

WarFit

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



Jon Haas

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.

WarFit – A Free Resource **from Jon Haas, The Warrior** **Coach**

Welcome to Warrior Fitness!

These sample WarFit Workouts are designed to build a base of whole body strength and conditioning, burn fat at an alarming rate, and sculpt lean muscle!

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 the Warfit workouts 3 days per week on non-consecutive days.

Sample Schedule

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Off	Day 1	Off	Day 2	Off	Day 3	Off

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!!

Warfit – Metabolic Conditioning

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)

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

Warfit – Strength & Conditioning

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)



Jon Haas, “The Warrior Coach” has been training in Bujinkan Budo Taijutsu for more than 25 years and is currently ranked as a Kudan (9th degree black belt) under Jack Hoban Shidoshi. He has also trained in Okinawan Karate, Tae Kwon Do, Russian Systema, BJJ, Krav Maga, as well as Internal Martial Arts of Yiquan and Aiki.

He is also a certified Underground Strength Coach-Level 2, an ACE and FMS certified Personal Trainer and the founder

of Warrior Fitness Training Systems. In 2008, Jon wrote the book, [Warrior Fitness: Conditioning for Martial Arts](#), and since then has created numerous other online training and coaching programs helping people around the world become the strongest, most capable versions of themselves!

Additional Recommended Resources

[The Complete WarFit Training System](#) ****NEW****

An 8-Week Combat Conditioning Program That Will Forge A Warrior’s Whole-Body Strength, Endurance, and Toughness!

[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!