

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

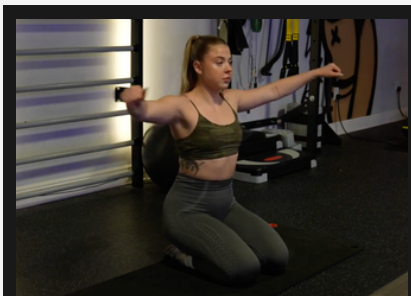
Keep this slow and controlled, focus on core bracing and balance.



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 | 800.460.6276

View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles	Example Flexibility Exercise (SMR & Static)	Example Strengthening Exercise
Anterior	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
Lateral	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
Posterior	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)

1

Each week, you will see two groups of exercises for each day. The top set will be the gym version and the bottom set will be the home version. You do not have to complete both versions of the challenge! Pick whichever version fits your needs best. If you are doing the gym version and need a modification, try replacing it with the home version exercise.

Track your progressive overload by printing the pdf and inputting the heaviest weight you use!



EXERCISE	Weight	SETS	REPS	NOTES
<u>Hip Thrust</u>		3	10	3 minute EMOM, challenge alumni -5 min!
<u>BB RDL</u>		3	10	Focus on form, brace that core!
<u>Wide Split Squat</u>		3	10	Per leg, holding a DB in each hand
<u>Good Mornings</u>		3	10	Moderate weight
<u>45 Degree Hyperextension</u>		3	8, 8, 8	8 Full Rom, 8 Pulsing, 8 second Hold
<u>Cable Kickback</u>		3	8	Hold the top of each rep for 2 sec
<u>Cable Abduction</u>		3	8	Brace that core, control those reps



<u>Hip Thrust</u>		3	10	3 minute EMOM, challenge alumni -5 min!
<u>DB RDL</u>		3	10	Focus on form, brace that core!
<u>Wide Split Squat</u>		3	10	Holding a DB in each hand
<u>Good Mornings</u>		3	10	DB or RB
<u>Hyperextension</u>		3	8, 8, 8	8 weighted, 8 BW, 8 second pulsing
<u>DB Donkey Kickback</u>		3	12	Hold the top of each rep for 2 sec
<u>DB Fire Hydrants</u>		3	12	Brace that core, control those reps

2



EXERCISE	Weight	SETS	REPS	NOTES
<u>Push Ups</u>		3	10	Alternatives: knees, subzero, incline
<u>DB Chest Press</u>		3	8	Flat bench
<u>DB Flys</u>		3	8	Flat bench
<u>Incline DB Press</u>		3	8	Bench at a 30° angle
<u>Incline DB Flys</u>		3	8	Bench at a 30° angle
<u>Cable Flys</u>		3	10	Cable at chest level
<u>Dips</u>		3	10	As little assistance as possible



<u>Push Ups</u>		3	10	Alternatives: knees, subzero, incline
<u>Lying DB Chest Press</u>		3	10	Squeeze at the top!
<u>Lying DB Flys</u>		3	10	Squeeze at the top!
<u>DB Pullovers</u>		3	10	Full stretch down
<u>DB Lying Leg Lifts</u>		3	12	
<u>DB Squeeze Press</u>		3	10	Stay parallel to the floor
<u>Cross Body DB Flys</u>		3	16	8 per side

3



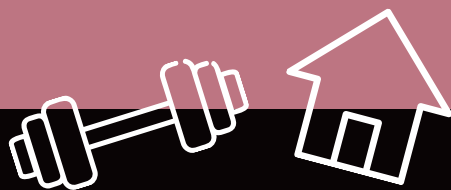
EXERCISE	Weight	SETS	REPS	NOTES
<u>Supermans</u>		3	8	Legs stay down with quads flexed
<u>Reverse Snow Angels</u>		3	8	Legs stay down with quads flexed
<u>Lat Pulldown</u>		3	10	Hold the contraction for 2 sec
<u>Lat Pullover</u>		3	10	Hold the contraction for 2 sec
<u>DB Bent Over Row</u>		3	10	Core braced, don't swing those arms!
<u>Bicycles</u>		3	10	10 per side / Lower back flat against floor
<u>Rear Delt Flys</u>		3	10	Don't swing those arms, keep the control
<u>Cable Oblique Twist</u>		3	8	8 per side / Slow and controlled



<u>Supermans</u>		3	8	Legs stay down with quads flexed
<u>Reverse Snow Angels</u>		3	8	Legs stay down with quads flexed
<u>DB Bent Over Row</u>		3	10	Core braced, don't swing those arms!
<u>Bicycles</u>		3	10	Lower back flat against floor
<u>Rear Delt Flys</u>		3	10	Don't swing those arms, keep the control
<u>Russian Twists</u>		3	10	With RB, Slow and controlled
<u>Seated RB Row</u>		3	15	Sit up straight
<u>RB Pull Aparts</u>		3	15	Slow and controlled

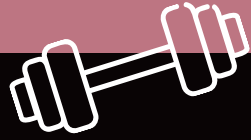
4

20 minutes of low intensity steady state cardio (LISS) of your choice!



EXERCISE	Weight	SETS	REPS
<u>Plank</u>		3	30 sec
<u>Hip Dips</u>		3	10/side
<u>Alternating Side Plank</u>		3	8/side
<u>Plank</u>		3	30 sec

5



EXERCISE	Weight	SETS	REPS	NOTES
<u>Squats</u>		3	10	Quality over quantity! Form focus
<u>Leg Press</u>		3	8, 8	8 quad bias, 8 hamstring bias
<u>Calve Press</u>		3	8	Hold the contraction for 2 sec each rep
<u>SSL BSS</u>		3	8	Slow and controlled
<u>BW BSS</u>		3	10	Slow and controlled
<u>Leg Extension</u>		3	12	Hold the contraction for 2 sec each rep
<u>Lying Leg Curls</u>		3	12	5 sec negative



<u>Suitcase Squats</u>		3	10	Slow and controlled
<u>Towel Squat Hold</u>		3	30 sec	Elevate toes using dumbbells
<u>Standing Calve Raises</u>		3	10	Hold the contraction for 2 sec each rep
<u>SSL BSS</u>		3	8	Slow and controlled
<u>BW BSS</u>		3	10	Slow and controlled
<u>Reverse Leg Extension</u>		3	12	Slow and controlled
<u>DB Lying Leg Curls</u>		3	12	5 sec negative

6



EXERCISE	Weight	SETS	REPS	NOTES
<u>Curl, Press</u>		3	6	Do not swing those arms! I'm watching u
<u>Arnold Press</u>		3	6	Back to back
<u>Front Raises</u>		3	10	Parallel to the floor
<u>Punches</u>		3	20	10 per side / Parallel to the floor
<u>Lateral Raises</u>		3	8, 8	Dropset
Alternating Overhead March		3	8	8 per side / Core TIGHT
<u>Hammer Curls</u>		3	10	5 sec negative
<u>Bench Dips</u>		3	10	Add weight to your lap, if possible

WEEK ONE IS DONEZOOO!!!

Welcome to your first check in where we will reflect and focus on our goals for the rest of the month.

How often do you typically make it to the gym? What is your weekly gym goal for this month?

How many times did you workout this past week?

Are you consistent as you would like to be? Why or why not?

What habit do you need to work on?

Rate your: nutrition, discipline, work ethic, and energy levels this past week on a scale of one to ten.

Mental fitness is just as important as physical fitness. Let's get into this month's journaling prompts!

Write down 5 positive affirmations.

Write down 5 things you are grateful for.

Write down 5 things you want to accomplish this month.

Write down 5 reasons you will achieve those things.

**It's Got To
Be Done!**