

The Warrior 1 Workout

This workout will get you started and get all the major muscle groups active so as to prepare your body for the workouts to come.

Listed below will be the exercises in order to be done if possible. Remember that there are variations to all these exercises based upon your fitness level or your comfort level. If you need help please contact me for some variations.

Also listed below will be the repetitions and maximum weight for each exercise. Even if you feel you're stronger than the weight listed please do not exceed the weight. This workout will roughly take about one hour to complete depending upon how many sets it takes you to complete each exercise. If you want to start with a lower repetitions and then work your way up as you can this is totally acceptable.

I will also list some challenges for those that are ready. Don't feel like you have to complete these extra challenges as this workout is pretty good in itself.

This workout will be completed 3 times per week for 4 weeks or 12 total workouts. You should also complete 2-3 days of easy to moderate cardio conditioning for about 30 minutes.

Make sure to get a good warm up prior to beginning all of these workouts.

1. Pull ups: 25 reps. As the video demonstrates, there are many options to choose if you can't complete pull ups. Pull ups are one of the most challenging exercises but one of the best for strengthening the upper body. If you choose to start with the pulldowns find a weight that you can complete the 25 reps in 3 to 4 sets. Then as you get stronger, try to reduce the number of sets to one set of 25 reps before adding more weight. Once you add more weight this should take you 3 to 4 sets again to complete the 25 reps and then you know you have increased the weight appropriately.

For those who can do pull ups, once you can complete the 25 reps with 3 sets or less you can increase your challenge by increasing the number of reps up to 50 reps. This would only apply to this first set as this program ends with another round of pull ups of 25 reps.

2. Deadlift: 50 reps. The maximum weight used for this exercise is 135 pounds. The most important part of this exercise is you find a weight that you can complete this exercise with good form, the weight does not matter. The video shows me using kettlebells (KB) hanging from the bar. If you're doing this at FitCity then KB's is the only choice to add weight to the bar. We also have a smaller bar that weighs 28 pounds so this should allow most people to start with a light enough weight for good form. All the other facilities will have an Olympic bar and weight plates. If you're starting with less than 135 pounds on the bar, the weight plates have a smaller diameter so you'll need to bend/squat down a little farther to pick up the bar. Once the bar is up, your technique should be once the bar barely passes the knee joint on the way down that's far enough and then you should start the upward portion of the lift. Please let me know if you need

help with the form. This exercise is completed slowly with control.

3. Push Ups: 50 reps. This is a good general exercise for the upper body and can be done fairly easy. There are many ways to modify as demonstrated in the video. Once you can complete the 50 reps in 3 sets or less if you want more challenge, move the reps up to 100. The main point on the technique is to make sure you go all the way and touch the floor with your chest.
4. Box Jumps: 50 reps. The maximum height of the box jumps will be 24.” The wood box at FitCity goes up to 21” so that will be good enough. If you want a little more challenge, the blue boxes we have can go up to 24.” If jumps are too much, start with step ups. If you don’t have any boxes at your facility and only have an exercise bench I would recommend not jumping to the bench but to only complete the step ups. You will complete all 50 reps with one leg before changing over to the other leg, this will actually be more challenging then completing the box jumps.
5. Ab Wheel: 50 reps. The ab wheel has been around for a long time as one of the best core strengtheners on the market. Your form on this exercise will be paramount, once your form breaks down you need to stop and rest. If 50 reps is too much start with 25 reps and work your way up to 50 reps. Try the modification demonstrated in the video, if this is still too much please contact me for some alternatives, there are many things that can be done.
6. KB Clean & Press: 25 reps per arm; complete all the reps with one arm before moving to the other arm. The maximum weight on this exercise is 35 pounds. If you don’t have KB’s at your facility I know there are dumbbells (DB’s). When using a DB you would only squat down until the DB goes slightly passed the knee joint and then bring the DB to the shoulder and press overhead.
7. Pull Ups: 25 reps. If the first set of pull ups wasn’t enough here’s another set. This would be a great spot to substitute either the assisted pull ups or the pulldowns if another set of 25 reps seems daunting.