

The Warrior 2

Back to the first workout but with some different exercises to make it more exciting. Basically the same format as with The Warrior 1 workout.

This workout will be completed 3 days per week for 4 weeks for a total of 12 workouts. Please complete at least 2 cardio workouts per week with a minimum of time of 30 minutes.

1. Pull ups: 25 reps. Complete as many sets as needed to complete the 25 reps. As in the first program once you can complete the 25 reps in 3 sets or less it may be time to challenge yourself by increasing to 50 reps.
2. KB Deadlifts: 50 reps. The maximum KB weight of 44 pounds or 20 kgs. If you're using DB's you can use 40 or 45 pound DB's. With this exercise you will be able to go a little lower than with the bar that is why it's important to keep the weight moderate so your form will be good with all 50 reps.
3. Push Ups: 50 reps. Same as the first go around.
4. Body Weight: Jump Squats for 50 reps. Instead of box jumps you will complete jump squats using your body weight. This exercise will go much faster than the box jumps because you're not stepping down each time. Just be careful to land softly with each jump.
5. Atomic Crunches on BOSU ball with Bandit Loops: 50 reps. This is one rep per side to make up the 50 total reps. Make sure you count appropriately. This is a tremendous exercise for the core and really the entire body. If starting with the upside down BOSU ball is way too much start with your hands on the floor and then progress to your hands on the ball.
6. KB Push Press: 50 total reps. For this exercise it's a must to use both arms at the same time. If you can't this means 50 reps per arm and 100 reps on your legs, either way works. The highest weight for KB's or DB's would be 35 pounds. This is a very high rep exercise so a real heavy weight is not needed.
7. Pull Ups: 25 reps. You know this exercise all too well.