Review of The Primal Conditioning DVD

**DVD:** Primal Conditioning: The Definitive Guide to Complete Body Mastery  
**Created by** Greg Mihovich  
* This is a 2 DVD Set *  
**Found at:** [http://TheUndergroundGym.com](http://TheUndergroundGym.com)  
**Price at time of review:** $ 59.99, on sale at $ 49.99
Running Time: Approx. 2 hrs.

Bonus Materials: This is a cool one…found inside is a small user’s manual with workouts that take you from the beginner, to intermediate to the advanced workouts using the movements in the DVD’s.

The beginner program has 3 workouts for you to follow for 4 – 6 weeks.
The intermediate program has 2 sample circuits for you follow, twice per week which also lasts 4 – 6 weeks.
The advanced program gives you 4 workouts to follow for another 4 – 6 weeks.

At the least, you have 3 months of bodyweight training to follow to get you in serious shape – strength, power, flexibility, endurance – all are covered in this DVD set!

The workouts in the intermediate and advanced are very innovative and mix a variety of physical traits into one workout, such as strength and conditioning emphasis, or some days focus solely on strength. The workouts are well planned and guaranteed to get you results.

The DVD itself has a very thorough explanation of each movement with a detailed demonstration. Watching Greg perform these movements is pretty damn impressive and motivating! You see the type of mastery he has with these movements and his physique development and it shows exactly why Greg has become so proficient physically.

The equipment you’ll need to be able to utilize all the movements: You can find a playground with pull up bars and parallel bars and you’ll be all set minus a few movements.

There are over 60 movements in the 2 DVD set and they are not only broken down into proper progression, but by the movement category as well so you can better understand how to design your own program after following the 3 month training template that you get with the DVD set.

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There is only one area in which you’ll need some soft mats (wrestling / grappling mats) for the various bridge progressions. Some ab progressions are shown using a simple ab wheel, the kind you can find at a sporting good store for super cheap, or make one from the lawn mower wheels sold at Home Depot. And some movements shown using the power rings. Mostly, these are bodyweight without the needs of extra tools.

Other than that, you’ll see Gregory’s gym, as he trains uses pull up bars, dips bars, and then pure bodyweight with no equipment at all.

There are some very challenging movements in this DVD, especially in the 2nd DVD. The GREAT thing about this DVD set is that the moves are filmed in progression, as opposed to being lumped together in any order. You have a blue print from start to finish, you can’t go wrong.

The information on bodyweight movements here is top notch, and here is who I highly recommend the DVD for:

- Combative athletes of all kinds
- Athletic coaches with limited or no access to gym equipment (high school wrestling coaches, grappling / judo / mma clubs with no strength equipment)
- Individuals who train a home and have no equipment
- Anyone who loves bodyweight training
- Underground Strength Coach fanatics

I do know, unfortunately, that sometimes people nit pick. If I nit pick to find something wrong on the DVD, the only thing is the sound quality is not perfect. Why do I know this? Because I’ve had a DVD with less than perfect sound.

What’s my answer to this? Turn your volume up a little bit, focus on the information in these videos which are kick ass, and don’t complain like a sissy ☺
Conclusion

Gregory is someone you really want to learn from. His background in martial arts, sports and fitness training is truly amazing! Once you see Gregory move his body in this DVD set, you will understand why he calls this “The Definitive Guide to Complete Body Mastery”.

I will be taking many of these movements and implementing them into the training that I use at wrestling clubs where we have NO equipment except mats, not even pull up bars.

All of the methods in this DVD set are for training solo, no partner needed.

Once again, you can purchase this DVD at http://TheUndergroundGym.com

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