

Warrior Life Transformation Program Workouts – Month 6



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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.

Continue With the New Warm-up Protocol!

Perform the joint mobility first, then add this prior to all workouts.

- 1A) Jumping Jacks x 20
- 1B) Push-ups x 5
- 1C) Bodyweight Squats x 5
- 1D) Dips x 5
- 1E) Knee Hugs x 5

Complete 3 rounds of 1A through 1E. Rest 1-2 minutes before beginning your workout.

Add In New Band Warm-up!

- 1A) Band Pull Aparts x 10
- 1B) Band Pull Aparts Palms Up Grip x 10
- 1C) Band Dislocators x 10
- 1D) Band Curls x 10
- 1E) Band Wrist Deviations x 10/10

Workout Notes

Perform workouts 3 days per week. Begin with **Warrior Life Transformation Workout Day 1** followed by Day 2 and Day 3. Perform all 3 workouts each week for the month. Continue to do joint mobility on a daily basis, in the mornings as part of your Morning Recharge, as well as pre-workout. 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!!

Warrior Life Transformation Workout Day 1

1A) Bear Crawl x 30 seconds

1B) Crab Walk x 30 seconds

2A) Double (DB or KB) Clean & Press – 4 x 10 (hold last rep of each set OH for 10-20 seconds)

2B) Double (DB or KB) High Pulls – 4 x 10

2C) Prisoner Squats – 4 x 10

Core Training

Warrior Sit-ups – 3 x 25

Leg Raises – 3 x 25

Plank– 60 seconds

Warrior Life Transformation Workout Day 2

1A) KB Goblet Squat x 1, 2, 3, 4, 5, 6, 7, 8

1B) KB Swing x 1, 2, 3, 4, 5, 6, 7, 8

2A) Push-up x 1, 2, 3, 4, 5, 6, 7, 8

2B) KB Swing x 2, 4, 6, 8, 10, 12, 14, 16

3A) DB Curls – 3 x 10-12

3B) Lying Down Triceps Extension – 3 x 10-12

Grip Work

Hex DB Holds – 5 x 15 to 20 seconds

Core Training

Knee Hugs – 3 x 25

DB Side Bends – 3 x 10/10

Ab Wheel Roll Outs – 3 x 10

Warrior Life Transformation Workout Day 3 – NO RULES!

Exercise Pool

- Sprawls
- Medicine Ball Slams
- H2H KB Swings
- Squat Jumps
- Staggered Push-ups

Protocol: Use every exercise above in any order you like with as many or as few reps as you like. If you need a break, do jumping jacks or run in place.

The goal is to perform 3 rounds for 5 minutes each or 5 rounds for 3 minutes each. Rest 60 seconds between rounds.

Core:

Rotate core training from Day 1 and Day 2