

# Warrior Transformation Program Workouts



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## **Legal Stuff**

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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.

These workouts are designed to build a base of whole body strength and conditioning, coupled and balanced with relaxed power.

### **Private Videos:**

[New Morning Routine](#) – Perform first thing every morning

[Box Breathing](#) – Perform daily

[Joint Mobility](#) – Perform daily

[Vibration Drills](#) – Perform in between sets and post workout

[Ninja Flexibility](#) – Perform post workout

[Bujinkan Flow Drills](#) – (Optional!) For Bujinkan students who want to build flow in their practice

### **Workout Notes**

Perform workouts 3 days per week, on non-consecutive days.

Rotate **Day 1** and **Day 2**. 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 (A, B or A, B, C pairs)** 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, glutes, and quads braced tightly, as if expecting to be gut-

punched, on every exercise. All power and strength originates from the core and is expressed from center out to the extremities.

**NOTE:**

*If the exercises are too difficult, use a lighter weight or lower the number of sets/reps until you can complete the entire workout as written. If, on the other hand, it is too easy – use a heavier weight.*

*Remember – everything is easy until it gets heavy!!*

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## **Day 1**

1A) Pull Ups (change grip each set) or Bodyweight Row – 4 x SM

1B) [Hindu Push Ups](#) – 4 x 10

Rest 30 – 60 seconds between each set (A+B)

2A) Alternating Forward Lunges – 3 x 10 each leg

2B) Squats Jumps – 3 x 10

2C) Sprawls – 3 x 10

[Video for all 3](#) ←

Rest 30-60 seconds between each set (A+B+C)

### **Core Training**

Knee Hugs – 3 x 10

Spinal Rocks - 3 x 10

Leg Raise - 3 x 10

Rest 30-60 seconds between each set (A+B+C)

Plank x 60 seconds

Side Plank x 20 seconds each side

Perform one time

[Core Training Video](#) ←

## **Day 2**

1A) [Dragon Press with Dumbbell](#) x 10 each side

1B) [Sit Thru](#) x 10 each side

1C) [Spiral Push-ups](#) x 10 each side

1D) [Ichimonji Squat with Dumbbell](#) x 10 each side

1E) [One Arm Dumbbell Swing](#) x 10 each side

Rest 30-60 seconds between rounds (A+B+C+D+E)

Perform 3 to 5 rounds

### **Core Training**

Knee Hugs – 3 x 10

Spinal Rocks - 3 x 10

Leg Raise - 3 x 10

Rest 30-60 seconds between each set (A+B+C)

Plank x 60 seconds

Side Plank x 20 seconds each side

Perform one time

[Core Training Video](#) ←