



'POSSESSED'
WARRIOR
PROGRAMMING

'HARD WORK'

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

Mon

WARRIOR
PROGRAMMING

AM 'Conditioning'

WORK

3 Sets: 12:00 assault bike

*Consistent pacing, Z3-4 HR

Rest 4:00 between efforts

Z303 Refers to Heart Rate Zones

PM 'Power Endurance'

A) PREP WORKOUT: AMRAP 14

150 Wallball

90 Double Unders

30 Muscle-ups

B) SKILL / GYMNASTICS:

Max Unbroken Toes to Bar

3 x 50% of reps above

**so if you hit 20.. complete 3 sets of 10 (ROUND UP odd numbers)

C) WEIGHTLIFTING:

Squat Cleans

3 x 5 @ 70%

2 x 3 @ 75%

1 x MEreps @ 80%

**the goal is touch and go reps

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Tue

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PM 'Strength'

A) Snatch:

2 @ 90%

ME Set of Muscle-ups

4 @ 85%

ME Set of Muscle-ups

6 @ 80%

ME Set of Muscle-ups

8 @ 75%

ME Set of Muscle-ups

10 @ 70%

**This is performed as a ladder..

**change your own plates.

**Rest as short as possible

**No muscle-ups complete 5 transitions

B) Back Squat:

2 x 5reps @ 70%

1 x MEREps @ 75%

2:00 rest between sets

C) Work:

Row for Cals

30 seconds on 30 sec off x 6 Rounds

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Wed

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A) FOR QUALITY: :

1km row + 50 air squats

Every 0:30 x10mins

1 squat snatch, 1 hang squat snatch
@40%

2km row +35 air squats

Every 0:30 x10mins

1 clean pull, 1 hang clean, 1 split jerk
@40%

3km row + 20 air squats

**air squats for quality.

PM 'Burn Bridges'

A) PUSH PRESS:

2 x 5reps @ 70%

1 x MReps @ 75%

2:00 rest between sets

B) BB Wave 1:

10 Thrusters, 42/30kg

2:00 Max distance Row

1 Round of NATE

2 Muscle-ups

4 HSPU

8 Swings, 32/24kg

Rest 5:00, repeat x 3

C) BB Wave 2:

10 Toes to Bar

1 Round of DT @ 60/40kg

12 Deadlift

9 Hang Cleans

6 Push Jerks

2:00 Max bar facing Burpees

Rest 5:00, repeat x 3

D) BB Wave 3:

3 x 30 GHD Sit-ups

*rest as needed.

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Thu

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PM 'Recovery'

RECOVERY

Pick one of the following

- A - Complete Rest
- B - 10 Rounds of strict cindy
- C - 40 Min easy Row or Ride <130bpm
- D - 30 Turkish Get-ups, 16/12kg

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Fri

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AM 'Conditioning'

INTERVALS

On a 24min rolling clock::

Row:

min 1- 50sec on, 10sec off

min 2- 40sec on, 20sec off

min 3- 30sec on, 30sec off

PM 'Open Prep'

A) WARRIOR POINT ONE

0:00 - 4:00

2 Rounds

10 DB snatch

15 Box Facing Burpees

> 8:00

2 Rounds

15 DB Snatch

15 Box Facing Burpees

> 12:00

2 Rounds

20 DB Snatch

15 Box Facing Burpees

>16:00

2 Rounds

25 DB Snatch

15 Box Facing Burpees

**If you fail to get thru the work before the time caps that's
your score.

**The workout is for time

B) 'Structural':

3 x 12 Seated Row (use bands)

3 x 16 (8/8) Single arm bench press

3 x 10 Hammer Curls

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Sat

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AM 'WALLACE

A) Conventional Deadlift:

21 rep max (unbroken, clean grip)

**As soon as you finish the last rep complete
3 x ME HSPU with 15 seconds rest between sets

B) Wallace:

Every 6:00 x 8

400m Run

100m Farmers Carry, 2 x24/16kg

20/15 Cal Ass Bike

20 Burpees to a 6" reach