

SLEDGEHAMMER DOMINATION

The Ultimate Low-Tech, High Yield Training Program for Forging Functional Strength



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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.

Sledgehammer Domination

“The Workouts”

Before attempting any of the workouts in this manual, I highly recommend practicing every exercise in the Sledgehammer Domination video. Work through all the movements and focus on proper technique.

Use a lighter hammer or choke up on a heavy one in order to perfect the movements.

Remember – incremental progression is faster!

Workout Notes

Perform the **Sledgehammer Domination Workouts** 3 days per week on non-consecutive days. On the “rest” days make sure you are staying active. Practice martial arts, mobility work, yoga, walking, running, hiking, swimming, etc.

Sample Schedule (this can be changed to accommodate your needs)

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Active Recovery	Workout	Active Recovery	Workout	Active Recovery	Workout	Active Recovery

Continue to do joint mobility daily, 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.

Workout 1 – “The Striker”

SH Extended Clean x 10/10

SH Mill x 10/10

SH Reverse Mill x 10/10

Perform 3-5 rounds. Rest 60 seconds between rounds.

Workout 2 – “Samurai”

SH Shield Cast x 10/10

Bodyweight Squats x 25

SH Swipe x 10/10

Bodyweight Squats x 25

Perform AMRAP for 10, 15, or 20 minutes

Workout 3 – “The Ninja”

SH Clean + Lunge x 5/5

SH Ninja Side Draw x 5/5

SH Tire Strikes x 25/25

Perform 3-5 rounds. Rest 60 seconds between rounds.

Workout 4 – “What’s Tabata You?”

Sledgehammer Tire Strike Tababta

1 – Right foot forward strikes

2 – Left foot forward strikes

3 – Alternating feet strikes

Tabata Protocol: Each exercise is performed 8 times for 20 seconds on, 10 seconds off for a total of 4 minutes.

Take a 1 minute break in-between exercises and perform vibration drills to shake out the tension.

Workout 5 – “Death March”

SH Mill race to 100 reps each side.

Workout 6 – “Death Race”

SH Reverse Mill race to 100 reps each side.

Workout 7 – “Get Some”

1A) Mixed Grip Pull-ups 4 x SM

1B) Sledgehammer Tire Slams 4 x 25/25

Workout 8 – “Easy Day”

SH Extended Cleans x 10/10

Push-ups x 20

Sprawls x 30

Complete AMRAP in 10, 15, or 20 minutes

Workout 9 – “The Great Gama”

Hindu Push-ups x 10

Hindu Squats x 25

SH Mills x 10/10

Perform 5 rounds. Rest 60 seconds between rounds.

Workout 10 – “How Dense are You?”

Sledgehammer Density – How many tire strikes can you do in 5 or 10 minutes?

Workout 11 – “This One Will Suck”

Burpees x 100

SH Tire Strikes x 100/100

Workout 12 – “Bells -n- Hammers”

Kettlebell Clean and Press x 5/5

SH Reverse Mill x 10/10

Kettlebell Swings x 25

Perform 3-5 rounds. Rest 60 seconds between rounds.

Workout 13 – “Lucky 7’s”

Push-ups x 7

SH Mills x 7/7

Bodyweight Squats x 7

SH Swipes x 7/7

Sprawls x 7

SH Tire Strikes x 7/7

Squat Jumps x 7

Perform 7 rounds (you knew that was coming!)

Workout 14 – “Get A Grip”

Dynamic Grip Work + Sledgehammer Levering

Set a timer for 5 or 10 minutes and work nonstop.

Workout 15 – “Screwed”

Screwing Push-ups x 10

Sledgehammer Swipes x 10/10

Bodyweight Squats x 25

Leg Raises x 15

Perform 5 rounds. Rest 60 seconds between rounds.

Workout 16 – “The Man Maker”

Renegade Row + Push-up (use KBs or DBs) x 10

Goblet Squat x 10

SH Reverse Mills x 10/10

Perform AMRAP in 20 minutes

Workout 17 – “No Joke”

50 Pull-ups

Sledgehammer Tire Slams x 100

Bodyweight Squats x 100

Farmers Walk x 35 yards

Workout 18 – “Abomination”

Sledgehammer Mills

Sit Thrus

Hindu Push-ups

Sledgehammer Reverse Mills

Burpees

Perform each exercise for 90 seconds on, 30 seconds off.

Repeat 2 x's (For the exercises done on both sides, do all one side 1st round then all the other side in the 2nd round)

Workout 19 - “No Rules!”

- Sledgehammer Swipes
- Kettlebell Swings
- Walking Lunges
- Mixed Grip Push-ups
- Sledgehammer Mills

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.

Workout 20 - “Sledgehammer Ladder”

Pull-ups x 1

Sledgehammer Tire Strikes x 2

Goblet Squats x 3

Each round multiply the reps by 2 (so in round 2 you would do 2 pull-ups, 4 SH strikes, 6 goblet squats, etc....). How many rounds can you keep increasing the reps???

Workout 21 – “Stay the Course”

Sledgehammer Push-ups x 10

SH Kneeling Shield Casts x 10/10

Squat Jumps x 10

Perform 3-5 rounds. Rest 60 seconds between rounds

Workout 22 – “The Only Easy Day Was Yesterday”

SH Shield Cast + Squat x 2/2

Frog Press x 4

Goblet Squat x 4

Perform EMOT (Every Minute on the Minute) for 20 minutes.

Workout 23 – “Warrior, Be Strong”

Kettlebell Swings x 10

Sledgehammer Mills x 5/5

Perform 10 rounds.

Workout 24 – “Getting Some Isometrics”

Forward SH Lever w/ Isometric Hold x 3/3 (hold as long as possible then shake out hand and switch sides)

SH Ninja Extended Ninja Side Draw x 5/5 (isometric hold on last rep each side)

Wall Sit x 60 seconds

Perform 5 rounds.

Workout 25 – “Stay Tough”

Double Kettlebell Floor Press x 10

Double KB Bent Over Rows x 10

Sledgehammer Mills x 10/10

V-Ups x 20

Perform 3-5 rounds. Rest 60 seconds between rounds.

Workout 26 – “Build Some Armor”

Sledgehammer Swipes x 100

Bodyweight Squats x 100

Workout 27 – “The Obstacle is the Way”

Sledgehammer Extended Range Clean x 10/10

Sledgehammer Shield Cast x 10/10

Sprawls x 20

Perform 5 rounds.

Workout 28 – “A Decent into Hell”

Ladder 8 reps down to 1 (8 reps, 7 reps, 6 reps... 1 rep) of:

Push-ups

Sledgehammer Reverse Mills

Goblet Squats

Kettlebell Swings

Workout 29 – “Running Out of Names”

Jump Switch Lunges x 10/10

Sledgehammer Tire Strikes x 20/20

Bear Crawls x 50 feet

Perform AMRAP in 15 minutes.

Workout 30 – “The Alpha Effect”

Pull-ups x 5

Pike Press Ups x 10

Bodyweight Squats x 20

Sledgehammer Mills x 30

Perform 3-5 rounds. Rest 60 seconds between rounds.

Workout 31 – “Dominate”

Sledgehammer Extended Clean + Squat (hold out isometrically while performing the squat) x 10/10

Sledgehammer Kneeling Shield Cast x 10/10

Frog Press x 20

Perform 5 rounds. Rest as needed.

Workout 32 – “Karate Kid on Steroids”

Fist Push-ups x 10

Horse Stance SH Shield Cast x 10/10 (hold horse stance as low as possible while performing shield casts)

*** Shake out whole body for 60 seconds with explosive exhales ***

Perform 10 rounds.

Workout 33 – “The Musashi”

Sledgehammer Mills (Right Side) x 30 seconds

Sledgehammer Mills (Left Side) x 30 seconds

Bodyweight Squats x 30 seconds

Sledgehammer Reverse Mills (Right Side) x 30 seconds

Sledgehammer Reverse Mills (Left Side) x 30 seconds

Push-ups x 30 seconds

Perform 5 rounds. Rest 60 seconds between rounds.

Workout 34 - “Double Your Pleasure”

Double Sledgehammer Swipes x 10

Hindu Push-ups x 10

Double Sledgehammer Swipes x 10

Hindu Squats x 25

Double Sledgehammer Swipes x 10

Perform AMRAP in 20 minutes.

Workout 35 – “The Medley”

Sledgehammer Tire Strikes x 25/25

Farmer’s Carry x 100 feet

Sledgehammer Tire Strikes x 25/25

Rack Walk x 100 feet

Sledgehammer Tire Strikes x 25/25

Overhead Carry x 100 feet

Sledgehammer Tire Strikes x 25/25

Workout 36 – “Get Up, Stand Up”

Turkish Get-Up x 2/2

Sledgehammer Mills x 10/10

Perform 10 rounds. Rest as needed.

Workout 37 – “The Warrior”

Sledgehammer Extended Range Cleans x 10/10

Sledgehammer Shield Cast + Squat x 10/10

Kettlebell Swings x 25

Fist Plank x 60 seconds

Perform AMRAP in 20 minutes.

Additional Recommended Warrior Fitness Resources

Vital Force: The Yin of Strength **NEW**

Vital Force: The Yin of Strength is an easy-to-learn health maintenance program combining dynamic mobility with age-old Qigong energy work, and breathing exercises.

It is specifically designed to increase your body's vital energy, open up the joints, enhance recovery from exercise, and reduce stress. This program can be used by anyone regardless of age, health, or physical ability.

WarFit Combat Conditioning Program

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

The Strong(er) Over 40 Program

The exact fitness, nutritional, hormonal, and mindset blueprint that you need in order to get stronger, build more muscle, have more energy, and increase flexibility and mobility after the age of 40.

Integrated Strength Program (Video and Manual)

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!