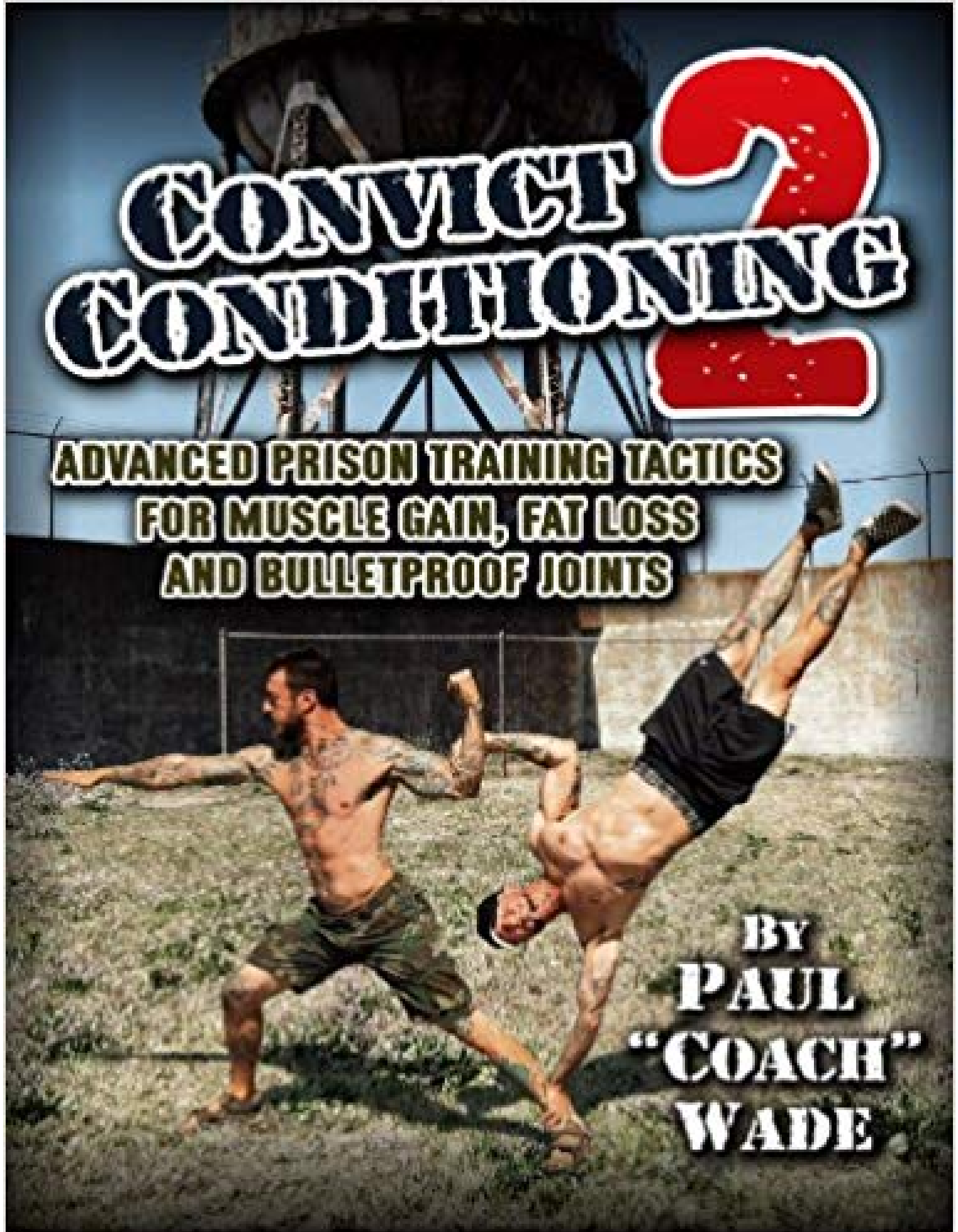


# CONVICT <sup>2</sup> CONDITIONING

**ADVANCED PRISON TRAINING TACTICS  
FOR MUSCLE GAIN, FAT LOSS  
AND BULLETPROOF JOINTS**

**BY  
PAUL  
"COACH"  
WADE**



Paul Wade

## Convict Conditioning 2: Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints



[continue reading](#)

Calf Training: Ultimate Lower Legs-No Machines Necessary 131 Component II: BULLETPROOF JOINTS 12. Pumpin' Iron in Prison: Myths, Muscle and Misconceptions 285 Bulldog Throat: Bulletproof Your Weakest Hyperlink 113 11. Foreword THE COUNTLESS Roads to Strength by Brooks Kubik III Starting Salvo: Chewing Bubblegum and Kicking Ass V 1. Tension-Flexibility: The Lost Art of Joint Training 149 13: Stretching-the Prison Consider: Flexibility, Mobility, Control 163 14. Mending' Up: The 8 Laws and regulations of Healing 253 21. Doing Time Best: Living the Straight Edge 225 19. The Prison Diet: Nutrition and FAT REDUCTION Behind Bars 237 20. The Trifecta: Your Key Weapon for Mobilizing Stiff, Battle-Scarred Physiques-for Life 173 15: The Bridge Hold Progressions: THE BEST Prehab/Rehab Technique 189 16: The L-Keep Progressions: Cure Poor Hips and Low Back-Inside-Out 211 17: Twist Progressions: Unleash Your Functional Triad 225 Component III: WISDOM FROM CELLBLOCK G 18. The Mind: Escaping the True Prison 271 !BONUS CHAPTER! Intro: Put Yourself Behind Bars VII Component I: SHOTGUN MUSCLE Hands and Forearms 2: Iron Hands and Forearms: Ultimate Strength 1-with Just Two Techniques 3: The Hang Progressions: A Vice-Like Bodyweight Hold Program 15 4: Advanced Grasp Torture: Explosive Power + Titanium Fingers 39 5: Fingertip Pushups: Keeping Hand Power Balanced 47 6: Forearms into Firearms: Hand Strength 57 A Summary and a Problem Lateral Chain 7: Lateral Chain Training: Capturing the Flag 63 8: The Clutch Flag: In Eight Easy Steps 71 9: The Press Flag: In Eight Not-So-Easy Steps 89 Throat and Calves 10.



[continue reading](#)

Words and phrases to live by. Perform 1x5 One-Arm Handstand Push-up, can be an excellent goal. This may also explain why bodyweight sportsmen could be immensely strong without being huge: their joint power and tensile power is pulling the load, whereas bodybuilders are relying entirely on skeletal muscle, not joints and ligaments. This publication grabs where CC1 left off. In this publication you'll learn how to fortify the weak spots in your body (forearms, grip, calves and throat). For me personally the big thing may be the amazing stability I will have. The common method of stretching would be to "loosen up" muscles while not engaging them. What's cool to his approach is he provides "helpers" to obtain the harder stuff. Basically that means anyone between 8 and 80 can do this workout. Joint strength, "pressure flexibility" and stretching and flexibility. Superb Companion for Joint Health insurance and Bodyweight Strength This book is incredibly useful for learning about joint health and "active stretching", which goes against much of the received wisdom on stretching and in addition explains why progressions are so important in calisthenics. It has very helpful information and do everything you can using what you learn. This was probably the most enlightening and useful section for me personally. This outcomes in stretches that regularly go much beyond what one would be able to do under one's own strength. Wade admits these exercises aren't "must do" if you are already carrying out the Big Six. However they are an important supplement if you are an athlete in a specific field (e.g. martial artist or grappler), possess a particular weakness to appropriate or simply want to mix things up a bit from the usual bodyweight exercises. Workout with a particular goal at heart. 2. That's amazing, actually. Ancillary exercises beyond the Big Six from CC1. Wade makes a convincing case that the common wisdom on stretching and mobility is misguided and may be harmful to joint health insurance and make one susceptible to injury. Coach Wade may be the way to move. Which means that one is setting up oneself up to stretch for positions over which has no ability to control. These exercises train grip power, lateral chain, throat and calves. For example a hamstring or leg stretch that involves hoisting one's leg over a bar and then leaning down to contain the toes close to one's head. A mixed bag of chapters on diet, rest, motivation and mindset. Hence, one "stretches" a muscle tissue while trying never to use it. That strategy is normally a prelude to injuries. More important, it does not train the joints to stretch "under load", what Wade phone calls "active stretching" or "tensile power". Wade's "stretches" are all essentially strength holds that don't allow 1 to stretch beyond one's own muscular power is able to achieve. For instance, instead of the "passive" hamstring stretch referred to above, and which relies on leverage and outside items (the bar) to hold one's leg in the stretched position, Wade advocates L-holds that engage the core and hip muscle tissues, and both engage and stretch the low back and hamstring chain. Hence the very muscles one is normally stretching -- the posterior chain -- are also under tension: this means that you can extend no more than your strength allows, and it also builds what Wade phone calls tensile strength, that is vitally important for joint health and power. Wade makes a very solid case for tensile strength being a huge good thing about bodyweight conditioning whereas bodybuilders will generally have joint complications. He's finished with weights. The explanation of tensile strength and active stretching also clarifies why progressions are so important in bodyweight training and just why it may not pay off to "get ahead of oneself" even if a given progression stage seems easy: the progressions are fundamental to accumulating joint and tensile strength, that may only be done slowly. Also, I recommend that you buy the *Convict Conditioning* (the first book) Just before you buy this book. I will incorporate a lot of section 2 into my bodyweight teaching. 3. This stretches the hamstring but does so ready that one will be unable to maintain just applying one's own strength (hip and core strength, hamstring and back flexibility, etc). These chapters, understandably, were quite definitely influenced by Wade's amount of time in prison. Therefore, his diet advice would be to have "three squares" rather than worry about macronutrients an excessive amount of. Five Stars This is awesome guide toward creating a better physique Among the must-have physical health and training books, adding value to the first CC if the *kalokagathia* is the aim, the book can help you with physical part ( but only adding value to the first CC) *Ninja Warrior Part 2* Great supplement to the first book with all sorts of extra teaching and advise. Overall, We consider this an important companion to CC1. Good Book It was an excellent book for old college ideas i am today using in my workouts. A few warm-up ideas which will make total sense. Nevertheless, i found the 1st book's video documentary on YouTube free of charge. My grip power has most likely tripped. I pulled a vintage big bush's roots out from the ground the other day with simply my bare hands. I have already been grip training for 2 a few months. The only reason i give it the reserve

4 stars is because it provides zero workout routines, simply extra exercises to make your schooling harder or better. So the first book is essential before you browse this book. The grip training may be the key take-away of the reserve and the exercises for the lateral parts of the body. Therefore save your money and watch it free of charge, then buy this publication! Great book! Convict Conditioning 2 is a great book. Just reaching our sixties, the pains and aches can be annoying also w/o the injuries. Believe me on this one Convict Conditioning 1 and 2 will make you strong and it will reduce a lot of the old persons aches. You will also receive instructions on flexibility exercises and the eyesight of Paul Wade about diet. To use the CC's and CC2's program in your life, you will need patience to see the results, but you can rest damn sure that, if you put the time and effort needed, you should have results which will last for your entire life. When you can, please seek out the Convict Conditioning FAQ and Convict Conditioning CHARTS (I found on Scribd). This 2 PDF files answered a lot of queries that I got about the implementation of the routine. This section on joint health was worth the complete price of the book for me personally. Last advice, USUALLY DO NOT "workout" to get exercise. As with CC1, the concentrate is on a single key exercise for each area coupled with progressions. I've began calisthenics with the aged man, an x soccer player with an increase of injuries than my fingertips and toes. :) Ps: Sorry for my english, I'm not really a native speaker. calisthenics forever I actually am a calisthenic enthusiast and former convict. we have no idea about his knowledge but what I learned from older convicts was certainly not calisthenics, and I will not get into what they do teach. this being said who writes a book on these parts of the body well Paul wade did and the book is great. I am in school for exercise science and analyze modalities of exercise all day and my estimation is that a combination of weight training and accessory function is extremely important and no you have a reserve that rounds out the task needed to be performed for the calve neck joints etc job well done It has very useful information and do everything you can using what you .. He actually likes it. Should you have made physical fitness a component of your daily life, this companion reserve is another device for the arsenal. A follow up to CC1, the reserve consists of 3 sections: 1. I believe it had been Bruce Lee having said that, "absorb what's useful, discard what is not". definitely will need to have. Great bodyweight exercise book Every schedule is explained extremely well. Five Stars Wade is awesome Four Stars It was a gift.. Good information in this section but nothing at all earthshattering.



[continue reading](#)

download free Convict Conditioning 2: Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints e-book

download free Convict Conditioning 2: Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints pdf

[download Microdermabrasion Basics: What You Should Know Before You Scrape Your Face \(Beauty for You Series Book 1\) epub](#)

[download free Life, Death and Iguanas epub](#)

[download The Mommy MD Guide to the Toddler Years: Tips that 62 doctors who are also mothers use during their children's toddler years \(The Mommy MD Guides\) pdf](#)