The book includes pictures to prove this. Reference is made several times to the California Youth Authority which the authors state helped many young gang members grow big. The change in Mike Tyson's physique from before and after his 3 years in prison is discussed. The workouts included are built on basic exercises: squat, overhead press, bench press and deadlift with lots of both body weight and free weight additions. These are not fancy workouts, but very focused workouts. The programs are explicit and well laid out. The suggestions for mixing it up with carefully chosen additions and approaches are excellent. Included, among other suggestions are several: 20 minute challenges, "month in the hole" reverse pyramids, 100 rep pyramids, deck of pain, Juarez Valley workouts, tabatas, extreme circuits, burpee challenge, rest-pause lifting. The sections on the various body parts development are outstanding, straight forward. The emphasis is on consistency and progressions of both body weight exercises and adding weights to the bar. The weights are heavy. The reps are both high and low counts. The sets are numerous. All as befits muscle growth for size and strength, the goals of the program. There are brief discussions of the 4 major body weapons - two knees and two elbows - and their use. Diet is DE-emphasised as the inmates had no control. The times and contents of the meals were uniform and consistent, which the authors state is important. The authors repeatedly state this is not a book for body builders, who want to compete in the body building competitions, (Who are carefully not dissed, but differentiated.). This book is for "building physical armor to show that you have prepared your body for the realities of no rules combat." (page 1) So, if you want to be really strong, and look really formidable, this is the go-to book.

Good read. Apply what's in the book. Eat right, and consistently. Sleep right, and consistently. Stretch. Get a routine going.. even if it's a small routine. It's impossible to not get results.. The book won't do anything for you unless you do the work for yourself. Plain common sense. (I'm going to post this on the few other fitness books I've ordered and read. It's just common sense)

I've gotten to the point in my training where I look for outside the box thinking in regards to programming. Jailhouse Strong is definitely fits this mold. If you're into bodyweight training, theres something for you. If your'e into weights, theres something here as well. Read it, use it and apply ideas to your own training.

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