

The Warrior Workouts

A Free Resource from Warrior Fitness!



Created for you by ~

**Jon Haas, Founder
Warrior Fitness Training Systems
www.WarriorFitness.org**

Legal Stuff

Copyright © 2013, All Rights Reserved

All rights reserved. No part of this e-book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the expressed written permission from Jonathan Haas.

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 in-tended 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.

The Warrior Workouts

A Free Resource Brought to You by Warrior Fitness...

The following is a free preview of my upcoming program of the same name, **The Warrior Workouts**.

This sample program consists of a complete 4 weeks of training and is designed to give you a taste of the various types of training methods used within the Warrior Fitness Training System.

Each of these workouts has been specifically crafted to provide complete, full-body strength, conditioning, and power for martial art, sport, or anything else life can throw at you!

Workout Notes

Perform workouts 3 days per week, preferably on non-consecutive days. Continue to do joint mobility on a daily basis, preferably in the AM as part of your Morning Recharge Routine. Stretching should be performed after each workout as part of a proper cool down routine.

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

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

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 mid-foot balance, back straight from crown to tail, and knees out over the toes.

Always exhale on effort and focus on keeping the core braced tightly, as if expecting to be gut-punched, on every exercise.

Warrior Workout One – Metabolic Conditioning

1. Medicine Ball Slam
2. Clubbell Rock-It (Demo Video [HERE](#))
3. Unilateral Push-up Row (Demo Video [HERE](#))
4. Bodyweight Squat or Squat Jump
5. Frog Press (Demo Video [HERE](#))

Protocol: Perform each exercise for 90 seconds followed by 30 seconds of rest. Repeat 2 times.

Core Training

V-UPS – (3x10)

Knee Hugs – (3x10)

Russian Twists – (3x10)

Warrior Workout Two – Strength & Power

1A) Double Kettlebell Clean & Press (4 x 5) (Demo Video [HERE](#))

1B) Pull-ups (4 x SM)

~ Rest 1-2 minutes ~

2A) Power Over Pushup (4 x 10) (Demo Video [HERE](#))

2B) Alternating Lunge Jumps (4 x 10 each leg)

~ Rest 1-2 minutes ~

3A) Kettlebell Windmill (3 x 3/3) (Demo Video [HERE](#))

3B) Wheel Rollout (3 x 10)

Warrior Workout Three – Strength & Conditioning

1A) KB High Pull (3 x 8/8) (Demo Video [HERE](#))

1B) KB Goblet Squat (3 x 10) (Demo Video [HERE](#))

~ Rest 1-2 minutes ~

Warrior Lunge (3 x 10 each leg) (Demo Video [HERE](#))

Spiderman Push-up (3 x 10) (Demo Video [HERE](#))

Pull-up or Dips (3 x SM)

~ Rest 1-2 minutes ~

As Many Rounds As Possible (AMRAP) in 3 Minutes of:

a) Body Weight Squats (5x)

b) Squat Jumps (5x)

c) Push-up (5x)

Core Training

KB Pullover (3 x 10)

Leg Lifts (3 x 10)

KB Side Bends (3x 5/5)

If you enjoyed this free resource, please take a look at out our full line of Warrior Fitness programs bringing you the best of fitness, martial art, and health.

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!

Martial Power Program (e-book and video)

The Martial Power Program is for those traditional martial artists committed to taking their body, mind, and spirit to the next level! This program is for people who are serious about learning how to functionally integrate high level fitness training into their martial arts practice!

Ninja Mission Program 1 (Video and Manual)

You will train like the ninja of feudal Japan preparing body, mind, and spirit through rigorous physical training and martial practice

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 (e-book)

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!