



**Christmas  
Vacation  
Bodyweight  
Workout**

**Merry Christmas from  
Warrior Fitness!**

[www.WarriorFitness.org](http://www.WarriorFitness.org)

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### **Disclaimer:**

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this e manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this e manual, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program,

If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

# **Christmas Vacation Bodyweight Workout**

**For all the readers of the Warrior Blog and visitors to  
WarriorFitness.org -**

I want to take this opportunity to say thank you for all your support of Warrior Fitness throughout the year. Your feedback and participation through all your emails and comments both on the blog, Facebook, and in person at the gym and at seminars have been essential and inspirational to me. You **ALL** help me to keep going!

In order to give back to you, I have put together this holiday workout program just for you. Yes, you. This plan will keep you strong and fit over the Christmas holiday and give you a head start when you jump into the New Year!

**Have a very Merry Christmas and a Happy New Year!**

Your Friend,

Jon Haas  
Warrior Fitness Training Systems

**[www.WarriorFitness.org](http://www.WarriorFitness.org)**

PS – This is a FREE resource, so please feel free to forward on to friends and family!

## **Christmas Workout Notes:**

Perform workouts on non-consecutive days. Always warm-up prior to training. Check out the video of the [Athletic Warm-up routine](#) we use at **Warrior Fitness Gym**, or perform your own. I highly recommend using some sort of joint mobility on a daily basis, preferably in the AM as part of your Morning Recharge Routine.

Additionally, make sure to stay active even on non-training days. Walking, running, hiking, yoga, martial arts, etc. are all great ways to keep the body moving and go a long way to bolstering the results you achieve from the workouts as well as helping to create an overall healthy lifestyle!

**Sub Max (SM)** effort means do not go all out; leave 1 to 2 reps in the tank.

**Max Effort (Max)** means do as many reps as possible in that set.

**As Fast As Possible (AFAP)** means to complete the reps as fast as you can while maintaining good form

**Supersets** are alternating between 2 or more exercises for the duration of the set. The exercises will often be placed as antagonistic movements opposite each other, like a push-pull combination.

**For all squats keep weight on heels, squat with butt back and knees out.**

**Always exhale on effort and focus on keeping the core braced tightly on every exercise.**

**Here is a video of the [Cool Down](#) we use at Warrior Fitness Gym. Use this right after the main workout to balance out the body, remove residual tension, and prepare you for the next one.**

## **Warrior Strength Workout #1**

1A) Bodyweight Squats 4 x 15

1B) Push-ups 4 x SM

(Rest 60 seconds)

2A) Alternating Forward Lunges 3 x 15

2B) Dips on chair or bed 3 x 10-15

(Rest 60 seconds)

3) Core work 3 x 10-15 (first set: V-ups, second set: Knee Tucks, third set: Supermans)

**Knee Tucks** - Begin seated with legs pulled into chest. Extend legs straight out in front without your feet touching the ground. Exhale, contract your core, and pull your legs back into your chest.

**Supermans** – Lie on your stomach with arms straight out in front of you. Exhale, contract the core and raise both arms and both legs at the same time

## Warrior Strength Workout #2

1A) Super Slow Push-ups (15 seconds down/15 seconds up) 4 x Max

1B) Super Slow Squats (15 seconds down/15 seconds up) 4 x 10

1C) Super Slow Leg Raises (15 seconds down/15 seconds up) 4 x 10

(Rest 2 – 3 minutes)

2) Push-ups 1 x Max AFAP

(Rest 1 minute)

3) Bodyweight Squats 1 x Max AFAP

(Rest 1 Minute)

4) Leg Raises 1 x Max AFAP

## Warrior Strength Workout #3

1) Bodyweight Squats 20, 15, 10, 5 (60 second rest)

2) Push-ups 10, 8, 6, 4 (60 second rest)

3) Reverse Lunges 4 x 15 (60 second rest)

4) Plank 3 x 60 second holds / Side Plank 2 x 30 second holds

**As a bonus, here are two brand new conditioning workouts from my upcoming program, **Warrior Metabolic Conditioning.****

**Look for it in coming soon in January 2013!!**

## **Warrior Conditioning # 1**

- 1) Bodyweight Squats x 20
- 2) Jumping Squats x 10
- 3) Pushups x 10
- 4) Pull-ups x 5

Complete AMRAP (as many rounds as possible) in 20 minutes

## **Warrior Conditioning #2**

- 1) Backward Lunges x 20
- 2) V-ups x 10
- 3) Sprawls x 10
- 4) Box Jumps x 10
- 5) Shadow Boxing x 30 seconds

Complete 5 rounds. Rest 1 minute between rounds.

# Additional Recommended Resources

## [Warrior Fitness: Conditioning for Martial Arts](#)

Warrior Fitness will help you and your students attain a new level of strength, flexibility and endurance — quickly and with little chance of injury. **Warrior Fitness combines old school fitness with modern exercise science.**

## [Warrior Fitness Guide to Striking Power](#)

**Specific Physical Preparedness for ALL striking arts from old school Traditional Martial Arts to modern MMA!** Learn how to build a powerful structure to stabilize punches, kicks, and martial movement! Discover how to use low-tech, high yield tools to strengthen strikes throughout a range of motion!

## [Evolve Your Breathing: Essential Techniques for Optimal Performance](#)

Learn unique and powerful breathing exercises drawn from martial arts, qigong, and yoga that will teach you how to **Adapt AND Perform Under Stress!**

## [Dad Strength Program](#)

A full 10 week program to go from Dad to Super Dad! **A Three-Phased approach to Recover and Sustain Strength.** Awesome for men in their 40's, 50's, 60's, and beyond!



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