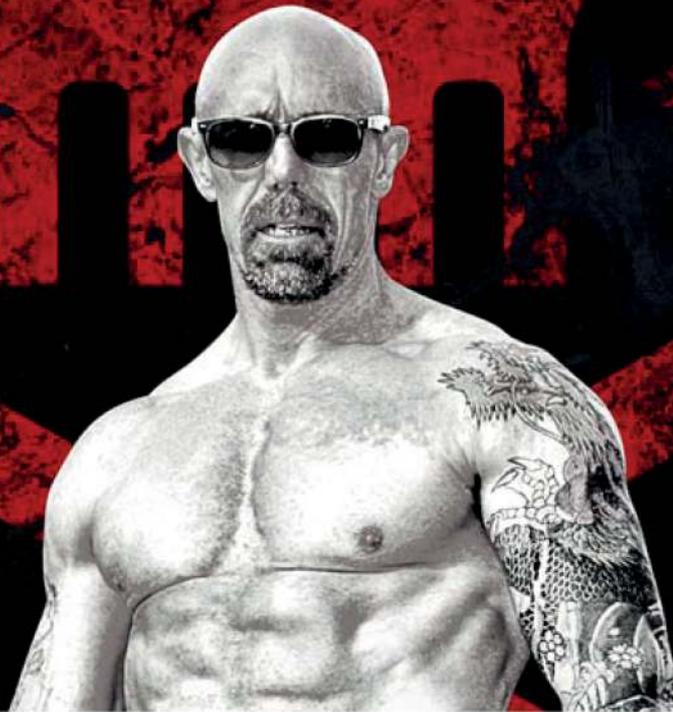


# UNDERGROUND STRONG

**BANISH MEDIOCRITY!** BUILD YOURSELF  
INTO THE MAN WITH **GREATER STRENGTH,**  
**HIGHER PERFORMANCE & SUPERIOR HEALTH**



## FREE CHAPTER

STEPHEN WILLIAMS



# Introduction

I'd like to start by saying I'm not a champion, I'm not rich and I'm not famous. I'm just an everyday man from the street and like most working class men I've had my fair share of problems and adversity. I wrote this book because I faced and overcame those problems. But not only that, I created a system, a "way of living" that can help any man do the same.

That's why I made the information in this book available - so the man on the street can achieve greatness and be a champion in his own life.

When you hear me talking about being a champion or achieving greatness, I better point out that I'm not talking about winning a championship title or becoming the richest man in the world. What I'm talking about is being the best you can be, no matter what your profession is or what your goals are in life.

To be a champion is to be the very best you can be and to strive for excellence, day in day out. And to do that is hard. But that's life and life is hard. You'll fail, you'll fall on your face and every time you do your critics will laugh and revel in your every mistake. You can count on that. Tearing down is much easier than building up.

But this commitment to excellence and passion to get better, is truly the heart of a champion. So it doesn't matter where you find yourself now, what matters is where you are going.

You'll notice that I aimed the book at men. I did that because I'm a man and I can't relate to problems that women have or advise them on those problems. If you're a woman you're better off going to women for advice on femininity. By the same token if you're looking to perform better as a man you're probably going to be better off seeking the council of manly men for authentic advice.

This book is about striving for excellence as a man!

The masculine and feminine are opposite ends of the spectrum - at least that's the way it's supposed to be. But unfortunately the narrative of "equalism" and "feminism" that pervades the west today has done a number on men and they've allowed themselves to be turned into masculine deficient, feminised drones. This manifests as a lack of strength, courage and mastery.

We'll go into this in greater depth in the book but for now let me just say - we've been sent on a bum steer, fucked up on a monumental scale and we need to do a U-turn fast. The result of these "wrong directions" through a combination of bad parenting, state sponsored education, fake news media, feminism, equalist propaganda and political correctness has lead to men in their millions to being diseased, depressed and broken.

Men have lost their backbone, forgotten who they are and where they came from. The majority are inept, feminised drones who are deficient in honor and have no opinion that differs from the narrative they feed us.

This is having an extremely negative effect on men, western society and humanity as a whole. This is not intended to be a political book, rather a self help book for men. But my views are my views and political correctness is a creation of the despotic state and an enemy of the people. So I make no apologies for speaking the truth.

We need to get back to basics. We need to be careful about whose voice and what media we allow into our minds and the minds of our children. We need to get up out of our seats and start throwing heavy objects around. We need to get back to eating what Mother Nature intended us to eat. Above all, we need to get our minds right and get our purpose as men back in place and that's what this book is about.

If you follow the system I lay out in this book and work at it, I guarantee you, you'll halt the slide, drag yourself out of the mire, grow like you've never grown in your life and transform yourself into the man and the leader you were born to be!

If you think I sound condescending when I say that, if you think I believe I'm there, that I've made it and that I'm the man, think again. A true leader is someone who is going somewhere and taking people with him. He's a catalyst for elite performance who enables people to achieve things they wouldn't normally achieve on their own.

A leader earns trust, sets a clear standard and then equips and inspires people to meet that standard. I've grown as a leader over the years because I learned to lead myself first. I made many mistakes in doing so but I learned from those mistakes. I've had great mentors and followed many great men myself and the lessons I learned from them I carry to this day.

For me it's all about getting better and I'm a long, long way from perfect but my passion for self improvement is second to none.

The shit I've laid out for you in this book is what I live by every day. I'm forced to live my life this way because of the cards I've been dealt but that is the reason I've made massive strides in my life and will continue to do so.

Make no mistake about it, this all came about through going through tough times. I finally found all the pieces of the jigsaw because I never gave up and through this perseverance I was able to rebuild my life and systematize what I did. I called this system **SOAR - The Strength To Overcome Adversity & Rebuild.**

So let me ask you:

Are you a man who's interested in banishing mediocrity, overcoming obstacles and working to build a better life for yourself?

If you are then I can promise you that this book will be a massive help to you.

If not, you might as well put the book down now and go and read one of the many “feel good factor” self help books that Amazon is strewn with.

It's best that I say that at the outset because it will not help you if you simply read it. On the other hand it will be “life changing” if you take “sustained action” on what you read. If you follow the instructions to the tee it will be a massive catalyst for change in your life.

The contents of this book are what I used to drag myself out of the black hole I was in. Unfortunately the book of instructions wasn't written then. I went 15 through years of searching, studying and trial and error implementation to get here. You'll have the luxury of reading the material and immediately implementing it, if that's what you choose to do.

So what do I mean by mediocrity?

Well I had a pretty serious accident with a window in a bar which left me with severe scarring on my face and head. It was a prank that went wrong and my own fault. I was diagnosed with an “incurable” disease and told I'd be taking medication for the rest of my life. It was mostly my lifestyle that brought this on but genetics and other things play a part. I suffered from depression as a result of these events and other factors.

So my mediocrity presented itself as a damaging accident, disease and depression - let's just call that my 3D's from here on in. The 3D's are what remind me of why I do what I do and why I live my life the way I do.

What's your 3D's?

Maybe you're not happy with your physicality, maybe you're fat, skinny or weak. I was two of those, maybe you're only one or all three. You can be fat and skinny I've seen it - your extremities are thin but your fat around the torso. Maybe you have ailments that are plaguing you or you've just been dumped by your wife or girlfriend.

Maybe you're sick of being broke, unhealthy, ugly or you're just that depressed you don't know what to do. Maybe you are fed up with just being another one of the herd and you want to be different. I always wanted to be different, who wants to be the same as everyone else?

Maybe you just feel that deep down, you're better than this. You'd be right.

They're pretty universal problems with men, we're all suffering from the same shit in one form or another. I prefer to call it mediocrity.

So let's say mediocrity is showing up in your life and it's making you unhappy. You want to be the most awesome version of yourself instead! The good news is you can make mediocrity disappear from your life by following the instructions laid out in this book. The bad news, if that's what you could call it, is that you'll have to put the work in to accomplish it.

Following the instructions and turning them into habits will enable you to get the best out of yourself and present the best version of yourself. This is a new way to live - a way to get the organism to fire on all cylinders, in all areas. Everything I've laid out is the way I live and

living this way has helped me drag myself out of the hole and to rebuild my life - my body, health and mind.

I also built a new career as a strength coach and established a successful business in the process and not just any business but one that I love - my own customised, strength based gym and coaching service. This is my purpose and my mission in life, to help men (and women) become better.

Yes this is my life now but it wasn't always like that. In fact, it may never have been like this if it hadn't been for the negative events and circumstances that forced me onto this path.

First there was a bar-room incident that left me with my nose being severed from my face. Then I was further "assaulted" by bumbling surgeons who tried to repair the damage to my face. They ended up failing, causing more damage and leaving more scarring.

A few years later I was diagnosed with an "incurable" digestive disease. These two events combined left me clinically depressed by the "official" diagnosis. I refused medication for the depression but after taking medication for two years for my digestive problems, my overall health had worsened.

As a mentor of mine Louie Simmons said "You have to get your ass kicked in life to succeed"

I've certainly had mine kicked. After being in what seemed like the depths of hell for years, I found the strength to pull myself out. I went from being depressed, physically and mentally weak - to strong, healthy and confident again.

I reversed my digestive symptoms and conquered the so called "incurable" disease. I went from being weak, unhealthy and unhappy to strong, ripped and bustling with health at an age when most men are on a downward curve.

It wasn't an overnight success or a linear path. It took me years of failures and ups and downs and it taught me to never give up, to always be thorough and to avoid the quick fix and the short cut like the plague.

But it's not only myself I've rebuilt, I've also helped business people, athletes, MMA fighters, stay at home mothers and average Joes do the same. This is what I love to do and this would never have come about had I not been dealt with the cards of adversity. I would never have become a strength coach, built my own customised gym, rebuilt my health and acquired the knowhow to turn men into beasts again had the 3D's not happened.

There's simply no doubt about it - adversity creates opportunity. Adversity gives you the opportunity to look it in the eye, see it as a challenge and persevere. Perseverance gives you the drive to overcome adversity.

So if you're going through tough times in your life, whether they be health issues, financial woes or relationship problems - look at them as opportunities to persevere and rebuild yourself into a stronger, healthier, better version of you.

Make this the bottom line:

No matter what your negative circumstances are, it's all the same affliction. It's all mediocrity and this manual is the antidote!

Don't live your life in a rut because a rut is a grave with the ends kicked out.

So it's a good idea to get up and get out. Apply what's in this book consistently and I promise you, you'll climb out of the hole you're in. You'll become the best you've ever been. The truth is we don't know what we're capable of but one thing's for sure - if you're reading this book it's a lot more than you are now. Taking action is paramount and you need to be strong, healthy and energised to be the man you were born to be.

The cutting edge content of this book will show you to transform yourself into the "Real Deal." What I mean by that, is that you'll not only look the part but you'll possess the "real world" ability to back it up. The training methods outlined in this book will not only make you look good - they carry straight over to sports, athletic and combat performance.

Note: When I said "cutting edge" I don't mean new.

Some of the information you'll find in this book was buried in the history books and long forgotten in mainstream circles. We live in an age where most people are looking for the short cut, the quick fix and the easy route. But that's an insult to the pioneers of some of the knowledge in this book. It's literally "fools gold" to suggest that more or the same could be accomplished with less work or in a faster time.

In some areas there's no need to look for the "new" information because it's not always the best. The Iron Game - powerlifting, weightlifting and bodybuilding - is one such area where we're literally standing on the shoulders of giants. You only need to look back to see what the greats that came before us achieved.

I realised there was no need to create anything new and that I only needed to tap into and utilise the ideas of the avant-garde of strength and performance that came before us. That's not to say I don't write my own programs, I do but the methodology comes from long ago. Make no mistake, a lot of the "underground" information in this book, is elite knowledge that has been dug up from bygone eras and will give you the edge over everyone in the now.

So what exactly will we be covering in this book?

The book is essentially in two parts.

The first part is **MY STORY** and deals with the adversity and the negative events which came my way and pushed me onto this path. While it's not essential that you read this I'd recommend you do as it may inspire you. It may also help you see things in yourself you didn't see before as well as give you the belief that you can overcome your own challenges.

The second part is **THE SYSTEM** for living and this is the "show you what to do" part.

Part one in the system shows you how to develop a **STRONG MINDSET** because your thinking is THE MOST IMPORTANT FACTOR which contributes to success in all areas of your life. In this book I will cut through all the “feel good” BS that fills the self help section on Amazon.

I know it's BS because I read a ton of it. I've been on this self help/self improvement path since 2003 and it's only been through failing many times that I've been able to succeed. I can tell you now that if your mindset, the way you think, isn't right then you'll fail.

Part two deals with **OPTIMAL TRAINING**. This is where I will introduce you to THE BEST TRAINING METHOD in the world for developing strength, speed, explosiveness, muscle, endurance etc. That isn't hype, it's a fact and I'll prove it. In other words I want to introduce you to a method so you can strive for physical excellence.

I'm not interested in what the latest “internet fitness guru” has to offer because I know it's not much or it's a rehashed version of something that's already out there and it's been given a “new, trendy” name.

What I am interested in is what will deliver top level results in strength, physical performance (and manliness, which is the focus of this book) to the man on the street. The training method I'm talking about was developed in the 1960's in the Soviet Union and brought to the US by a strength coach who modified it.

However, the method is not the most important factor in terms of your success. The single biggest factor in your success is:

**How hard you are consistently willing to work in the gym, outside the gym and on yourself?**

Part three is **ALL-INCLUSIVE NUTRITION** and this is where you'll discover how to formulate a customised eating plan that will deliver the nutrition and the fuel your body needs. The fastest way to impact your health is through the foods you eat day in day out. You can literally dig yourself into an early grave with your knife and fork.

I'm going to show you how to dig yourself out of the rut you're in and I'm well qualified because I've done it. I've tried every credible way of eating you can imagine. This is another cog in the system that is critical to nail down if you want maximum results.

The fourth and final part of the system deals with **REST, RECOVERY & REWARD** and again this is another essential area that will impact your results.

These are your foundations for success as a man whatever you choose to do. Look at this system the way I do, as an “ever present blueprint for living.” I developed this way of living through study and application - by keeping what works and discarding what doesn't.

I started out on this path to find a way to overcome poor health, weakness and my own mediocrity. I ended up searching for the best way, not just to train but to turn myself into the

“Real Deal.” I didn’t do this so I could become a coach, I did it because I decided I wanted to shoot to be the best I could be.

Throwing heavy metal around was easy for me, I’ve trained for most of my life. The study, disciplined living and abstaining from everything I used to do, not so easy. I hated school and always loved partying and doing things I shouldn’t. Fortunately I was able to earn income from all of this but to be honest, if I wasn’t getting paid to coach people in strength and performance I’d be coaching myself and anyone else who’d listen.

I’d be living exactly as I am now. It was only through finding myself at rock bottom that jolted me into action and put me onto this path in life. If adversity hadn’t come my way I wouldn’t be doing what I’m doing today.

If you’re reading this, you’re probably not entirely happy with your life. You may not be at rock bottom but I doubt you’re on cloud nine either. There’s some aspect of your lot that you’re not happy with and you want to improve. It all falls under the mediocrity banner. I don’t know any men who get up every morning and say “Today I am committed to being mediocre” Most men want to be the best they can be but they don’t have the tools and the mindset to do it - that’s where this book comes in.

As men we need to get a fucking grip. We need to stop being happy with mediocrity and waiting for things to get easier. We need to accept that life’s hard and that it always will be. We need to grab the bull by the horns, embrace the struggle and strive to be stronger men.

Life’s hard but it will never be anywhere near as hard as the struggle our forefathers had to endure. We live in times where it has never been easier to build ourselves a life that our forefathers couldn’t even imagine. We can get hold of virtually any information, something our forefathers could never do, in a second. We can apply that information directly to our lives and if it is the “right information” - see massive improvement!

I’ve already done that work so you don’t have to. Something that’s taken me years to find, test, arrange and systematize - so I can guarantee you it’s the right information! That’s the world we live in today and the advantage you have. That “underground” information is right here and the consistent application of it is all you need - to be the best you can be and separate yourself from the herd.

All that’s left is for you to pick it up, consume it and apply it.

Sincerely,  
Stephen Williams  
Radical Strength Coach  
Jarrow  
England  
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