

Program Day	Type of Workout	Exercises	Instructions
Day 1 - AM	Morning Wake Up Routine	<ul style="list-style-type: none"> • Joint mobility - all • Energizing Breath - 3 rounds of 25 breaths with 3 normal breaths between rounds. • San Shin No Kata (time permitting) • Standing Natural Breathing - 5 	San Shin no Kata - 5 to 9 reps each side.
Day 1 - PM	Conditioning	<ul style="list-style-type: none"> • Burpees - 30 Seconds • Jumping Jacks - 30 Seconds • BW Squats - 30 Seconds • DB Swings (alternate every 5 reps) - 30 Seconds <p>- Vibration Drills - Yoga Compensatory Movement</p>	No rest between exercises or rounds. Move continuously through circuit 5 times for total of 10 minutes.
Day 2 - AM	Morning Wake Up Routine	<ul style="list-style-type: none"> • Joint mobility - all • Energizing Breath - 3 rounds of 25 breaths with 3 normal breaths between rounds. • San Shin No Kata (time permitting) • Standing Natural Breathing - 5 	San Shin stepping backwards variation. 5 to 9 reps each side.
Day 2 - PM	Bujinkan Training		
Day 3 - AM	Morning Wake Up Routine	<ul style="list-style-type: none"> • Joint mobility - all • Energizing Breath - 3 rounds of 25 breaths with 3 normal breaths between rounds. • San Shin No Kata (time permitting) • Standing Natural Breathing - 5 	San Shin no Kata with yoko aruki stepping. 5 to 9 reps each side.
Day 3 - PM	Conditioning	<ul style="list-style-type: none"> • 10 DB Snatches (each arm) • 10 DB Hammer Curls with 	Perform 3 to 5 rounds with no

		<p>Walking Lunges (each arm)</p> <ul style="list-style-type: none"> • 5 Pull-ups • 10 Vertical Leaps <p>- Vibration drills between rounds - Yoga Compensatory Movement</p>	<p>rest between exercises. Rest 60 to 90 seconds between rounds</p>
Day 4 - AM	Morning Wake Up Routine	<ul style="list-style-type: none"> • Joint mobility - all • Energizing Breath - 3 rounds of 25 breaths with 3 normal breaths between rounds. • San Shin No Kata (time permitting) • Standing Natural Breathing - 5 	<p>San Shin no Kata leaping version. 5 to 9 reps each side.</p>
Day 4 - PM	Bujinkan Training		
Day 5 - AM		<ul style="list-style-type: none"> • Joint mobility - all • Energizing Breath - 3 rounds of 25 breaths with 3 normal breaths between rounds. • San Shin No Kata (time permitting) • Standing Natural Breathing - 5 	<p>San Shin no Kata with ukemi version. 5 to 9 each side.</p> <ol style="list-style-type: none"> 1. Chi - front roll 2. Sui - back roll 3. Ka - side roll 4. Fu - cartwheel 5. Ku - breakfall
Day 5 - PM	Strength	<ul style="list-style-type: none"> • 5 DB Military Presses - L/R • 5 DB One Arm Bench Press - L/R • 10 Hindu Push-ups • 10 Squats w/ DBs • 5 Pistols - L/R <p><u>Finisher</u> - 1 super slow push-up (20 secs down, 20 secs up), 1 super slow squat (20 secs down, 20 secs up)</p>	<p>Perform 3 to 5 sets of each exercise. Rest 60 to 90 seconds between exercises.</p>

		<p>- Vibration Drills - Yoga Compensatory Movement</p>	
Day 6 - AM	Morning Wake Up Routine	<ul style="list-style-type: none"> • Joint mobility - all • Energizing Breath - 3 rounds of 25 breaths with 3 normal breaths between rounds. • San Shin No Kata (time permitting) • Standing Natural Breathing - 5 	San Shin no Kata with hanbo. 5 to 9 reps each side.
Day 6 - PM	Core Strength	<ul style="list-style-type: none"> • 10 V-ups • 10 (each side) Side Bends w/ DB • 10 Supermans • 16 (left/right) Twists w/ DB <p><u>Finisher</u> - Plank hold for time (hold as long as possible)</p>	Perform 3 to 5 rounds with no rest between exercises. Rest 60 to 90 seconds between rounds
Day 7 - AM	Morning Wake Up Routine	<ul style="list-style-type: none"> • Joint mobility - all • Energizing Breath - 3 rounds of 25 breaths with 3 normal breaths between rounds. • San Shin No Kata (time permitting) • Standing Natural Breathing - 5 	San Shin no Kata with knife version. 5 to 9 reps each side.
Day 7 - PM	REST		