



WARRIOR'S INNER  
CIRCLE MONTHLY  
NEWSLETTER

**WF**

WARRIOR FITNESS

# **Month 2 - Advanced Warrior Isometrics for Huge Increases in Functional Strength**

Jon Haas, The Warrior Coach

Warrior Fitness Training Systems

## **Legal Stuff**

### **Copyright © 2020, 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.

# Advanced Warrior Isometrics for Huge Increases in Functional Strength

## Introduction – How My Workouts Changed During Quarantine

Back in mid-March when we first entered quarantine, I was recovering from eye surgery and wasn't allowed to do any type of training for the first couple weeks.

After I was cleared though, I had to ease myself back into my workouts and slowly build back up to where I was pre-surgery. I did a lot of walking, mobility, breath work, and bodyweight exercise on an almost daily basis to allow my eye to heal and my body to adapt.

Since the gym was closed and I wasn't seeing clients, I began to really turn my focus inward and train myself hard.

*"We should remember that one man is much the same as another, and that he is best who is trained in the severest school."*

*-Thucydides*

I was working out every single day, pushing myself harder than ever, sometimes twice a day and loving the results. I was putting up really heavy weights regularly - My body was sore but felt great!

Until one Saturday morning....

I woke up, went downstairs to make coffee, and suddenly had an intense pain in my back. I massaged it and stretched it, but it only got worse. The pain was so bad I didn't know whether to stand, sit, or lie down. All hurt equally.

As I stood there in pain, breathing sharply, trying and failing to will it away, I had a revelation - I need to stop moving!

My mind was going a mile a minute, but my body was just not responding. I was out of training for almost 2 weeks!

And when I finally felt better, I decided to change my training. How could I get super strong and prevent injuries without even moving????

The answer? Isometrics!

I utilized the protocol described here to heal my back and build additional armor in weak areas I did not know I had! One of the most effective ways to get stronger is to eliminate your weak points which is exactly what these Isometric exercises do.

Not only did I feel stronger, I gained strength in my regular lifts AND built muscle on top of it. Not bad for only "working out" for less than 15 minutes a day.

## What are Isometrics?

Isometrics are a great way to work on increasing strength or shoring up a strength deficiency in a certain movement or exercise, with virtually no equipment and very little time.

They are both effective and efficient – good news for us!

So, what exactly are isometrics?

Basically, isometric exercise is exerting force against an immovable object. The idea is that the length of the muscle does not change, but the tension remains constant during the exercise.

### **There are 3 general types of isometric exercise:**

1. Holding yourself (or a weight) in a static position. For example, holding the mid-point of a push-up position or the mid-point of a squat. Or, holding yourself statically on a pull-up bar.
2. The other type of isometric exercise consists of pushing or pulling against an immovable object.
3. Static Contraction. This is voluntarily contracting muscles as hard as possible while not moving.

A 4<sup>th</sup> one we are going to add in here is Flowing Isometrics. This is not actually a true isometric because it involves slow movement, but it has been

used for centuries by Shaolin Monks, Okinawan Karate masters, and Russian martial artists alike to build functional strength and energy for martial arts.



*"The great secret of developing strength is to do so in a way which will store up energy instead of dissipating it, and build up the stamina as well; and the only method I know which really does this is exercise against very strong resistance."*

*- Alexander Zass (oldtime strongman famous for his isometric training)*



My first introduction to the incredible power of isometrics came from Bruce Lee.

Bruce was way ahead of his time when it came to incorporating methods of strength training and sports science into his supplementary practice for martial arts.

## The Warrior Isometrics Exercises

### **Immovable Object Exercises**

For each one of these exercises pull or push against the immovable resistance of the immovable object as hard as possible for 6-12 seconds per repetition.

The idea is to have maximum muscular activation for each exercise so go for 100% contraction.

### **The Towel Pull Apart - Low**





### The Towel Pull Apart – Middle



### The Towel Pull Apart – High



## Isometric Towel Deadlift



## Isometric Towel Forward Press



**Isometric Towel Curl – Kneeling**



**Isometric Towel Curl – Standing**



## Isometric Towel Push- Pull



**Isometric Towel Grip Strength** – in this exercise, hang the towel over a pull-up bar or tree branch and hold on for as long as possible. Start with 10 seconds and work your way up gradually. This exercise is extremely taxing on the grip so make sure to shake your hands out vigorously and stretch the fingers backwards afterwards.



## Isometric Towel Punch Start

Hold the towel in the rear hand. Generate power from the rotation of the body around the spine, the knees bending and the core contracting.



## Isometric OH Press Start



**Isometric OH Press Finish**



**Isometric Push Pull**



## Isometric Curl



## Isometric Triceps Push Down



## Isometric Up Down Press



## Holding Position Isometrics

In the next series of exercises, you will hold your bodyweight in the middle portion of a dynamic exercise such as a push-up. Hold for as long as possible! Make sure to breath in through the nose, out through the mouth to match the intensity of the hold.

Want to make it even more challenging?

Try maximally contracting your entire body – core, legs, glutes, arms – as you hold each position.



## Isometric Boat Pose Hold



## Isometric Push-Up Mid-Range



## Isometric Squat Hold



## Isometric Lunge Hold



**Isometric Ichimonji Hold** – Make this exercise specific to the martial art you study!



## **Static Contraction Exercises**

Static contractions are simply contracting your muscles and holding the tension.

They are convenient and you can do them anywhere. For example, nobody stops you from working out your abs, the next time you are in a long, boring meeting or while driving. Simply contract your abs and practice increasing your ability to tense them.

**Whole Body** – contract every muscle in your body and hold for 3 seconds. Relax and repeat. Note – you can do this while inhaling or exhaling.

**Body part** – Contract arms or legs individually or at the same time

**Core** – Contract your core as tight as possible and hold on the exhale for 3-5 seconds.

[Isometric Breathing for Core Strength ←](#)

[Flowing Isometrics Drill from my Vital Force Program ←](#)

*"Bruce Lee place a high premium on the value of static contraction exercises not only recommending it specifically for his students but also incorporating it into his own training. It is certainly one of the easiest answers for anybody who is looking for a more convenient way to be physically fit."*

- John Little, *The Art of Expressing the Human Body*

## Warrior Training of the Month – Month 2

First thing every day - Win Your Morning!

Every morning...

- Do 3 sets of 10 push-ups, 10 squats, and 10 sit-ups within 10 minutes of waking up
- Drink 2 ice cold glasses of water with freshly squeezed lemon
- Take a cold shower
- Review your goals
- Spend a few minutes in prayer or in gratitude
- Read (reading list coming soon)
- Work on your most important task

### **Warrior Workout**

Complete the below workout 3x's per week on alternate days (MWF or TTS, for example)

Resistance Band Warm-up Protocol – video is [HERE](#)

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

## **Warrior Isometrics Workout 1**

1. Towel Pull Apart - middle
2. Towel Dead Lift
3. Towel Push-Pull (both sides)
4. Towel Curl (both sides)
5. Towel Pull Apart – high

**Protocol:** Perform each exercise for 6-12 seconds at 100% muscular activation. Shake out between exercises. Rest for 1 minute between sets. Perform 3-5 sets.

## **Warrior Isometrics Workout 2**

1. Iso OH Press Start
2. Iso OH Press Finish
3. Iso Push-Pull (both sides)
4. Iso Curl
5. Iso Triceps Pushdown
6. Iso Up Down Press

**Protocol:** Perform each exercise for 6-12 seconds at 100% muscular activation. Shake out between exercises. Rest for 1 minute between sets. Perform 3-5 sets.

## **Warrior Isometrics Workout 3**

1. Push-up Static Hold
2. Squat Static Hold
3. Boat Pose Static Hold
4. Lunge Static Hold (both sides)

## 5. Martial Posture Static Hold (both sides)

**Protocol:** Hold each position for 30 seconds. Shake out vigorously between exercises and between sets. Perform 3-5 sets.

## **Nutrition Month 2**

Here is where we begin making small, incremental changes that will add up to big results over time.

**Step 1** - Begin removing processed foods from your diet. This includes cookies, potato chips, donuts, cakes, etc... Pretty much anything that comes in a box or wrapper and can survive a nuclear holocaust . :)

**Step 2** - Add in 3 new vegetables and 3 fruits to your weekly diet.

**Step 3** - Begin cutting back (or eliminating altogether) on sweetened drinks, juices, and sodas.

**Step 4** - Do drink plenty of water throughout the day. Green tea and coffee are fine as well.

## **Additional Recommended Resources**

### **The Power Protocol: Advanced Minimalist Power Training for Martial Arts (NEW)**

Discover How to Use Ancient Internal Power Methods and Cutting-Edge Strength Training to Create UNSTOPPABLE Martial Power in Minimal Time (Under 30 Minutes) No Matter What Rank You Are or How Long You Have Been Studying

### **Shadow Strength Program**

**Shadow Strength** utilizes a proprietary set of exercises drawn from traditional martial arts and trained in a unique combination to skyrocket your internal strength, power, and resistance to injury. Using breath, posture, and martial mobility, **Shadow Strength** breaks down the barriers to superhuman strength and an unbreakable body



## Sledgehammer Domination

**Sledgehammer Domination is the ultimate low-tech, high yield training program for forging elite functional fitness.**

## Vital Force: The Yin of Strength

**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.

## [Minimalist Bodyweight Warrior Program](#)

Finally, a stripped down 30-day program with nothing but the bare essentials to get you rapid results. Since this is minimalist, these workouts will take you just 30 minutes or less. All you need is your own bodyweight.

### [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.**

### [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!**

### [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!**

[Dad Strength Program \(e-book\)](#)

**A full 10 week program to go from Dad to Super Dad! A Three-Phased approach to Recover and Sustain Strength. Awesome for men in their 40's, 50's, 60's, and beyond!**

[Warrior Fitness Affiliate Program <<<==](#)