

Natty Power

by Old Oak

4. Training

Simple, Effective and 100% Natural Way to Become Powerful, Strong, Fast, Agile, Muscular, Lean, Energized, Conditioned, Healthy, Self-Confident and Generally More Capable!



041. Training for Natty Power

Train naturally by performing activities that are natural to human beings.

There are numerous different ways to train the natty way. Many of the training methods can be actually utilized through practical and useful works or fundamental human activities.

Before listing some of these works and activities for power building purposes, let's point out a few universal training wisdoms:

- Always be careful and avoid potentially dangerous situations and environments.
- Always wear protective clothes, footwear and other gear, adequate for the upcoming activity and possible hazards.
- Always properly warm up your muscles, grease joints and elevate heart rate with short jogging or similar light activity.
- Always try to ramp up intensity of training, mainly by lifting incrementally heavier objects each week or month.
- Always try to increase the movement speed, to build power and training efficiency, but do it slowly over period of few weeks or months.

With that out of the way, let's go training for the Natty Power! Beside being the most natural and the most effective approach to training for power, this will also be the most entertaining method you have ever tried – guaranteed! Do not hesitate, just try the Natty Power and you won't be disappointed, that's a promise! Keep on reading and start training as soon as possible!

042. Prehistoric Bushcrafter

Let's start training with essential activities of prehistoric human.

In prehistoric times, humans practiced certain activities that are now known as "bushcraft". Even in modern times, such practical skills could be very useful for outdoor adventures and in the event of emergency. Training in tradition of prehistoric bushcraft would mainly focus on abilities to:

- Build a shelter,
- Light a fire,
- Make a spear.

All these essential bushcraft activities rely on wood as a working material, since it was always widely available in the nature.

1st Bushcraft Training Session - Building a Shelter

Try to find trees with thin branches, easy to break solely by power of your hands. If you intend to actually build a shelter, preferably look for trees with lots of leafs, because leafs are excellent isolation from cold and elements. Here is what you should do:

- **Jump** high to reach a branch.
- **Push and Pull** the branch to break it from the tree.
- **Carry** the branch to the place where you plan to build a shelter.

Removing branches off from the tree would be quite easy with an axe or a saw, but to build real natural power, rather do it with your bare hands. Actually, you should wear gloves to protect your hands from scratches and blisters, but you should not use any tools. Jump up, catch the branch, hold it firmly and then push and pull the branch fiercely, until it breaks. Repeat this several times in a row, preferably without pauses. You will be puffing and huffing and panting like a marathon runner.

For training purposes, carry broken branches in different styles. Walk quickly and over long distances with heavy branch in your hands and you will be on a good path to become a competing strongman one day in a distant future.

If you carefully stack long leafy branches at 45° degree angle around a tree or stake, you can build a really nice little hut very easily. This won't be a part of the training process, but could be a lot of fun and excitement for you, to see the actual result of your newly acquired skill. Since you already have gathered all the necessary building material, just go on and build the hut indeed. It can protect you from the elements and harsh weather conditions, like rain, snow, sun and cold winds. Congratulations, if you manage to do it. This very useful skill may save your life in case of a natural disaster or if you get lost in the nature.

2nd Bushcraft Training Session - Lighting a Fire

Look around for a dry wood. Snap thin sticks with power of your hands. Thick pieces of wood should be held with both hands and then pushed or pulled, to break them on a vertical tree trunk. For impact training, use the same pushing and pulling motions, but this time, explosively hit the tree with the branch in your hands. Here is the work that needs to be done:

- **Bend** thin sticks with hands to break them into smaller pieces, ideal for starting a fire.

- **Push and Pull** thick branches against a vertical tree trunk, until it eventually breaks or just keep on trying. Another very efficient method for breaking branches is to stuck one end between two close tree trunks.
- **Hit-Push and Hit-Pull** at the tree trunk with the same branch held in both of your hands. Hitting the tree trunk this way would be great for training impacts and building rigidness in tendons, ligaments and joints of the upper body.
- **Slide** a knife over the piece of dry wood to get wooden shavings and chips necessary to initiate a fire. Do it towards the body and away from the body. This is a short and relatively weak motion, but good for strengthening grip and forearms.
- **Squat** for time in so called “ass to the grass” deep squat position. Do it for as long as you can stand it. Squat while you break sticks, make wood shavings, arrange firewood in a cone shape, light it all up and then enjoy the warmth. Make pauses if needed and then continue squatting.

Fire was vital for prehistoric humans. It provided warmth during cold nights, was used for roasting meat and probably the most important purpose of all, fire protected humans from wild animals.

Lighting fire the way prehistoric people did it, with sticks and stones, may be a real hassle and not relevant for power training. Rather use a lighter or matches. However, to play safe and avoid uncontrolled wildfires, you should not actually light a fire at all. Very often, it is forbidden to light fires in forests and urban areas, so please check the local regulations before playing with matches.

3rd Bushcraft Training Session – Making a Spear

Find a pine or poplar sapling or any other straight tree specie. Straight branch would also do the job. To be useful as a javelin for throwing, the chosen piece of wood should be between 4 and 7 feet long. If you are not planning to throw it, the spear could be shorter or longer.

- **Push, Pull and Twist** vigorously the chosen sapling or straight branch, until it breaks.
- **Push, Pull and Twist** all sprouts and shoots to remove them from the spear with your hands.

To get your heart pumping, try to make a few spears in short period of time. The faster you make them, the more tired you will get, hence, the better training session is. This is a simple and easy training, but it will strength your grip and forearms for harder activities. Optionally, you can use a knife to sharpen the tip of the spear, but it is just a bushcraft skill and won't build any significant power.

043. Prehistoric Food Gatherer

Finding food was unavoidable necessity, each and every day.

Certainly not an easy task, especially for those who had lots of mouth to feed. Here is how you can train by fulfilling duties of prehistoric food gatherer:

- **Vertical Jump:** Fruit hanging from tree branches was reachable only to those who were able to jump high enough.
- **Horizontal Jump:** Train broad jump or any other form of jumping for distance. Who knows, edible plants may be growing on the other side of river.
- **Shake a Tree:** Sometimes it could be easier to just shake a tree until, fruits start falling down. Find a thin tree and shake it vigorously, by pushing-pulling it in synchronization.
- **Tree Climbing:** For training purposes, you can train rope climbing. Use usual rope climbing technique to climb a rope or thinner tree. Avoid climbing thicker trees, because climbing would be hard and potentially dangerous, but if you decide to try it, use arborist gear for “monkey climbing technique”. Anyway, go up with arms and legs working together in synergy. Wear gloves to prevent tearing palm skin on the way down.
- **Walk & Carry:** After gathering food, it is time to bring it back to family. Finish training with 2 miles of slow walk. Gradually increase distance to 5 miles of energetic power walk. Over time, ordinary walking should be replaced with more powerful activity, which is loaded carry. Put on a heavy backpack to simulate gathered food. Try to wear it as a “frontpack”, thus, on the front side of the body. Back erectors and whole posterior chain will work much harder this way, making you tougher in the process. Alternatively, carry two heavy sport bags, one in each hand and then go for a walk.

Your children would be happy to see all the food you gathered and brought back for diner. There would be no better motivation then seeing them well fed, thriving and smiling. So, go on and train in style of prehistoric food gatherer.

044. Prehistoric Game Hunter

Speed comes into play.

Running to hunt pray and escaping from being eaten by wounded beast, were the situations where humans had to run at the full speed. Throwing weapons was another skill required for hunting. Finally, they had to carry their catch back to the shelter. So, prehistoric game hunter training would look something like this:

- **Sprint:** Run as fast as you can over distance between 50-100 yards. Do it 3-5 times, with complete recuperation after each sprint.

- **Throw:** Make a straight wooden spear and throw it as far as you can, just like athletic javelin thrower. Quickly run to the spear and throw it back again. Do it in numerous cycles to build stamina. Alternatively, you can throw a short axe at tree stump, but always be absolutely sure there are no people around and you are far away from the target.
- **Bow and Arrow:** Drawing bow and shooting arrows would be a real deal, but you can also train the same movement by stretching an old-school training tool called “*chest expander*”. It is cheap and available on the Internet, but you can also use an ordinary rubber band and try to pull it apart.
- **Grab the Horns:** It would be extremely dangerous to grab a real animal by the horns, so rather train safely with another old-school tool named “*power twister*”. Bend this tool and imagine yourself overpowering a wild buffalo.
- **Lift & Carry:** Sandbag will perfectly simulate weight and form of a dead animal. Deadlift a heavy sandbag several times in several sets. Then carry the sandbag for time or distance. Carry it with various handling styles. The most common ones are bear hug hold and over the shoulders. If you don’t have a sandbag, just use ordinary sport bag and fill it with stones, sand or dirt. Sack of potatoes will do the job as well.

Hunting was never easy, but you can train and be prepared, if you eventually end up being hungry in the wilderness. Therefore, feel free to sharpen the tip of the spear. Who knows, maybe you get lucky and actually manage to hunt something down.

Making traps is probably more efficient way to catch fresh meat, but it is only a skill and does not require any physical power. If you wish, you can learn that skill from survivalist experts. Remember, you are here to train for natural power. Instead of real hunting, go buy meat at the supermarket.

045. Prehistoric Warrior

Sooner or later, confrontation with other humans is inevitable.

With no law enforcement to deal with crime and violence, prehistoric humans had to be able to defend themselves and their loved ones.

- **Sprint:** Sometimes running away may be the best fighting strategy. Don’t be ashamed to run away from the conflict, especially when there are no medical institutions around. Train by sprinting over 50-100 yards, 3-5 times, with complete recuperation between sprints.
- **Push:** Powerful push can throw your enemy out of balance and solve the conflict in your advantage. Push a car on empty parking lot or sled in a gym. If there no appropriate objects to push around, simply put your arms on a tree or wall and push hard while running in place.

- **Pull:** Powerful pull is equally important as powerful push. Tie a rope to car, sled or heavy log. Hold it in your hands and pull by slowly walking backwards. Be sure there are no obstacles behind you.
- **Impact:** Train impacts by hitting wooden log with sledgehammer or chop it with an axe. If you don't have these tools, find a long wooden bat and hit the ground with it. Vibrations from impacts will make you really tough. By the way, this would be extremely brutal, but very effective way to completely defeat your opponent.
- **Sit-Ups:** If the enemy throws you down on your back, you must sit up immediately or he could easily crush you while you are helplessly lying on the ground. Anchor your feet and do sit-ups quickly to build power.

Training ancient Japanese martial arts, like jujitsu, can be an excellent way to build explosive power and defeat enemies with bare hands. Unfortunately, techniques are relatively complicated to learn, so we will skip it here.

046. Stone Age Caveman

Handling heavy stones have made cavemen seriously powerful.

After training in style of prehistoric bushcrafter, food gatherer, game hunter and warrior, it would be wise to move to a more serious training method. Stones are significantly heavier than tree branches and wooden tools, so they are much more productive for power training.

Strongman are regularly lifting Atlas stones in competition events. If you lift stones and carry them around, just like strongman do, you will also become incredibly powerful. Just don't forget to use common sense when choosing stones. Weight should be appropriate for your age, gender and current state of physical condition. Stones have to be light enough to allow quick lifting, which is necessary for power training. At the same time, stones have to be heavy enough to build strength and maintain training efficiency.

- **Squat:** Go down into deep squat position while holding a stone in front of the chest, like goblet. Stand up and repeat.
- **Olympic Lift:** Lift heavy stone from the ground up to the overhead position. Do only a couple of lifts, with full rest before each attempt. Lift quickly and use momentum.
- **Deadlift:** Choose a very heavy stone for this exercise. Hinge in hips, slightly bend your knees, pick the stone up from the ground and stand straight. Put it back on the ground and repeat several times.
- **Carry:** Choose an averagely heavy stone and carry it around for time or distance. Practice different holds: 1.) Sumo deadlift hold or walk while holding stone between legs, perfect for carrying heavy stones over short distances. 2.) Bear hug hold on chest. 3.) Underhand hold on chest. 4.) Single shoulder hold, with

switching shoulders regularly. 5.) Overhead hold, but be particularly careful with this one, because you may drop stone on your head.

- **Throw:** Choose a relatively light stone to be able to effectively throw it. For development of balanced power throughout the whole body, you should practice different throwing styles: 1.) Toss it up and forward with both hands from the half squat position. 2.) Push it forward with both hands from the chest, in style of basketball chest pass. 3.) Throw stone forward from behind the head by extending both arms, in style of soccer throw-in. 4.) Single arm throw from the shoulder, in style of athletic shot-put, just remember to train both arms equally.

This can be vary hard and very effective way to train. If you are dedicated and persistent in training with stones, you will become powerful just like stone age caveman.

On a side note, if you become powerful, your testosterone levels will go up. If testosterone goes up, your cave woman will be very happy and that is certainly a rewarding by-product of training for power. However, if you don't give your best in training, she will punish you by giving you nothing or may even hit you with that authentic stone age axe. So, better train hard, impress her and enjoy your love life in the cave :)

047. Cowboy

Howdy y'all! Life's tough, but you must be tougher.

After training with activities practiced by ancient humans, it is time to move to more recent history. Over last couple of centuries, cowboys were the eponymous of toughness and power. They were always in shape and very capable. Just watch old western movies to see them in action. Here is how training may look like, but riding horses will be skipped this time:

- **Sprint:** Try to catch the calf. Run several full-speed sprints in one training session and completely rest after each sprint.
- **Throw:** If calf is running faster then you, throw lasso to catch it. For training purposes, choose objects heavier then lasso and throw them in different throwing styles.
- **Push-Pull:** When lasso is around calf's neck, pull the rope to bring calf closer. Push it to get it lying down. Another way to train pulling and pushing movements is to grab calf's head and start "*steer wrestling*". Push, pull and twist, until it falls to the ground. Of course, don't do this to a real calf. For training purposes, apply these rodeo techniques on a young tree or bale of hay.
- **Carry:** When calf legs are all tied up, pick it up and carry it back to the barn. Rather use a sandbag then real calf, at least it will smell better.
- **Squat:** Instead of riding a galloping horse, do "*cowboy squats*" on the ground. Exercise is pretty much self explanatory. Think of a cowboy squatting in the

saddle and simulate the same situation. Squat to parallel or half squat and then go quickly up and down over short range of motion surrounding the parallel position. This will pump your thighs nicely, because the tension is high and constant during the exercise. Hold additional weight in your hands, if you wish.

If the cattle is well taken care of, tip the hat and ride tall into the sunset. Go straight to the saloon, reward yourself with a nice lady and double shot whiskey. Yeehaw!

048. Farmer

Reap the benefits of country life.

Farmers are working in the fields all day long. They take care of all animals on the farm. They operate many different machines, vehicles and tools. They do all necessary repair works on the house, barns, fences and other objects on the farm. Obviously, being a farmer is incredibly demanding and exhausting. The good news is that you will copy farmer's way of life only for training purposes. However, if you begin to like it, why not moving to countryside and enjoy being a farmer for real? You will live a healthy life, eat organic food, breathe fresh air and all that in harmony with Nature. Such life will bring peace, calmness and happiness. Certainly something to think about...

While you probably don't own a farm and don't know anyone who owns one, working on a farm can be easily simulated. Simply use what is available around you and engage your imagination:

- **Squat:** Potatoes need to be harvested. Take a wide stance, with feet around shoulder width and go into a deep squat position. Fill bucket with potatoes, take it in you hands, like a goblet and then stand straight. Of course, bucket could be filled with dirt or anything else. Do these wide sumo stance goblet squats for repetitions.
- **Olympic Lift:** Cattle is hungry. Lift a large hay bale from the ground up to the overhead position. Lift explosively and repeat a few times.
- **Throw:** Now you need to load hay bale into the truck. Hold bale in the front rack position and lower yourself to half squat. Throw the bale up and forward with explosive arm extension and leg push.
- **Carry:** Horses are thirsty. Take 2 large canisters, fill them with water and carry them around the farm. Also, carry different objects and apply different holds, for variety.
- **Impact:** Wobbly fence posts have to be fixed. Use a fence post hammer or ordinary sledge hammer and hit something for repetitions. It could be a fence post indeed, but also could be a tree stump or you can just hit the ground instead.

While you were working around the farm, your sweet wife cooked a delicious dinner for you. It is served hot and she is waiting for you by the table, with a smiling face. Country life was always good!

049. Construction Worker

Building buildings can build body power too.

When we speak about modern human activities, first thing that comes to mind is sitting by the computer. However, to build power, you have to focus on hard physical work. Nowadays, one of the most common professions employing physical power is profession of a construction worker:

- **Carry:** Find an ordinary wheelbarrow and fill it with gravel, stones or dirt. Pick it up and take a long hike. Go fast to build power. To make this exercise maximally effective, push the wheelbarrow up the hill. If you can't find a wheelbarrow, carry 2 canisters, a sack of cement or heavy sandbag.
- **Squat:** Hold a few bricks in overhead position and squat for repetitions. If the balance becomes an issue, hold bricks on your chest, like in goblet squat.
- **Olympic Lift:** Explosively lift a couple of bricks or sack of cement, depending on your current strength level. Lift from the ground up to the overhead position. Do it in two stages, like clean & jerk or at once, like in snatch lift.
- **Pull:** You have to bring bucket of cement to the roof of the building. Make an improvised pulley system by throwing rope directly over a sturdy horizontal metal bar or tree branch. It is not necessary, but if you wish to reduce friction, pass the rope through a real pulley (wheel with a grooved rim). Now attach a bucket or any other heavy object to one end of the rope. Take the other end in your hands and pull rope down, hand over hand, to lift object up to the bar. Then repeat. Pull quickly to build power.
- **Impacts:** Take a hammer and break some old wall with it. Hit energetically and hard, to get hart pumping. If you can't find an appropriate old wall anywhere around, put a few bricks on the ground and crush them with hammer.

Training like this will build physical power, but also working skills and habits. Maybe all that becomes handy one day, when you decide to build a new home or renovate the existing one.

050. Groundworker

Digging soil consumes lots of energy, but it will boost energy capacity in the process.

You will need a few essential tools for this training, if you want to get down and dirty for real. Anyway, feel free to improvise with stuff that is available and focus on training goals and effort:

- **Impacts:** Take a pick-axe and start digging ground vigorously. For explosive power development, do it fiercely. For balanced power development, you need to regularly switch hands on the handle. For example, first hold pick axe with right hand forward on the handle, then switch to left hand forward.
- **Olympic Lift:** This is certainly not even near a proper Olympic lift, but movement has some similarities. Dig dirt with a shovel and throw it behind you, over your left and right shoulder equal number of repetitions. This way power of both sides of the body will be equally developed. Since the dirt on the shovel is very light, you should dig and throw very quickly to compensate this shortcoming of the exercise.
- **Carry:** Path planned for digging has to be clear of stones, so you have to move them away. Fill bucket with stones, lift it up and hold above your head, to make this exercise harder. Carry it as far as you can.
- **Pull:** Now you have to move some dirt. You decide to put it on tarp and pull it away. Walk backwards while pulling the tarp, just be careful not to fall.
- **Hinge:** While clearing the path, you came by a large and heavy stone, which also has to be moved away. Stand over it, hinge, pick it up and stand straight. Walk away with stone in your hands. Put it down after a few steps and repeat this procedure several times.

Work is well done, congratulations. It's been a hard working day, so now is the time to get under the shower.

051. Lumberjack

If you want to become really tough, go work with timber.

Training as a lumberjack will be hard, but very effective. Handling heavy logs is similar to handling heavy stones in previously explained caveman style. There are lots of fake and wrongly named "lumberjack workouts" on the Internet, but this is the real deal, with no fancy stuff whatsoever. Just remember, you must always wear thick sturdy clothes, safety boots and leather gloves in the forest.

- **Impact:** Wood chopping is an excellent activity for development of explosive power. It will also build toughness throughout the whole body. Just be very careful if you decide to actually chop wood with a real axe. To play safe, rather use a sledge hammer to hit logs.
- **Olympic Lift:** Find a long heavy log and lift one end in style of Olympic weightlifting. The other end should stay on the ground all the time for stability and to achieve that, the log should be longer than height of your fully extended

arms upwards. If you can't find a log of sufficient length, use smaller one and lift it in Olympic style, just like you would lift a sandbag.

- **Carry:** Pick up a heavy log and carry it for time or distance. Change holds for variety, switch between Zercher hold, bear hug, shoulder hold and overhead hold.
- **Push-Pull:** Take a big crosscut saw or folding hand saw and start sawing logs energetically. Push and pull the saw over full range of motion. Regularly alternate arms to achieve balance. For example, you can count strokes and switch arms at some fixed number, like 20 strokes with left arm, then 20 strokes with right arm and so on.
- **Jump:** Try to reach a low horizontal branch by jumping up and then pull yourself up. If pullup is too hard for you, just hang on the branch for time. Repeat these jumps several times. If you feel energized, you can continue climbing the tree. Never go up too high, because it could be dangerous. Then go down and climb again few times.

Congratulations, now you can offer your newly acquired lumberjack skills to old people in the neighborhood. Chop some firewood for them and expect cookies in return.

052. Mountaineer

Build power, breathe fresh air and enjoy beautiful scenery at the same time.

Hiking and climbing mountains is probably the most pleasant type of training you can think of. However, it doesn't mean it won't be hard. You can choose between relaxed hiking and climbing steep hills, depending on your physical condition and goals. So, put on your hiking boots and let's go:

- **Walk:** Take a hike through meadows or in the woods on a well beaten path. Go for 5 miles or more and vary the hiking speed to build power. For development of strength component of power, carry additional weight in form of a backpack. To make hiking harder, go up the incline slope. The hardest form of hiking would be conquest of a mountain peak through deep snow. On steep hills, walk on all fours – go uphill in “bear walk” style (facing ground) and downhill in “crab walk” style (facing sky).
- **Run:** Just like hiking, rather do it on a well beaten path for safety reasons. Increased running speed will build power. Run up the hills to quickly deplete energy and build cardio condition. If you decide to sprint, do only 2-3 very fast sprints over short distance no longer than 100 yards on horizontal trails and no longer than 50 yards on uphill slopes. Avoid running downhill, to avoid ankle injury or falling down on your nose.
- **Jump:** You can jump over streams or fallen trees, but you can also imagine some obstacle and jump over it several times. Give your best effort to build power.

- **Olympic Lift:** Use your backpack or any other heavy object you find around (a stone on the trail or wooden log in the forest). Lift it in Olympic style several times.
- **Sit-Up:** Lay down on the grass and do sit ups. You may anchor your feet or ask someone to hold them. Fast sit ups will build explosiveness.

Alternatives to hiking and mountaineering include rock climbing and vertical stair climber machine. Climbing up the artificial cliff with safety gear and under expert supervision is relatively safe, but real rock climbing in wilderness is quite dangerous and certainly not for everyone. On the other side, rock climbing can not make athletes powerful, because there is not much speed involved. Heavier athletes will experience grip failure way too early, much before larger muscles get even warmed up. Therefore, you can forget rock climbing all together, if power is your goal, regardless of type of rock (natural or artificial). Machines that simulate climbing, like stair climber, are totally safe and practical for indoor training. The only risk for men is probability of being named as "sissy" and other degrading names by regular gym rats.