



Chain Reaction Training: Exercising the Nuclear Option for Combat Strength and Conditioning

Ernest Emerson

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Don't buy this book if you are a quitter. It's not for you. You'll hate it, you'll dismiss it, and you won't see any results. If you're a quitter get out of here. Go to the yoga section.

This is a book about hard-core physical training. It's about functional, combat strength and conditioning. It's not about losing weight or body building. It's about Warrior Strength.

A warrior needs functional strength. A warrior needs Neanderthal strength, Cro-Magnon Strength, the strength that kept our ancestors alive when everything that existed in their world conspired to kill them, and only the strong survived.

A warrior needs the strength that he can use to fight in combat, survive in combat, or save a teammate in combat. In terms of training, that's a whole different creature than a gym membership workout, a bodybuilding workout, or even what most would consider a hard training routine.

Think about it like this. What if you need to sprint a quarter-mile over uneven terrain to rescue a teammate out of a downed Helo, sling him over your back and then carry him back a quarter-mile to a safe position. If you run out of gas or God forbid quit, then your buddy dies. You never want to be that guy. If you follow the Chain Reaction Training protocol you won't.

Developed by Black Belt Hall of Famer and renowned tactical instructor Ernest Emerson, the Chain Reaction System is designed to build 100% usable, all-terrain, combat fitness and strength. Drawing on a lifetime of hands-on experience and knowledge, Emerson is interested in one thing only, optimal human performance.

Just like in his combat classes, Emerson is concerned with getting students to perform at their true maximum potential, far beyond what they may think is the limit of their ultimate efforts.

That is what is needed to survive, and prevail in combat. Life-and-death, hand to hand, combat consists of three fundamental components.

1. The skills 2. The mindset 3. Physical strength and conditioning

All three of these have to be optimized in order to engage in combat with the confidence that you will win. And you know, confidence in combat is a huge factor. Without it you are guaranteed to lose.

There's nothing that builds self-confidence to the degree that being strong and fit does. However, few outside of the Special Operations community, Naval Special Warfare (SEALs), or Olympic athletes ever experience the extreme fitness levels that these 1%ers do.

A friend once asked, "Who do you think is the toughest S.O.B. on earth?" The answer? A 135 pound Marine,

just out of boot camp. He is the strongest he has ever been. He is in the best condition he's ever been in, and he knows that in a fight, there's no other human being on earth that will run him out of gas. That is confidence

Based on a combination of functional strength, and core conditioning exercises, they are pushed to the extreme by completing a chain from start to finish without stopping. It pushes all three components of physical conditioning, the ATP system, the glycolic system, and the aerobic system to new limits. Limits beyond what you once thought you were capable of doing.

Emerson explains in precise, simple, terms how the system works, why the system works, and then gives you a plan for setting up your own regimen, depending on what equipment or facilities you have available. It leaves you with no excuse for not being able to train. In fact, he provides you 25 days of Chain Reaction Routines, his own routines, which amounts to over a month's worth of training. So if you don't get the results promised, it will only be because of your own weak will and lack of resolve. Emerson leaves you with no excuse.

It has been said that the greatest fear of growing old is that other men stop seeing you as being dangerous. The Chain Reaction Training System will keep you very dangerous.

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