



MASTERS
'OBSESSED'
WARRIOR
PROGRAMMING

'HARD WORK'

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

WARRIOR
PROGRAMMING



Monday

BUILT FOR FUNCTION

Opener

EMOM 12

- 1 - 45s Assault Bike
- 2 - 12 H/R Push ups
- 3 - 10 Ring rows

SUPERSET 1

3 Sets:

A- Dual Dumbbell Pronated Bench Press

6-8 reps @30x1, rest 45s

B - Dual Dumbbell Prone Row

6-8 reps @2111, rest 45s

** 2111 is tempo Eg:

2 Eccentric

1 Pause

1 Concentric

1 Pause

X Denotes: EXPLOSIVE

SUPERSET 3

3 Sets:

A- Ring Row

3 x ME@2020, rest 30s

B - GHD Sit-up

3 x 20, rest 60s

WORK

5 Sets for quality Not Time:

10 Box pistols (R+L) off 24in opposite foot touches floor

10 DB Clean @ 22/15kg

50 DU

Rest 60s between rounds.

Tuesday

OLYMPIC LIFTING FOCUS A

Snatch:

Starting at 40/ 30, adding 5kg every round.

Build to a heavy single for:

- 1 x Snatch Pull
- 1 x High hang squat snatch
- 1 x Non Heaving snatch balance.

Once you fail one rep of the complex, move to:

Starting at above weight, adding 5kg every round.

Build to a heavy single for:

- 1 x Snatch Pull
- 1 x Hang Squat Snatch
- 1 x Heaving Snatch Balance.

Once you fail one rep of the complex, move to:

Starting at above weight, adding 5kg every round.

Build to a heavy single for:

- 1 x Squat Snatch
- 1 x Over-Head Squat

*Once you fail 2 reps of the last complex, your lifting session is over.

Backsquats

8-8-6-6-4 reps

Rest 1:30

Tempo- 31X1

**Goal is to add weight each set and build throughout.

Stay true and accountable to the tempo/ rest periods!

WORK:

3:00 AMRAP:

5 OHS, 60/40Kg

10 Burpees Over the Bar

15 Chest to Bar Pull Ups

Rest 1:00

x 4 rounds.

*Starting where you left off.

resilience

noun

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

'HARD WORK'

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

WARRIOR
PROGRAMMING



Wednesday

OLYMPIC LIFTING FOCUS B

Clean and jerk

Starting at 40/ 30, adding 5kg every round.

Build to a heavy single for:

- 1 x Tall Clean
- 1 x High Hang Power Clean
- 1 x Squat Jerk

Once you fail one rep of the complex, move to:

Starting at above weight, adding 5kg every round.

Build to a heavy single for:

- 1 x Clean Pull
- 1 x High Hang Power Clean
- 1 x Push Jerk

Once you fail one rep of the complex, move to:

Starting at above weight, adding 5kg every round.

Build to a heavy single for:

- 1 x Power Clean
- 1 x Split Jerk

**Once you fail 2 reps of the last complex, your lifting session is over.*

FUNCTIONAL

Establish a 5RM Ring Dip.

Then

5 x 5, 85% of aboves 5rm

Rest as needed between sets.

SPORT

For Time:

- 12 ring muscle ups
- 100 double unders
- 24 strict HSPU
- 100 double unders
- 48 DB Snatch, 22/15Kg
- 100 double unders
- 96 wall balls

*CAP at 20mins.

Thursday

RECOVERY

Get outside the gym.

- Walk
- Jog
- Hike
- Explore
- Stretch
- Mobilise

tenacity
noun

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

'HARD WORK'

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

WARRIOR
PROGRAMMING



Friday

BUILT FOR FUNCTION

Overhead squat

Build up to a heavy 5 for the day

**10:00 CAP

Push Press w/ Muscle-ups

1 x ME set of strict Muscle-ups

3 x 3 @ 75%

1 x 50% strict Muscle-ups after each set

2 x 2 @ 80%

1 x 50% strict Muscle-ups

1 x 1 @ 90%

1 x 50% strict Muscle-ups

Single Arm Braced DB Shoulder Press

5 x 5/5 reps (5 each arm)

Superset straight into

5 Reps Wide armed strict Pull-ups with two second

pause at the top of each rep.

Rest 2:00 between sets

** 'braced press has non working hand holding onto rig.

Choose weight that challenges you.

WORK

EMOM 21 (Alternating)

A - 150m Row

B - 15 AirSquats + 5 Hang Power Cleans, 70%

C - 10 Toes to Bar

Saturday

STRONGMAN / ROBUST / POWER

Sumo Deadlift

Build to a 3RM

5 x 3,80%,

Rest 2:00

Plyo

4 Sets:

3 jumping back squats, 40/30kg

3 x drop squat to box jump (straight leg)

10sec max 5m shuttle sprints.

Rest 2:30

WORK

AMRAP 20

100ft Sled drag (heavy)

20 Burpee box overs

100ft OH carry@2x22/15kg

20 Cal ski or assault bike

**You have ownership of the weight loaded.

composure

noun

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

WARRIOR
PROGRAMMING

Phase X - Week 01
Warrior Programming 2018©