

**THE WARRIOR PROJECT**

**LEGALLY  
BUILT**

**THIS SUMMER, GET BUILT**



## BRIANNA

Hi, Warriors!

My name is Brianna, I am a certified personal trainer of four years with the goal of bringing you guidance, confidence, and success in and out of the gym.

I started creating these monthly fitness challenges in October of 2020, they have grown and evolved into something I am so very proud of. I am committed to bringing you the best possible content that I can and continuing to grow this platform with you!

Over the next 30 days, I want you to give it your all! There is so much progress to be made in such a short period of time if you commit to staying consistent.

I can only do so much from the sidelines, so it is up to you to put in the work to reach your goals!

Please never hesitate to reach out if you need help or support!

*it's got to be done!*

# TECHNIQUE TIPS



## ALWAYS BRACE YOUR CORE

Every movement requires you to maintain proper form, this includes bracing your core.

## TAKE YOUR TIME

Do not rush through your exercises! Make sure every movement is slow and controlled. This will help maintain mind muscle connection and proper form.



## REST PERIODS

For compounds, it is recommended to rest between 2-5 minutes between sets, and, for accessories, 1-2 minutes. You may shorten your rest periods if you are short on time or feel ready to enter your next set.

## BREATHE

This may seem like common sense, but do not hold your breath. Focus on continuing to breathe throughout your workout.



# RECOMMENDED HOME EQUIPMENT

If you are completing the challenge from home, there are a few items you'll need to get the most out of your experience. Click on the photos attached below for links to a few recommendations. Dumbbells can be found at your local Target or Walmart.

- **1 pair of dumbbells**
  - I recommend getting 1 light pair & 1 heavy pair to offer some variety to your experience, but you will be able to complete the entire challenge with just 1 pair.
- **1 resistance band with handles**
  - I recommend getting a package of bands that offer different levels of resistance
- **1 booty band**
  - These will be used less frequently, but can be helpful to add additional resistance to lighter exercises



# WARM UP EXERCISES

## upper body



### DEAD BUGS

1 x 5 per side

Opposite arm and leg drop together. Keep back flat against ground.



### PLANK

1 x 30 seconds

Shoulders stacked on top of elbow, core braced, arms parallel.



### WGS

1 x 4 per side

Keep this slow and controlled, focus on core bracing and balance.



### EXTERNAL ROTATION

1 x 8 per arm

Keep arms parallel to the ground.



### ARM CIRCLES

1 x 8 forward  
1 x 8 backward



### FOAM ROLL

Focus on the areas that are sore or areas that are being worked out.

# WARM UP EXERCISES

## lower body



### DEAD BUGS

1 x 5 per side

Opposite arm and leg drop together. Keep back flat against ground.



### PLANK

1 x 30 seconds

Shoulders stacked on top of elbow, core braced, arms parallel.



### CROSSHACK SQUATS

1 x 8 per side

Go down as far as your ankles allow, keep your core braced, chest up.



### LEG SWINGS

1 x 10 forward & back  
1 x 10 side to side



### WGS

1 x 4 per side

Keep this slow and controlled, focus on core bracing and balance.



### FOAM ROLL

Focus on the areas that are sore or areas that are being worked out.

**Repetition  
makes mastery.**



# PROGRESSIVE OVERLOAD

Over the next four weeks, you will see a lot of the same exercises repeating themselves, lets talk about why!

Variation in the gym is always fun, it is important to add some spice to your routine so that you don't get bored or demotivated when it comes to showing up to the gym. Unfortunately, we can't just walk into the gym and do new things every single session if we want to see continual progress. Adding too much variation will eventually lead to a plateau

We can combat plateauing by implementing progressive overload. We do this by incorporating the same exercises on a weekly basis and focusing on increasing the amount of weight we can do for those specific exercises.

For example, I recently did a four week block doing the same exact exercises. I started with a deadlift one rep max of 235 lbs and finished with a deadlift of 275 lbs.

It's all about focusing on the end goal!

# Day 1 Checklist

**If you are not comfortable using the scale or taking measurements, don't! It is a completely optional part of the process. Mental health always comes first, do what is best for YOU!**

## **WEIGH IN, MEASUREMENTS, & PROGRESS PICTURES**

The scale likes to playtricks with us! It can 100% be a helpful tool in determining progress, but I highly recommend taking progress photos & measurements to track your progress.

## **CHECK IN**

Start the month off right by checking in with yourself. Set goals and expectations for yourself for the next 4 weeks.

## **SQUAT ASSESSMENT**

I highly recommend completing the squat assessment found on the next page. Record yourself from the front, sides, and back to learn what you need to work on.

## **DOWNLOAD YOUR WORKOUTS & STORY GRAPHICS**

To make the challenge as interactive as possible, use these graphics to continue to hold yourself accountable! Tag @thewarriorproject.fit in your stories!

*Let's do the damn thing!*





# Overhead Squat Solutions Table • CES | [www.nasm.org](http://www.nasm.org) | 800.460.6276

View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles	Example Flexibility Exercise (SMR & Static)	Example Strengthening Exercise
<b>Anterior</b>	Foot	Foot Turns Out	Soleus Lat. Gastrocnemius Bicep Femoris (short head) Tensor Fascia Latae	Med. Gastrocnemius Med. Hamstring Gluteus Medius/Maximus Gracilis Popliteus	Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-leg Balance Reach
	Knee	Moves Inward	Adductor Complex Bicep Femoris (short head) Tensor Fascia Latae Vastus Lateralis Lat. Gastrocnemius	Gluteus Medius/Maximus Vastus Medialis Oblique (VMO) Med. Hamstring Med. Gastrocnemius	Adductor Stretch Hamstring Stretch TFL Stretch Calf Stretch	Lateral Tube Walking Ball Squat w/Abduction Ball Bridge w/Abduction
		Moves Outward	Piriformis, Biceps Femoris Tensor Fascia Latae Gluteus Minimus/ Medius	Adductor Complex Med. Hamstring Gluteus Maximus	Piriformis Stretch, Hamstring Stretch TFL Stretch	Ball Squat w/Adduction Ball Bridge w/Adduction
<b>Lateral</b>	L-P-H-C	Excessive Forward Lean	Soleus Gastrocnemius Hip Flexor Complex Abdominal Complex (rectus abdominus, external oblique)	Anterior Tibialis Gluteus Maximus Erector Spinae	Calf Stretch Hip Flexor Stretch Ball Abdominal Stretch	Ball Squat
		Low Back Arches	Hip Flexor Complex Erector Spinae Latissimus Dorsi	Gluteus Maximus Hamstrings Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, transversospinalis, pelvic floor muscles)	Hip Flexor Stretch Latissimus Dorsi Stretch Erector Spinae Stretch	Ball Squat Floor Bridge Ball Bridge
		Low Back Rounds	Hamstrings Adductor Magnus Rectus Abdominus External Obliques	Gluteus Maximus Erector Spinae Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, pelvic floor muscles, transversospinalis)	Hamstring Stretch Adductor Magnus Stretch Ball Abdominal Stretch	Floor Cobra Ball Cobra Ball Back Extension
	Upper Body	Arms Fall Forward	Latissimus Dorsi Pectoralis Major/ Minor Teres Major Coracobrachialis	Mid/Lower Trapezius Rhomboids Rotator Cuff Posterior Deltoid	Latissimus Dorsi Stretch Pec Stretch SMR Thoracic Spine	Floor Cobra Ball Cobra Squat to Row
		Forward Head (pushing/pulling assessment)	Levator Scapula Sternocleidomastoid Scalenes	Deep Cervical Flexors	Levator Scapula Stretch Sternocleidomastoid Stretch Scalene Stretch	Tuck chin, keeping head in neutral position during all exercises
		Shoulder Elevation (pushing/pulling assessment)	Upper Trapezius Sternocleidomastoid Levator Scapulae	Mid/lower Trapezius Rhomboids Rotator Cuff	Upper Trapezius Stretch Sternocleidomastoid Stretch Levator Scapulae Stretch	Floor Cobra Ball Cobra
<b>Posterior</b>	Foot	Foot Flattens	Peroneals Lat. Gastrocnemius Bicep Femoris (short head) Tensor Fascia Latae	Anterior Tibialis Posterior Tibialis Med. Gastrocnemius Gluteus Medius	Peroneal Stretch Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-Leg Balance Reach Single-leg Medial Calf Raise
		Heel Rises	Soleus	Anterior Tibialis	Soleus Stretch	Single-leg Balance Reach Single-leg Squat
	L-P-H-C	Asymmetrical Weight Shift	Adductor Complex Tensor Fascia Latae (same side) Piriformis Bicep Femoris Gluteus Medius (opposite side)	Gluteus Medius (same side)  Adductor Complex (opposite side)	Adductor Stretch (same side) Tensor Fascia Latae Stretch Piriformis Stretch Hamstring Stretch (opposite side)	Gluteus Medius (same side)  Adductor Complex (opposite side)