



'FITNESS'
WARRIOR
PROGRAMMING

'HARD WORK'

Opportunity is missed by most people because it is dressed in overalls and looks like work.

WARRIOR
PROGRAMMING



Monday

PREP

WARM-UP

5 Minutes Cardio
//
Lunge matrix
06 reps to each position
Forward
Side
Back
Forward with reach to floor
Back with reach over head
Forward toes in
//
Air squat complex
3 reps wide Feet straight
3 reps wide Feet In
3 reps wide Feet Out
3 reps Normal Feet straight
3 reps Normal Feet In
3 reps Normal Feet Out
3 reps Narrow Feet straight
3 reps Narrow Feet In
3 reps Narrow Feet Out

LOWER STRENGTH / POWER

STRENGTH

BOX SQUAT
5 x 5 reps, rest 2 mins.

SUPERSET

4 Sets of:
A - Front Foot Elevated DB Split Squat
12 @ 2121, rest 60s

B - Romanian Deadlift
12 @ 2020, Rest 2:00 then back to A

What is Tempo - <http://www.leaner-uk.com/blog/2014/7/31/tempo-what-is-it-and-how-to-use-it-in-your-exercise-program>

GOBLET SQUATS

5 reps@32/24, rest 15s
10 reps@24/16, rest 15s
15 reps@20/12, rest 15s
20 Jump Lunges, rest 2 mins x 3 sets

POWER INTERVALS

In 40s
10 heavy Wall Balls@30/20lb
Max effort C2/Assault bike
Rest 3 mins
x 4 sets

Tuesday

PREP

WARM-UP

EMOM 12
1 - 10 Single arm swings@comfortbale load
2 - 10 Scap Push ups
3 - 10 Hollow rocks
4 - 3 Box jumps

MIXED MODAL

EMOM 16

1 - 10-12 Bar dips
2 - 6-8 Strict Pull ups

EMOM 20

EMOM 20
1 - Row 45s hard effort
2 - 10 DB Snatch + 5 burpee
3 - 10 Wall Balls@20/14lb + 6 Box steps with ball
4 - Rest

Rest 5 mins

EMOM 20

1 - Assault bike 45s hard effort
2 - 15 Swings@32/24
3 - 15-12 Burpees
4 - Rest

resilience
noun

1. the capacity to recover quickly from difficulties; toughness.

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Wednesday

PREP

WARM-UP

5 mins cardio
//
Push ups complex
3 reps each position
Hands wide
Hands wide pointing out
Hands wide pointing in
Hands Normal
Hands Normal Pointing out
Hands Normal Pointing in
Hands Narrow
Hands Narrow pointing out
Hands Narrow Pointing in
//
DB Shoulder complex
10 Alternating press
10 Press out in front
10 Press across body

LOWER STRENGTH / POWER

STRENGTH

PUSH PRESS
5 x 5, rest 2 mins

SUPERSET

4 Sets of:
A - Strict supinated pull up
6-8 reps @ 2020, rest 60 sec

B - Dumbbell Bench Press
12 @ 2121, Rest 2:00 then back to A

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BENT OVER KB ROW

4 x 12 reps@2121, rest 90s

INTERVALS

30s Ski
30s rest
30s Wall Balls
30s rest
30s Row
30s rest
30s Burpee box overs
30s rest
x 4

**If you do not have a skier, Ride or Row

Thursday

RECOVERY

Complete:
30mins of
-Stretching
-Hiking
-Mobility
-Aerobic Cardio

tenacity
noun

1. the quality or fact of continuing to exist; persistence.

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Friday

PREP

WARM-UP

5 mins cardio
//
10 Kossack Squat
10 Goblet squat
x 3
//
10 DB Push press
5 Ring row
x 3
//
YWT Shoulder complex
5 reps each position
x 3 sets

HYPERTROPHY

SIZE SUPERSET 01

4 Sets of:
A - BACKSQUAT
12-10-8-6 reps@2121, rest 45s (so reps decrease per set)

B - DUMBBELL PUSH PRESS
12 reps, rest 2:00 mins, then back to A

SIZE SUPERSET 02

4 Sets of:
A -Single Arm Incline Dumbbell Bench Press
8 reps @ 2020, rest 45s

B - Seated sled pull
50ft@ heavy load, rest 2:00 mins, then back to A

SIZE SUPERSET 03

4 Sets of:
A -Double KB step up
20 reps, rest 45s

B - Ring dips or ring push ups
8-12 reps, rest 2:00 mins, then back to A

Saturday

PREP

WARM-UP

EMOM 12
1 - 10 Single arm swings@comfortbale load
2 - 10 Scap Push ups
3 - 10 Hollow rocks
4 - 3 Box jumps

SPORT DAY

CLEAN AND JERK

Build to tough single in 8 mins
EMOM 5
1 rep@80%
EMOM 4
1 rep@85%
EMOM 3

HANG SNATCH

6 sets
2 reps - build across

WORK

10-9-8-7-6-5-4-3-2-1
Deadlift
Hang clean
Thruster

Barbell loaded at 70% of todays tough single clean and jerk.

SPRINT FINISH

Row 75 Cals
50 Wall Balls@9/6
25 Box overs@30/24

composure
noun

1. the state or feeling of being calm and in control of oneself.