

WarFit

**The Ultimate
Combat
Conditioning
System
for the
Traditional &
Modern Warrior**



Jon Haas

Legal Stuff

Copyright © 2016, 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 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.

WarFit:

Combat Conditioning for the Modern and Traditional Warrior

Welcome to Warrior Fitness!

The WarFit Program Combat Conditioning Program is designed first and foremost to increase endurance and reduce the deleterious effects that fatigue has on performance.

Additionally, it will build a base of whole body strength and conditioning, burn fat at an alarming rate, and sculpt lean muscle!

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!

What is Endurance?

Endurance is defined as being able to keep going without fatigue setting in, or being able to push oneself through fatigue. Essentially, it is the ability to resist or bear fatigue.

What is fatigue? Fatigue is weariness or exhaustion from exertion, or the temporary loss of power to respond.



An equally critical corollary to the definition of endurance, especially for the warrior, is that your level of endurance also determines how quickly you are able to recover between bouts of activity.

Combat is Multifaceted

Combat, like life, does not happen at one constant rate of speed. It is multi-faceted in nature. There will be periods of brutally intense activity followed by lulls in the action, again followed by another flurry of activity. Being able to use those lulls in action to recover is a critical ability for the warrior.

Steady state cardio, Long Slow Distance (LSD) training simply will not cut it. Running on a treadmill may be appropriate for a hamster in a cage, but human beings require more. Long distance running can be beneficial for mental toughness and/or active recovery, but it should not be the primary focus of a warrior's endurance training.

So then how should we train to maximize our ability to endure?

Warriors Need to HIIT!

High Intensity Interval Training (HIIT) is one of the best ways to train for endurance. It will enhance all 3 energy systems in the body, as well as prime the nervous system to recover automatically during lulls in activity.

Simply put, HIIT alternates periods of high intensity exercise with periods of rest and recovery. It can be performed with almost any exercise and can be utilized both with and without equipment. The variety and adaptability of this style of training is second to none in results.

How else does improving your endurance through this type of conditioning aid your martial arts training?

I'm glad you asked!

If the benefits discussed above weren't enough, consider that having a high level of conditioning also aids in learning new skills.

How's that possible?

To put it simply, when the central nervous system (CNS) is fatigued, the body cannot effectively process new skills, especially technically advanced skills.

So, in essence your lack of a general level of fitness and conditioning will actually impede your learning process as you will tire more readily and not have the ability to recover quickly enough during training.

Want to train more, at a higher level, for a longer period of time?

Want to get more out of your training time both at home and in the dojo?

Want to build new skills and enhance your technical arsenal?

Get yourself in shape – this Combat Conditioning Program will show you how!

Programmable Chaos

How to Introduce Chaos to Your Training Without Making Your Training Chaotic

The current rage in conditioning training, especially when talking about combat conditioning, is to completely change up the workout for each and every session. This has the advantage of keeping the training fresh and throwing the body into chaos each time so it never knows what hit it. The hardcore advocates of this type of conditioning stress that this environment will create a very broad and general fitness that prepares the trainee for almost every physical contingency, both known and unknowable. This enables one to prepare for the chaos and uncertainty of combat by training in an uncertain and chaotic environment.

Seems to make a lot of sense on the surface, right?

However, one of the problems resident with this type of training is that random training yields random results. It's difficult to measure progress when the parameters are constantly shifting.

In order for the body to produce an adaptation for improved performance in life, sport, or martial art, we must apply specific stimulus as per the SAID Principle (Specific Adaptation to Imposed Demand). This basically means that the body adapts with a specific type of fitness to any demand which is imposed on it. When the same exercise is performed for too long, the body adapts to the stresses of each set and the adaptations or returns get smaller and smaller. Once it has adapted to the stress, then it's time to change

or increase the stress or else we fall into that trap of diminishing returns.

Usually though it takes the body a period of 4-to-6 weeks to adapt and then it is advisable to begin changing exercises. This does not mean that we need to completely throw away everything we have been doing; far from it. An exercise or drill can be changed by increasing intensity, increasing volume, decreasing rest periods, or increasing complexity or sophistication.

What this suggests is that a properly organized training program with incremental progression of increasing complexity and sophistication may actually prepare the body better than a set of random skills strewn together with a nebulous outcome in mind.

Thus in this program, we will work in 2 week microcycles rather than constantly switching up the routine. This allows us the variety to stay fresh while also training the nervous system in the proper movement patterns for inculcating martial skill.

Yet we still crave the chaos, right?

So why not have it both ways?

Let's program chaos into our training to instill the element of surprise and shock to the body. But, and this is key, we will **ONLY** do it once a week. This is enough to add the benefits of chaos training without suffering the negative aspects. The rest of the time you **must** follow a properly programmed training regimen to ensure all the multifaceted fitness qualities required to keep you strong, agile, mobile, and hostile are being met.

How do we program the chaos?

One of my favorite ways to do this is by picking 5-6 different exercises and setting an interval timer for 5 rounds of 3 to 5 minutes (depending on your fitness level).

Instead of setting a rep scheme, move from one exercise to the next in any order you like performing as many or as little reps of each exercise.

If you need active recovery during the round or simply can't figure out what to do for a few seconds – do Jumping Jacks. The only caveat is that you must not stop for the duration of the round. Take a 1 to 2-minute break between rounds to [recover your breathing](#), then go again.

Here's an example:

1. Kettlebell Swings or Snatches
2. Jab/Cross Combo on Heavy Bag
3. Frog Pop-ups
4. Prisoner Squats
5. Sandbag Burpees

Remember - as warriors, we need to be in a constant state of preparedness, ready for whatever real life may throw at us!

In this Program the **“No Rules” Workout** at the end of the manual (or the one right above) can be thrown in at random times to help create chaos in your routine.

The Body's 3 Energy Systems

To briefly summarize, the body has three energy systems, 2 anaerobic, or non-oxidative, and 1 aerobic, that serve to create ATP (adenosine triphosphate). ATP is utilized by every cell in your body; it fuels muscular contractions, cognitive processes, and internal regulatory functions. Both anaerobic systems fuel maximally intensive activity, while the aerobic system fuels sustained low to moderate level activity.

The **ATP-PC** system provides immediately available energy for high intensity efforts from ATP stored within the muscles. This system is the most powerful, but least enduring of the three, lasting only about 10 to 30 seconds max.

The **Glycolytic** system, the second most powerful, is only slightly more enduring than the ATP-PC system. It derives energy from glycogen stored in the muscles and liver converting it to ATP in a process called glycolysis. Its capacity is approximately 90 to 120 seconds. Rest intervals allow the body to recuperate and restore ATP.

Lastly, the **Aerobic** system uses proteins, fats, and carbohydrates to produce ATP. As the intensity of the effort increases, the aerobic system relies more on glycogen for energy. If the intensity continues to increase, the anaerobic systems must kick-in to provide energy. The important idea to realize here is that all 3 energy systems are always supplying the body with the energy it needs for any activity, at any level of intensity. It's just that one may be more dominant than the other 2 at a specific time.

If Anaerobic is 'Without Oxygen', Why am I Sucking Wind?

Have you noticed how after even a brief, but intense anaerobic session you are breathing heavily?

If anaerobic really means 'without oxygen', how come you are so out of breath?

What happens is that your aerobic system is trying like heck to help restore your anaerobic systems. All that extra oxygen is being used to metabolize the lactate that's accumulated in the muscles during the bout of intense activity. In order to continue to supply energy for all-out, intense efforts, the anaerobic system must be replenished.

Excess Post-Exercise Oxygen Consumption (EPOC) is the term used to identify this process of extra oxygen being taken in to restore all systems.

So, basically, as the intensity of your exercise increases, so does your EPOC. And, that's why you're sucking wind!

The Tabata Protocol

No discussion of interval training would be complete without touching on Tabata. Dr. Izumi Tabata at the National Institute of Fitness and Sports in Tokyo, Japan performed perhaps the most well-known study on interval training.

A group exercising with moderate intensity endurance training was compared to another group using high intensity intermittent training. Each group exercised 5 days a week. The moderate intensity group exercised for 60 minutes, at 70% VO₂ max. The high intensity group did 8 intervals of 20 seconds, followed by 10 seconds of recovery. They operated at 170% VO₂ max. After 6 weeks, both groups experienced improvements in maximal oxygen uptake.

The biggest difference between them was that only the high intensity group gained improvement in anaerobic capacity. The high intensity group actually realized a 28% increase in anaerobic capacity AND a 14% increase in VO₂max. So, the study concluded that high intensity intermittent training can improve both the anaerobic and aerobic systems simultaneously. Very impressive results!

How Do You Use Tabata?

The protocol itself is pretty simple, in theory.

Choose an exercise – say sprints, for example. Perform the exercise for 20 seconds as fast as possible while still keeping good form. Rest 10 seconds. Complete 8 rounds.

Sprints are an easy example, but really the Tabata Protocol can be applied to almost any exercise.

Try some of these in your training:

- Bodyweight squats
- Burpees
- Kettlebell swings or snatches
- Sledgehammer swings
- Push-ups
- Sprawls
- Renegade Rows
- Sandbag Shouldering
- Mountain climbers
- Jumping

These are just a few examples of exercises that can be used with Tabata. Just make sure you don't overly complicate it because you do have to be able to perform several reps within the 20 seconds!!

Additionally, try grouping together 4 to 6 different exercises to increase the effectiveness of the workout and create a synergistic effect where the total combined effect is greater than the sum of the individual exercises. This, I think, is where the real fun begins!

To seriously amp up your conditioning, learning how to use various breathing techniques to restore yourself quicker, lower your heart rate, and increase the effectiveness of your conditioning sessions is a **MUST!**

While Tabata is a great protocol and works extremely well, it can also become over used and in the end create artificial limits in your conditioning – such as the body expecting a rest after only 20 seconds of work – that should not be there.

OK, enough theory -
Let's get to the training!

Workout Notes

Perform the Warfit workouts 3 days per week on non-consecutive days. On the “rest” days make sure you are staying active. Do mobility work, yoga, walking/running/hiking/swimming, budo training, etc.

Sample Schedule

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Active Recovery	Day 1	Active Recovery	Day 2	Active Recovery	Day 3	Active Recovery

Rotate **Day 1, Day 2, and Day 3.**

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!!

Joint Mobility Video – Daily & as Warm-up

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.

Resistance Band Warm-up Protocol

- 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

[Band Warm-up Protocol](#) ←

WarFit Weeks 1 & 2

Day 1 Warfit – Met Con

Video Instruction [HERE](#) ←

1. Medicine Ball Slam
2. Clubbell Rock-It
3. Renegade Row with KB or DB
4. Bodyweight Squat or Squat Jump
5. Frog Press (Any variation)

Protocol: Perform each exercise for 90 seconds followed by 30 seconds of rest. Repeat 2 times for a total of 20 minutes.

Core Training

V-UPS – (3x10)

Knee Hugs – (3x10)

Russian Twists – (3x10)

Day 2 Warfit – Strength & Power

Video Instruction [HERE](#) ←

1A) Double Kettlebell Clean & Press - 4 x 5

1B) Pull-ups - 4 x SM

~ Rest 30 to 60 Seconds ~

2A) Med Ball Push-up – 4 x 10

2B) Alternating Lunge Jumps – 4 x 10/10

~ Rest 30 to 60 Seconds ~

3A) Kettlebell Windmill - 3 x 5/5

3B) Wheel Rollout - 3 x 10

Day 3 Warfit – S & C

Video Instruction [HERE](#) ←

1A) KB High Pull (3 x 10/10)

1B) Goblet Squat (3 x 10)

~ Rest 30 to 60 Seconds ~

Warrior Lunge (3 x 10 each leg)

Spiderman Push-up (3 x 10)

Pull-up or Dips (3 x SM)

~ Rest 30 to 60 Seconds ~

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 Raises (3 x 10)

KB Side Bends (3x 5/5)

WarFit Weeks 3 & 4

WarFit 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

A) Knee Hugs – 3 x 10

B) Spinal Rocks - 3 x 10

C) 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 each

[Core Training Video](#) ←

WarFit Day 2

- 1A) [Dragon Press with Dumbbell](#) x 10 each side
- 1B) [Sit Thru](#) x 10 each side
- 1C) [Spiral Push-ups](#) x 10 (5 each side)
- 1D) [Ichimonji Squat with Dumbbell](#) x 10 each side
- 1E) [One Arm Dumbbell Swing](#) x 10 each side

Protocol: No rest between exercises (A+B+C+D+E). Perform AMRAP (as many rounds as possible) in 20 minutes. Rest as needed between rounds.

Core Training

A) Knee Hugs – 3 x 10

B) Spinal Rocks - 3 x 10

C) 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 each
[Core Training Video](#) ←

WarFit Day 3

- 1) Dumbbell Thrusters (squat + OH press) x 12, 10, 8, 6, 4, 2
- 2) Renegade Row x 12, 10, 8, 6, 4, 2
- 3) Burpees x 12, 10, 8, 6, 4, 2
- 4) Kettlebell Swings x 12, 10, 8, 6, 4, 2

[Video Here](#) ←

Protocol: Perform all of exercise 1 (rest as needed between sets of each individual exercise). Rest 30 to 60 seconds. Perform all of exercise 2. Rest 30 to 60 seconds. Perform all of exercise 3. Rest 30 to 60 seconds. Perform all of exercise 4.

Core Training

Spinal Rocks – 3 x 15

Straight Leg Sit-ups - 3 x 10

Plank for 60 seconds

[Core Training Video](#) ←

WarFit Weeks 5 & 6

WarFit Workout Day 1

1A) Alternating Backward Lunges with Dumbbell Curl x 10/10

1B) Shoulder Bridge Dumbbell Press x 10

1C) Dumbbell Swing and Punch x 10

[Part 1 Video](#) ←

Part 1 Protocol: Perform 5 rounds. Rest 30 seconds between rounds.

2A) Dumbbell Wall Sit x 60 seconds

2B) Jump Squats x 10

2C) OH Carry Walk x 60 Seconds

[Part 2 Video](#) ←

Part 2 Protocol: Perform 3 rounds. Rest 30 seconds between rounds.

Core Training

Warrior Sit-ups – 3 x 15

Leg Raises – 3 x 10

DB Side Bends – 3 x 10/10

[Core Video](#) ←

WarFit Workout Day 2

1A) One Arm Kettlebell Swings x 10

1B) One Arm Kettlebell High Pulls x 10

1C) Kettlebell Clean & Press + Lunge x 10

[Part 1 Video](#) ←

Protocol: Perform all of the exercises 1A – 1C on one side first then all on the other side. Start with the strong side – note: you do not have a weak side; you have a strong side and a stronger side!! Rest as needed between sets of each individual exercise. After completing both sides, rest for 30 to 60 seconds. Perform 3-5 rounds.

2A) Spiderman Press Ups – 3 x 10

2B) Sprawl Jumps – 3 x 10

[Part 2 Video](#) ←

Core Training

KB Sit-ups – 3 x 10

KB Side Bends - 3 x 10/10

Supermans – 3 x 10

[Core Video](#) ←

WarFit Workout Day 3

1A) Goblet Squat x 6

1B) Frog Press or Hop x 6

1C) Arrow Push-ups x 6

[Video Here](#) ←

Protocol: EMOTM (Every Minute on the Minute). Perform all of the exercises 1A – 1C as fast as possible. You must complete all of the reps in under 1 minute. The faster you move, the more you rest. Start with 10 minutes and work your way up to 15 and then 20.

WarFit Weeks 7 & 8

WarFit Workout Day 1 – Lower Body

1) [Turkish Get Ups](#) 3 x 3/3

2A) Dumbbell Front Squats 4 x 10

2B) Dumbbell Walking Lunges 4 x 10/10

[Front Squats & Lunges Video](#) ←

3) Kettlebell Swings 4 x 30

Core Training

KB Get Up Sit-ups – 3 x 10/10

Spinal Rocks – 3 x 10

Side Planks – 2 x 30 secs per side

[Core Video](#) ←

WarFit Workout Day 2 – Upper Body

1A) [Double Clean and Seesaw Press](#) – 4 x 10

1B) Double Bent Over Rows – 4 x 10

2A) [Double KB Floor Press](#) – 3 x 10

2B) Pull-ups or Recline Rows – 3 x Max

3A) [DB Hammer Curls](#) – 3 x 10-12

3B) Dips – 3 x 10-12

Grip Work

Hex DB Holds – 5 x 15 to 20 seconds

[Grip Video](#) ←

Core Training

KB Pull Overs – 3 x 10

Leg Raises – 3 x 10

Upper/Lower Plank – 60 seconds

[Core Video](#) ←

WarFit Workout Day 3 – Full Body

1A) DB Snatch x 5/5

1B) DB Clean & Press x 5/5

1C) Burpees x 10

[Video Here](#) ←

Protocol: Perform AMRAP (as many rounds as possible) in 20 minutes. Rest when absolutely necessary.

Core: Rotate core training from Day 1 and Day 2

WarFit – NO RULES!

Video Instruction [HERE](#) ←

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.

Additional Recommended Resources

10X Warrior Coaching Program **NEW**

Who else wants to completely transform their body, mind, and spirit to 10X Levels the Warrior way?

Integrated Strength Program (Video and Manual) *NEW*

Ever wonder if you could have it all in your training? Integrated Strength combines the best of Unconventional Strength training exercises with Internal Power Building training for a unique and comprehensive way of building whole body strength.

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.

Warrior Fitness: Conditioning for Martial Arts (e-book)

The flag ship book that started it all! 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.

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!

[Warrior Fitness Guide to Striking Power \(e-book\)](#)

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 \(e-book and video\)](#)

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!