

THE UNDERGROUND GUIDE TO WARRIOR FITNESS



NO GYM MEMBERSHIPS REQUIRED

Created By Ross Enamait
Founder of RossBoxing.com & WarriorForce.com

DISCLAIMER

The material contained in this book is for informational purposes only. The author and anyone else affiliated with the creation or distribution of this book may NOT be held liable for damages of any kind whatsoever allegedly caused or resulting from any such claimed reliance. Before beginning this workout routine, it is recommended that you consult with your physician for authorization and clearance. It is always recommended to consult with a physician before beginning any new exercise or nutritional program. If you have any problems with your health, you should seek clearance from a qualified medical professional. The information contained herein is not intended to, and never should, substitute for the necessity of seeking the advice of a qualified medical professional. If at anytime you feel pain or discomfort, stop immediately. This is an advanced training routine, recommended for those with prior training experience.

Copyright © 2003 Ross Enamait

All efforts have been made to ensure that this manual is free from error or problems. Although we have worked hard, we do not take responsibility for loss or action to any individual as a result of the material presented here.

All Rights Reserved

Reproduction or translation of any part of this work by any means, electronic or mechanical, including photocopying, beyond that permitted by Copyright Law, without permission of the author, is unlawful.

TABLE OF CONTENTS

ENTER THE WORLD OF THE WARRIOR	4
THE WARRIOR'S CREED	10
LET'S GET THE MOST OUT OF IT	11
NO MORE NONSENSE	12
THE WARRIOR'S MIND	15
SHOCK TREATMENT FOR THE LEGS	25
UPPER BODY MADNESS	47
THE WARRIOR'S CORE	67
WARRIOR ANIMAL TRAINING	81
WARRIOR BALANCE TRAINING	87
WARRIOR STRETCHING	99
WARRIOR CONDITIONING	106
WARRIOR NUTRITION	123
WARRIOR TRAINING ROUTINES	152
HELPFUL TRAINING TIPS	172
THE WARRIOR'S TEST	176
A FINAL WORD	177

ENTER THE WORLD OF THE WARRIOR

Hello and welcome to **The Underground Guide To Warrior Fitness**. It has been a pleasure putting this informative training program together to help fellow Warriors in their pursuit of superior physical condition.

This book will teach you to be resourceful and creative in your quest for physical fitness. There is no reason to spend your hard earned money on fancy gadgets and gym memberships. You do not need expensive equipment or contraptions to enhance your fitness.

Whether you are a competitive athlete or just looking to lose a few inches from your waistline, you will learn how to revolutionize your workout conveniently without weights.

Let's face it, the fitness industry is a multi-million dollar business. I get sick to my stomach when I see infomercials on television, promising a newfound way to help you lose weight and feel great. A new "magic pill" is developed each day promising to shed pounds from your waistline. These fad workouts and diet supplements all target the greatest weakness of the human race, laziness. Everyone wants to get in shape without sweat or sacrifice.

If you purchased this book expecting an effortless workout, I suggest that you read no further and submit a refund request. This book is designed for the Warrior population.

A logical question at this time would be, "*What is a warrior?*"...

I went to my handy Webster's Dictionary and located the following definition.

A Warrior is a man engaged or experienced in warfare; a person engaged in some struggle or conflict.

A few common **synonyms** are: *soldier, fighter, and fighting man*.

Now before you throw this book to the ground for fear that the author (yours truly) is crazy or a member of a renegade cult, let me explain why we are all Warriors in some shape or form.

I could have entitled this book a variety of names. I choose the name Warrior because of its relevancy to everyday life. Let's look back at the definition for a better understanding. A Warrior is any person engaged in some struggle or conflict. This definition encompasses the entire population. We are all faced with obstacles and struggles, which we must overcome in our pursuit for success and triumph.

If you stop to observe the world around, you will quickly realize the struggles and hardships faced by all. Let's face it, life is no picnic. There will be good days and bad days.

What does this mean and what the hell is my point?

The moral to this story is that society has reached an all time low. People do not want to work for anything. The mentality of our world is to choose the path of least resistance. Human beings in general dislike hard work. The great percentage of the public expects the world served to them on a platter.

The Warrior is a dying breed. My definition of a Warrior is not just one who is faced with struggle, but also one who overcomes and conquers his obstacles in pursuit of victory. A Warrior does not cry and moan when things do not go his way. Rather, he goes back to work, trains with greater intensity, and refuses to accept anything but the best.

A Warrior is a person engaged in some struggle or conflict who continues to train with intensity and desire. The Warrior cannot be deterred from his ultimate goals and objectives. The Warrior does not look for shortcuts or the easy way out. The Warrior approaches all challenges with confidence, diligence, and perseverance.

As you can see, the Warrior can be anyone. The Warrior can be a businessman who works hard to be the best or an athlete who trains hard to win a championship. There is a Warrior within us all. Unfortunately, many people have put their Warrior side to sleep.

Society promises us rewards without effort. The path of least resistance is the road most often traveled. Hard work and commitment are foreign terms, ancient and outdated.

Our society is riddled with overweight, out of shape individuals. These people continue to slobber around, growing fatter each day. They continue to shove fatty foods down their mouth. They go home and are upset with their weight gain. They look in the mirror and wonder where the weight has come from. After all, these people pop every magic pill and diet formula they can find.

Eventually, these individuals are labeled "victims" to obesity. Doctors have even developed liposuction to suck away the fat.

New infoproducts are developed and marketed each day. Each product promises a new way to shed pounds without work or sacrifice. The annoying salesman promises that you can "lose weight and eat whatever you want"...

Well I am here to tell you that the salesman is WRONG. There are no magic pills that you can swallow to transform yourself into a well-conditioned human being. I am sick and tired of all the false promises and ridiculous fitness gimmicks and gadgets. It angers me to see infomercials that deceive the innocent public into believing that healthy living and physical fitness can be achieved through a magic potion. Millions of individuals are misled each year into purchasing these products in search of a miracle. Unfortunately, the world of fitness does not involve miracles. Only through a dedicated, consistent effort can you truly achieve peak fitness levels.

Research indicates that approximately one-half of Americans are overweight. Billions of dollars are spent each year on weight-reduction products and services. Despite such expenditures, a large portion of the population continues to live obese. The combination of obesity and harsh, fad diets jeopardizes the health and well being of a large portion of the population.

Why am I telling you all of this? The reason is simple... All of the money that is spent towards fitness-based products has done little to enhance the physical condition of the general public. Obviously, all of these products and fancy gadgets are **not working**. The fact remains that the fitness industry thrives on individuals who try and fail. If we were all in shape, there would be no reason to invent the next magical fitness cure.

Yet, people will continue to fall prey to these deceitful marketers who promise they will lose 10, 20 or 30 pounds in a few short weeks.

Fortunately, you and I are different. We will not be fooled by these bogus claims and magical cures. How do I know this about you? Well, the fact that you purchased this book tells me one thing, you are interested in improving your physical fitness. This book will not instruct you to starve yourself or take diet pills throughout the day. Rather, we will go back to our human roots by using our own natural bodyweight as the primary source of resistance.

I will detail routines that are designed to enhance speed, power, strength, and stamina. No matter who you are and what your reason was for purchasing this book, you will see results if you stick to this training routine.

The human body is an amazing system. Once you devote yourself to my training approach, I guarantee that you will witness amazing results. Nothing can stop you when you are committed to personal improvement...

The Warrior does not search for the easy way out. **The Underground Guide To Warrior Fitness** will teach you to revolutionize your fitness without all of the ridiculous diet pills and potions. This manual will transform you into a powerful Warrior eager to overcome new obstacles and challenges.

ABOUT THE AUTHOR

My name is Ross Enamait and I am the founder of RossBoxing.com and author of *The Boxer's Guide To Performance Enhancement*. I have been involved with fitness and competitive athletics my entire life. I continue to compete in the sport of boxing and work as a Certified Fitness Trainer with the **International Sports Sciences Association**. In addition, I hold a Bachelor of Science from the University of Connecticut and a Master's degree from Regis University.

I have been involved in the fitness industry for many years. I work with several clients and athletes as a strength and conditioning coach. Although I would be happy to charge you my hourly rates, I am here to inform you that you can do it on your own without a personal trainer. Rather than discuss my past and career ventures, let's cut to the chase. You did not purchase this book to learn about me. Let's turn our attention towards **more important** matters, namely the routines in this book and **your physical conditioning!**

The routines in this book will cut through the hype and nonsense that we are all accustomed to reading. These workouts are intense in nature and do not require an investment in fancy training equipment.

I have been listening to excuses my entire life from people who choose to neglect fitness. I have heard it all from, "*I do not have time...*" to "*I cannot afford a gym membership...*" These bogus excuses add fuel to my fire. It is these excuses that led me to write this book. I am tired of seeing the general population fall prey to obesity and poor nutritional habits. Whatever your excuse is, I am here to challenge it.

The routines in this book can be performed **ANYWHERE**. Regardless of your fitness objectives, the solution remains the same. You must train diligently with **discipline** and **consistency**. Whether you are a competitive athlete, a middle-aged businessman, a teenager trying to impress his girlfriend, or someone who is looking to lose a few pounds, we all have the same basic objective, which is to improve our physical fitness.

Fitness is a difficult term to define considering that we all view our own physical fitness uniquely. For some of us, fitness means running a marathon, or playing basketball, or boxing ten rounds, or carrying luggage without breaking your back. The common link among us all is our desire to develop a body that is functionally capable of performing the activities we pursue. We all live different lives thus will have slightly different objectives.

Whether you are a competitive athlete or not, you are entitled to the same elite training advice that a professional receives. Who is to say that a professional athlete should be entitled to confidential training information? I believe in the old saying, "We are all created equal." We all have a right and responsibility to learn

and practice the scientific principles that pertain to physical fitness. There is no reason to accept anything but the BEST... **YOUR BEST.**

Never settle for less than the best, no matter what it is you do. Your physical fitness should be no different. Why settle for looking good when you can look great? You can ponder this question all day but the answer is always the same. There is no reason to ever accept anything but your own personal best.

Abiding by this principle, I will walk you through a proven system that will revolutionize your fitness in the most convenient, cost effective manner ever developed.

You can choose to waste your money on infomercials and other fitness gadgets but at least hear me out before you part ways with your hard earned cash.

NO MORE EXCUSES

Before we discuss my training and nutritional system, let's first dispel any excuses that you may attempt to associate with your workout. I do not wish to sound harsh or offend anyone, rather I want to ensure we get started with a mutual understanding...

Excuse #1: I do not have time to exercise

This is perhaps the most common excuse that I hear from people today. They typically back this excuse up with lines such as "*I work a full-time job*" or "*I work and go to school*" or "*I work and take care of the kids*"... The list goes on and on. My response to this excuse is simple. If you do not have time to exercise, you had better make time for discomfort, fatigue, aches and pains... basically a miserable, **unsatisfied lifestyle**. It is amazing how much more time people have than they realize. By taking as little as 30 minutes, four or five days per week, you can improve the quality of your life. The Warrior is always resourceful, he finds time to train.

Excuse #2: I am too tired to exercise when I get home from work/school

Well maybe if you started exercising you would not be so lazy and tired. Perhaps your energy levels would increase as you start to shed fat and gain muscle. These people never realize that their fatigue originates from inactivity. Basically, when you sit on your ass all day, you can expect to be tired all the time. If these people ever get the energy to do something positive for themselves such as exercise, they would tap into a whole new energy source that accompanies physical fitness.

Excuse #3: I am too old to exercise

When I hear this excuse, I feel as though I should call the funeral service and make arrangements. Anyone who believes they are too old to exercise has already given up on their life and well-being. No one is too old to exercise. I have seen 80-year-old men and women begin exercise programs, which have drastically improved their quality of life. Exercise affects the body, mind and soul. It starts on the inside, you feel better, then the outside, you look better, and finally the mind, you are able to think better.

Excuse #4: Gym memberships and fitness equipment are too expensive

I should not need to include this excuse considering that you have already purchased the book, but it is worth repeating. You do not need all of the fancy training equipment or personal trainers who are looking to empty out your wallet. All that you need are your arms, legs, shoulders, back, chest, and stomach. Your body is all the equipment that you need. The last time I checked, you do not need to pay membership fees for your body.

Excuse #5: I am not looking to compete as an athlete

Who said that physical fitness was only available to the competitive athletes of the world? It makes no difference whether you are an athlete or not. With this said, the routines in this book **are** designed for competitive athletes. These two lines appear to contradict each other but I disagree... As a human being, you are entitled to enjoy the amazing potential contained within your body. Athletes train to maximize speed, power, strength, and stamina. Each element is required for the vigorous competition an athlete endures. Whether you compete or not, you deserve to maximize the potential of your body. Physical fitness will enable you to live life with a newfound sense of vigor and enthusiasm. Fitness is a lifestyle, not something that you do for a few weeks before summer. When you change your lifestyle to include fitness, you change the way you live your life. You enable yourself to realize life's true potential. Life is precious and by becoming physically fit you can live a healthier, happier and longer life.

CONCLUDING THOUGHTS

At this point, I hope that I have convinced you that you can and WILL begin to realize the benefits of a full-body, equipment-free physical fitness routine. This program is designed in a scientific manner that will transform your body into a **powerful**, functional unit. We will not settle for anything but the **BEST**. Regardless of your fitness objectives, you will train with intensity to ensure that you surpass even your greatest expectations.

OK, now we are almost ready to begin. Let's first read the ***Warrior's Creed***. These are words to live by regardless of your goals...

THE WARRIOR'S CREED

- I WILL TRAIN WITH THE UTMOST INTENSITY, DEDICATION, AND DESIRE.
- I WILL TURN OBSTACLES INTO OPPORTUNITIES TO DEMONSTRATE MY POWER AND STRENGTH.
- NO FEAT IS BEYOND MY REACH, I WILL WRITE MY OWN DESTINY.
- THE HELL WITH GENETICS, I WILL DETERMINE MY PHYSICAL PROWESS AND STRENGTH.
- I AM AN ACTION TAKER NOT AN ACTION FAKER.
- I AM A LEADER NOT A FOLLOWER.
- THERE ARE NO MAGIC PILLS. MY STRENGTH AND POWER ORIGINATE FROM MY INTENSITY AND DEVOTION.
- THERE ARE NO SHORTCUTS TO THE TOP. THE WARRIOR'S JOURNEY IS NEVER ENDING. I WILL SURGE FORWARD, IMPROVING MYSELF EACH DAY.
- I WILL RISE TO THE TOP, OVERCOME ALL OBSTACLES, AND DESTROY MY ENEMIES.
- EXCUSES ARE WEAK, WARRIORS ARE STRONG. I AM A WARRIOR.

LET'S GET THE MOST OUT OF IT...

It is natural to purchase a training book and immediately flip to the sample exercise routines. Although you may be eager to learn the exercises, I strongly recommend that you read through this book in its entirety before beginning these training routines. This book is designed in a way where each section focuses on one specific aspect of the overall training process. Each section will thoroughly detail the movements with illustrations and comprehensive descriptions. I will present loads of information, which may seem like a lot to grasp. It is not important to memorize each exercise on your first reading.

After reading through the book, it should serve as a reference for you when modifying your training routine. First however, I want you to learn the specifics of **how** and **why** to develop a training routine that corresponds to your particular fitness goals. At the conclusion of this book, I will explain the specifics of creating your own customized training and nutritional program. I have several sample programs available which will help you maximize your performance. I have included routines to satisfy everyone's needs.

Regardless of your fitness objectives, it is important to continually advance and modify your training program. Physical fitness is an ever-changing process that requires dedication. You are not expected to go through each exercise in this book during one training session. Instead, you will continually modify your exercise selection over the course of time. An old proverb states "**Variety is the spice of life.**" These are important words that must be integrated into your training schedule. You should adapt and tweak your workouts as you progress.

Failure to modify your workouts will limit your improvements. Essentially, you will reach the point where you can no longer advance without changing your workout. In addition, by training the same way all the time, you will become bored and lose motivation. If this sounds complicated, have no fear, I will give you all the tools necessary to design your own training system. The information presented in this book will last you a lifetime.

I simply ask that you read through the book in its entirety before jumping into the training routine. Do not rush, you will have plenty of time to implement the intense training routines described in the book. Get ready to **FEEL THE PAIN!**

The Warrior's Way

"Well done is better than well said." - *Benjamin Franklin*

"Ah, but a man's reach should exceed his grasp, or what is heaven for?"

- *Robert Browning*

NO MORE NONSENSE

At this point, I have made it pretty clear that I have zero patience for lethargic, fat slobs who are looking for a miracle fitness solution.

Unless there is a medical reason for one's obesity, I find it difficult to sympathize for someone who continues to shove food in their mouth.

Real Warriors need real workouts. We do not need some fancy personal trainer telling us to squeeze our butts or tighten our abs. We are looking for a no nonsense approach to training. We are looking to prepare our bodies for any challenges that the Warrior lifestyle may present. We must condition our bodies into powerful, functional machines.

Notice that I chose the words *powerful* and *functional*. Power is the functional application of speed and strength. It is one of the key components to athletic performance. Regardless of your sport, you will require a powerful body to propel you to the top. Something is functional if it is *used to contribute to the development or maintenance of a larger whole*.

Without turning this into a science class, let's take a close look at this definition. Our training system must concentrate on functional movements that contribute to the development of a *larger whole*. The *larger whole* is your body. You must train your body in a functional manner if you seek functional results.

For example, curling a dumbbell will help strengthen your bicep but it will provide little, if any, functional benefits. You will rarely be forced to "curl" your way out of trouble. The bicep curl is an exercise that will make you look nice but it will do little to condition your body for the grueling challenges you will face in life or sport.

I have been involved in the sport of boxing for over ten years. My athletic career has always revolved around contact sports. Whether playing football, wrestling, or boxing, my objective is to seek and destroy my opponent. Unfortunately, many athletes involved in similar sports do not follow a functional training routine. These athletes are misled to believe that they can only achieve strength and power in the weight room.

Many football players boast about the weight they can bench press, without recognizing their lack of functional strength. With this book, I will teach you a new way to condition your body. You will learn to maximize your endurance, strength, and power with natural, functional exercises. These exercises will use your body as the primary form of resistance.

I am not here to say that you should avoid the weight room. Weight lifting certainly offers **numerous benefits** to the aspiring athlete. Rather, I am here to tell you that weight lifting is only **one of many ways** that you can condition your body for the rigors you will encounter in competition. Please note that I use the word "competition" to describe any encounter where you must overcome an obstacle that stands in your way. Perhaps you are a wrestler looking for more power and endurance or a football player who wants to maintain his explosiveness throughout the game. Or perhaps you do not participate in any athletic events. This does not give you a free pass to avoid physical obstacles. You must be conditioned to handle any hindrance that stands in your way.

As a Warrior you must train your entire body. Forget about the guys who bench press every day to build their chest for the beach. We all want to look good but not when it means sacrificing our ability to overcome and conquer the obstacles that lie ahead. Most iron pumping junkies cannot lift their own bodyweight over a chin-up bar more than 10 times.

As a young teen, I remember working out at one of the local gyms. One of the old school members of the gym approached me with a question. This man was ripped with muscles and loaded with stories from his days as a fighter. He was the first person to introduce me to the sport of boxing. At age 55, this man worked out with the energy and strength of a man half his age. He was known to run the streets at the crack of dawn. His gym workout consisted primarily of heavy bag work and floor exercises.

As he stood by my side, he asked me to look at the chin-up bars located in the corner of the gym. I glanced over and noticed a run down area which had been converted into a place to hang wet towels and dirty clothes. No one bothered to use the chin-up bars. He then asked me to look over at the fancy nautilus resistance machines. The gym was packed with this equipment. People often waited in line to use these machines.

The man then looked at me and asked why no one was using the chin-up bars.

Puzzled by the question, I had no answer. I was new to strength training, as most of my time was spent at the boxing gym. Recognizing my confusion, the man looked me in the eye and said that no one uses the chin-up bars because they are difficult. It is hard to pull your bodyweight over a chin-up bar!

Earlier, I mentioned that society was plagued by laziness. After analyzing this man's question and answer, I soon realized that a great percentage of "fitness enthusiasts" were also lazy. They were searching for the path of least resistance.

It is much easier to grab a pair of dumbbells and perform bicep curls or bent over rows than it is to pull your own bodyweight over a bar.

You can play with resistance machines until the sun comes up and you will not gain the functional strength derived from natural, bodyweight exercises.

To summarize, you can look nice at the beach by playing with toning tubes but there is a lot more to true physical fitness and conditioning. Our goal is to not only look great but also condition our bodies to seek and destroy all challengers.

The Underground Guide To Warrior Fitness is all about conditioning your entire body. No body part will be left out of the fun. We will improve your stamina, strength, power, speed, coordination, agility, and mental capacity. You do not need a fancy gym membership or personal trainer. All you need is your body and the willingness to succeed.

You will not waste time waiting for machines in the gym or changing plates on barbells. These exercises do not require a partner or spotter. You do not need to fill your living room with bulky gym equipment. You can perform these exercises anywhere. You will target your muscles in ways that you never knew were possible.

You can perform these routines in your home, outside, on the road, or in a hotel. If your job requires travel, you can kiss goodbye to missed workouts. You no longer need to train in a cheesy hotel gym littered with cobwebs and worn down nautilus machines.

The Warrior is a resourceful person. We are all Warriors. This guide will teach you the ways of the Warrior.

I will help you find the Warrior within. The nonsense is officially over. Forget about all the fancy gadgets, pills, and potions.

The bullshit ends today.

Warrior class is officially in session so get ready to kick ass and take names.

The Warrior's Way

"I am not discouraged because every wrong attempt discarded is another step forward." - Thomas Edison

"He who hesitates is a damned fool." - *Mae West*

"The best way to predict the future is to invent it." - *Alan Kay*

"While we are postponing, life speeds by." - *Seneca*

THE WARRIOR'S MIND

Before we jump into the exercises and routines, I would like to begin with a discussion of the Warrior's Mind. The mind is a powerful tool that you must use to your advantage. Regardless of your objectives, the mind will play a significant role in your success or failure.

There are many mantras that pertain to the power of the mind. Unfortunately, very few of us actually apply the principles necessary to fulfill the true potential of our body and mind. It is easy to say, "*I can do anything that I put my mind do*" but much more difficult to bring truth to these words.

At this point, you may be thinking, "*What the hell does this have to do with my exercise routine?*"...

All that I ask is for you to hear me out. It is very important to understand the connection between the body and mind. We cannot neglect the importance of the mind in our pursuit of success. The exercise routines in this book will test you both physically and mentally. If you are not mentally strong, you will be quick to lose this guide on your bookshelf. You will need the Warrior's mind to push yourself through the routines and achieve optimal physical fitness. If you stick to this program, you will travel the road to success.

Success is defined as a *favorable or desired outcome*. Obviously, we all have different interpretations of the word success. The common link is that we all strive towards success (regardless of our interpretation of the word). Our lives are filled with expectations of success. Unfortunately, we rarely live up to these expectations. Only a small percentage of the population achieves true success in their lives.

Why is this so?

Let's face it, the world is filled with negativity, and negativity breeds negativity. As Warriors, we must combat our negative surroundings and influences. We must live with confidence, in a positive manner. The only way to become successful is to be successful in our own minds first. We must think and believe success.

The journey towards success is simple, yet often elusive. It is elusive because our minds have been programmed for failure. As children, we dream and take risks to achieve these dreams. As time passes, we are taught to avoid risks, to settle for mediocrity. Eventually, we become programmed to fail. We give a half-ass attempt and call it a day. We have been taught that second place is OK as long as we try.

This mentality is bullshit. It was developed by someone who never “won” anything. Our so-called mentors are often those who could not succeed on their own. What gives them the right to teach us how to succeed? This system does not make sense.

I can remember sitting through a finance course in college. My professor lectured about acquiring wealth through the stock market. As my classmates took notes in amazement, I questioned why my professor drove a run down automobile that pumped out more smoke than a steamboat. If this guy knew so much about the stock market, why the hell was he struggling to pay his own bills?

The same logic is true for society as a whole. Only a small percentage of the population achieves success. I do not intend to disrespect anyone but consider the following... The great majority of our friends, teachers, co-workers, and associates have not achieved true success. Many of the people who have instructed us throughout our lives are not successful when you consider the big picture (unless your father is Michael Jordan).

Whether or not you are successful in life will be determined by the decisions **you** make as an individual. You cannot listen to what others have told you. These people have not achieved success. They are often happy when you settle for mediocrity as well.

Once again I will remind you that the theory of mediocrity is bullshit.

Do you think Michael Jordan settled for mediocrity? Of course not... rather he stayed on the basketball court day in and day out until he perfected his game. He did not accept failure or settle for anything but his absolute best. Michael Jordan has the mentality of a Warrior. He dedicated himself to becoming the best basketball player in the world. Why settle for being the best player on his team when he could be the best player in the world? *Mr. Mediocre* would have been happy blending in as part of the team. Let me remind you that *Mr. Mediocre* is weak and pathetic. He is not willing to bust his ass in pursuit of victory.

Always remember that nothing worth having is easy to acquire. The Warrior mentality for physical fitness does not involve an overnight miracle or magical pill. The Warrior's path is one full of pain and mental challenges. The exercise routines are difficult. They will test you mentally and physically. If you are looking for an easy routine, I suggest that you put this book to the side. I cannot help you.

You must understand that we are all capable of great things. We were made to succeed even though society teaches us to fail. Fortunately, you can change your mindset. Go after your own passion and goals with relentless desire and devotion.

The **Way of the Warrior** involves much more than physical fitness. You must understand the connection between the body and mind. As your fitness levels advance, you will gain confidence and motivation. You will begin to accomplish feats that were previously impossible. You will approach challenges with confidence and assertiveness. You will live your life with newfound energy and passion...

Now is a good time to discuss a few important elements of the Warrior's mind. Be sure to read this section carefully.

BE READY FOR STRUGGLES, THEY ARE INEVITABLE

As children, we watched cartoons and dreamed of becoming superheroes. We were unaware of the struggles that we would soon face as adults. We were blind to the hardships faced by human beings. As time passed, we began to encounter bumps along the road.

You must realize that struggles and hardships are unavoidable. We do not live in a fairy tale world where everything is perfect. Life is not perfect. Life is loaded with agony, pain, and conflict. Does this mean that we should pack our bags and hide out on an island? Of course not...

Rather, we must learn to handle the struggles that life presents. The Warrior is not immune to life's hardships but the Warrior does not succumb during these times. By strengthening the body and mind, the Warrior is able to overcome hardship. The Warrior does not allow difficult times to sway him from his journey to the top.

If you play for a team which continues to lose, it is your responsibility to turn things around. You cannot put your tail between your legs and run away. You must confront the problem and devise a solution. You must be an action taker, not an action faker. You should enjoy difficult times because they provide you with an opportunity to prove yourself. Stand up to the challenge and do not accept anything but victory.

KEEP YOUR COMPOSURE AND BE RESOURCEFUL

As a Warrior, you must keep your cool under pressure. You must act in a resourceful manner. Competition is often unpredictable so you must keep your composure and avoid panic.

Let me illustrate this point with a real life example. As mentioned earlier, I have been involved in the sport of boxing for the past decade. Throughout this time, I have been prone to hand injuries (until I started practicing the Warrior's hand strengthening routines!).

I have fractured my hand on three separate occasions. Each of my injuries happened inside the ring. If you hurt your hand while training on the heavy bag, you can stop at anytime. The situation is completely different when you are inside the ring with an opponent who is trying to take your head off. When I enter the ring, I do not just come to fight, I come to win.

On each occasion I knew immediately that my hand was broken upon impact. I could have easily turned to my trainer and ended the bout. Rather than quit, I sucked it up and fought through the pain. I never let my opponent know my hand was injured. If I panicked, he would have realized I was favoring my injured hand.

I kept my composure and adapted my style to accommodate the injury. I continued to throw my injured hand but only when a perfect opening presented itself. I began to work my jab and hook to avoid the pain of my broken right hand.

You must realize that you will run into bumps along the road. It is not enough to be physically strong, you need mental conditioning to be the best. The muscles in my arms did not pull me through these fights. My mind enabled me to win. I remained calm and used my head. Physical strength will only go so far if you do not have the mental capacity to go along with it.

WE OFTEN BECOME WHAT WE BELIEVE

We often become what we believe – believe in yourself and you will accomplish your goals. There is no substitute for confidence. Know that you belong and always show your confidence.

Confidence is a very important concept. It is defined as *“a feeling or consciousness of one's powers or of reliance on one's circumstances”*. Regardless of your goals in life, you must approach them with confidence. You must know that you have the ability to achieve **anything**. Your only limitations are those that you impose upon yourself.

If you do not believe you can become the best, you never will. You must train your mind to believe in yourself. You must believe you can accomplish any task that you focus your energy towards. A Warrior can achieve anything his heart desires.

Research has proven over and over again that we are more likely to succeed when we believe in our abilities. It is not a magical process, rather something that takes time. You do not gain confidence overnight. As you continue to train hard, you will notice adaptations in your body. You will gain muscle, lose fat, and increase stamina. By doing so, your mind will begin to believe in your newfound strength and power.

In competition, you must walk the field with a sense of confidence. If you are involved with martial arts, boxing, or wrestling, you must let your opponent “feel” your confidence. Mind power works both internally and externally. You have the ability to adjust the mindset of your opponent based on your actions. Intimidation is an effective weapon if you can use it. You can intimidate your opponent by showing your confidence. Walk tall with your head up. Look your opponent in the eyes. Let him know that you belong. Earn respect by taking control of the situation. Be the aggressor, mount the attack. The Warrior is assertive, never passive. Believe in yourself and take what is rightfully yours.

SECOND PLACE SUCKS

I was raised with the mentality that second place sucks. I was taught that second place is the first loser. These words may sound harsh but competition is a harsh environment.

Why settle for anything but the best? There is no answer to this question.

As a Warrior you must be prepared to do whatever it takes to be the best. You must eat, sleep, and dream about your competition. It must become your goal and your obsession. If you do not want it that bad, be ready for failure. I can assure you that someone else will be willing to make the sacrifice necessary to be the best.

We grew up learning about sportsmanship and how everyone is a winner. Once again, let me remind you that these beliefs came from someone who never won.

Even if you do not compete in an athletic event, you must still live by the motto that second place sucks. I could be on a secluded island and still find a way to compete. I challenge myself each and every day. I am always looking to push myself to new levels.

Competition is healthy. Competition breeds motivation. The workouts in this book will challenge you physically and mentally. You must continue to push yourself to new levels. Compete with yourself when you train and your competition will be sorry. There is no substitute for hard work. Train hard and good things will happen.

Get ready to kick some ass. Be the first winner, forget about the first loser.

PATIENCE IS A VIRTUE

Everyone is in a rush to go nowhere. We are bombarded by advertisements for faster Internet connections, overnight dieting miracles, and get rich quick schemes.

Computers keep getting faster and the fitness industry tries to keep pace. Unfortunately, our bodies are not made of bits and bytes. It takes time to develop your physical fitness. You cannot rush yourself into condition. There are no shortcuts on the road to fitness. There are no overnight miracles. The routines in this book are challenging. It will take time to develop the strength necessary to complete the advanced routines.

You must approach your Warrior training with patience. Positive change does not happen overnight. It takes time. Patience is a virtue and necessary component of the Warrior's mind. If you rush, you are asking for injury and soreness.

Take your time and build yourself up slowly. If it were easy to be the best, we would all be equal. The hell with equality, the Warrior is one who seeks to lead the pack, to be the best. In order to realize this goal, you must be willing to train hard, day after day. You cannot train for a week and expect to be the best.

Be prepared to pay your dues. Train with intensity and train with patience.

SET GOALS FOR YOURSELF

Up until this point, I have discussed the quest towards success and your desire to be the best. We all make statements such as "*I want to be the best*". This attitude is necessary for success but unfortunately it is often difficult to determine whether or not we are in fact the "*best*".

We must learn to measure our progress. By setting goals for yourself, you can monitor your development. You must set goals that can be measured and tracked. Goal setting is an important process that allows you to quantify progress. It is important to set both short and long term goals. For example, your goals could read as follows:

Short Term Goal #1:	Run 1 mile in under 6 minutes
Short Term Goal #2:	Perform 70 consecutive pushups
Long Term Goal #1:	Perform 100 consecutive pushups
Long Term Goal #2:	Win a world championship

These are examples of goals that you can set for yourself. It is not sufficient to contemplate these goals in your mind, rather you must write these goals down on paper. Hang them on your wall so that you can review and remind yourself each day. I have a list of goals posted on my wall as a daily reminder. By reminding myself, I become more focused in my training session. My training session has a purpose when I attach a specific goal to it.

You must determine your goals based on what you truly want to achieve. Sit down and ask yourself what it is you wish to achieve with your training.

Do you want to lose weight? Are you preparing for a competition? Do you want to gain self-confidence?

No one can answer these questions for you. You must determine the answers to these questions on your own. Develop short-term goals that will gradually carry you forward to your ultimate long-term goal.

It is best to set several short-term goals to carry you towards your ultimate ambition. For example, to become a World Champion (of any sport) will require many years of hard work. This can be your ultimate goal but you must have many smaller goals along the way to steer you towards this climax.

I set goals for myself related to training and competition. In the gym, I set goals regarding my workload. For example, I will set a goal to improve the number of punches I can throw in a round or the number of pushups I perform. My competition-based goals are specific to my sport (boxing). A competition based goal could be something such as "*I will win my bout by knockout*".

You must write down and continuously work towards achieving these goals. Do not hesitate from setting difficult goals for yourself. Goal setting gives you motivation to train your hardest. Add purpose to your workout by determining exactly what you wish to achieve with your training. Remember, performance is self-fulfilling, you get what you expect as an athlete.

THE VOICE WITHIN

Each moment of your life presents an opportunity to improve your ability. Throughout each and every day, we have conversations with ourselves. The little voice inside your head never stops talking. You must use this voice to your advantage. Do not allow your conscious and subconscious mind to convince you of your inability to succeed. Rather, talk to yourself in a positive way. Tell yourself that you will be the best and do not allow anything to stop you. Many people who lack confidence are defeated by their minds before the competition ever begins.

Overcome these feelings. Use the voice inside your head to your advantage. Tell yourself over and over again that you will succeed. Remain positive and confident and results will follow. Every minute of every day is an opportunity to improve your confidence and personal beliefs. Throughout each day, I tell myself that I will be a champion. I convince myself to train hard each and every day. When I wake up in the morning, I view the new day as a chance to improve some aspect of my game. The little voice inside my head repeats positive words to me throughout the day.

As you reach elite levels of competition, mental conditioning becomes a major factor in your likelihood for success. We all know how to get in shape. Your mind will allow you to achieve optimum levels of performance.

You must affirm your ability to succeed and your willingness to work hard. Affirmations are positive statements that you can use to replace your negative thoughts. By stating affirmations, you can transform your former self-doubt into positive, vibrant expectations.

VISUALIZATION

We have all heard that “*seeing is believing*”. This simple mantra conveys the importance of visualization. Visualization can be a powerful tool to help us achieve our goals.

Visualization involves imagining in your mind that you are actually performing. Through visualization, you actually see yourself in competition. You must relax, close your eyes, and envision yourself on the field. Visualization is a positive tool for athletes. It allows you to perform and plan in your mind before the competition takes place.

For example, before a fight, I will envision myself landing the knockout punch. I enter the competition inside my mind. I tap into all of my senses so that I can hear, see, and feel the fight.

Envision yourself at the competition. Replay in your mind what you must do to succeed. Visualize yourself both during your event and afterwards while celebrating. See how happy you are to win and do not allow anyone to take this image from you. Replay these thoughts in your mind until the time comes to turn these visions to reality.

Avoid visualizing negative occurrences. Such images will negatively influence performance. You must focus on the positive to succeed. Losers are negative, winners are positive. The more that you see yourself successful in your mind, the more likely you will succeed in actual competition. Mental rehearsal is one of the most powerful tools you can deploy to overcome failure and pressure on your road to greatness.

Do not underestimate the power of the mind. Positive thoughts breed positive results. Learn to train your mind as well as your body. I typically take 5-10 minutes each day to visualize and meditate. I convince myself throughout the day that I will succeed. I will not allow obstacles to stop me. I use obstacles as motivation to achieve my goals. When my goals have been met, I set new goals to push myself to new levels of performance.

OVERCOME FAILURE

Perhaps you lost your last competition or failed in your attempts to achieve past goals. Use past failures to add fuel to your fire. When I fail, I remind myself of how bad it feels to come up short of my expectations and desires. I convince myself to never lose again. True champions use failure as a steppingstone to success.

If you have failed in the past, analyze what you did wrong and what you can do in the future to prevent repeat occurrences. Convince your mind that you can accomplish anything you desire. You will often learn more from one loss than you will from all your victories together. You must use your experience as an opportunity to improve in the future. Perhaps you lost a competition due to fatigue. Use your knowledge to prevent a repeat occurrence. Determine your goals, believe in yourself, and accept nothing but the best.

No matter your aspirations in life, do not accept anything but the best. Apply this philosophy to your life and you will reach new levels of success. Train hard, train smart, and never quit.

OK, now that you have the mindset of a Warrior, let's get down to business. Now it is time to get the body of a Warrior...

The Warrior's Way

"Leaders aren't born they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal." - *Vince Lombardi*

"Defeat is a state of mind. No one is ever defeated until defeat has been accepted as a reality. To me, defeat in anything is merely temporary, and its punishment is but an urge for me to greater effort to achieve my goal. Defeat simply tells me that something is wrong in my doing; it is a path leading to success and truth." — *Bruce Lee*

"Failure to prepare certainly means preparing to fail." - *John Wooden*

"The Ultimate Warrior leaves no openings - Except in his mind."

"Be master of mind rather than mastered by mind." - *Zen Saying*

FIRST THINGS FIRST...

At this point you have an understanding of the Warrior's mind. Now we are ready to discuss the exercises and conditioning drills that will transform you into a true Warrior. These exercises vary in difficulty with the most advanced designed specifically to kick your ass.

As mentioned earlier, these routines are going to challenge you physically and mentally. You will soon realize why I started with a discussion of the Warrior's mind.

You will need a strong mindset to complete these routines. There is a distinct difference between bodyweight exercises and weight lifting. A typical weight lifting exercise consists of 8-12 repetitions. You grab the barbell and curl it a few times before returning the weight to the ground.

Your work-to-rest ratio usually follows a pattern of 30 seconds of work followed by a few minutes of rest between sets.

The routines in this training manual often require several consecutive minutes of exercise. Your muscles will "burn" for several minutes. When you perform several hundred repetitions of bodyweight exercises, you improve strength, endurance, and of course mind power. Always remember, the Warrior never quits.

Do you remember my story about the chin-up bar? No one in the gym used the bar because the exercises were difficult.

You can kiss goodbye to that mindset because we will make one set of chin-ups feel like Paradise Island. Remember the old saying, "*You ain't seen nothing yet!*"...

Now that we have a mutual understanding, let me remind you again, read through the exercise sections in their entirety. Do not be concerned with memorizing the exercises on your first reading. Use this book as a reference in the future.

I have included numerous routines which you can use anywhere. With this said, I will never claim to be the most knowledgeable fitness guru in the world. There is nothing stopping you from adding a little variety to the routines.

Remember the words of the Warrior's Creed... you are an Action Taker not an Action Faker! Train hard and train smart. Think outside the box. And without further ado, it is time to kick some ass...

SHOCK TREATMENT FOR THE LEGS

Regardless of your competition, you will require tremendous power from your legs. The legs carry you from Point A to Point B. In boxing, you generate powerful punches by thrusting and pivoting from your legs. Martial artists rely on their legs for powerful, explosive kicks. Wrestlers rely on leg strength to drive their opponents to the mat. Football players rely on explosive legs to power them across the field.

The legs are perhaps the most important functional muscle group in your body. There is no excuse to neglect your legs. If you wish to be successful in competition, you will need a powerful set of legs to motor you around.

I get sick to my stomach when I see people in the gym focusing all of their attention towards the upper body. These bench press junkies are only concerned with building their chests, as they walk the beach with pencil legs. A strong wind current could blow them away!

The moral to this story is that functional leg strength is paramount to the Warrior. No Warrior will be walking this battlefield with a pair of pencil legs.

Let's get started...

THE KING OF ALL EXERCISES

The Warrior's routine will consist of several exercises designed to strengthen and condition your entire body. Each exercise will provide benefits. With this said, all exercises were not created equally.

We are all entitled to an opinion, but I am here to nominate the squat as the king of all exercises. I strongly believe, without question, that the squat is king. Squats are the most effective overall strength exercise. Squats will increase muscle mass, bone mass, and endurance while strengthening knee ligaments.

Squats provide unparalleled functional strength for all athletic events.

Squats will give you power to run through your opponent on the football field, the rugby field, or during a wrestling match. The squat itself is part of many fighting techniques. You squat to evade a punch, or thrust in for a takedown.

The benefits of the squat are endless. Strength, power, endurance, and improved lung function are just a few reasons for you to include squats in your Warrior training routine. Squats are the most effective overall strength exercise. The squat targets so many muscles that you really cannot label it a pure "lower body" exercise. It is more accurately described as a "total body exercise".

Squatting requires not only leg strength but also core strength. In almost any sport, you must bend your knees and react from a squat or semi-squat position. Consider the defensive tackle who is lined up in a bent knee position as he follows the running back down field. As the running back approaches, the defensive player crouches and explodes forward. The squat provides the functional strength necessary to explode upon your opponent with relentless aggression. Squats provide the core strength necessary to maximize athletic performance. The Warrior must explode with aggression, the Warrior must squat!

SQUATS ARE SAFE

Squats often get a bad rap from the “self-appointed fitness gurus” of the world. Squats are commonly blamed for bad knees and lower back pain. I am here to argue these claims and discuss the truth about squats...

Squats are commonly associated with ligament problems in the knees. When an injury happens, the “injured” are quick to point the finger at the exercise rather than their own wrongdoing. I do not mean to sound harsh or negative, rather I am attempting to clear the King of all Exercises from any wrongdoing. When performed properly, squats can actually help to rehabilitate an injured knee. Without getting too scientific, let me explain...

Exercises are often categorized as either *closed chain* or *open chain*. Chains are links of body parts such as the foot, ankle, and knee. In a closed chain exercise, the “chain” (the feet during squats) is fixed. When you squat your feet remain stationary while the rest of the leg moves up and down. During an open chain exercise, the end of the chain is free. An example is the seated leg extension. Your feet move back and forth as you drive the weight up and down.

Closed chain exercises tend to stabilize your joints, such as your knee during the upright stance of squats. Closed chains involve more muscles and joints than open chains. These exercises lead to better coordination and overall stability around each structure. During a squat, there is a compressive force at the knee. This force pushes the bones together and is less taxing on the ligaments. An open chain exercise such as the leg extension creates a force that strains the ligaments. The leg extension forces your ligaments to hold your bones in line to prevent dislocation of the knee.

The only time to avoid squats is when recovering from injury. During such situations, you must use common sense. If you injured your knee last week, obviously you should avoid any exercise that requires power output from your lower body.

Train hard but also train **SMART!**

USE YOUR BRAIN AND AVOID THE PAIN

Now that we know squats are safe, let me remind you of the importance of proper form. Most injuries are the result of improper execution. It is important to maintain an upright posture while performing the squat. Be sure to study the illustrations and descriptions closely to ensure proper technique. There are several varieties to the King. Let's look at his *Highness* and many close relatives...

BODYWEIGHT SQUAT (AKA "HINDU SQUAT")

The Bodyweight Squat is one of the best exercises that you will ever perform. These squats will improve your strength and stamina while challenging your will and desire!

1. Assume a stance with your feet shoulder-width apart (or slightly wider) and toes pointing forward.
2. Lower your butt down (flat footed) as you maintain an upright posture.
3. Simultaneously lift your heels from the ground as your butt becomes parallel with the floor.
4. Drive off of your toes to rise back to an upright position.

Remember to maintain an upright posture throughout this movement. Upright does not mean straight as a board, but do not allow yourself to hunch over with your back. A completely straight posture will put undo strain on the lower back. A SLIGHT bend at the waist and rounding of the back is acceptable. Avoid bending over as you proceed throughout the exercise. Your movement should be relaxed and smooth.

HAND POSITION OPTIONS

Some prefer to keep the hands down at their sides while others prefer to hold their arms out in front for balance.

Hands By Your Side

Lower your hands behind your legs as you drop towards the floor. Your hands will essentially guide you to the ground. On your way up, you can either leave your arms **by your side** or **swing them forward**, while exhaling and pushing upwards from the balls of your feet.

I prefer to leave my hands by my side throughout the movement. Some "experts" believe you should swing the arms forward but let's not forget that this exercise targets the **LEGS**. Your legs will feel the pain regardless of your hand position.



Starting Position



Hands Down Ending Position

Hands In Front

Another variation is to raise your arms outward as you lower yourself. Bring your hands back to your sides as you return to the upright position.

Hand position is not as important as the actual leg movement. Choose a hand position that is **comfortable**. Maintain your balance and posture throughout the entire range of motion.



READY FOR AN ASS KICKING

I often come across hardcore weight lifters who laugh at the thought of a Bodyweight Squat. These simple-minded barbell jockeys throw weight on their back and finish 8 repetitions in less than one minute. They “assume” that their weight lifting strength is superior to the Bodyweight Squat.

Always remember that when you **assume**, you make an **ASS** out of **U** and **ME**. The moral to the story is that you should not make assumptions.

After 10 or 20 Bodyweight Squats Mr. Barbell usually laughs and smirks about the ease of the exercise. As he approaches 50, he begins to reevaluate his initial thoughts. His legs will start to burn and fill with lactic acid. Eventually, as he

creeps towards 100, his legs start to shake. He quickly becomes victim to an ass kicking from the Bodyweight Squat!

Most grown men cannot complete 200 or 300 consecutive Bodyweight Squats.

Your response should be, "We are not mere men, we are WARRIORS!"

As a Warrior you should be able to perform 500 consecutive Bodyweight Squats. Do not be in a hurry to achieve this goal. It takes time and plenty of sore mornings with shaky legs. After a few weeks, you will perform Bodyweight Squats without soreness. There is nothing wrong with starting at sets of 25 or 50. Patience is a virtue. If it were easy to do 500 squats, it would not be a worthwhile goal. Commit yourself to excellence and nothing can stop you!

SQUATTING PACE

Bodyweight Squats should be conducted at a fairly brisk pace. This is not a slow paced movement with rest periods between repetitions. The movement is continuous. The pace of the Bodyweight Squat adds to its difficulty. You will combine strength training and endurance training into one exercise. This exercise will test your willpower as you approach several hundred repetitions. It should take approximately 15 minutes to finish 500 Bodyweight Squats. 100 squats should take 3 minutes or less.

Please note that several training routines are provided in a later chapter.

GO DOWN ALL THE WAY

You should lower yourself as far as you can when performing the Bodyweight Squat. This squat requires a full range of motion. These instructions may go against everything you have ever learned about proper squatting technique. Most weight lifters are instructed to squat down until their thighs are parallel with the ground. These lifters are not receiving the full benefit of this amazing exercise.

Healthy individuals should be able to perform a full range of motion during the squat without problems. You should be able to go to the point where the back of the hamstring touches the calf. If you cannot lower yourself this far, you should stretch your hamstrings. Flexibility is important to foster a full range of motion.

STAY AWAY FROM THE MIRROR

One final point that I wish to discuss involves squatting in front of a mirror. My advice is to stay away from the mirror. When you admire yourself in the mirror while squatting, there is a tendency to become distracted. You may end up looking at your legs or feet. When this happens, your center of gravity shifts

forward which shifts the stress of the movement to your lower back! When you are squatting, the **ONLY** place you should be looking is straight ahead. Pick a focus point and concentrate on the task at hand. You will have plenty of time afterwards to admire your newly developed, functional legs.

BALL SQUAT

A great variation to the Bodyweight Squat is the Bodyweight Squat with a ball. Hold a basketball in between your legs and squat down in a normal fashion. Give this variation a try. It is great for the hips and legs.



ONE-LEGGED SQUAT

The One-Legged Squat is an amazing exercise to develop powerful, functional legs. One-Legged Squats will simultaneously develop strength, flexibility, balance, and mental concentration. If you know someone who dismisses the effectiveness of bodyweight exercise, you can knock some sense into them by introducing the One-Legged Squat. Many weight lifters who commonly squat heavy barbells fall to the floor when attempting the One-Legged Squat.

Rep for rep, the One-Legged Squat is one of the most difficult bodyweight exercises. Do not expect to perfect this exercise on day one. It is common for beginners to fall on their ass when attempting this exercise for the first time. Do not become discouraged. If they were easy, One-Legged Squats would not be worth performing!

BUILD YOURSELF UP GRADUALLY

I would not attempt this exercise until you can comfortably perform at least 200 Bodyweight Squats. I would prefer to see you achieve 300 squats before beginning but we will use 200 as the cutoff (*to satisfy the anxious members of the group*).

When attempting One-Legged Squats for the first time, you can expect some frustration. This exercise “looks” easy but once you begin lowering your body you will quickly think otherwise.

I will begin by discussing how to perform a complete One-Legged Squat and then teach you how to gradually prepare for this movement.

THE SPECIFICS

1. Flex your grounded leg and knee and prepare to lower yourself slowly towards the floor.
2. Lean slightly forward as you go down.
3. Maintain a tight abdomen as you approach the ground.
4. Keep your non-working leg as straight as possible
5. Go down as low as possible without touching your non-working leg to the ground.
6. Use your arms to balance you throughout the movement. As you can see, I hold my arms straight out in front of me throughout the exercise.
7. Hold yourself in the bottom position for a second before thrusting your body upwards.



CHEAT TO LEARN

It is not only acceptable to cheat, but recommended when you first begin using this exercise. As mentioned earlier, One-Legged Squats are extremely difficult. You must allow your body time to become accustomed to this movement. It is perfectly acceptable to begin performing “partial” One-Legged Squats. Let’s discuss a few different ways that you can ease yourself into this exercise...

One of the most common ways that beginners learn this exercise is by holding onto something such as a chair or wall to maintain balance. You can help yourself down by holding onto the object. Once you get to the bottom position, you can use the object to help guide your body upwards.

In the picture to the right I use a chair to assist my balance. This is a great way to begin this movement.

Another approach to learning this exercise is to lower **yourself to a chair or staircase** as opposed to “carrying” your weight on one leg. Let’s quickly examine this approach...



Begin in an upright position as if you were performing a normal One-Legged Squat. The only difference is that you will use the chair or staircase to “lighten the load”. With your back facing the chair, lower yourself until your **butt is seated in the chair**. Maintain the One-Legged Squat form by keeping one foot off of the ground.

Sit down for just a second and lift yourself back to the starting position with your working leg. You can begin by using a chair and eventually use stairs, which will force you down lower. The One-Legged Squat with a chair will require you to go down half way. As your strength improves, you can use stairs, starting with the 2nd or 3rd step, until you can perform One-Legged Squats from the bottom step.

Once you can comfortably perform One-Legged Squats from the bottom step, you should begin practicing the movement without assistance. I recommend that you practice this movement several times throughout the day. There is nothing stopping you from practicing One-Legged Squats in the morning and night (and even during the day). After a few weeks of practice, you will be able to perform One-Legged Squats with power and strength!

The One-Legged Squat will provide tremendous benefits to any combat athlete. This exercise will challenge your strength, balance, and coordination. Most athletes and fitness enthusiasts **cannot** perform One-Legged Squats. This movement is difficult. It takes time to develop the strength necessary to perform this exercise. Separate yourself from the crowd by incorporating One-Legged Squats into your routine.

The Warrior should be able to complete 15 One-Legged Squats per leg.

It will take time for you to achieve this goal. Do not be in a rush. Patience is always a virtue for the Warrior. We must train hard but also smart to avoid injury. Practice the One-Legged Squats frequently and you will begin to notice amazing improvements in strength, power, balance, flexibility, and coordination.

WALL SQUAT

The Wall Squat is an exercise that will test you physically and mentally. This exercise may appear easy but you can expect a change of heart after your first 30 seconds.

To perform the Wall Squat, stand with your back, shoulders, and head flat against the wall. Look straight ahead. Relax your shoulders and position your feet approximately 12 to 18 inches away from the wall. Your feet should be approximately shoulder width apart. Lower yourself into the squat position and hold.

You should begin this movement by holding the squat position for 30 seconds. Each week you should add time to your Wall Squat. Eventually, you should be able to hold this movement for several minutes at a time. This exercise is excellent to develop strength and stamina throughout the muscles in your legs. This exercise will really test your mind. You will have to fight yourself to hold this position.

Rise up to the challenge! The Warrior must overcome all doubts on his road to victory.

VARIATION

A great variation to the Wall Squat is to hold a ball in between your legs while you hold yourself in the squat position. Place a ball between your thighs. With your head and back against the wall, squat down while squeezing the ball.



Squat down until your thighs are parallel to the floor. Hold this position while continuing to squeeze the ball. Be sure to squeeze the ball throughout this exercise.

You can perform this variation for time or for repetitions. For example, you can hold this movement as long as you can (for time). You can also hold this movement for 10-second intervals before returning to the standing position. You will repeat these 10-second squat intervals for 20 repetitions. As your strength increases, you can either increase the interval time or the number of repetitions (*true Warriors will increase both!*).

ALTERNATING LUNGES

Lunges are a staple in the Warrior's training plan. Regardless of your sport, lunges will assist you in developing power and coordination to explosively "lunge" at your opponent. Boxers, wrestlers, and martial artists lunge toward their opponents with almost every offensive attack. By performing lunges, you will develop neuromuscular skill and power, which will carry over into success in competition.

1. Stand with your feet shoulder width apart with hands by your sides.
2. Keep your body upright with your head in line with your spine.
3. Step forward with your right foot. Plant your right foot firmly as you lunge forward.
4. Your right thigh will become parallel with the ground. Do not allow your right knee to extend over your right foot.
5. Your left leg will be extended with the knee slightly bent and your heel raised.
6. Step back with your right foot, pressing your left heel back to the ground.
7. Repeat this movement with your left foot and continue to alternate.

Lunges are an excellent exercise. You should be able to comfortably perform 100 repetitions. Eventually, you should perform several hundred at a time. I count each leg as a **separate** repetition.

WALKING LUNGES

A variation to the stationary lunge is the walking lunge. You can walk forward, lunging with each leg.



BACKWARD LUNGES

The lunge can also be performed backwards. For a backward lunge, reverse the movement and step backward.

SIDE LUNGES

Step to the side as far as possible with your front leg until your thigh is almost parallel to the floor. Keep the rear leg as straight as possible. Step back to the starting position. Work both legs evenly. Avoid bending your rear knee throughout the movement.



HEEL STOMPERS

Squat your butt down by your heels. Your hands should be 12 to 18 inches in front of your feet. The motion in this exercise is to straighten out your knees until your heels touch (stomp) the ground. Straighten your knees as much as possible before your heels touch. This exercise looks easy but will BURN your thighs!



ONE LEGGED DEADLIFT

Lower yourself towards the floor on one leg. Your elevated leg should become parallel with the floor before returning to the starting position. You can lean forward as a balance mechanism.



BUTT RAISES

Lie flat with one leg bent, the other straight. Lift your straight leg off the ground so that it becomes in line with your body. Push off with your grounded foot to initiate this movement. This exercise targets the hamstrings and butt.



DROP AND TOUCH

Bend down to touch 12 inches in front of your opposite foot (right hand to left foot). This exercise is great for balance. It also develops the back of the leg. It looks easy but give it a try. You will feel this one working.



LYING BICYCLE

Support yourself from your back and arms. Work your legs in a bicycle motion.



INVERTED LEG KICKS

Press legs upward in an alternating fashion.



DIRTY DOG

Start on your hands and knees. Raise your leg to the side, keeping the knee bent. This exercise is great for the hips.



VARIATION

A variation to the Dirty Dog is to raise the leg to the rear. This will shift the emphasis from the hips to the butt.



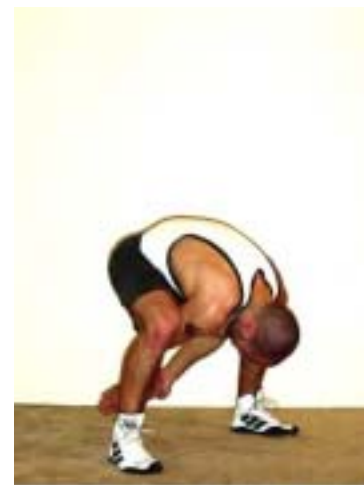
CALF RAISES

Lift up on your toes to work the calf muscles. You can perform this exercise with one leg at a time or both together. In the illustration I raise up from a book to provide a greater range of motion. You can also hang from a stair step.



REACH AND BEND

Stand with legs in a semi-wide stance with arms up, palms facing each other. Bend at the knees and waist. Bring your arms down and reach between the legs as far as possible. Repeat with a slow cadence. This exercise is best performed with high repetitions (for example 100).



EXPLOSIVE MOVEMENTS FOR THE LEGS

ALTERNATING JUMPING LUNGES

You can add explosiveness to the Lunge by incorporating a jump into the movement. The Alternating Jumping Lunge will develop tremendous explosiveness throughout the legs and buttocks.

The Alternating Jumping Lunge begins like the regular lunge. Below I have copied steps 1-5 from the traditional Lunge. I have *italicized* the modifications (6 & 7) involved with the jump.

1. Stand with your feet shoulder width apart with hands by your sides.
2. Keep your body upright with your head in line with your spine.
3. Step forward with your right foot. Plant your right foot firmly as you lunge forward.
4. Your right thigh will become parallel with the ground. Do not allow your right knee to extend over your right foot.
5. Your left leg will be extended with the knee slightly bent and your heel raised.
6. *Explosively push off of your right foot as you jump and extend your left foot in front.*
7. *You will land with your left foot in the front position. Continue to explode off the front foot as you alternate between your left and right legs.*

The Alternating Jumping Lunge should be performed at a brisk pace. You will explode off your front foot continuously. I count each leg as a separate repetition.

SQUAT JUMPS

Begin with your feet shoulder width apart in a squat position. Explode upward, jumping as high as you can into the air. Land under control with your hips back and knees over the top of your toes. Immediately repeat the jump for the prescribed number of repetitions. Squat jumps are excellent to develop explosive power throughout the legs.



SEMI SQUAT JUMPS

With your knees slightly bent, jump up and down from your toes. Concentrate on quick and precise jumps. Explode off of your toes. This exercise will develop explosive calf muscles. Try to superset this exercises with calf raises. Try 100 Calf Raises + 30 Semi Squat Jumps without rest.



STAR JUMPS

Start from a squat position. Jump up, taking your hands and legs out to the side. On landing, bring both feet together, lowering back into the squat position. Star jumps will develop explosive power while coordinating the upper and lower body. Be sure to include these in your routine.



KNEE TUCKS

Begin in a semi-squat position with your knees slightly bent. Jump as high as you can, bringing your knees **to your chest** at the top of the jump. Minimize contact with the ground.



MULE KICK

Begin in a semi-squat position. Jump up while kicking your heels towards the buttocks. Explode upward, minimizing contact with the ground.



KNEE TO STANDING JUMP

Begin in a kneeling position. Thrust off the ground, jumping to a standing position. This is an excellent exercise that develops power and coordination.



You can add to the intensity of the Knee to Standing Jump by **finishing with a Squat Jump or Star Jump.**

Advanced Movement: Proceed from the kneeling position to a standing position, and then immediately thrust upward into either a Squat Jump or Star Jump. This combination movement is highly recommended.

BARRIER JUMPS

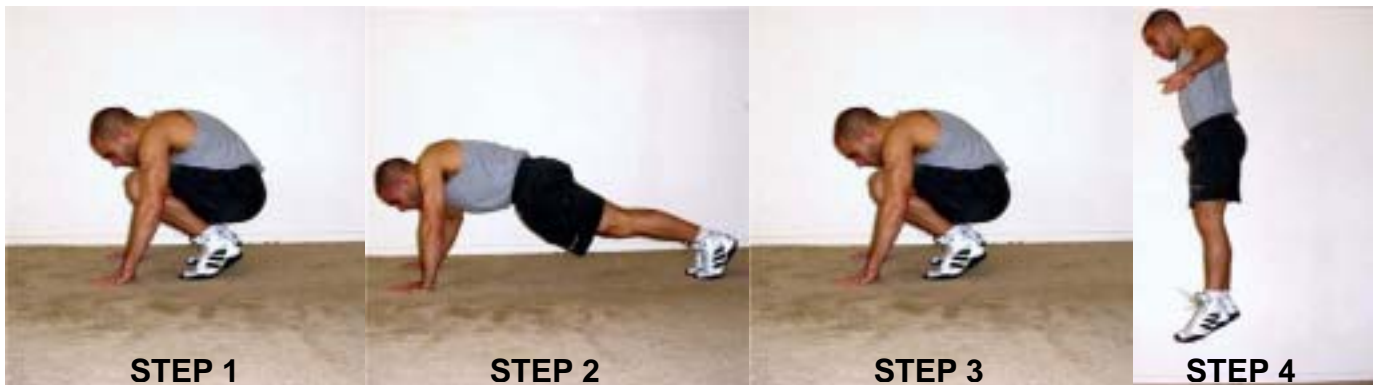
Barrier Jumps involve jumping back and forth over a barrier. In the illustration, I am jumping back and forth over a rope that is approximately one foot off the ground. This exercise is a favorite at most boxing gyms.



BURPEES

Begin in a squat position with hands on the floor in front of you (1). Kick your feet back to a pushup position (2). Immediately return your feet to the squat position (3). Leap up as high as possible from the squat position (4). Repeat, moving as fast as possible.

This is one of the **best conditioning exercises** available. Burpees will fatigue the upper and lower body while simultaneously developing stamina and explosive power. If you compete as a combat athlete, be sure to include these in your conditioning program. *Also see **STOP, DROP, AND ROLL** on page 98.*



RUSSIAN DANCE

Squat down and extend one leg straight out in front. Spring up, and change legs so that the other leg is straight out. Repeat. The Russian Dance will challenge even the best conditioned Warriors. This exercise will develop power, stamina, balance, and coordination.



MOUNTAIN CLIMBERS

Begin with hands on floor, pointing sideways. One leg should be tucked, one leg extended. With your weight on the balls of your feet, alternate legs back and forth as quickly as possible.



MOUNTAIN JUMPERS

Perform the Mountain Jumper as you would the Mountain Climber except you will jump forward with **both** legs together. This is a rapid back and forth jumping movement that takes place while your hands remain on the ground.



SPLIT JUMP

Begin with hands on hips, chest and head held high. Weight should be on balls of feet. Quickly shuffle feet back and forth emphasizing movement of the hips.



STRENGTH + EXPLOSIVENESS = WARRIOR POWER

At this point I have presented you with a variety of exercises designed to strengthen your legs. The first section of this chapter focused on strengthening exercises such as the Bodyweight Squat and Lunge. The latter portion of the chapter shifted emphasis towards explosive movements such as Squat Jumps and Star Jumps.

Both forms of training are important. You must conduct strength training and explosive training if you wish to maximize your performance and condition.

The explosive movements in this chapter are known as “plyometric” exercises. Plyometrics consist of a variety of exercises that enhance starting speed, acceleration, and of course power. By strengthening the nervous system, plyometrics teach the body to react quickly and explosively. These exercises will greatly improve overall performance.

Plyometrics training emphasizes quality not quantity. You should not perform plyometrics to failure. Plyometrics training puts an emphasis on speed and power. These explosive exercises combine strength and speed to create power essential for any combat sport.

Stamina and explosive speed are two **separate** training objectives. I will provide numerous conditioning drills later in this manual that focus on increasing your ability to perform at peak performance levels for extended periods of time. Plyometrics will give you speed and power. Conditioning drills will enable you to use this newfound speed and power continuously for the **duration** of your competition.

Your complete training program should consist of days that you focus on overall strength and stamina with **other days** focused more towards explosive exercises. For example, one day you may wish to perform Bodyweight Squats to failure. Another day you may wish to perform Squat Jumps and Star Jumps together with sprint training. On this explosive day, you would perform sets of 20 or 30 with adequate rest periods. You must make the distinction between speed training and strength/stamina development. Be sure to include BOTH forms of training.

Do not neglect the importance of variety in your training. You cannot train the same way every day.

The Warrior's Way

"I find that the harder I work, the more luck I seem to have." *Thomas Jefferson*

"Never mistake motion for action." - *Ernest Hemingway*

UPPER BODY MADNESS

Now that you have learned how to develop an explosive pair of legs, let's get started on your upper body. There is no such thing as a Warrior who walks around with twigs for arms.

Forget about all the fancy resistance machines that you can play with all day without breaking a real sweat. You do not need anything but your own bodyweight for an ass kicking upper body workout.

Most hardcore weightlifters smirk at bodyweight exercises for the upper body. These iron pumping "posers" are more interested in increasing their bench press and admiring themselves in the mirror.

The problem with these inflated bodybuilders is that they lack functional strength. Even the most basic bodyweight exercise, the pushup, can bring these iron heads spiraling back to reality.

There are very few self-proclaimed "gym rats" who can perform 100 consecutive pushups. Why is this so? The answer is simple. It takes much less time and willpower to bench press a bar for 8 repetitions. When you start working towards 100 pushups, your mind has much more time to consider changing exercises while your arms start swaying like a noodle in the wind.

If you stick with these exercises, there is NO reason why you should not be able to whip out 100 pushups with ease. Stay focused, stay dedicated, concentrate on continuous improvement. You will surprise yourself.

Follow these exercises and you will see a definite improvement in functional strength. And without further ado, let's get this show started...

THE NECK

The neck is the most neglected area on MOST combat athletes. I have been involved in the sport of boxing for many years and can count the number of fighters who religiously exercise their neck on one hand.

For some reason, fighters choose to neglect their necks. Neck strength is paramount to prevent a knockout. A knockout is caused by the acceleration of the brain following a punch or kick. You are knocked out when your head snaps back at a speed that accelerates your brain too fast. You can overcome the "glass jaw" syndrome that many fighters have by strengthening your neck.

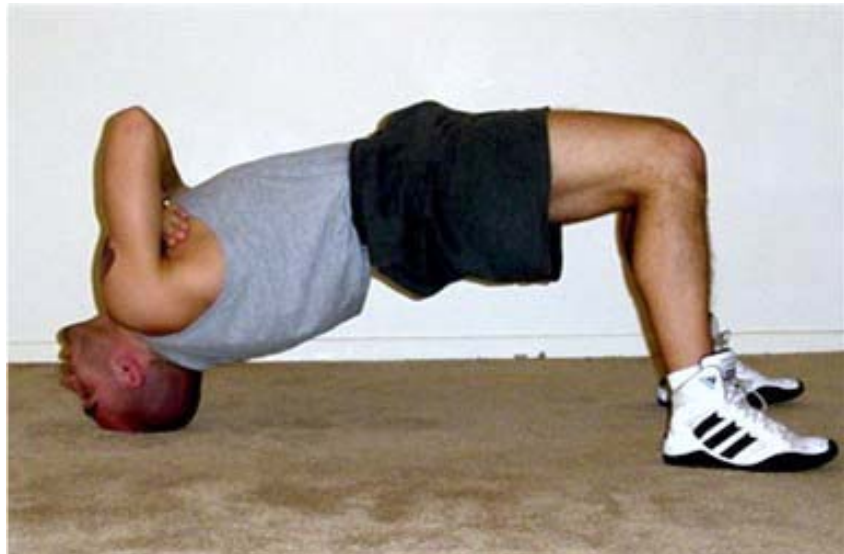
WRESTLER'S BRIDGE

The Wrestler's Bridge is one of the most effective neck strengthening exercises. Bridging will increase flexibility while strengthening the back, neck, and legs. There are several variations of the bridge...

Please note that you should NOT perform any of these exercises if you have pre-existing neck or back injuries. If you feel pain at ANY time, stop immediately. Always consult with a physician before starting a new exercise program.

Stationary Bridge – In this version, I rest my weight on my forehead. I hold this position for several minutes. I keep my arms folded across my chest. This is an excellent exercise but must be practiced with caution.

You may have trouble leaning your neck back this far at first. It takes time to develop neck strength and flexibility so be patient.



Reverse Bridge – In this version, I have reversed my position by facing the ground. Once again, be very careful when attempting this exercise. I hold this movement for several minutes. Start slow. I suggest that you begin with 30 seconds and see how it feels.



Rolling Bridges – The Rolling Bridge is excellent to develop the muscles of the neck. For this movement you will rock forward and backward on your head for 10-20 repetitions. You can perform this movement from a standard bridge position or while in the reverse bridge position.



Beginning Position

Ending Position

Rock yourself from the beginning position to the end position.

You can also perform this exercise from a reverse position as illustrated below. These exercises will strengthen your neck like nothing else. I strongly encourage you to include these exercises in your routine if you compete in a combat sport such as wrestling, grappling, boxing, or the martial arts.



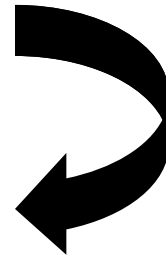
Beginning Position

Ending Position

Neck Strengthening Alternatives – If you have never exercised your neck before, you may wish to begin with an easier movement. You can strengthen your neck with basic isometric movements. Take your hand and press upward against your chin while pressing your head downward against your hand. You can also reverse this movement by pressing the head downward with your hand. Resist the downward force by pressing your head backwards against your hand. Perform these isometric exercises for 5 seconds at a time. Repeat for 10-20 repetitions.

Neck Circles— Another great exercise to increase neck flexibility and strength is a basic neck circle. For this exercise you simply rotate your head around in a wide, circular fashion. Perform this exercise clockwise and counterclockwise for 25 repetitions. This movement may appear easy but it will do wonders for your neck.

Your head should rotate in a circular direction similar to the arrow that is illustrated. Repeat in both directions.



REVERSE PUSHUP

Another great exercise that is a close relative to the Wrestler's Bridge is the Reverse Pushup. Perform this movement by pushing upward with your arms and legs in a simultaneous fashion.



Another variation to the traditional Wrestler's Bridge is to hold yourself in the **upright position** of the Reverse Pushup. You will hold yourself from the hands and legs while your head remains off of the ground. Give it a try.

TIGER CRAWL

Another variation that I learned from a gymnast friend of mine is the Tiger Crawl. She walked up and down a wall from the bridge position with ease. My first thought was, "That is easy"... WRONG! This exercise has become one of my favorites. You begin in the bottom position of a Reverse Pushup and literally walk yourself up a wall with your hands. As you approach the top, you can give a slight push off the wall and end standing on both feet. You can also reverse this movement by walking down the wall back to the beginning position. This exercise will develop functional strength and flexibility.

Slowly walk yourself upwards with your hands. Try to walk yourself back down when you get to the top.

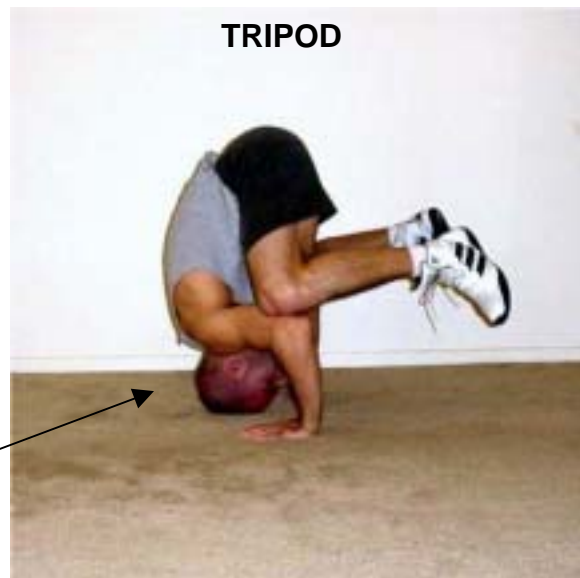


HEADSTAND

Master the headstand and you will have an exercise that improves balance and neck strength while impressing all onlookers. I began to integrate the headstand into my routine after witnessing Junior Welterweight world champion boxer Kostya Tszyu finish a workout with a ten-minute headstand.

Be patient mastering the headstand. It will take time. You can begin by balancing your knees on your elbows in the **tripod**. Once comfortable, you can

TRIPOD



RAISE LEGS FROM TRIPOD



slowly begin to raise your legs from this position until you are able to hold yourself upright with legs fully extended. Try this with a coach or partner so they can prevent you from falling. If you start to fall, tuck your head in towards your chest and push off with your hands. Neck training is important but dangerous. If you feel any pain, stop immediately. If done correctly however, this is one of the best ways to strengthen your neck. It will also do wonders to improve your balance. I recommend this exercise to all athletes.

PUSHUP MANIA

The pushup is one of the oldest exercises in the world. Anyone who has ever exercised has performed pushups at one point in time. Most athletes can perform 50 or 60 pushups. Very few reach 80, 90, or 100. Only true Warriors pass the 100 mark.

Most people who include pushups in their routine are satisfied with a few sets of 50. Why is this so? Why do these people settle for sets of 50? Why is 50 the magical number that so many people stop at?

I will explain my answer to this phenomenon with a theory that I call "**Paralysis by Numberalysis**"

PARALYSIS BY NUMBERALYSIS

You may be familiar with the expression "paralysis by analysis". Paralysis by analysis occurs when someone overanalyzes a situation or problem. By overanalyzing the situation, they never make any real progress and are hence left "paralyzed".

Paralysis by Numberalysis takes place when an individual "paralyzes" his future gains and improvements by becoming satisfied with a certain "number" of repetitions. It happens all the time. Most people simply lack the willpower and resolve to continually challenge themselves towards new achievements and accomplishments.

Consider the following... the pushup is probably the most common exercise in the world. We all do or have done pushups. If every athlete in the world does pushups, it would only make sense that we could all perform more than 100 consecutive repetitions. The law of numbers is in our favor. Unfortunately, this is not the case. Paralysis by Numberalysis takes over as you approach the 100 mark. It is human nature to **settle** for mediocrity. Society has become lazy. The great percentage of human beings shy away from a challenge, fearful of failure and the extra work required.

Once you hit the 80-pushup mark, all you should be thinking about is when you will pass 90. Once you hit 90, your eyes should focus on 100. This cycle should

never end. **CONTINUOUS IMPROVEMENT** is a very important concept that is practiced by very few. Each day of your life presents an opportunity to improve. Take advantage of this opportunity. If you improve 2% each week, you will experience more than a 100% improvement over the course of a year.

Forget about gloating in victory or past accomplishments. There will always be someone else out there working just as hard as you, eager for a chance to defeat you. You can prevent this from happening if you continue to improve. There is no such thing as the “best” because the “best” is a moving target. Once you are the “best” you must look to improve upon what your “best” really is. When you follow this outlook in life, you will notice dramatic improvements not only in fitness and sport but also your job and financial well-being.

Paralysis by Numberalysis should only infect the mentally weak. Real Warriors are strong both physically and mentally. Real Warriors will improve each day, each week, each month, and each year. Whether you participate in an organized sport or not, you must compete with yourself to foster continuous personal improvement.

OK, now that you know about Paralysis by Numberalysis, let's get back to Pushup Mania... There are several variations to the traditional pushup. Each offers unique benefits that will assist you in your journey to the Warrior's world.

DIVEBOMBER PUSHUP

The Divebomber Pushup is one of the best Bodyweight exercises available. This exercise will effectively strengthen the upper body unlike any other pushup. This exercise is excellent because of the vast range of motion that is involved. It is important to practice bodyweight exercises that target as many muscle groups as possible in a single, coordinated fashion. The Divebomber Pushup is a perfect example...

1. Begin with your feet wide apart. Your butt will be pointing up with your head looking back towards your feet. Your legs will remain straight throughout this movement.
2. You will begin by flaring your elbows out as you lower your head towards the ground. You will then flatten yourself out as if you **were sliding underneath a bar**.
3. Finish the movement by **diving your head upwards** to the ceiling. Return to the starting position by **reversing** the motion (**3-2-1**).

A variation to the Divebomber is the Hindu Pushup. The Hindu Pushup does not involve the reverse motion (3-2-1) from ending to beginning position. Instead, you would return to the starting position by pushing your hips back while maintaining straight arms. I find the reverse motion of the Divebomber Pushup more effective. I suggest that you try both and decide for yourself.

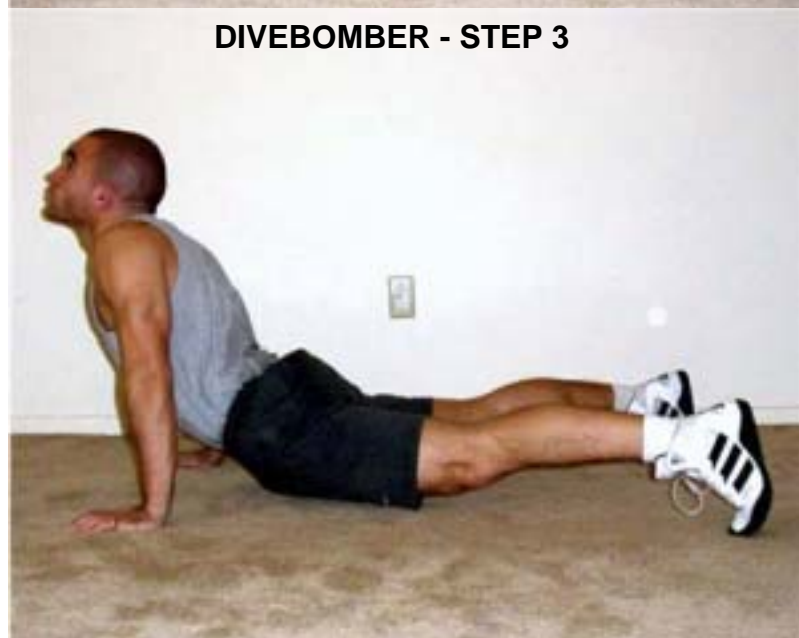
Begin with your feet wide apart. Your butt will be pointing up with your head looking back towards your feet. Your legs will remain straight throughout this movement.



You will begin by flaring your elbows out as you lower your head towards the ground. You will then flatten yourself out as if you **were sliding underneath a bar**. Your chest will NOT touch the floor. You will come as close to the ground as possible without touching.



Finish the movement by **diving your head upwards** to the ceiling. Return to the starting position by **reversing** the motion (**3-2-1**). You will follow the exact "path" back to your beginning position. This reverse motion is what differentiates the Dive Bomber Pushup from the Hindu Pushup.



Standard Pushup –

Your hands should be shoulder width apart. Extend up all the way without arching your back.

**Close Grip Pushup –**

This variation shifts the emphasis from the chest to the triceps. As your strength increases, try to bring your hands forward so they are directly under your eyes. By sliding your hands forward, this movement becomes much more difficult.

**Wide Grip Pushup –**

This variation isolates the chest muscles. Bring your hands as wide as you can while still maintaining the pushup position.



Hands In Pushup –

For this variation, you will invert your hands inward so that your elbows point outward. This will shift the emphasis towards your triceps.

**Hands Out Pushup –**

For this variation, point your hands outward. You will really feel your shoulders and arms burning with this one.



Finger Pushups –You should perform Finger Pushups at least three days per week if you are involved in a punching sport such as boxing or karate. I suffered 3 fractured hands before I started including Finger Pushups in my routine. My hands now feel better than ever.



Knuckle Pushups –

A close relative to the Finger Pushup is the Knuckle Pushup. These are also excellent if you are involved in a sport such as boxing. Perform these in conjunction with Finger Pushups.



Leg Up Pushups – For this variation, lift one leg up as you go down for the pushup. Alternate legs for each repetition.



T-Pushup – Perform a regular pushup except as you come up, twist and raise one arm to bring your body into a “T”. Bring yourself back down in a normal pushup position. Alternate arms for each repetition. This exercise will develop coordination and balance while strengthening the upper body and core.



Arms Extended Pushup – Extend your arms out straight in front of your face. Hold yourself in a pushup position with arms extended. Hold yourself as long as you can or for repetitions of 5 or 10 seconds.



Ball Pushup – Perform a traditional pushup on a basketball. This exercise is great for balance. Definitely give this one a try.



Between Chairs – Perform a pushup between two chairs. Lower yourself as far as possible to achieve maximum range of motion. Throw your pushup bars away because you can get a lot more from a pair of chairs.



Advanced Chair Pushup – Elevate your feet and lower yourself between two chairs. This exercise will blast your shoulders, chest, and arms.



Elevated Feet – You can perform this exercise anywhere. Elevate your feet on a couch or chair and you are ready to go. By elevating the feet, you increase the difficulty of the movement.



One-Arm Pushups – Lower from a standard pushup position with one hand. Rest your non-working hand across your back for balance. Work both arms evenly. This is a great one for overall strength development.



Sideways One Arm Pushup –

Begin in a straight arm plank position (page 74) and lower yourself with one arm. Push yourself up from a sideways position. This variation is more difficult than the traditional One-Arm Pushup.



Plyometric Pushup – Explode off of the ground from the traditional pushup position. Minimize contact with the ground. You can incorporate a handclap while in the air to add to the difficulty. This is an explosive movement that you must conduct at a fast pace.



Dips – Dips are one of the best exercises to build the chest, shoulders, and arms. Lower yourself between two chairs (or two bars) and lift yourself back up until your arms are extended.



Chair Hold – This exercise works the entire body. I could have included this as an abdominal exercise but it really works everything. With straight arms, attempt to hold your legs out straight in front of you with nothing but your hands touching the chair. You can flutter your legs up and down to add to the intensity. You can either hold this position for reps of 5 seconds each or for as long as you can. Definitely give this exercise a try.



Handstand Pushup - Assume a handstand position against the wall. From the traditional handstand position, push yourself up until your arms are extended. This exercise is very difficult but EXCELLENT for overall strength development. It humors me to see most muscle bound weightlifters struggle with this bodyweight exercise. Definitely include this exercise in your routine.



If you count the Handstand Pushup and Reverse Pushup as a pushup variety, you will have 20 variations of the traditional pushup to include in your workout. Try to perform 10 repetitions of each variation and you will quickly have a 200-pushup workout. Give it a try! All Warriors should be able to perform 100 consecutive pushups. Make this goal one of many that you achieve.

STRENGTHEN THE HANDS

Hand and wrist strength is important for all sports, particularly sports such as boxing, wrestling, grappling, and the martial arts. Earlier I introduced the Finger and Knuckle Pushup which are definite “musts” for your workout. Another great way to strengthen the hands and wrists is with a bucket filled with rice or sand.

In Figure 1, I simply grasp down and “squeeze” my hand together into a fist. The rice provides resistance against my squeezing motion. In Figures 2 and 3, I am reaching into the rice and squeezing, while twisting my hand and wrist. You will reach into the bucket and squeeze while rotating in a corkscrew motion. Turn in both directions.



Figure 1



Figure 2



Figure 3

Chair Grab – Hold a chair with one hand. Keep the chair upright and hold as long as you can. This exercise will quickly strengthen your hands and forearms. As your strength increases, bring your hand towards the bottom of the chair leg. As you approach the bottom of the chair, the difficulty will dramatically increase. It may look easy but give it a try!



CHIN-UPS AND PULL-UPS

One of the easiest ways to spot a Warrior is to see him hanging from a chin-up bar. Chin-ups and Pull-ups separate the *men from the boys* (or for our female readers, the *women from the girls*). Most people stay away from the bar because these exercises are difficult. It is much easier to play with a barbell than to pull yourself over a chin-up bar.

Before we get into the specific exercises, let me once again remind you of “Paralysis by Numberalysis”. Chin-ups and Pull-ups are two of the most common exercises that suffer from this disease. Most people are satisfied with 3 sets of 10 or 12. Why settle for this number? What is stopping these individuals from reaching 15, 20, or 25? There is no answer to this question. These people have **settled** for their current fitness levels with no desire to improve. They may wish to improve themselves but the hard work that is necessary often changes their mind.

We need to take this mindset and flush it down the toilet. Let me remind you once again of our quest for **CONTINUOUS IMPROVEMENT**.

The chin-up bar that I use in the exercises that follow can be attached inside a door entrance. I purchased this device for around \$20. If you do not have access to a chin-up bar, I strongly recommend one of these portable bars.

Pull-up – The traditional Pull-up involves a shoulder width grip on the bar. Your palms should face away. Lower yourself until your arms are completely extended and straight. Pull yourself up so that your chin comes over the bar. You can add variety to this exercise by gripping the bar with a **narrow grip** or a **wide grip**. The wide grip will shift emphasis to the upper back while the narrow grip works the shoulders.



Chin-up – For the Chin-up you will turn your palms to face you. Once again you should lower yourself all the way and lift up until your chin comes over the bar.



Commando Pull-ups – With this variation, grab the bar from a sideways stance. Your hands should be touching each other. Pull yourself to one side at a time. Your left shoulder should hit the bar first, then lower yourself and pull yourself up from the other side so that your right shoulder touches the bar.



Towel Grip Pull-ups – With this variation, wrap a towel around the bar two or three times so that the bar becomes nice and “fat”. The towel will make the bar thicker and more difficult to grasp. Perform a Pull-up in a normal fashion. The thicker bar will really strengthen the hands and forearms. You will definitely feel this one!

Another great way to increase hand and grip strength is by pulling yourself up with only 2 or 3 fingers on the bar. This is an advanced movement that I recommend.



Hanging Towel Pull-up – Hang a rolled up towel or shirt over the bar. Grasp the towel and pull yourself up as you would for the Commando Pull-up. This variation will make your forearms burn!



Alternate Grip – Alternate your grip so one palm faces towards you, with the other away. Work both hand positions (left hand facing away and left hand facing towards you). In the illustration, my left hand is in the pull-up position with my right hand in the chin-up position.



Cliff Hangers – Cliff Hangers involve holding yourself in a half way Pull-up position for as long as you can. Your arms should be slightly bent. Pull yourself up half way and hold. This exercise is great for hand and forearm strength.

Cliff Hanger Variation – A variation to this exercise is to hold yourself with your chin **over the bar**. Hold this position as long as you can. You can hold this position with either a Chin-up or Pull-up grip. The Pull-up grip will be more difficult.

Also try hanging from only 2 or 3 fingers!



Include these variations in your routine and you will notice the results. You can perform 12 repetitions of EACH variation for a great workout. After a few weeks you will be able to bust out sets of 15 repetitions.

Lastly, whenever you wish to incorporate a hand/forearm workout into your Pull-up routine, use the towel. The thicker grip on the bar will give you amazing hand strength. Give these variations a try.

Always remember to incorporate variety to provide new ways to challenge your body and mind. Never settle.

CONTINUOUS IMPROVEMENT!

All Warriors should be able to perform 20 Pull-ups. Once you hit 20, focus on 25!

The Warrior's Way

"Adversity causes some men to break; others to break records." *William A. Ward*

"I dislike death, however, there are some things I dislike more than death.
Therefore, there are times when I will not avoid danger." - *Mencius*

"Teachers open the door, but you must enter by yourself." - *Chinese Proverb*

"Tomorrow's battle is won during today's practice." - *Samurai Maxim*

"Obstacles are those frightful things you see when you take your eyes off your goal."
Henry Ford

"Do not confuse motion and progress. A rocking horse keeps moving
but does not make any progress." *Alfred A. Montapert*

THE WARRIOR'S CORE

A Warrior must overcome all challenges and challengers. He must be able to respond quickly and often react from awkward positions. A Warrior must combine balance and strength to reach his (or her) potential. To achieve this goal, the Warrior must strengthen the core. The core of the body consists of the abdominal and low back musculature. The core serves as the foundation for the arms and legs. The core supports your vital organs while offering protection for the nervous system. The core provides stability in movement, such as when you punch, kick, jump, or run.

Core training is essential for optimal sports performance and injury prevention. The body's core muscles are the foundation for movement. The muscles of the torso stabilize the spine and provide the foundation for movement. Most people do not realize that the core muscles lie deep within the torso. These muscles attach to the spine and pelvis. When these muscles contract, you stabilize the spine and pelvis to create a solid base of support. This foundation allows us to generate powerful movements. Core training develops functional fitness that is essential for life and the battlefield.

Unfortunately, the great percentage of athletes and *Warrior Wannabes* practice outdated and ineffective techniques for training the core muscles of the body. These individuals are known to finish their workouts with hundreds of crunches. They crave the "six-pack" look but rarely achieve this goal. The few that have a six-pack are commonly all show and no go. These individuals lack strength throughout the core.

A Warrior can forget about long nights of crunches and sit-ups. I am not saying that there is no place for the crunch, but it cannot be your primary source of abdominal strengthening. The Warrior must strengthen the entire core to develop joint stability and a foundation that allows the primary muscles to perform. If your core is weak, you are weak. You are vulnerable to injury and will never realize your true strength potential. You are only as strong as your weakest link.

Combat athletes such as boxers, grapplers, wrestlers, and martial artists require considerable torso and rotational strength. The martial artist and boxer will use this strength to deliver powerful kicks and punches. A wrestler or grappler requires torso strength for takedowns, throws, and when struggling to get off the mat. The Warrior is often forced to make random, unpredictable, movements of the trunk. Considerable trunk musculature is necessary to accommodate this stress.

FORGET THE BULLSHIT

Now that we know the importance of core strength, let's look at how we achieve this goal. First and foremost, you can forget about all the bullshit that you are accustomed to reading in fitness magazines or seeing on TV infomercials. Everyone wants to sell you a new miracle abdominal strengthening device. Forget about this bullshit and let's get down to business. You do not need ANY equipment to develop a powerful, functional core. The Warrior's core routine will give you a six-pack while packing plenty of functional strength to go along with it.

Before I discuss the specific exercises necessary to strengthen the core, let's first discuss an important misconception pertaining to the core. Abdominal infomercials often promise dramatic changes after a few days of training with their "magical" devices. These infomercials have created a huge misconception among the general public regarding abdominal strengthening and fat loss. You must realize that abdominal training does not significantly target the layer of fat that commonly covers these muscles.

Many believe that abdominal training will burn fat around the abs by targeting this area. This misconception is often known as spot reducing. It is impossible to spot reduce, meaning to target fat loss in one particular area. Body fat comes off uniformly.

There are plenty of people with strong abdominals who will never have a six-pack to show. If you want a six-pack, you need to reduce your body fat. Abdominal exercise will develop muscle but is not a miracle solution to fat loss. If you want to lose body fat, you need a comprehensive training program along with an effective nutritional plan. Stick with the Warrior's Guide!

V-Up – Lie on your back with arms and legs extended. Contract your abdominals as you thrust your legs and arms together. Your body will come together like the letter "V".



Knee Hugs – Start from a lying position and thrust your upper and lower body together until you “hug” your knees.



Chinnies – Bring left elbow to right knee, then right elbow to left knee.



Russian Twists - Twist to the right and left with arms straight. Remain in a semi crunch position throughout this movement as you twist back and forth.



V-Ups, Knee Hugs, Chinnies, and Russian Twists are four of the most effective abdominal exercises available. These exercises will quickly develop a powerful abdominal wall. Some Warrior Wannabes do four sets of 50 crunches. They should try 50 repetitions of these four exercises instead.

Leg Raise and Lift – Keep your legs straight and lift up until perpendicular with your upper body. When perpendicular, lift your butt upward off the ground.



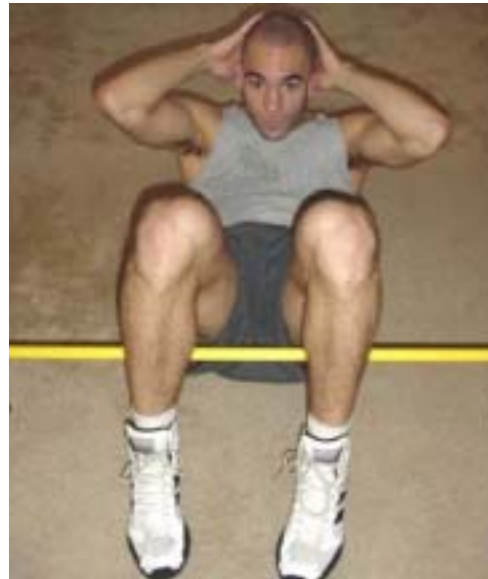
Twisters– Remain upright with your abdominals tight and twist back and forth, touching your hands to the floor on each side of your body.



Janda Sit-Up– The Janda sit-up is designed to fatigue the rectus abdominals by eliminating the hip flexors from the sit-up movement. You must contract your legs against a bar that is positioned behind your calf muscles (keep your feet flat on the ground). The hip flexors are inactivated when you contract the hamstrings and glutes. In the illustration that follows, I have placed a bar on the inside of a door entrance. My legs are positioned over the bar. Throughout the entire

movement, my legs **pull** against the bar. My feet remain on the ground as my hamstrings and glutes contract. You should apply as much pressure as you can against the immobile bar to cause maximum leg contraction. By contracting the legs, you remove the hip flexors from the sit-up, shifting the entire emphasis to your abdominal wall. You should attempt to drag your heels toward your butt. The bar will prevent motion but activates the hip extensors, thus removing the hip flexors from the movement. As you contract your hamstrings and glutes, curl your body up in a slow, controlled manner.

In the illustration you can see a bar that I have secured in the doorway. My legs pull into the bar, which contracts my hamstrings and glutes. The bar is immobile. Keep your feet grounded as your legs contract. Perform a complete sit-up in a controlled manner. Contract your legs throughout the entire movement. This exercise may look easy but you will change your mind after a few repetitions. I strongly recommend this exercise in your routine.



Straight Extensions – Contract upwards while maintaining straight arms and straight legs.



Ankle Wiggles – Wiggle back and forth as you touch your hands to the outsides of each ankle. Keep your abdominals contracted throughout.



Alternating Toe Touch Crunch – With your legs straight, reach up and perform a toe touch by reaching left arm to right leg then right arm to left leg.



Sit-Up Hold – Hold an upright sit-up position as long as you can (with feet off the ground). This one will really burn!



Side Crunch – Lie on your side and crunch your upper and lower body together.



Sit-Up Twist – Twist your right elbow to your left knee. Work each side separately. For example perform 25 repetitions to your left knee before switching to bring your left elbow to your right knee.



Lying Hip Swings – Lie with your legs straight and hands extended to your sides. Maintain straight legs and swing from left to right. Be sure to include this exercise in your routine!



Plank – The Plank is a tremendous exercise to develop the abdominal wall. Start in a pushup position, and then drop your elbows to the ground. Only your forearms and toes should touch the ground. Keep your back straight and hold. It may look easy but you will change your mind after 1 or 2 minutes!



Side Plank – Perform this version of the plank on your side. Be sure to work both sides evenly. You will be amazed at the effectiveness of these stationary movements.



Straight Arm Plank – This variation of the side plank involves a straight-arm hold.



Superman – Lift your arms and legs off the ground like Superman. Hold for 2 seconds and return to the ground. Repeat for the desired number of repetitions.



Alternating Superman – Lift one leg and arm at a time. Lift opposite sides, for example the right arm and left leg.



Superman Pushup – Perform this version of the Superman from the upright pushup position. This exercise will strengthen the core and challenge your balance. Use an alternate hand and leg position (ex. left arm and right leg). Exercise both sides.



Isometric Backhold – Curl up your upper body and knees and hold. It will not take long for you to feel this one strengthening your back.



Pushup Hold – Hold yourself in an upright pushup position. It may look easy but try this for a few minutes and you will change your mind.



Pushup Hold From Ball – Increase the difficulty of the Pushup Hold by holding yourself on a medicine ball or basketball. Your core will tighten as you focus on balancing yourself in this position. Definitely include this exercise in your routine.



Balancing Abdominal Twist- Begin on your side and push up so that your body is supported by one arm, feet stacked. Straighten your supporting arm and balance for a moment, then sweep the upright arm down and twist the body, turning it towards the floor while keeping the rest of the body in place. Squeeze the abs and hold for 2 seconds, then go back to starting position.



Superman Twist – Start this movement by rotating your torso to one side. Return to the starting position and twist to the opposite direction. This is an excellent exercise but should be avoided if you have back problems.



Prone Flutter Kick – Raise your left leg off the floor as high as you can while your right leg remains grounded. Continue in an alternating fashion.



Standing Twist - This simple looking exercise is excellent to target your hips and abdominals. Perform this back and forth twisting motion for 1-minute intervals. Perform with a fluid movement, not a jumping motion. The balls of your feet should remain in contact with the ground.



You can increase the intensity of this exercise by holding a medicine ball in between your legs while you twist.

Hanging Knee Raise – Hang from the chin-up bar and lift your knees up to your chest. A variation is illustrated below on the right as I twist my knees to the side while rising towards my chest. If you choose the twisting variation, be sure to exercise both sides evenly.



Steam Engine— Stand and twist the left knee to the right elbow to work the hip flexors and abdominals. Repeat by bringing your right knee to your left elbow. Continue this movement in an alternating fashion.



The Wheel – I designed this book to include exercises that can be performed without equipment. I am making an exception for the wheel. It costs less than \$10 so it will not break your bank account. The wheel is an excellent exercise tool for the abdominals. I encourage you to incorporate the wheel into your routine. As your strength increases, try to roll the wheel starting from a standing position. Roll out and then return to the standing position. This is a very advanced movement. There is no shame in using the wheel from your knees. But hey, there is nothing wrong with challenging yourself.



PUTTING IT ALL TOGETHER

I have listed a plethora of abdominal and core exercises for you. Now what do you do? The answer is simple... You **MUST** include these exercises in your routine.

There is no need to perform each exercise on a daily basis. Instead, you should incorporate variety into your routine. It is amazing how many athletes perform the same two or three abdominal exercises every day. I cannot overemphasize the importance of variety. By selecting different exercises, you continually keep your muscles “guessing”. If you train the same way every day, you will plateau with results coming at a snail’s pace. I have provided several sample routines in



a later chapter. Do not limit yourself to the routines that I have created. A Warrior must think for himself. You need to be creative and continue to find new ways to challenge yourself.

Many of the exercises listed in this chapter “appear” to be easy. For example, the Plank looks like a simple exercise... WRONG! Try to hold the Plank for five minutes. The burn throughout your abdominal wall and core will be unbearable! Each of these stationary exercises provides an intense workout for the body and mind. You have to push yourself to continue. Always look to improve your time. For example if you can hold the Plank for 1 minute, try to push yourself towards 2 minutes. Keep challenging yourself and you will continue to improve. Do not **settle** with your current strength and fitness. I know athletes who work the abs with 4 sets of 50 crunches. These guys have been following this routine for as many years as I can remember! They never change exercises or increase the number of repetitions. They may have the six-pack look but are all show and no go.

The exercises that I have included in this chapter are ALL that you will ever need to develop a powerful core. Your core will enable you to punch harder, kick stronger, and manhandle your opponent on the ground.

The fitness industry makes millions of dollars each year with abdominal equipment and fad diets. You do NOT need ANY of these abdominal exercise machines. I do not care who endorses the product and what the money back guarantee is. You can forget about all the fancy abdominal training videos and books that promise to give you the abs you have always wanted. There are several “sports performance” core-training devices that promise to shock your midsection...

Forget the bullshit! I am telling you that you do not need any of these contraptions.

Stick with the exercises in this chapter and you will develop the core strength necessary to take you to the next level. Save your money and stay away from the expensive gadgets. “Core training” is the newest trend in the fitness industry. So-called “fitness gurus” are eager to take your money. They will tell you that you need their contraption to develop explosive strength and knockout power. It is all nonsense. Give these exercises a try and you will not be disappointed. You have my word and my word is my bond! I am from the old school, I stand by my word!

The Warrior's Way

“The man that conquers himself is superior to the one who conquers a thousand men in battle.” - *Buddha*

WARRIOR ANIMAL TRAINING

ANIMAL TRAINING

There is no denying that human beings are the dominant species in this world. It is man who knocks down forests to build tall buildings. It is man who pollutes the air and litters the ground with his garbage. When man comes barging through the forest, animals must look elsewhere for shelter.

Occasionally though, a man will find himself alone in the woods without the fancy technology that he is accustomed to in his mainland. Without his bulldozer and firearm, man is far from the dominant species in the jungle. Man may boast about his intelligence but he clearly lacks the strength and ferocity of the jungle.

We can learn a lot by studying the movements of the animals. Animal training is one of the best ways to improve your strength and endurance. Warrior animal training will take you to new levels of fitness.

ALLIGATOR WALK

Keep your chest as close to the floor as possible without touching. Keep your elbows high and move forward. Move right hand and right foot, then left hand and left foot. Continue moving forward with same-side hand and leg movement. It will not take you long to feel this exercise burning!



BEAR CRAWL

Walk bent over on all fours like a bear. Move right hand and right foot, then left hand and left foot.



CHICKEN WALK

In a squatting position, grab both heels and waddle forward like a chicken.



CRAB WALK

Get into a position where you are on your hands and feet with your stomach facing the ceiling. Walk sideways, frontward, and backward.



CRICKET WALK

Assume a squat position with your arms between your legs. Grab the outsides of your ankles and walk in different directions, forward, backward and sideways. This exercise is excellent to improve balance and coordination.



DRUNKEN SPIDER

Begin by standing on all fours. Rotate your body so that your left side becomes your right side. You start with your stomach facing the floor and end with it facing the ceiling. Continue the movement. Practice moving to your left and right.



DUCK WALK

Start in a squatting position. Hold your hands by your head or under your armpits and "waddle" like a duck.



FROG JUMP

Begin by squatting down with your hands on the floor. Jump forward and land with your hands and feet at the same time.



INCHWORM

Begin by standing with a shoulder width stance. Your hands will touch the ground in front of your feet as illustrated. Walk your hands out as far in front of you as possible. Walk outward as far as you can without allowing your stomach to touch the ground. Hold for a second. Walk your hands back to the starting position. Repeat.



CATERPILLAR VARIATION

A variation to the Inchworm is the Caterpillar where you walk forward with your hands, keeping your legs in place. Once you have reached almost horizontal, keep your hands in place and bring your feet forward to the hands. Your hands or feet are like glue while the other hands or feet move forward.

KANGAROO HOP

Begin in a squatting position. Jump upward and forward, fully extending your body in the air. Land in a squatting position. Continue this jumping motion forward.



LAME DOG WALK

Walk on any three of your hands and feet while keeping the fourth hand or foot in the air at all times. Alternate which hand/foot remains off the ground



MONKEY WALK

Walk on your feet with one hand. Alternate hands as you fatigue. Keep a fast pace like a monkey.



RABBIT HOP

Begin in a squatting position with your hands by your chest and hop around.



SEAL CRAWL

With your feet pointing out, drag yourself around the floor with your arms. You can also try an inverted seal where your stomach faces the ceiling.



WHO CARES

When I introduce these exercises to an athlete for the first time, I often hear, “*I will look crazy...*”

My response... WHO CARES! These animal exercises will be some of the most difficult movements that you have ever used. Incorporate these exercises into your conditioning program and I guarantee that you will see results. You can do many of these exercises in your yard, in the basement, on an open field, or down the damn road!

The neighbors may think you are crazy but no one will be laughing when you are kicking someone's ass with your newfound strength and endurance! Find a place and find time to include animal training into your routine.

The Warrior's Way

“Cowards die many times before their deaths; the valiant never taste death but once.” - *Shakespeare: Julius Caesar*

“The man that conquers himself is superior to the one who conquers a thousand men in battle.” - *Buddha*

WARRIOR BALANCE TRAINING

As a trainer and fellow athlete, I understand your desire to increase strength, power, and speed. It is only natural to stress these objectives in your training. Most strength and conditioning coaches promise to make you faster, stronger, and more powerful. It makes sense considering that these improvements are easily measured. For example, a strength program will increase the amount of weight you can lift or the number of push-ups you can perform.

Speed, power, and strength are valuable elements of a well-rounded athlete. Unfortunately, many are misled to believe that these three elements complete the equation of an elite athlete. These individuals are sadly mistaken. They fail to recognize the importance of balance training. Balance training is probably neglected because it is difficult to measure or assess. When witnessed in action however, superior balance and coordination are easily recognized. Consider the athlete who turns, weaves, and side steps all in one fluid, continuous movement. These are the actions of a finely tuned, well-balanced athlete.

I realize that you want to jump right into the hardcore conditioning drills and exercises. I commend your enthusiasm and encourage you to work hard on your strength and conditioning. With this said, do not lose site of perhaps the most important aspect of athletic performance...

BALANCE

What is balance and why do you need it? Most of us never stop to ask this question. Most athletes "assume" that they have excellent balance. Very few athletes consciously work to improve their balance.

Balance is one of the most important elements of athletic ability. Balance underlies movement. Regardless of your sport, you will require balance to execute your "attack". Whether you run down field with a football, throw a punch as a boxer, or wrestle with an opponent on the mat, you will require balance to effectively initiate the movement. Balance is an essential component of movement. Balance is a close relative to coordination and agility. An athlete's coordination and agility are dependent on a well-developed sense of balance.

We often hear the phrase, "*He is a natural athlete...*" What does this mean? These words are often spoken about a gifted athlete who makes difficult moves appear easy. These "natural athletes" move graciously downfield or across the ring, their body in complete harmony as they execute their explosive attacks.

What many do not realize is that with proper balance, we can all become the "natural athlete". Obviously some are dealt a more favorable genetic hand at birth, but we are all capable of improvement. I have a problem with the phrase

“natural athlete” for a very simple reason. Those who use these words to describe an athlete are the same coaches who fail to improve the skills and coordination of their athletes.

We need to forget about natural athletes. We all assume that athletic ability is natural because so few coaches take the time to properly develop each athlete on an individual basis. Many problems that you thought were speed, coordination, or skill related could in fact originate from poor balance. Poor balance inevitably leads to poor technique and skill development. Individuals with better balance respond more quickly to skill development than those with poor balance. There is a direct correlation between balance, coordination and reaction time. The faster the body can react to external forces, the faster balance is recovered.

For as long as I have participated in the sport of boxing, I can honestly say that I have never seen a fighter work on balance training. Many of these fighters have poor footwork, ending combinations off-balance and open for counter punches. Their problem has nothing to do with natural ability. Their problem is correctable when they improve their balance.

Using boxing as an example, I often am asked questions about how to best develop power. Although there are explosive training drills that will enhance power, these drills are ineffective if the athlete lacks proper balance. It is impossible to produce force without balance. Without proper balance, the punch loses power, resulting in an awkward, ineffective attack.

In order to maximize your performance (regardless of sport) you must possess the ability to control all body parts during movement and then react quickly when external forces change or attempt to change the movements. The boxer who is punched or who throws a punch and misses must quickly regain balance or suffer the consequences that his eager opponent is ready to deliver.

A natural question at this point would be why do so many athletes lack proper balance? The answer is simple. Let's examine the typical balance development cycle of a human being. As a toddler, you learn how to walk. It takes several months for an infant to progress from crawling to walking. The infant typically falls over as they attempt to take their first steps. Finally, after several months the toddler masters his or her balance and begins to take their first steps without falling. This usually takes place during your first 12 months of life.

Fast forward twenty years and many of us have probably never worked on balance training again. Once we learn to walk, our days of balance training come to an end. We are not required to learn a broader range of balance activities. Our daily activities such as watching television or browsing the Internet add to the problem. We are never required to improve our balance. When you

practice skill development in your sport, you rarely take the time to focus PURELY on balance.

For example, many boxers will spend months learning to throw the left hook. These fighters will learn the technique but always find themselves off balance after throwing the punch. In boxing, poor balance can lead to a short night in the ring.

To improve balance it must be trained as a component of movement and skill. There is a tendency to train balance as an isolated component rather than a component of movement. As an athlete you must maintain balance while running down field, jumping into the air, tackling your opponent, avoiding a tackle, or any other infinite list of movements that you must execute on the field or inside the ring.

As a Warrior and athlete, you must make it a priority to include balance training in your every day routine. Balance must be trained if you wish to truly maximize your performance in an athletic event. To properly train balance, you must incorporate a variety of drills and techniques. The most common balance drill is to stand on one foot while the other is elevated. This basic drill becomes more challenging when you close your eyes. This basic drill is enough to challenge most athletes.

A complete balance training routine however involves much more than just balancing yourself on one foot. You must also incorporate dynamic balance training. Balance is often thought of as a static position. For example, balance is often measured by the amount of time that you can remain standing on one foot. This form of balance is important but only one piece of the overall equation. Athletic events are not static. You must learn to maintain balance throughout a wide range of movements. Movement is dynamic, thus balance is dynamic. You must gain control over your center of gravity. Movement is a state of dynamic equilibrium consisting of a constant interplay of imbalance and balance. The body constantly works to regain balance in its attempt to perform efficient movement.

As an athlete you must continually react to gravity and external forces that surround you, such as your opponent or a strong wind on the football field. You must learn to maintain dynamic equilibrium regardless of the "obstacles" that you encounter during competition. You must develop and train balance in motion.

Balance training should be incorporated into your **daily routine**. I recommend that you include 5-10 minutes of balance training during your warm-up. You will notice amazing results by incorporating balance training into your every day training schedule.

BALANCE TRAINING DRILLS

There are a variety of drills that you can include in your balance training routine. Do not be in a rush to master these drills. Start off slowly and gradually work to improve yourself. If you stick to these routines, your athletic performance is sure to improve. It is a good idea to start with static balance drills and add dynamic drills as you improve. And remember, well conditioned athletes will find these drills challenging until they become efficient at making balancing adjustments.

Some of these drills may appear easy at first glance. All that I ask is for you to try each of the drills. I do not want any Warriors falling over themselves while on the battlefield. OK, lecture time is over, let's get this balancing act started...

Flamingo - *The Flamingo is the most basic balance drill.*

1. Stand on one leg with your arms by your sides. Balance yourself on one leg. Alternate legs every 30 seconds.
2. Perform this drill with your eyes closed.

Flamingo With Head Movement

1. Stand on one leg with your arms by your sides. Slowly turn your head to the right and then left. Tilt your head back and look overhead.
2. Repeat step one with your eyes closed. Remember to practice with both legs.

Flamingo With Head Circles

1. Stand on one leg with your arms by your sides. Rotate your head in a wide circular fashion to the right and then to the left.
2. Repeat step one with your eyes closed. At this point, you will probably be swaying around like a drunken sailor. Practice this movement until you can perform brisk neck circles while balanced on one foot with your eyes closed.

Flamingos On Your Toes - Repeat the three drills above while up on your toes (still with one foot). This is very difficult.

Flamingos With Leg Swings

1. Practice swinging one leg to the front, back, left, and right while you balance on one foot.
2. Repeat step one with your eyes closed.

Flamingo Ball Pass - If you have a partner, practice passing a ball back and forth. Catch and throw the ball while balancing on one foot. Practice with one foot, then the other.

Flamingo Shadow Boxing - Practice shadow boxing on one foot. Throw a variety of punches and kicks while balancing on one foot. Practice with one foot, then the other. Do not remain stationary. Move around the floor (or the ring if you have access to one) and work combinations in all directions. This drill is excellent for coordination and balance development.

Stairs - Practice walking up stairs with your eyes closed. Be careful not to trip and fall. Start slow and gradually increase your pace.

Heel-Toe Walking - Practice walking heel-toe across the room. Pretend you are walking on a balance beam. Reverse this movement backwards. When this becomes easy, practice this drill with your eyes closed.

Basketball Balance - With a fully inflated basketball, practice standing on the ball. Stand next to a wall to get yourself up on the ball. Try to avoid touching the wall as you balance yourself on the ball. Eventually you should be able to hold yourself on the ball without any assistance from the wall.

One Leg Pickup – Stand on your right foot with your left foot off the ground. Place a small object in front of your right foot. Bend your knee slightly and pick up the object with your right hand. Put the object back down with your right hand but this time to the left. Pick up the object with your left hand. With your left hand, return the object to its original position. This is one complete repetition. Perform this drill while balancing on each foot.

MORE DIFFICULT DYNAMIC BALANCE DRILLS

Once you get a hang of the previously listed drills, you can crank up the difficulty. When you can comfortably perform these drills, you will notice a definite improvement in your performance.

Degree Jumps – There are a variety of jumping drills that you can perform to greatly improve your dynamic balance.

1. Jump and turn ninety degrees in the air.
2. Jump back to your beginning position (practice this movement turning to your left and right).

As an example, you will begin facing forward (#1) and jump with **both feet** at a ninety-degree angle so that your body lands facing to the right (#2). Jump back to your original position (#3).



This drill will be relatively easy with your eyes open. Once you are comfortable with it, perform with your **eyes closed**.

Continue this drill with jumps of **180, 270, and 360 degrees**. Always jump to one direction, and return back in the opposite direction. Practice jumping to your left and right. You should become comfortable jumping in all directions with your eyes closed. This drill is great to develop balance and agility. When you can jump 360 degrees back and forth with your eyes closed, you have made EXCELLENT progress.

BALANCING ACT

The following drills involve the use of a wooden board. I use a 2-inch by 4-inch (2x4) board. You can pick up a 6 or 8-foot board at your local lumber company for a few dollars. It is well worth the price considering the benefits that you will gain from these drills.

Squats – Perform a squat on the board. Your feet must NOT come in contact with the floor. You will need to adjust your feet accordingly. In the illustration, I am on my toes. My heels remain hanging off the back of the board but do **not** come in contact with the floor. I keep my hands behind my head. Close your eyes to increase the challenge. This exercise is excellent to increase balance!

If you really want a challenge, you can perform One-Legged Squats on the board!



Lunge – Perform a lunge while on the board. Your feet should not touch the floor. You can work one leg at a time or perform the lunge walk across the length of the board.



One Leg Skiing – Position yourself on one leg while bending over at the waist. This is the position of a downhill skier. Add to the difficulty by squatting down on your supporting leg (as illustrated to the right). Perform this movement with both legs.



Heel-Toe Walking – Walk heel to toe on the board. Repeat backwards.



Ball Pass – Play catch with a partner while you balance on the board. Your balance will be challenged as you throw and catch the ball while avoiding contact with the ground.



360 Degree Walking – Walk along the board in a 360-degree spinning motion. You should spin in one direction as you walk along the board. Return to your starting position by reversing the movement.



KINESTHETIC AWARENESS & PROPRIOCEPTION

A close relative to balance is known as *kinesthetic awareness*. Kinesthetic awareness is the body's ability to maintain a center of gravity. Kinesthetic awareness is one of the most underrated and underdeveloped components of most athletes. It is the ability to sense the movement and position of the body. Kinesthetic awareness is the ability to know where your body parts are in three-dimensional space. This sense of awareness is required for every movement we make. Kinesthetic awareness is important to ensure that your muscles and brain work together to quickly adjust fine motor movements to visual cues.

Agility and kinesthetic awareness are very important factors for body control and balance. Kinesthetic awareness combines proprioceptive and tactile input to give information on how the body is moving. Suppose you are a wrestler or grappler who is interlocked with an opponent in a fierce match. Kinesthetic awareness is your ability to control your body, even when turned upside down or while in the air. There are several ways to enhance kinesthetic awareness and body control.

Proprioception is closely related to kinesthetic awareness. Proprioception is an automatic sensitivity mechanism in the body. Proprioception is a specialized variation of the sense of touch that encompasses the sensation of joint movement and position. Proprioception contributes to the motor programming for neuromuscular control required for precision movements. It contributes to muscle reflex by providing dynamic joint stability.

Consider that all movements start in the brain. The brain sends out instructions to make a movement. Within milliseconds, a message returns from the body's sensors to report back on how the movement went. Based on this information, the brain responds by sending an updated command to improve the movement which generates yet more feedback. This back and forth process is how we control movement by making it more accurate and precise.

Elite athletes learn to make fast and accurate corrections in movement without conscious thought. Although strength and power are requirements of all sports, elite athletes have an enhanced ability to interpret feedback from the body and react with split second adjustments. You may think that your primary source of feedback comes from your eyes. For example, you throw a punch and you miss. You see yourself miss. The eyes offer a clear form of feedback, but NOT the fastest form. Visual information is processed slower than proprioceptive information. Elite athletes do not rely solely on their eyes for information about the body and movement. If you are wrestling, you may be on the mat, unable to see your opponent. You must rely on your proprioceptive messages rather than visual information alone. The brain receives information from the muscles, tendons, ligaments, and joints to locate our body in space and keep us functioning in a fluent, efficient manner. This ability is a requirement of all athletes, in all sports.

Balance, kinesthetic awareness, and proprioception are all closely intertwined. More important than the scientific details is our awareness that we must consciously improve these areas in our training. A Warrior must have control of his body in all positions and situations.

TUMBLING

Tumbling is a great way to enhance mind and body awareness. These drills will improve coordination, flexibility, and balance.

Forward Roll - Start in a squat position with the majority of your weight supported by your legs. Push off with your legs from this position. Your legs should be tucked in closely. Your head should remain down as you look towards your abdomen. Keep your feet tucked in throughout the roll. As soon as they touch the ground, you must thrust up to stand on your feet. Your hands should not touch the ground. The momentum from the roll will power you to your feet.



Ending Position

Starting Position

Reverse Roll – You can reverse this movement by performing a reverse roll. You can start from a standing or squat position. Push backwards with your legs to initiate the momentum. As you move backwards, tuck your legs and keep your hands in close. You should look at your abdomen with your head tucked closely. As you begin to roll over, use your hands to push off the ground to take some of the pressure off of your head and neck. You will remain in a tucked position until your feet prepare to hit the ground. Push off explosively to return to a standing position.

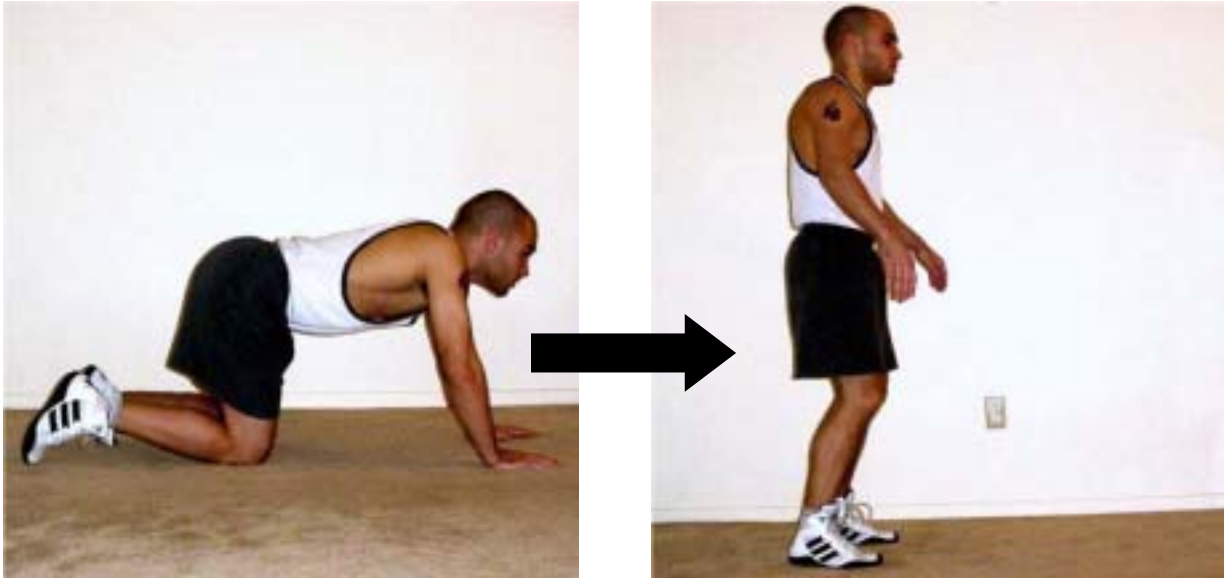
You can incorporate the Forward and Reverse Roll into a continuous movement. Begin with a Forward Roll and immediately return to your starting position with a Reverse Roll.

Another option is to end your roll with an explosive jump such as a Star Jump. For example, roll forward and as you come to your feet, explode upward into a Star Jump. These drills do not take long to practice but will provide tremendous benefits to your balance and body awareness.

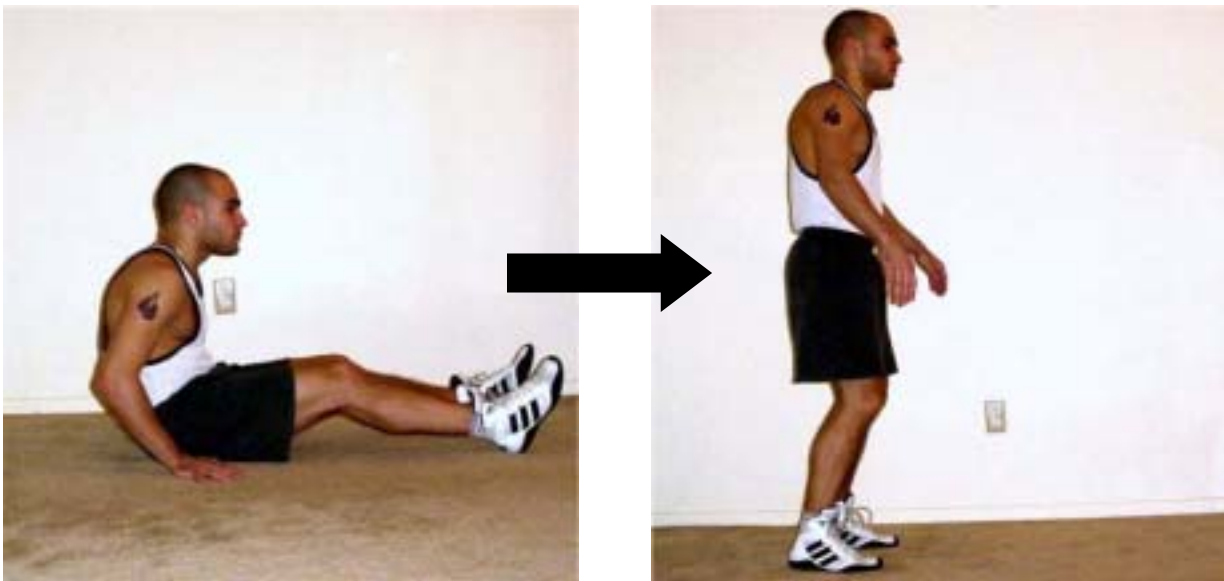
STAND UP DRILLS

Rapid stand up drills develop kinesthetic awareness, coordination, and agility.

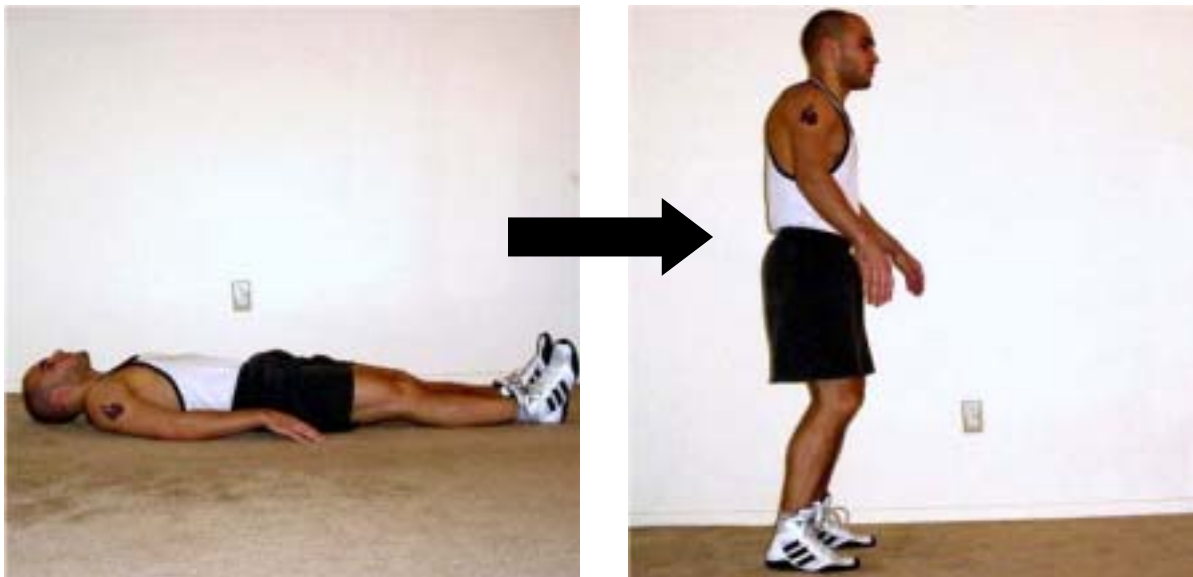
Four Point Stand Up – Begin on all fours (hands and knees). Explode to an upright position. Push off your hands, then feet. Add to the difficulty by closing your eyes.



Sitting Stand Up – Begin in a sitting position. Explode into a stand up position as fast as possible. Add to the difficulty by closing your eyes.

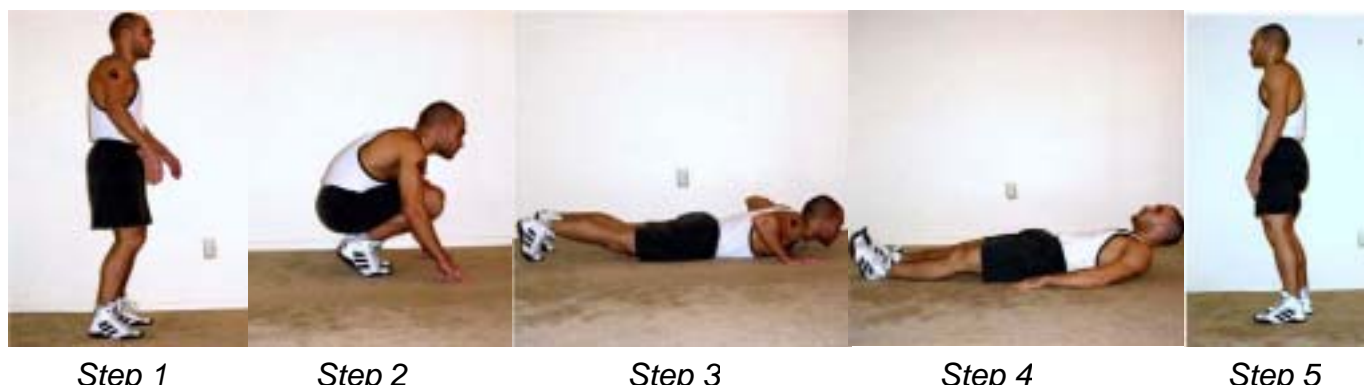


Lying Stand Up – Begin in a sitting position. Explode into a stand up position as fast as possible. Add to the difficulty by closing your eyes.



STOP, DROP, AND ROLL

Stop, Drop, and Roll is an excellent exercise that you should **definitely include** in your routine. This exercise is similar to the Burpee conditioning drill. Begin in a standing position (#1), drop into a squat position (#2), and thrust down to a lying position (#3). Steps 1-3 are exact to the Burpee. From Step 3, roll over onto your back (#4). Explode up to your feet (#5). You will end this movement looking in the opposite direction. Continue with this drill in a back and forth manner. This exercise is excellent for conditioning, agility, kinesthetic awareness, and coordination.



PUTTING IT ALL TOGETHER

I have provided several balancing drills and techniques. Certain drills are more geared towards balance development while others, such as tumbling, focus more attention to coordination and kinesthetic awareness.

At this point you may be wondering how the heck you can fit all of these drills into your workout schedule. There is a simple answer to this confusion. Do not be concerned with practicing all of these drills each day that you train. Rather, you should focus on using these balance and tumbling techniques as one piece of the much larger puzzle. I recommend that you spend 5 or 10 minutes per day working on balance. You can begin by balancing on one foot with your eyes closed for 30 seconds. Alternate feet every 30 seconds for a total of 5 minutes.

Once you are comfortable with this drill, you can begin to incorporate additional movements and exercises.

You will notice improvements with just a few minutes per day. Consistent practice will lead to improved balance, coordination, and performance.

Commit yourself to these routines for as little as 5 minutes per day and you will improve. We do not want any Warriors falling down when the wind picks up. Get your balance in check!

The Warrior's Way

"Dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price." - *Vince Lombardi*

"The greatest mistake you can make in this life is to continually fear you will make one." - *Elbert Hubbard*

"Victory is reserved for those who are willing to pay its price." - *Sun Tzu*

"Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible." *Cherie Carter-Scott*

WARRIOR STRETCHING

There are a variety of opinions regarding the importance (or lack) of stretching. Unfortunately, most of these opinions are derived from “self-appointed” experts or those looking to target a new niche market. The fitness industry is notorious for developing new markets to over exploit and over charge. Consider the sudden development in “core training” products. It amazes me that someone can attach a rope to a medicine ball and all of a sudden have a \$100 “revolutionary” breakthrough in fitness. Unfortunately, stretching is one of the latest trends.

Several new “breakthroughs” or “secret” techniques have been marketed as of late regarding stretching and flexibility development. Many people who have never stretched on a regular basis purchase these items and subsequently become more flexible. They do not realize that the majority of their flexibility improvements originate simply because they have begun to follow a regular stretching routine. If you stretch, you will become more flexible. There are obviously different methods, some more effective than others, but stretching should not be confused with a secret voodoo or clandestine operation. Studies have shown that maximum flexibility is attainable within two months of dedicated stretching. There is no magic formula, rather a consistent and intelligent effort.

Let’s examine the primary forms of stretching and why you should incorporate a stretching program into your routine ...

As a Warrior, you most likely enjoy rigorous strength training, conditioning, and all out combat. Unfortunately, many of us have the tendency to overlook the importance of flexibility. Flexibility training offers numerous benefits including injury prevention, enhanced athletic performance, improved joint range of motion, and decreased muscle soreness. These are facts that have been proved beyond any reasonable doubt. A regular stretching routine will benefit us all. There is no excuse to overlook your stretching routine. Stretching should be included during your warm-up and cool down periods.

Let’s review the basic forms of stretching to determine which methods are best.

Ballistic stretching involves bobbing or bouncing. It uses the momentum of the moving body to push past the normal range of motion. Ballistic stretching utilizes moving pressure to stretch the target muscles. Ballistic stretching is dangerous and not recommended. You are more susceptible to injury when you conduct ballistic stretching. Leave ballistic stretching alone.

Dynamic stretching involves moving the muscle through its full range of motion. Dynamic stretching leads to greater flexibility in movement. Dynamic stretching should not be confused with ballistic stretching. Ballistic stretches attempt to “force” the body beyond its range of motion. Dynamic stretches are fluid as opposed to the jerky bouncing involved in ballistic stretching. To maintain a correct dynamic stretch, focus on smooth, even movements that do not shock the muscle. Dynamic stretching consists of controlled leg and arm swings that take you to the limits (but NOT past) of your range of motion. Ballistic stretches attempt to force a part of the body beyond its range of motion. Dynamic stretches do not involve bouncing or “jerky” movements. An example of dynamic stretching would be slow, controlled **leg kicks, arm swings, or torso twists**. You should perform dynamic stretches for sets of 10-12 repetitions. Avoid dynamic stretching if you are fatigued. Fatigued muscles are less elastic. Stretching while tired can “reset” the nervous control of the muscle to the reduced range of motion exhibited while fatigued. This results in a reduction in flexibility.

Active stretching is also referred to as *static-active stretching*. An active stretch is one where you assume a position and then hold it there with no assistance other than using the strength of your agonist muscles. For example, bringing your leg up high and then holding it there without anything to keep the leg in that extended position. The tension of the agonists in an active stretch helps to relax the muscles being stretched. Active stretching increases active flexibility and strengthens the agonistic muscles. Active stretches are usually quite difficult to hold and maintain for more than 10 seconds.

Static stretching is a controlled stretch that does not involve motion. It involves holding a position for 15-30 seconds. You stretch to the farthest point and hold. A specific muscle or muscle group is extended to the point right before pain. During static stretching, concentrate on **relaxing** the target muscles and **breathing deeply**. Relaxed stretching is also very good for “cooling down” after a workout and helps reduce post-workout muscle fatigue and soreness.

Isometric stretching is a type of static stretching that incorporates isometric resistance to the stretched muscles. An isometric contraction means that the muscle contracts without changing its length. A common example is to push against the wall. No matter how hard you push, the wall does not move. Isometric stretching is an effective method to increase static flexibility. It is much more effective than static and active stretching alone. Isometric stretching also strengthens the tensed muscles. For isometric stretching, resistance is provided by yourself, a partner, or an object such as the floor or wall.

For example, a training partner can provide resistance by holding your outstretched leg while you attempt to force it back down. You could also rest your outstretched leg on the back of a chair while contracting your hamstrings by attempting to bend your knee. In both examples, your muscle is contracting isometrically while it is stretched. To summarize, first assume a passive stretch

position, next tense the stretched muscle for 5-15 seconds (tension should come from a wall, floor, partner, etc...), and finally relax the muscle for 20-30 seconds.

Isometric stretching is very stressful to the body. You should allow yourself 36-48 hours between isometric stretching routines.

PNF Stretching: PNF is an acronym for *proprioceptive neuromuscular facilitation*. PNF stretching is the most effective technique to improve static flexibility. PNF stretching integrates static and isometric stretching. More advanced techniques add dynamic stretching after the isometric and static contractions.

To perform a PNF stretching routine, first perform a passive stretch. You will then apply isometric resistance while in the stretch position for 5-15 seconds. Next, you will relax for a brief moment and then immediately return to a passive stretch that should stretch the muscles further than the initial stretch. Hold the final passive stretch for 10-15 seconds. You should then rest the muscle for 20-30 seconds before continuing with another PNF stretching routine.

A more advanced form of PNF stretching adds a dynamic stretching component to the routine. This form of stretching is dangerous and should only be performed by advanced athletes with above average flexibility. This more advanced version substitutes the final passive stretch in the traditional PNF routine with a dynamic movement such as a leg swing. PNF stretching is very effective but does carry the risk of injury. It is best to allow 36-48 hours between PNF stretching sessions.

WARM-UP

Stretching is often erroneously interpreted as a “warm-up”. It is important to make the distinction between stretching and warm-up. The main purpose of the warm-up is to increase blood circulation to raise general body and deep muscle temperatures. In doing so, you warm your muscles, ligaments and tendons in preparation for more vigorous activity. A proper warm-up will reduce your chance of injury, improve performance, and increase your range of motion and elasticity. In addition, the warm-up increases muscular efficiency, improves reaction time, and improves the speed of movement of muscles and ligaments.

Stretching is NOT warming up. It can (and should) be included in the warm-up but only after the body's core temperature has been raised. Typical warm-up activities include light jogging, jump rope, or jumping jacks. The idea is to loosen up the muscles of the body. You should warm your body, raise your core temperature, get your blood pumping and then proceed with your stretching routine. The warm-up prepares your cardiovascular system, respiratory system, nervous system, and muscular system to accommodate our intense conditioning program. With these objectives in mind, you should NOT include active

stretching, PNF stretching, or isometric stretching in your initial warm-up. These forms of stretching are very strenuous and should not be performed prior to your athletic activity. These “intense” stretching routines have a tendency to excessively fatigue the muscles, which will detract from your performance. The stretching phase of the warm-up should begin with static stretching and end with dynamic stretching. Always proceed your dynamic stretching routines with static stretching. Following your warm-up and stretching, you should proceed with some light “sport specific” movements to further warm and prepare the body for training or competition. For example, if you are preparing to spar you should begin with some light shadow boxing. If you are preparing for a sprint workout, you should begin with some light jogging to warm the required muscles (the legs).

COOLING DOWN

Cooling down is as important as warming up. Unfortunately, many athletes fail to properly cool down following a workout. A light cool down session will do wonders to reduce fatigue and soreness. The cooling down period is similar to the warm-up but is completed in a reverse order. Let’s use boxing as an example. Suppose you spar 6 hard rounds inside the ring. Your cool down period should consist of

1. Light sport specific activity (such as shadow boxing)
2. Dynamic stretching
3. Static stretching

You should always finish your workout with approximately 5 minutes of light sport specific activity. We can use interval running as another example. After your grueling interval workout, you should finish with 5 minutes of light jogging, then some dynamic stretching, and finally a brief static stretching routine.

This simple cool down process will reduce muscle tightness and soreness. I realize that you may feel exhausted after an intense workout. Your exhaustion often results in your mind telling you to “forget about the cool down”. As a Warrior, you need to suck it up and finish your cool down period. The few minutes that are required will save you many hours of soreness and fatigue.

ACHIEVING MAXIMUM FLEXIBILITY

As mentioned earlier, many “so-called” innovators promise to teach you the secrets to maximizing flexibility. Fortunately, there are no major secrets to flexibility attainment. The great percentage of us can maximize our flexibility in just two months.

If you are serious about maximizing your flexibility follow these basic guidelines.

1. Stretch each morning. Always proceed your stretching routine with a light warm-up. Your morning routine should consist of warm-up, static stretching, and finally dynamic stretching
2. Warm-up and cool down before all training sessions (or competitions)
3. Perform PNF stretching and/or isometric stretching every other day. Include these stretching sessions in your actual workout. You should still begin your workout with a typical warm-up and include a static stretching and dynamic session in the morning

If you follow these basic guidelines, you will notice tremendous increases in flexibility. There is no substitute for consistency when attempting to increase flexibility. You must stretch on a regular basis if you wish to improve flexibility. Do not be in a rush to increase your flexibility. Over-stretching can result in injury. Take your time.

Patience is a virtue!

SAMPLE STRETCHING EXERCISES



Press against the wall while straightening your rear leg to stretch the calf muscle.



Swing leg upward in dynamic movement

Do not rush your flexibility development. It takes time and consistent practice.

WARRIOR CONDITIONING

The routines in this chapter will be listed again in the Warrior Routines chapter.

Thus far, I have discussed numerous bodyweight exercises that will help you achieve true Warrior status. These exercises will provide you with the functional strength necessary to overcome all obstacles. By performing these exercises consistently, you will have an advantage over any adversary that stands in your way. These exercises will enhance your strength, power, speed, and mind.

But do not pat yourself on the back just yet, I have more pain to dish out before you call yourself a true Warrior. You will gain an advantage by performing the strengthening exercises but you will NOT be the best that you can be...

At least not until you perform the Warrior Conditioning drills.

These conditioning drills will give a whole new meaning to the words pain and intensity. These drills will push your body to its limit. It is not enough to be strong with muscular endurance. There is a difference between performing 500 consecutive bodyweight squats and sprinting 500 meters. Both tasks will fatigue the body in a unique fashion.

It may take you 15 minutes to finish 500 bodyweight squats. Your legs will burn in ways that you never thought possible. It is an amazing feat to perform 500 consecutive bodyweight squats. You will be light years ahead of your competition. With this said, you must realize that bodyweight squats are only one portion of the overall puzzle.

The Warrior cannot focus on one form of exercise. The bodyweight exercises will give you tremendous strength and endurance but you must recognize the different forms of endurance. For example, a football player can sprint up and down the field for an entire 1-hour game. This football player will need a tremendous amount of explosive strength and endurance to continually sprint with maximum force throughout the game. This form of endurance however is much different than the endurance required to run a 26-mile marathon. The marathon runner does not sprint back and forth. Rather, the marathon runner must maintain a constant pace throughout the entire race.

The football player will sprint with maximum exertion over short distances. His action will look somewhat like:

1. Sprint 50 yards
2. Rest
3. Sprint 30 yards
4. Tackle an opponent

As you can see, he constantly explodes and then resets throughout the duration of the game. The marathon runner meanwhile maintains a brisk pace for two or three consecutive hours. The marathon runner does not explode forward with short bursts of maximum exertion. Both athletes utilize different forms of muscular and cardiovascular endurance.

The Warrior requires both.

Let's quickly look at the different forms of endurance so that we can devise a program that will enable you to dominate the competition.

ANAEROBIC vs. AEROBIC CONDITIONING

Our conditioning program will focus on two separate, distinct forms of training. We must target both our anaerobic and aerobic systems.

Anaerobic training means to conduct an activity without oxygen. Anaerobic events, such as boxing, wrestling, and grappling, require muscles to contract at maximum intensity for short periods of time. An example would be a combination thrown in boxing or a take down in wrestling. Combat athletes **MUST** train anaerobically!

Aerobic exercise is classified as low to moderate intensity activities, performed for extended periods of time. Distance running is a perfect example of aerobic exercise.

There is a distinct difference between anaerobic and aerobic conditioning. I will not make this a science class but it is important that you understand these concepts if you wish to maximize your performance.

You can determine whether you are training anaerobically or aerobically by monitoring your heart rate (beats per minute). Heart rate is a valuable gauge to determine workout intensity. Heart rate provides a report card on the human body to measure the intensity of a workout and the amount of energy that is expended. When you train hard, your heart pumps faster to increase the flow of blood and provide more oxygen to your cells.

There are various heart rate zones that provide unique benefits. Each zone is derived as a percentage of your Maximum Heart Rate (MHR).

The Healthy Heart Zone - 60% to 70% of MHR

Training in the Healthy Heart Zone will strengthen your heart so that it may pump oxygen-rich blood to your muscles more efficiently. This zone is excellent to burn fat while recovering from more intense training days. Your low intensity running days should be completed at or below 70% of your MHR.

The Aerobic Zone – 70% to 80% of MHR

The Aerobic Zone is also known as the Endurance Building Zone. By training in this zone, you will strengthen your cardiovascular system and respiratory system. It is important to exercise in this zone to improve aerobic capacity and athletic performance.

The Anaerobic Zone - 80% to 90% of MHR

The Anaerobic Zone is known as the Vomit Zone. This zone involves high intensity training to help the muscles cope with lactic acid build up. Training in this zone is important for the competitive athlete. If you are involved in boxing, wrestling, grappling, or the martial arts, you **MUST** train anaerobically. The glycogen that is stored in your muscles will serve as the primary form of energy during anaerobic training. The byproduct from rapidly burning glycogen is lactic acid. Lactic acid fatigues the muscles, leaving you with the feeling of complete exhaustion. By training anaerobically, you can delay the onset of lactic acid and teach your body to deal with its accumulation for a longer period of time.

The Red Line Zone - 90% to 100% of MHR

The Red Line Zone is only intended for very fit, competitive athletes. Working in the Red Line Zone trains your fast twitch muscle fibers and develops speed. Individuals should avoid training in this zone until they have approached peak fitness levels.

CALCULATING HEART RATE

Now that we know the various training zones, let's look at how we calculate our own individual heart rates.

Maximum heart rate (MHR) is the highest possible heart rate you can achieve. Once you calculate your maximum heart rate, you can determine the exercise intensity that matches your specific fitness goal. There are several techniques used to calculate MHR. The formulas below are simple but will provide a ballpark estimate for you to gauge fitness intensity.

AGE PREDICTED MHR

The Age Predicted technique provides a quick estimate by subtracting your age from the constant figure 220 (*females may use 226*). Let's use a 20 year-old Warrior as an example.

$$220 - \text{Age} = \text{MHR}$$
$$220 - 20 = 200$$

A 20 year-old Warrior has a maximum heart rate of 200 beats per minute (bpm). We can quickly calculate various training zones by taking a percentage of his MHR. Below I have calculated the heart rate in beats per minute for each training zone.

20 Year-Old Warrior Heart Rate Estimates

The Healthy Heart Zone = 120 - 140 bpm

The Aerobic Zone = 140 – 160 bpm

The Anaerobic Zone = 160 – 180 bpm

The Red Line Zone = 180 – 200 bpm

As you can see this method provides a quick estimate.

AGE PREDICTED MHR VARIATION

There is a variation to the traditional age predicted calculation. This variation is designed for individuals who train three or more days per week. This calculation makes an adjustment for these physically fit individuals. Rather than starting with the constant 220, this variation uses the figure 205 (*females may use 211*). You must then subtract one-half of your age from this number to determine MHR.

$$205 - (\text{Age}/2) = \text{MHR}$$

Using the 20 year-old Warrior as an example we would have the following.

$$205 - (20/2) = \text{MHR}$$

$$205 - 10 = 195$$

FORMULA REVIEW

Male

1. $220 - \text{Age} = \text{MHR}$ for Non-athletic individuals
2. $205 - (\text{Age}/2) = \text{MHR}$ for fit individuals

Female

1. $226 - \text{Age} = \text{MHR}$ for Non-athletic individuals
2. $211 - (\text{Age}/2) = \text{MHR}$ for fit individuals

There are several formulas used to calculate maximum heart rate. The age predicted formulas provide a quick and fairly accurate estimate.

DO NOT IGNORE SCIENCE

You may not be a big fan of science but you must not ignore the facts. When I train myself or another athlete, I take care of business with a hardcore, no nonsense approach. If you want to be the best, you are going to have to bust your ass. No magic pill or powder will get you to the top of the mountain if you are not willing to work hard.

To be the best, you will need to train hard and overcome fatigue.

While I am busy busting my ass training, scientists sit in their laboratories trying to make sense of the most complex system in the world, the human body. The human body is an amazing creation. There are no limitations on your ability. The key to success is a combination of hard work and intelligent training.

A lot of guys say *to hell with science*. This is a mistake. Your hard work must be as productive as possible. Forget about what someone did or supposedly did 200 years ago. The fact remains that today's athletes are bigger, stronger, and faster than ever before. Advancements have been made that must not be ignored.

The point that I wish to convey is that you need to bust your ass and expend your energy in the **most productive** manner possible. A Warrior must train hard as well as intelligently.

THE MISCONCEPTION OF ROADWORK

The phrase "roadwork" has long been used to describe the early morning run of the boxer, wrestler, or martial artist. Traditionally, the fighter would rise early in the morning and proceed with a long distance run of 5 or 6 miles. Many fighters still follow this approach to conditioning. These individuals have been misled to believe that a slow paced, long distance run will condition their bodies for the battlefield.

Let's make a very important distinction... long distance running and Warrior Conditioning are NOT the same.

Your opponent will not care that you can jog for one, two, or three hours. A slow paced jog has very little carryover to the competitive arena. When does a boxer stroll around the ring in a leisurely manner? When does the martial artist throw a slow paced kick? When does the grappler approach his opponent with a slow paced attack?

NEVER!!

If you want to be a Warrior, you need to train like one! You can forget everything that you ever read about roadwork and conditioning. Distance running is an aerobic exercise. It is great for fat loss and general conditioning. It will NOT give you the advantage on the battlefield.

Let me get “scientific” on you one more time before we get into the specifics.
Endurance training reduces the inherent capability of the neuromuscular system for maximum power output.

What the heck does this mean?

There is a very simple answer to this question. Continuous aerobic endurance training will prevent an athlete from maximizing his potential in strength and muscular size. If you run at a slow pace, day after day, you will reduce your maximum power output.

Competition involves explosive movements. You must be able to maintain your optimum intensity from beginning to end. If you box, this means throwing the same explosive combinations in the last round that you started with in round one. If you wrestle, this means that you must maintain your strength and explosiveness match after match, even if you must wrestle 4 or 5 times in one day.

One last time, long distance running is NOT Warrior Conditioning!

The best way to kick ass and take names is with explosive, anaerobic conditioning drills.

INTERVALS

Interval training is perhaps the best anaerobic conditioning drill ever created! If you box, wrestle, grapple, or fight as a martial artist, these running drills will take you to new levels.

Oddly enough, very few athletes religiously conduct interval training. Why is this so?

Very simple answer, intervals are tough! Intervals will make you feel like puking up your lunch. These drills will test you physically and mentally. These drills will force you to ask yourself how bad you really want it. I hope that your answer is that you want it very bad! You will do **WHATEVER** it takes to be the **BEST!**

Interval running consists of INTENSE bouts of fast running followed by brief recovery periods of either walking or slow jogging (or upper body Warrior training!!). The distance of the interval can vary depending on your condition. As you run hard, your legs will fill with lactic acid while your body begs you to stop!

These intense drills will cause adaptations to take place in your body. You will learn to buffer lactic acid and continue to exert maximum force. You will be able to perform at maximum exertion levels for extended periods of time.

If you are a fighter, this means that you will perform your best round after round. There is NO mistaking the effectiveness of interval training.

Before you begin any of these intense conditioning drills be sure **TO DEVELOP A FOUNDATION FIRST**. Let's build your house of fitness on **ROCK** not **SAND**. If running is new to you, start with 4 weeks of moderate intensity distance work. Moderate intensity running will help prepare your body for the rigors of interval work. If you try intervals on day one, you will probably end up on the side of the road gasping for air.

INTERVAL DISTANCE

Intervals are usually performed with distances of 800 meters or less.

800 Meters – Perform 800 meter intervals at a pace somewhere between your sprint and jog speed. You will not be able to maintain an all out sprint for the entire 800 meters. Stick with an **INTENSE** pace that you can maintain throughout the entire interval. Professional boxers should be able to run several 800-meter intervals in one session. These intervals will take three minutes or less. Professional boxers must be able to fight 3-minute rounds at an intense pace. These intervals will replicate the work-to-rest ratios experienced during an actual fight.

600 Meters – Perform 600 meter intervals with a similar pace to the 800's. Amateur boxers should be able to run several 600-meter intervals in one session. These intervals will take approximately 2 minutes. Amateur boxers must be able to fight 2-minute rounds at an intense pace. These intervals will replicate the work-to-rest ratios experienced during an actual fight.

400 Meters – Perform 400 meter intervals at a pace that is faster than your 600 or 800 meter pace. Your 400 meter pace should be close to an all out sprint. 400 meters is a perfect distance to build endurance and explosiveness.

200 Meters – Perform 200 meter intervals at an all out pace. You should be able to sprint 200 meters with maximum intensity. This is a great distance to develop explosive power for the battlefield.

SAMPLE ROUTINES

Each letter item represents an entire interval workout.

- a) 5 Intervals each consisting of 800 meters – 1 minute rest between each
- b) 6 Intervals each consisting of 600 meters – 1 minute rest between each
- c) 10 Intervals each consisting of 400 meters – 1 minute rest between each
- d) 12 Intervals each consisting of 200 meters – 30 second rest between each

Interval training is great because it gives you a way to measure progress. For example, suppose you run 10 quarter-mile intervals at 85 seconds per interval. After one month of training, you run these same 10 intervals at 75 seconds per interval. You have a quantifiable measure of your improvement.

VARIATION WITHOUT REST

One of my favorite variations to interval running is to incorporate exercise into your rest period. For example, rather than rest 1 minute between each interval, you will perform pushups throughout the break. This variation to interval training will develop unbelievable endurance and resilience. Here is one sample routine for you to try.

- š Run 600 meters
- š Perform as many pushups as you can in 30 seconds, rest 20 seconds
- š Run 400 meters
- š Perform 30 V-Ups, rest 10 seconds
- š Run 400 meters
- š Perform as many pushups as you can in 30 seconds, rest 20 seconds
- š Run 200 meters
- š Perform pushups for 20 seconds (no rest after pushups)
- š Run 200 meters
- š Perform 20 V-Ups (no rest after the V-Ups)
- š Run 200 Meters
- š Finish with 30 seconds of pushups

This routine consists of one 600-meter interval, two 400-meter intervals, and three 200-meter intervals. The pushups and V-Ups will increase the intensity of the interval routine. These intervals are extremely difficult. Your legs will fill with lactic acid, which causes the familiar feeling of muscular fatigue and pain. By continuously training with intense interval programs, you will overcome these feelings. You will be able to work longer, more intense interval sessions.

Let's look at another sample routine...

- š Run 200 meters
- š Perform pushups for 30 seconds (no rest after pushups)
- š Run 200 meters
- š Hold the Plank for 30 seconds (no rest after Plank)
- š Run 200 meters
- š Perform pushups for 30 seconds (no rest after pushups)

- § Run 200 meters
- § Perform 20 V-Ups (no rest after the V-Ups)
- § Run 200 meters
- § Perform pushups for 30 seconds (no rest after pushups)
- § Run 200 meters
- § Hold the Plank for 30 seconds (no rest after Plank)
- § Run 200 meters
- § Perform pushups for 30 seconds (no rest after pushups)
- § Run 200 meters
- § Perform 20 V-Ups

****Additional routines will be provided in the Warrior Routines chapter****

These intervals are INTENSE. They will test you physically and mentally. Stick with these routines and the results will surprise you. You must learn to overcome fatigue. You must be prepared to work through the pain and fatigue. These routines will give you a DEFINITIVE ADVANTAGE over the competition.

IMPORTANT POINTS REGARDING INTERVAL TRAINING

- § Do not begin interval training until you develop a strong foundation.
- § Begin with a sufficient warm-up before starting your interval work. A typical warm-up would consist of a few minutes of light jogging.
- § Do not perform interval training on consecutive days. Give yourself at least one day of rest between interval training sessions. Two or three interval sessions per week are optimal.
- § Vary the distance of your intervals to prevent boredom. Do not perform the same routine on consecutive workouts.
- § As your fitness improves, incorporate resistance exercise into your rest periods.
- § NO ONE SAID THAT WARRIOR TRAINING WOULD BE EASY!

SPRINT TRAINING

Sprint training is a great way to build explosive speed and anaerobic endurance. Interval work increases your anaerobic threshold while sprint training teaches you to “explode” with power and aggressiveness.

A Warrior that can combine sustained anaerobic endurance with explosive power is a BAD MAN (or WOMAN)!

Sprint training is intense and can be completed fairly quickly. As with interval training, I do not recommend consecutive days of sprint training. Give yourself a day to recover following these workouts.

Sprint training is different from interval running in that the distance covered is shorter. Sprint training typically consists of 100 meters or less. (*200-meter intervals could also be considered sprint training*)

For some odd reason, very few athletes perform sprint training. Why is this so?

Simple answer... these routines are INTENSE!

Most sprint workouts consist of 10 to 20 separate sprints. A wind sprint routine consists of sprinting your predetermined distance (for example 100 meters) and then jogging back to the starting line. You would continue this cycle without rest until you complete the entire cycle.

SAMPLE ROUTINES

- š Sprint 100 meters
- š Jog 100 meters
- š Sprint 100 meters
- š Jog 100 meters
- š Continue this cycle until you have completed 10 sprints

VARIATION WITHOUT REST

Hey, why not incorporate exercise into our rest period during sprint work? Instead of jogging back between sprints, try doing 20 pushups or V-ups.

- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups
- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups
- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups
- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups
- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups

This routine will be over in less than 10 minutes. In that short time period, you will have sprinted 1000 meters in addition to performing 100 pushups and 100 V-Ups. There is no rest between any of the sprints or exercises. This routine is INTENSE but will give you tremendous strength and endurance on the battlefield!

If your opponent is wasting his time with slow paced runs every morning, he is going to be in TROUBLE!

JOG + SPRINT + WALK

You can incorporate jogging, sprinting and walking into one routine. Start by jogging for one minute, then sprint for as long as you can, and finish with a one minute walk. Repeat this routine as many times as you can. Try to increase your sprint distance with each workout.

HILLS AND STAIRS

Running hills or stairs is a great way to increase your explosiveness, stamina, and leg strength. Hill or stair running strengthens your hamstrings and groin muscles and serves as an excellent substitute for sprint training.

SAMPLE WORKOUTS

- š Sprint up a hill (or stairs) 10 times – Jog back down

We can also incorporate a circuit into the routine. Give this a try...

- š Sprint up the hill (jog back down)
- š 20 Pushups
- š Sprint up the hill (jog back down)
- š 20 Bodyweight Squats
- š Sprint up the hill (jog back down)
- š 20 Close Grip Pushups
- š Sprint up the hill (jog back down)
- š 20 Lunges
- š Sprint up the hill (jog back down)
- š 20 Divebombers
- š Sprint up the hill (jog back down)
- š 10 Squat Jumps
- š Sprint up the hill (jog back down)
- š 20 Pushups
- š Sprint up the hill (jog back down)
- š 20 Bodyweight Squats

FARTLEK - INTERVAL TRAINING VARIATION

A great variation to interval and sprint training can be accomplished with fartlek. Fartlek is a Swedish term for speed play. Fartlek training is a less structured version of interval running. Fartlek consists of periods of exertion and rest for random distances or times. Basically, you speed up and slow down as you feel like it, instead of conforming to a prescribed distance such as 400 meters. Fartlek training has countless variations. You can run hard, then jog, run hard, then jog, etc... You vary the distance and time based on how you feel.

WEATHER IS NO EXCUSE

A common excuse to avoid interval or sprint training is the weather. It is easy to skip a workout because of the rain or snow. Or perhaps you live in a congested city without access to hills, stairs, or sidewalks to run.

EXCUSES, EXCUSES, EXCUSES....

A Warrior must be resourceful. There is no excuse to miss an interval training session. There are several alternatives that you can use in place of running if the weather is not permitting. *(Just do not make it a habit of skipping your running. These alternatives are effective but NOTHING beats hitting the road to run!)*

JUMP ROPE

The jump rope has long been a conditioning tool for boxers. You can jump rope at a "sprint pace" to achieve many of the same benefits of running. The last time I checked you do not need very much room to jump rope.

The most effective ways to jump rope are as follows...

- š Jump rope while running in place with high knees. Your knees should come up to your waist. Perform this drill at an ALL OUT pace.
- š Jump rope from the squat position. This is VERY difficult. Former World Champion boxer Roberto Duran used to attract crowds with his awesome display of jump rope from the squat position.
- š Twirl the rope twice for every jump (double jumps).
- š Add variety to your rope session by criss-crossing the rope as you jump.
- š Increase the intensity by using a rope with weighted handles. Your shoulders will thank you later!
- š Practice moving forward, backward, and to the sides to improve footwork and coordination.

INTERVALS ON THE ROPE

I mentioned earlier that the Warrior must be a resourceful creature. You should think outside the box. You must make things happen. No one can do this for you. YOU need to step up to the plate and take things into your own hands.

Suppose that you plan to run 5 x 800-meter intervals but when you wake up you see 6 inches of snow on the ground. Rather than hitting the snooze button on your alarm clock, you can get off your ass and start jumping rope. Let's take a look at an example.

Throughout this routine, you should rotate between high knees, double jumps, squat jumps, and criss-cross.

- š Three minutes of high intensity jump rope
- š Rest 1- minute (or 30 seconds if you are feeling tough!)
- š Three minutes of high intensity jump rope
- š Rest 1- minute (or 30 seconds if you are feeling tough!)
- š Continue with this cycle until you complete 5 intervals of jump rope

An example of how you would rotate between different styles of jumping is listed below:

1. High knees jump rope for 30 seconds all out
2. Double jump (2 rope twirls per single jump) for 30 seconds all out
3. Criss Cross Jump for 30 seconds all out
4. High knees jump rope for 30 seconds all out
5. Double jump (2 rope twirls per single jump) for 30 seconds all out
6. Criss Cross Jump for 30 seconds all out

If you want to add to the intensity, replace your interval rest period with active resistance work. For example...

- š Three minutes of high intensity jump rope
- š As many pushups as possible in 1 minute
- š Three minutes of high intensity jump rope
- š 30 V-Ups
- š Three minutes of high intensity jump rope
- š As many pushups as possible in 1 minute
- š Three minutes of high intensity jump rope
- š 30 V-Ups
- š Three minutes of high intensity jump rope
- š As many pushup as possible in 1 minute

This routine will take less than 20 minutes. It is intense and effective. If it is too difficult to complete at first, reduce your time on the jump rope to two minutes.

The jump rope will increase stamina, coordination, footwork, and strength. I recommend that you include the rope in your training.

STATIONARY BIKE

A stationary bike can provide a great anaerobic workout. If you choose to ride the bike, remember to focus your attention towards your anaerobic system. You should ride the bike at an intense pace for intervals, just as you would run. As your stamina levels improve, you can ride the bike for longer periods of time.

Here are a few sample routines that can be performed on the stationary bike.

1. Ride all out for 1-minute intervals with 1-minute rest periods. Work your way up to 3-minute work intervals. As you improve, you can begin decreasing your rest intervals.
2. Alternate 30 seconds of all out riding with 30 seconds of moderate paced riding. Continue this pattern for 10 minutes.

MINUTE DRILLS

I am a huge advocate of minute drills for anaerobic training. Minute drills will beat your body down similarly to intervals. The purpose of the minute drill is to train at your **maximum** intensity for a designated time period. Most minute drills last either two or three minutes followed by a rest period of 1 minute or less.

Minute drills will include a variety of exercises that are performed nonstop without rest. These drills will push your body to the extreme. You can perform these drills either inside or outside. You do not need fancy equipment. There are no excuses to neglect this valuable conditioning exercise. Minute drills can replace interval running on certain days. It is important to add variety to your routine. Variety keeps things interesting and keeps you motivated.

MINUTE DRILL EXERCISE EXAMPLES

- š Sprints
- š Squats
- š Squat Jumps, Knee Tucks, Mule Kicks, Star Jumps
- š Russian Dance
- š Lunges (Jumping Lunges)
- š Burpees
- š High Knee running in place
- š Split Jumps
- š Jumping Jacks
- š Pushups (all varieties)

- š Mountain Climbers
- š Mountain Jumpers
- š Chin-ups or Pull-ups

These are just a few examples. I will provide several complete drills in the Warrior Routines chapter. You should be creative with exercise selection. Remember to focus on maximum exertion throughout the entire drill. All exercises should be explosive and fast paced.

A QUICK SAMPLE

- š 20 Squat Jumps
- š Sprint 50 yards
- š 20 Pushups
- š Sprint backwards to starting position
- š 20 Star Jumps
- š Run in place with high knees
- š 20 Burpees
- š Sprint 50 yards
- š *Repeat this cycle for 2 or 3 minutes*

KEEP GOING, AND GOING, AND GOING...

Another variation to the minute drill is what I call **Warrior Madness**. Rather than perform these drills for repetitions of two or three minutes, Warrior Madness consists of one extended drill that continues until you are completely fatigued. The idea of Warrior Madness training is to continue “fighting” as long as possible. For example, you will perform a 5, 6, 7 or 8-minute drill. If you can build yourself up to 10 minutes, you will have achieved true Warrior status. Take your time with Warrior Madness training. Do not even attempt to exceed the traditional three minute drill until you are capable of performing six intense three minute drills. Do not exceed 10 consecutive minutes of Warrior Madness.

THE HEAVY BAG MAKES COWARDS OF MEN

I have designed this Warrior training manual with exercises that can be performed without equipment. With this said, it just doesn't feel right to exclude the heavy bag. I am obviously biased towards the heavy bag because of my background in boxing but I can guarantee that it will not take long for you to feel the pain on the bag...

If you have the chance to purchase your own heavy bag, I strongly recommend it. You can usually find a nice 80-pound bag at most sports shops or even online at one of the many Internet auction sites such as Ebay.

Whether you are a fighter or not, heavy bag training provides tremendous conditioning benefits. Heavy bag training will tax your anaerobic system while working your shoulders, arms, legs, and back. Try to throw non-stop punches to the heavy bag for 1-minute intervals. Work at an all out pace for the entire interval period. You should be punching the entire time. Stick with straight punches (jab – straight right – jab – straight right). As you improve, you should perform this drill for an entire 3-minute round.

Another variation involves integrating heavy bag punching with high knee running in place. This drill would be as follows:

- š 30 seconds of all out punching on heavy bag
- š 30 seconds of all out high knee running in place
- š 30 seconds of all out punching on heavy bag
- š 30 seconds of all out high knee running in place
- š 30 seconds of all out punching on heavy bag
- š 30 seconds of all out high knee running in place

This drill will greatly enhance your anaerobic stamina by strengthening your punching muscles and legs.

LOOKING BACK AT “AEROBIC” TRAINING

Earlier I mentioned that aerobic exercise consists of low to moderate intensity activities, performed for extended periods of time. A common example is distance running.

The primary focus of this chapter has been on anaerobic conditioning drills. This does not mean that we should completely neglect aerobic training. Aerobic training has a purpose and is important. Anaerobic training will provide more sport specific benefits but it is important to develop a solid base of aerobic fitness. Boxing, wrestling, grappling, and the martial arts are primarily anaerobic in nature. These sports consist of explosive bursts of energy. These are the most common Warrior activities.

Aerobic training still serves many important functions. First and foremost it provides an opportunity for you to relax and reflect. A relaxing run will give you time to escape from the stress of your job and the world around. I do some of my best thinking while running or walking.

A relaxing walk, run, swim, or bicycle ride is great to relieve stress while burning calories and strengthening your heart. I encourage this form of exercise as a break from the intense conditioning drills that can cause over-training. Just remember that relaxed jogging provides minimal benefits for combat situations. Excessive aerobic training will detract from explosive power. You must prepare the body with intense training drills if you wish to compete.

I typically include two or three days per week of moderate paced running to relax the body and mind. There are two primary forms of aerobic running.

SUSTAINED RUNNING

Sustained running is typically completed for distances of 1 or 2 miles. You will work at approximately 80 – 85% of your maximum heart rate. Your intensity will be just in between maximum aerobic training and minimum anaerobic training. Your pace should be approximately 30 seconds per mile faster than your typical distance pace.

A good measure of sustained running fitness is the six-minute mile test. Combat athletes should be able to run one mile in six minutes. A six-minute mile requires a balance of aerobic and anaerobic conditioning. Many elite training camps require athletes to run two miles in twelve minutes. Work your way up slowly and you will achieve these goals.

DISTANCE RUNNING

Distance running typically consists of 3 – 5 miles of moderate paced running. Use these low intensity runs to relax and recover. These runs are excellent for the heart and fat loss. You should perform these distances at approximately a seven-minute per mile pace.

SWIMMING

If you have access to the water, swimming is an excellent exercise. Swimming will improve your strength and stamina.

Fast Paced Swimming – You can swim aerobically or anaerobically. I prefer to swim laps at a “sprint” pace. It will not take long for you to fatigue and push your heart rate towards anaerobic levels. Swimming faster than threshold speeds develops muscular strength and power. Fast paced swimming is excellent for anaerobic conditioning.

Endurance Swimming – You can also use the pool for endurance training. Basic endurance training, cardiovascular conditioning, and swimming for weight loss take place below the anaerobic threshold. You can lose weight and gradually improve your cardiovascular fitness below the anaerobic threshold. A typical endurance swimming session would consist of swimming 20 laps at a moderate pace without stopping.

Pool Running – Try running in the pool for a great workout without stressing your joints and tendons. Pool running is best performed with the water at waist

level. Run from side to side in the pool to maintain a constant water level. Water provides excellent resistance while running. You will definitely feel the legs working. I suggest running 3-minute intervals in the pool at a moderate intensity.

CONCLUDING THOUGHTS...

Intense conditioning drills will provide amazing benefits for the Warrior. These drills will teach your body to respond when faced with physical and mental adversity. These drills will take intensity to a whole new level.

It is important to allow yourself rest between intense conditioning sessions. It is equally important to develop a solid foundation of fitness before jumping into these routines. I recommend 4 weeks of moderate paced running before starting the interval and sprint routines.

Always remember that you must build your house of fitness on ROCK not sand. If you rush into these exercises, you are asking for injury and excessive soreness.

Do not be in a rush to achieve Warrior status. There is nothing wrong with starting slow. Take your time. Slow and steady wins the race. The routines that are listed in this manual are designed for advanced Warriors. There is no shame in working yourself up gradually. Start with 1-minute intervals and gradually work your way up to 2 and 3-minute drills.

Patience is a virtue.

Do not allow anything to deter you from your ultimate goal. Real Warriors overcome all obstacles.

The Warrior's Way

"You cannot put the same shoe on every foot." - *Publius Cyrus*

"No matter how long the river, the river will reach the sea." - *Eugene Fitch Ware*

"The strongest of all warriors are these two - Time and Patience." - *Leo Tolstoi*

"Make the work interesting, and the discipline will take care of itself." - *E.B. White*

"A pint of sweat, saves a gallon of blood." - *General George S. Patton*

"If everything seems under control, you're just not going fast enough."

Mario Andretti

WARRIOR NUTRITION

Let me start this chapter with a few IMPORTANT words of advice...

DO NOT NEGLECT THIS CHAPTER

READ THE ENTIRE CHAPTER!!!

Do not throw away your hard work by neglecting nutrition. Let's quickly review the first rule of the Warrior's Creed. It reads as follows...

I will train with the utmost intensity, dedication, and desire.

The exercise routines in this training manual are intense in nature. They will challenge you physically and mentally. You can expect to be sore from the workouts enclosed in this guide. As a Warrior, you will follow the creed by training with intensity, dedication, and desire.

The word dedication is defined as "*devoting or setting aside for a particular purpose*". Desire often "*implies strong intention or aim*". The Warrior must set aside all distractions by training in an intense manner to achieve his goals. He (or she) will train with the intention of maximizing strength, power, endurance and speed.

Unfortunately, training hard is not enough. It is equally important to follow a proper nutritional program. Forget about all the nonsense diet programs that clutter most fitness magazines and stores. A new "wonder diet" is created every day. Bogus companies promise that you can eat anything and lose weight.

I get sick to my stomach when I hear these claims. Let's not forget the all-important words of the Warrior's creed, which states there are no magic pills. Whether you participate in formal competition or not, you must follow a proper nutritional program. It has been proven without question that a proper nutritional plan will allow you to maximize your performance. You will be able to train longer, train harder, and ultimately become a better athlete.

Your nutrition plan must satisfy your energy demands and dietary requirements. The Warrior's training program will place great demands on your body for nutrients and supplements. Failure to "feed" your body with these vital nutrients will lead to fatigue, soreness, and over-training. The Warrior's body requires more nutrients than the average mortal. These training programs are intense. We must rely on our nutritional plan to replenish energy stores and vital nutrients necessary for normal body functions.

You are what you eat from your head down to your feet...

I am sure you remember this old saying. Keep these words in mind when you shove the next piece of food down your mouth. I hear a lot of guys say, “*I train my ass off but I eat a bunch of crap...*”

Just think about how this statement applies to our old saying. Basically, when you eat crap, you are crap. Forget about all the crap and get ready to develop a nutritional program that will push you to the next level. Notice how I use the phrase “nutritional program” rather than the term “diet”. There is an important difference between a nutritional program and a diet. We often associate the word diet with something that is temporary. We have all heard someone say, “I am going on a diet to lose weight...”

The problem with a diet is that the results are temporary. You cannot go on a diet for a month and return to eating the same crap that caused the problem in the first place. A diet that is temporary will provide temporary results. A nutritional program is a plan that you will follow for **LIFE**. There is nothing temporary about wanting to be the best. Forget about being the best tomorrow, you must focus on being the best **EACH DAY** of your life.

To be a Warrior, you will have to push your body to the extreme when training. The exercise routines are rigorous and challenging. The only way to complete these exercise routines without sacrificing valuable time due to soreness and fatigue is through proper nutrition and supplementation. When you train hard, you do not earn the right to cheat with your nutritional program. A Warrior always looks to maximize the intensity of his workout. Poor nutrition will take away from your performance in competition (or in training). You will never achieve your potential without following a proper nutritional program. Give yourself the advantage by following a proper plan. Think of yourself as a brand new automobile. You want to fill your tank up with Premium Octane foods.

BACKGROUND

We must design our nutritional program so that it compliments the demands imposed on our bodies from the Warrior’s training program. Intense training will lead to muscle fiber breakdown. When we break down fibers, we must refuel our muscles to foster growth. The cycle of muscle fiber breakdown followed by recovery and growth leads to improvements in power. Proper nutrition will enhance your power and ability to work for longer periods of time.

This cycle of *muscle fiber breakdown + growth* requires proper nutrition.

By understanding that intense training leads to muscle fiber breakdown, we can derive the following Warrior Formula:

Muscle Fiber Breakdown + Proper Nutrition and Supplementation = Muscle Growth and Improved Performance

If we remove Proper Nutrition and Supplementation from this equation, we are left with:

Muscle Fiber Breakdown + Poor Nutrition = Fatigue, Soreness, and Poor Performance

The Overload Principle is a training principle that says in order to improve strength or endurance, you must apply a greater deal of resistance than you are accustomed to. You must “overload” your muscles with strenuous exercise in order to improve and advance. If you do not nurture your body to maximize muscle recovery and tissue repair, your hard work will be wasted. Only by stressing your muscles will they grow stronger and faster. To continually “punish” your body with intense training, you must consume the valuable nutrients required for energy and muscular recovery.

In addition, it is important to know when to eat. You cannot consume one meal per day and expect to satisfy your nutritional requirements. You cannot eat randomly and expect sufficient energy, recuperation, and proper bodily functions. Remember, we are Warriors. We do not sit on our ass all day. Our needs are quite different from the average person...

OK, enough of my rambling, let's get started with the specifics!

SIX ESSENTIAL NUTRIENTS

There are six primary nutrients that are essential for all Warriors. These nutrients are carbohydrates, fats, proteins, minerals, vitamins, and water. Each of these nutrients assists in optimizing our physical fitness. Our intense training will deplete these nutrients, hence the importance of a scientific nutrition plan. When you lack these nutrients, your performance will suffer. I would prefer for my opponent to suffer!

As Warriors our nutritional demands will be much different from the “average” person. How many desk jockeys do you know who perform 500 Bodyweight Squats in a day? The average person sits on their ass while the Warrior stays busy performing squats and pushups! The only time we sit is on the downward portion of a One-Legged Squat! You must eat to maximize energy, promote recovery, restore vitamin and mineral deficiencies, and maintain your optimal weight. In addition, depending on your objectives, you may wish to either gain

weight in the form of muscle mass or lose weight by decreasing body fat (or you may strive to achieve these two objectives simultaneously).

CARBOHYDRATES FOR ENERGY

If you want results, you must train hard. In order to train hard, you must provide adequate fuel for your body. The fastest automobile in the world is useless without gasoline. Your body is equally useless when you lack energy. Many fad diets promise miracle results by avoiding carbohydrates. Without turning this into a science class, let's look at the facts...

Carbohydrates provide the most efficient form of energy during exercise. Carbohydrates fuel the central nervous system and muscles during physical activity. Carbohydrates should comprise 50-70% of your nutritional intake. Our training program is intense. To keep up, you must fuel your body with an adequate supply of carbohydrates.

Carbohydrates are converted by the digestive system into blood sugar, also known as glucose. Carbohydrates refill glycogen stores in your muscles and liver. When you use up the sugar in your blood and muscles, your liver breaks down stored glycogen for release into your blood. There are three types of carbohydrates (*not all carbohydrates were created equal*). Carbohydrates can be classified as monosaccharides, disaccharides, or polysaccharides. Monosaccharides and disaccharides are referred to as sugar while polysaccharides are known as complex carbohydrates.

In order to maximize our performance and achieve optimal gains, we must fuel ourselves with complex carbohydrates while avoiding sugar-based forms. One popular health fad is the carbohydrate-restricted diet. A well-known example is the Atkins diet. I am sick and tired of listening to "self-appointed" experts proclaim that carbohydrates will make you tired and fat. Complex carbohydrates are not stored as fat when consumed in conjunction with a serious training program. Complex carbohydrates provide prolonged energy, unlike the sugar based mono and disaccharides.



If Mr. Couch Potato eats pasta all day long, of course he will gain weight, but not because of carbohydrates. He will gain weight because he eats an excessive amount of calories while sitting on his ass all day.

Many people associate eating a meal high in carbohydrates with a sudden feeling of fatigue. This is not true if you know **when** to eat, **how much** to eat, and **what** to eat. This information is very important so pay attention...

Carbohydrates dictate the level of sugar in your blood. As athletes we must maintain steady levels of blood sugar. By doing so, we ensure a steady level of **ENERGY** (required to train). When our blood sugar levels drastically drop, we experience the feeling of fatigue and exhaustion. For example, when you eat candy, you experience an immediate rush of sugar into your blood. You may experience a momentary “rush” from the sugar before experiencing fatigue soon afterward. Your body senses the unusually high level of sugar so consequently “sucks” the sugar out of your blood to feed your cells. All of a sudden, your blood sugar levels bottom out and fatigues sets in.

This reaction will **NOT** occur when you consume complex carbohydrates in moderate portions, spaced throughout the day. Small meals consisting of complex carbohydrates throughout the day allow your blood sugar levels to remain constant, which promotes continuous energy for training.

It is important to eat small meals. Smaller meals cause less of a blood sugar response than large meals (meaning blood sugar levels remain constant). Many small meals throughout the day will normalize blood sugar levels, providing a sustained energy supply to the body. It is recommended that an athlete eat every three hours. The days of “three square meals” are history when discussing sports performance nutrition.

Examples of complex carbohydrates that **provide sustained energy** include:

- | | |
|---------------------|----------------|
| • Sweet Potatoes | • Cereal |
| • Apples | • Nuts & Seeds |
| • Oranges | • Grains |
| • Whole Wheat Bread | • Legumes |
| • Whole Wheat Pasta | • Vegetables |
| • Brown Rice | • Oats |

The foods listed above are low on the glycemic index. The glycemic index is defined as the **rate which foods cause an increase in blood sugar levels**. This is **EXTREMELY** important. Low glycemic index foods should make up the majority of your pre-workout and pre-competition meals. High glycemic index foods cause sharp swings in blood sugar levels, leading to fatigue and poor performance. For example, white potatoes are absorbed very quickly and cause a faster rise in blood sugar than common table sugar.

Examples of foods that are high on the glycemic index and should be avoided **before** workout sessions include:

- | | |
|------------------|--------------|
| • White Potatoes | • White Rice |
| • White Bread | • Bananas |
| • White Pasta | • Raisins |

Always opt for foods made with wheat flour instead of white flour. Wheat based foods are much lower on the glycemic index, thus more effective for the Warrior's energy demands. In addition, avoid simple carbohydrate items, such as candy and soda. These foods supply "empty" calories (calories without nutritional value).

I am sure you remember what happens when you eat crap. Moving along...

PROTEIN BUILDS MUSCLE

OK fellow Warriors, let's shift our attention to protein. Protein is extremely important to efficiently repair damaged muscle tissue. Our objective is to break down muscle fiber so that it may rebuild into a more explosive and powerful system. Protein facilitates this recovery process.

Intense training triggers protein excretion from the body through sweat. Our protein demands increase in proportion to the intensity of our training. Our goal is to kick ass and take names which means we must train pretty damn hard! We will require more protein than the "average" person (remember Mr. Couch Potato). Failure to supply your body with adequate levels of protein will compromise your ability to repair and rebuild your muscles. With this training program, you will need all the help you can get. Eat your protein!!!

Your diet should consist of approximately 30% protein. During intense training, you should consume between **.7 – .9 grams** of protein per pound of body weight. This equates to approximately **1.54- 1.98 grams** of protein per kilogram. These numbers are estimates but provide an adequate level of protein for your intense training needs. Let's look at an example:

	Moderate Intensity	High Intensity
Body Weight Pounds	180 lbs.	180 lbs.
Grams Per Pound	0.7 g	0.9 g
Protein Requirements	126 g	162 g

	Moderate Intensity	High Intensity
Body Weight Kilograms	81.81 kg.	81.81 kg.
Grams Per Kilogram	1.54 g	1.98 g
Protein Requirements	126 g	162 g

Protein Requirements for a 180 lb. (81.81 kg) Warrior

In the example above I have provided estimates for moderate and high intensity training days. Plan your protein requirements according to your training intensity. If you have a lighter training day, plan your intake according to the moderate

intensity column. If you have an intense training session, plan your intake according to the high intensity column.

AMINO ACIDS

Your body breaks protein molecules into amino acids. There are 22 amino acids required to create human protein. Amino acids make the enzymes, hormones, and neurotransmitters that help to regulate your body. Of the 22 amino acids, 9 are essential. These 9 essential amino acids **MUST** be consumed through your diet. Failure to consume these essential amino acids will lead to poor recovery and muscle soreness.

Egg whites provide the most complete source of protein. Egg protein contains all of the essential amino acids.

If the Warrior wishes to maintain a high intensity program, he (or she) better consume some protein after training. During intense exercise, your body will decrease its rate of protein production. This decreased production period can last several hours after your training routine.

Question Break: *Hey Ross, what the heck does this mean? ...*

We already know that intense training breaks down muscle fiber. We must fuel these muscle fibers with protein to ensure adequate growth and recovery. There are 3 Branched Chain Amino Acids (BCAAs) that are particularly important for recovery. These 3 BCAAs are **Leucine**, **Isoleucine**, and **Valine**. As a Warrior, you **NEED** these BCAAs. The best time to supplement BCAAs is immediately before and after exercise. Branched Chain Amino Acids will prevent muscle damage, thus enhance your ability to sustain intense training levels. Always remember that your protein intake increases in proportion to the intensity of your training.

NONSENSE, GARBAGE, JUNK... BULLSHIT!!!

Whoa, whoa, whoa... what is all the commotion about?

The commotion is me getting irritated about our next topic. Let's talk about some of the nonsense diet promises that infect the fitness world!

It seems as though a new "miracle" pill is created each day. Each pill packs the same nonsense promises of "dramatic weight loss" without exercise. The irony to this story is that our population continues to get fatter and fatter each day. Obviously something is not working.

Consider that an alarming 95 percent of people who begin weight loss programs end up gaining all of the weight back within one or two years. A great percentage of these people end up heavier (**FATTER**) than when they started! Most individuals are quite aware of the health risks associated with obesity, yet oblivious regarding how to avoid it. As a Warrior and athlete, fat loss is rudimentary for improved performance.

Forget about diets and magic pills. These words do not belong in the vocabulary of a Warrior. A Warrior's objective is lifetime improvement, lifetime success, and a lifetime of kicking ass!

We can forget about diets and focus on a lifetime nutritional program that enhances our ability to train harder and recover faster. We need to forget about the ancient "three square meals" per day system. The Recommended Dietary Allowances (RDAs) for vitamins and minerals were not designed for Warriors. RDAs were designed for Mr. Couch Potato whose only goal in life is survival. Forget about survival if you cannot even get your ass off of the couch. Warriors train hard, thus require additional nutrients. Proper diet and supplementation will improve performance by increasing energy, promoting muscle growth, and fostering post-workout recovery. You will not meet these requirements by following the ancient Recommended Dietary Allowance.

Moving right along...

All of the fad diet plans that we are bombarded with each time we enter a nutrition store will **NOT** provide the necessary nutrients for a Warrior! You cannot expect to be the best if you do not eat carbohydrates.

The numerous fad diets that preach high protein and low carbohydrate intakes promise rapid weight loss. As a Warrior and/or competitive athlete, you will limit your success by following these diet plans. No matter the sport or competition you are preparing for, you **NEED** high levels of complex carbohydrates for optimal performance.

High protein diets cause the formation of the toxic ammonia called urea. This ammonia-based substance strains your kidneys and liver. When insufficient levels of carbohydrates are consumed, the body is forced to utilize protein for energy. When protein is required for energy, it is no longer available to build and replenish muscle. This creates a negative nitrogen balance in the body causing muscular atrophy to occur. Atrophy refers to a *decrease in both the size and strength of the muscle*. We **MUST AVOID MUSCULAR ATROPHY**.

Low carbohydrate diets typically begin with initial weight loss, primarily due to excessive water loss. A decreased carbohydrate intake causes liver and muscle glycogen depletion, which leads to water loss, since about three parts of water are stored with one part of glycogen. Restricting carbohydrate intake reduces

the kidney's ability to concentrate urine, leading to an increased excretion of sodium.

Dieters are fooled by this rapid initial weight loss assuming it represents fat loss. Unfortunately, their body fat remains untouched. As the body adjusts for the water deficit, the weight loss slows or ceases. Complications associated with low carbohydrate, high protein diets include ketosis, dehydration, electrolyte loss, calcium depletion, weakness, nausea, and kidney problems. Vitamin and mineral deficiencies are also common with crash diet regimens.

Stay **AWAY** from these fad diets!!!

FATS... THE GOOD, THE BAD, THE UGLY

Fats should comprise approximately 10% of your overall food intake. Be sure to remember that fats, like carbohydrates, were not all created equal. Fat is a secondary source of energy (particularly for aerobic activity). Many endurance athletes rely on fat as an energy source following their depletion of carbohydrates.

Fats do not provide an effective energy source for anaerobic activities.

As mentioned earlier, anaerobic training means to conduct an activity without oxygen. Anaerobic exercise requires muscles to contract at high intensities for short periods of time. Boxing, wrestling, and grappling are all examples of anaerobic activities. To be successful you must “explode” with your movements.

Aerobic exercise on the other hand involves low intensity activities, performed for extended periods of time.

Fat is NOT an effective source of energy for anaerobic activities. Fat is a secondary energy source for aerobic events.

If you consume excess quantities of fat, it will quickly store in the body. Fat contains 9 calories per gram, while protein and carbohydrates contain only 4 calories per gram. Based on these numbers, it is easy to see that excess fat consumption will lead to excess weight gain.

EVEN FAT HAS ITS PLACE...

Although excess fat intake will cause weight gain, you should not completely exclude fat from your nutritional plan. Fat serves several important functions for the human body. Fat is important for healthy skin and hair. In addition, fat acts as a transfer agent for pertinent fat-soluble vitamins such as A, D, E, and K. These vitamins are important for body function and performance. Without fat, you cannot digest and utilize these vitamins.

You must be conscious of what fats you consume. Fats are categorized as either saturated or unsaturated. Unsaturated fats are categorized as either monosaturated or polysaturated. Saturated fats are those such as meat, butter, and milk. Saturated fats remain solid at room temperature and should be avoided.

Saturated fats clog arteries and raise cholesterol levels. Polysaturated fats (such as fish oil) and monosaturated fats (such as olive oil) can actually lower cholesterol levels. Stick with poly or monosaturated forms and **STAY AWAY** from saturated fats!

A Warrior must be intelligent. Use common sense and read the labels on food packages. Stay away from fried foods, instead opt for baked or broiled items.

“GOOD” FATS CONTINUED...

Earlier I spoke of essential amino acids. The same concept holds true for fatty acids. The two essential fatty acids are linoleic acid (*omega-6*) and linolenic acid (*omega-3*). You must consume these fatty acids from food because your body cannot produce them. These fatty acids are the building blocks for cell membranes and important chemical messengers. Consider that omega-3 and omega-6 fatty acids are responsible for the creation of prostaglandin. Prostaglandins regulate many important bodily functions including inflammation, pain, and swelling while also helping to control your heart, kidneys, digestive system and blood pressure.

Examples of foods that include these fatty acids include:

Omega-6 = corn oil, safflower oil, sunflower oil, peanuts, and seeds

Omega-3 = canola oil, soybean oil, fish, and seafood

Flaxseed Oil (also known as Flax Oil) is a great supplement that includes both Omega-3 and Omega-6 fatty acids.

DO NOT FORGET YOUR FIBER

Fibers are those indigestible complex carbohydrates that form plant cell walls. Although fiber does not supply energy, there are several benefits associated with its consumption. Fiber promotes efficient intestinal function while aiding the regulation and absorption of sugar in the bloodstream.

Fiber is great for weight loss because it helps you feel “full”. When you eat fiber rich foods, you are more likely to feel full, thus consume fewer calories. If you compete in a sport with specific weight classes (boxing, wrestling, etc...), fiber will help you lose and/or maintain your competition weight.

It is recommended that you consume around 40 or 50 grams of fiber each day. If fiber is new to you, increase your intake gradually. If you start eating loads of fiber, you may end up spending more time on the toilet than in the gym. Although squats are the king of all exercises, squatting down to the toilet seat does not count!

There are two types of fiber, insoluble and soluble. Insoluble fiber absorbs in water, while soluble fiber dissolves in water. Both are important. Food sources include:

Insoluble = artichokes, broccoli, nuts, wheat bran, whole grains

Soluble = apples, carrots, cauliflower, citrus fruit, corn, oat bran, oat meal

THE A-Z GUIDE TO VITAMINS

I am fairly confident that someone, at sometime, has told you to “*take your vitamins*”. Some of us do, some of us do not. Rather than singing you the same song to “*take your vitamins*”, I will tell you **why** you should take your vitamins.

First let's start out by understanding what the heck a vitamin is and why we need them. A vitamin is an organic chemical compound that your body needs for growth, metabolism, and health. You need vitamins to make enzymes and hormones, substances your body requires for **chemical reactions necessary for survival**.

Vitamins do not contain calories or supply energy, rather they convert food to energy (along with several other important functions). You **NEED** vitamins to promote these important reactions. Every human being needs vitamins. As Warriors, we need **MORE** vitamins. To perform at optimal levels, it is important to supplement your diet with vitamins. Each vitamin is responsible for specific functions within the body. Below is a list of the functions and food sources of the most important vitamins...

Vitamin A

Vitamin A is a fat-soluble vitamin, meaning that it requires fat for your body to absorb it. Vitamin A is needed for the growth and repair of body tissues, bone and tooth formation, healthy skin, and necessary for night vision. Excess amounts can be toxic.

Food Sources: Liver, eggs, dark green and orange fruits and vegetables, dairy products

Vitamin B-1 (Thiamine)

Vitamin B-1 converts carbohydrates to energy and helps maintain nervous system function. B-1 aids digestion, assists with nerve function, and promotes

growth and muscle tone. This vitamin is water-soluble so it must be replenished throughout the day. Excess amounts may cause increased urination.

Food Sources: Wheat germ, liver, pork, whole grains, dried beans

Vitamin B-2 (Riboflavin)

Riboflavin is needed for tissue repair and healthy skin. It converts fats, proteins and carbohydrates into usable energy. It aids in cell respiration and the formation of antibodies.

Food Sources: Dairy products, green leafy vegetables, whole grains

Vitamin B-3 (Niacin)

Niacin converts fats, proteins and carbohydrates into energy. It is important for proper brain function, healthy skin, nervous and digestive systems, and blood circulation.

Food Sources: Meat, poultry, fish, nuts, whole grains, dried beans

Vitamin B-6

B-6 plays an important role in converting fats, proteins and carbohydrates into usable energy for your body. It also aids in the formation of valuable antibodies.

Food Sources: Fish, poultry, lean meats, whole grains

Biotin

Biotin is important for your skin and circulatory system. It also works to break down fats and protein. Biotin plays a role in maintaining healthy hair. Biotin also aids in the formation of fatty acids and helps the body to utilize vital B vitamins.

Food Sources: brown rice, soybeans, dark green vegetables

Vitamin B-12

Vitamin B-12 aids in blood cell formation. It also aids in maintaining a healthy nervous system to convert fat, protein, and carbohydrates into energy.

Food Sources: Liver, oysters, lean meat, fish and poultry, eggs, dairy products

Choline

Choline is an agent that aids in the utilization of B vitamins. It is important for brain function.

Food Sources: Eggs

Vitamin C

Vitamin C helps heal wounds and increases your resistance to infection. It also strengthens blood vessels and aids in collagen maintenance. Vitamin C is also thought to reduce post-exercise muscle soreness.

Food Sources: Citrus fruits, melon, berries, vegetables

Vitamin D

Vitamin D helps maintain strong bones and teeth by increasing the absorption of calcium and phosphorus. Sunlight is the best source of Vitamin D. Vitamin D is necessary for healthy bones and teeth.

Food Sources: Egg yolks, organ meats, fortified milk, sun

Vitamin E

Vitamin E promotes healthy circulation, red blood cells, and works as a valuable antioxidant. Many believe Vitamin E helps reduce muscle soreness.

Food Sources: Vegetable oils, wheat germ, nuts, dark green vegetables, whole grains

Folic Acid

Folic acid is important in red blood cell formation. It is necessary for growth and division of body cells.

Food Sources: Green leafy vegetables, organ meats, dried beans

Vitamin K

Vitamin K is essential for the proper clotting of blood, allowing for internal bleeding and hemorrhages to be controlled naturally.

Food Sources: Green leafy vegetables, fruits, cereal, and dairy products

STOP – DO NOT PASS GO!

You may be tempted to skip past the list of vitamins above. I recommend that you stop and read the summary of each. I speak with athletes all the time who do not know the difference between Vitamin C and Vitamin Z (*there is no Vitamin Z*). Do not make this mistake. Take the time to familiarize yourself with the important vitamins and minerals. It will help you in the long run.

If you follow the Warrior training program, you will deplete your vitamin supplies at a much faster pace than Mr. Couch Potato. You must supply adequate levels of vitamins to promote energy production and recovery. It is critical to supplement your diet with a multivitamin supplement. I typically take 2 multivitamins throughout the day. It is almost impossible to meet all of your

vitamin requirements through diet alone. Exercise will cause a great demand on your body for vitamins.

Suppose you run hard in the morning, drink some coffee and go to work. The multivitamin that you take with breakfast will be gone by the afternoon. For this reason, you must supplement throughout the day.

Always remember that the RDA (Recommended Daily Allowance) percentages that you read on the back of vitamin packages were created for Mr. Couch Potato. A vitamin that contains 200% of the RDA value does **NOT** mean that it contains twice the amount you need.

We are Warriors; the RDA did not make their recommendations for someone who performs 500 Bodyweight Squats. It is OK to take two multivitamins per day. My only word of caution is to avoid over supplementing the fat-soluble vitamins A, D, E, and K. When consumed in mega quantities, fat-soluble vitamins are stored within your body. Too much can become toxic (this is very rare).

It is well known that athletes need an abundance of vitamins for optimal performance. The physical demands of training drain vitamin stores, creating the need for replenishment.

**Later in the chapter I will discuss a complete supplementation schedule.*

DO NOT FORGET YOUR MINERALS

OK, by now I have hopefully convinced you to take your vitamins. Unfortunately, there is more to the magical world of nutrition than vitamins.

Do not forget your minerals!

Minerals are vital to human life. Minerals are inorganic substances not produced by the body. They are required for proper bodily function. Mineral deficiencies will change you from an “ass kicker” to an “ass kickee”. If you neglect your mineral intake, you will suffer on the field, in the ring, on the mat, or wherever your Warrior journey leads you. Warrior training and competition will deplete your minerals.

Add a mineral supplement to your diet!

Let's look at the primary minerals...

Calcium

Calcium is essential for strong, healthy bones and necessary for muscular contractions. A lack of calcium can lead to teeth problems, back pain, and weak

bones susceptible to breaks. I have broken my hand three times from boxing and now realize the importance of calcium for strong bones.

Food Sources: Milk & milk products

Copper

Copper is required to break down protein and rebuild body tissue. It is required to convert iron into hemoglobin and essential for the utilization of Vitamin C. Our brain nerves and connective tissues depend on copper. Copper is very important to the athlete who must rebuild body tissues after strenuous workouts or competitions.

Food Sources: Oysters, nuts, organ meats, dried beans

Chromium

Chromium helps to break down simple sugars in the body. Chromium promotes the production of insulin.

Food Sources: Brewer's yeast, cheese, whole grains, meat

Iodine

Iodine is important to the thyroid, which controls metabolism. It plays an important role in mental reaction, energy and weight gain.

Food Sources: Seafood, iodized salt

Iron

Iron is necessary for the production of hemoglobin, myoglobin, and certain enzymes. It aids in growth, prevents fatigue and defends against disease. Iron is one of the most important minerals.

Food Sources: Meat, fish and poultry, dried beans, whole grains and enriched grains, green leafy vegetables

Magnesium

Magnesium is a mineral that has the ability to relax nerves and muscles. Magnesium is important in converting blood sugar to energy. It helps our bodies to utilize Vitamin C, calcium, phosphorus, sodium and potassium. Magnesium is an important mineral for Warriors to ensure optimum energy levels. If you lack magnesium, you will experience fatigue and weakness.

Food Sources: Nuts, green vegetables, whole grains, dried beans

Manganese

Manganese helps to nourish the nervous system, brain and regulate muscles in the body. It helps to stimulate enzymes that can convert protein, fats and

carbohydrates into usable energy. In addition, it is important for reproductive systems.

Food Sources: Nuts, whole grains, vegetables fruits

Phosphorus

Phosphorus is important for normal bone and tooth structure, the heart, and kidney function. Phosphorous is required for the body to absorb vital B-Vitamins and Niacin.

Food Sources: Meat, poultry, fish, eggs, dairy products, dried beans, whole grains

Potassium

Potassium helps regulate water balance within the body. It aids in the transport of nutrients through the bloodstream. Potassium is also important for our nervous system.

Food Sources: Vegetables, fruits, dried beans milk, yogurt

Selenium

Selenium is an important antioxidant. It helps fight premature aging and hardening of the tissues. Selenium helps to keep tissues flexible and elastic.

Food Sources: Seafood, organ meats, lean meats, grains

Zinc

Zinc is perhaps the most important mineral of all. It is important for RNA/DNA formation, the conversion of protein to energy, the male prostate gland, and bone formation. The heart, brain and productive organs all depend on zinc. In addition, zinc prolongs muscle contractions thus increasing your endurance. (*A great mineral for Warriors*)

Food Sources: Lean meats, liver, eggs,

Boron

Boron helps to keep calcium, magnesium and phosphorus within our body and bones.

Food Sources: Leafy vegetables, nuts, grains, apples, raisins, and grapes

Do I need to remind you to stop, drop and reread from the top? Hopefully not... Let's keep moving.

ANTIOXIDANTS VS. FREE RADICALS

Whether you are a fighter or not, your body is engaged in a never-ending battle with its arch nemesis, the Free Radical.

Free radicals are unstable oxygen atoms created in the body from natural processes and environmental toxins such as smoke. These reactive molecules target protein bonds, DNA, and polyunsaturated fatty acids within your cells.

Whoa, whoa, whoa...

Hang on a minute I am getting there...

Free radicals set off chain reactions that completely destroy healthy cells in your body. Free radical damage leads to many health problems later in life. In the more immediate future, free radicals damage your cells, thus impair athletic performance. Antioxidants are the body's defense against these cell-damaging radicals. Antioxidants neutralize free radicals, removing them from circulation.

Be sure to consume a fair share of antioxidants. **Vitamin A, Beta Carotene, Vitamin C, and Vitamin E** all help to produce antioxidant enzymes that neutralize free radicals.

THE WARRIOR NEEDS WATER

Water is the most plentiful substance in your body. Water makes up approximately 70% of your bodyweight. Without water, the Warrior cannot survive. Drastic reductions in water will ruin your athletic performance.

When you lose water, your blood thickens. When your blood thickens, it becomes more difficult to deliver oxygen to the brain and muscles. Water is essential for energy production.

Water is stored alongside glycogen, the cornerstone of energy production. If you do not drink enough water, glucose remains in the blood stream until it reaches your liver. Guess what happens next... Rather than using the glucose for energy, it is stored as fat. When you eat a large carbohydrate meal, drink plenty of water.

Water will provide energy to train and foster improved recovery. What more do I have to say to convince you to drink up? Hopefully nothing!

Warriors need more water than the average person. A five-percent drop in body water can reduce physical performance by as much as thirty-percent! A ten-percent drop will make you ill. A twenty-percent drop can kill you! It is important to consume water approximately 20 minutes before we exercise. It is best to

drink moderate levels of water throughout the day. As our body's main ingredient, water is vital to healthy athletic performance.

Every bodily function that you can think of requires water. Drink up!

PUTTING THE PUZZLE TOGETHER

OK, I have discussed what you need in your nutritional plan. Now let's talk about how you are going to go about getting these nutrients...

FIVE MEALS PER DAY

It is important to eat five or six meals per day. You should eat approximately every three hours. If this schedule does not jive with your work schedule, I suggest that you bring a pre-made meal replacement shake to substitute one meal. Choose a meal replacement that is low in sugar, yet packed with protein, complex carbohydrates, vitamins and minerals. A few brands that come to mind are MET-Rx or Myoplex by EAS.

Your five meals should consist of moderate portions. The purpose of eating more frequent meals is to keep your blood sugar and energy levels sustained throughout the day. By eating smaller meals throughout the day, you keep your metabolism working.

I have a hard time convincing people to try the five meals per day system. Most people cannot get it in their heads that "more" meals does **NOT** mean more body fat. By eating more frequently you turn your metabolism into a high-powered oven that burns all day. I guarantee that you will see noticeable results with this system.

HOW MUCH FAT, CARBOHYDRATES, AND PROTEIN?

This topic will always be the subject for debate. There are those who attempt to completely remove carbohydrates from their diets and others who completely remove fat. Others eat primarily protein with only small amounts of carbohydrates and fat.

Do any of these methods make sense? The answer is simple... NO!

Not if you wish to train your best, kiss ass, and recover.

Regardless of your sport, competition, or training objective, carbohydrates will always be your most efficient form of energy. This holds true for both aerobic and anaerobic activities. Complex carbohydrates are best. Complex carbs will

effectively fill your glycogen stores enabling you to train harder for longer periods of time.

“What about fat? I have heard that fat is a great energy source...”

Fat is the next best source of energy during prolonged exercise. When your stored glycogen runs out, your body burns fatty acids for energy. Unfortunately, fat is not a good energy source for anaerobic activities (such as boxing, wrestling, and grappling). These anaerobic activities involve explosive movements and actions. Fats are NOT an efficient source of energy during anaerobic activity. Stay away from saturated fats and keep your total fat intake below fifteen percent of your daily calories (ten percent is better). Large amounts of fat will lead to added body fat. In addition, excessive fat intake causes frequent urination. Basically, you piss away all of your minerals. Bad idea!

The final source of energy is protein. Protein is the least efficient source of energy. If you rely on protein for energy, you are asking for muscle soreness. Protein is more important for growth and repair between workouts. Let protein do its job! Protein is very important during intense training sessions. When you train hard for long periods of time, more muscle tissue is stimulated which means more muscle requires repair. You need extra protein to meet the demands of intense training.

A good rule of thumb is to consume 1 part fat, 2 parts protein, and 4 or 5 parts carbohydrates. This ratio of 1 fat, 2 proteins, and 4 or 5 carbohydrates will leave you with plenty of energy and enough protein to foster recovery. You should never drop below a 1 fat, 2 proteins, and 3 carbohydrates ratio. Get over your fear of carbohydrates. All the nonsense about carbohydrates comes from “self-appointed” experts who do not understand the science of the human body. The bottom line is that if you want to perform your best, you are going to need energy to do so. Stick with the most efficient form of fuel if you want to be the BEST!

Consider the following scenario... You bust your ass with an intense Warrior workout. You get tired and cannot continue. Basically you have “hit the wall”. You have used up all of your glycogen and have no energy left. Lactic acid has reduced you to a fallen Warrior. So far so good... All this means is that you are busting your ass with some intense training. The problem occurs when you fail to refill your glycogen stores before your next workout. Your body will turn to protein for its energy needs. Your sore muscles will be deprived of the protein they need. You will not have energy to train. It will be like driving your automobile with a tank full of piss as opposed to gasoline. Do not make this mistake! Fuel up with some high-octane complex carbs and protein!

If for some reason you undergo a high protein diet (**NOT RECOMMENDED**) to rapidly lose weight for a competition (such as boxing or wrestling), be sure to

drink extra water. People on high protein diets store less water in their bodies so are more likely to dehydrate. A dehydrated athlete is often a defeated athlete.

FUEL UP BEFORE

Pre-competition meals should consist of low glycemic index foods. It is best to eat a small meal approximately 2 hours prior to your competition (or workout). Low glycemic complex carbohydrates will provide sustained energy levels while maintaining steady levels of blood sugar. Your meal should primarily consist of carbohydrates (70-80%). Protein should make up between 15-20% with fats only contributing up to 5% of your meal. Also, remember to stay hydrated with water.

FUEL UP AFTER

It is important to fuel your muscles immediately following your workout. Protein is important following your workout to promote growth and muscle recovery. Carbohydrates are of equal importance after the workout to restore glycogen levels for energy. I suggest a protein shake along with some complex carbohydrates. You do not need a large meal, just enough to “fuel” your gas tank.

DRINK UP

Drink at least 8-10 glasses of water per day. Space your water intake throughout the day to stay hydrated. Drink water 2 hours before training and then again 20-30 minutes before you begin. Do not drink too much coffee or other caffeine-based drinks. Caffeine will dehydrate you. If you consume caffeine, be sure to increase your water intake.

TAKE VITAMIN AND MINERAL SUPPLEMENTS

It is difficult to consume all of our essential vitamins and minerals through diet alone. Hard exercise quickly depletes our nutrient levels. I recommend a multivitamin and mineral supplement twice a day. Take your vitamins with food so that all nutrients are absorbed. Avoid excessive use of fat-soluble vitamins such as A, D, E, and K. These vitamins will accumulate and store in your body.

Vitamin C and Vitamin E are great to take following strenuous exercise. They are valuable antioxidants that reduce soreness and enhance muscular recovery. Be sure to consume adequate amounts of magnesium and zinc. Once again, be careful not to take excessive amounts of these minerals. Your complete multivitamin and mineral should be one that has adequate levels of all major nutrients. It is safe to take these 2 times per day. Browse through your local pharmacy for those multivitamins that are designed for athletes and performance.

WHY SUPPLEMENTATION MAKES SENSE...

Many people believe a well-balanced diet will provide all the vitamins and minerals necessary for good health. In a perfect world this may be the case but we sure as heck do not live in a perfect world. It is almost impossible to get all the vitamins, minerals, and nutrients that you need through food alone.

Let's look at a few reasons why it makes sense for all Warriors to supplement...

Coffee or Tea - Hot drinks such as coffee or tea result in poor extraction of vitamins and minerals from your food. When you slug down a cup of coffee in the morning you can kiss goodbye to many of your valuable nutrients.

Stress - Bad day at work? All stressed out? High levels of stress (physical or emotional) will bump up your requirements for important vitamins such as B and C.

Fad Diets – Hopefully you listen to my advice and avoid the fad diet nonsense. If not, you will probably be missing out on several important nutrients.

Alcohol – So you like to suck down a few brewskies or shots of Vodka... Drinking too much alcohol will adversely affect your absorption of nutrients. Alcohol affects availability, absorption, and metabolism of nutrients. Put the bottle away and get busy training!

Processed Food – Processed foods lose many important vitamins such as B, C, and E.

Overcooked – Did you leave the oven on too long? Guess what, when you overcook your foods, you can kiss goodbye to several important vitamins.

Lousy Vegetables – You may think you are eating all of your vegetables but it is common for many crops to lack important nutrients. Many soils have been overworked and depleted which leads to crops low in vitamins and minerals.

WARRIORS – You are a Warrior! Your idea of a good time is 500 squats and 100 pushups. Your body needs more than the average couch potato.

If you are a competitive athlete, supplementation will allow you to recover faster and train longer. You should never become “dependent” on a particular supplement BUT you should recognize the advantages that they can provide. The most common argument regarding supplementation is that the old-time athletes did not need them. I will counter this argument by reminding you that today's athletes are bigger, stronger, faster, and more powerful. This is a FACT. One of the primary reasons is the newfound knowledge regarding sports performance nutrition and supplementation. You can choose to ignore the facts

but you can count on your opponent having a distinct advantage. The choice is yours...

ADDITIONAL SUPPLEMENTS

OK, we know that a vitamin and mineral supplement is essential. Let's look at some other supplements that can help take you to the next level.

Protein Powder Drinks – Warriors need more protein than the average person. The body's tissue is made from protein. Protein is required for muscle growth and repair. Protein deficiency will lead to muscle soreness and fatigue. Select a protein shake low in sugar.

Glutamine – Glutamine (also known as L-Glutamine) is the most abundant single amino acid in the blood. It is also the most abundant amino acid inside our muscle tissue. Glutamine comprises over 60% of the amino acid pool in skeletal muscle. It delivers muscle-building nitrogen into muscle cells where it is synthesized for growth. What does this all mean? Glutamine has been proven to assist in muscle growth while preventing muscle tissue breakdown. When we train hard, our Glutamine levels drastically drop. Our Glutamine concentrations remain low until the recovery process is complete. This process varies in length depending on the intensity of our workout.

Intense training draws Glutamine from our muscle tissue which leads to soreness and slow recovery rates. So what is the solution? The solution is to supplement with Glutamine following your workout. By supplementing this amino acid, we counteract the drop in muscle protein synthesis. You will experience faster recovery rates. When we overcome soreness, we are able to train harder, thus realize greater improvements in our physical condition. Supplement with Glutamine immediately following your intense training session. I recommend mixing the powder form with a drink or protein shake.

Branched Chain Amino Acids – BCAAs are essential amino acids that aid in muscular growth and healing. BCAA supplementation will reduce muscle damage thus increase energy levels.

Creatine Monohydrate - Creatine monohydrate induces an increase in body mass while increasing muscular energy reserves. Creatine augments energy levels by increasing the availability of ATP (adenosine tri-phosphate), the organic compound that yields energy for muscular contraction. Supplementing with Creatine will cause moderate weight gain due to water retention by the skeletal muscle. Creatine will increase strength and explosive power. It can help you get more out of your workout while increasing recovery rates. Try supplementing with 3-5 grams per day. You can avoid the "loading phase" prescribed on most Creatine packages. You can consume Creatine before or after your workout.

Ribose – Ribose is an excellent supplement to improve anaerobic endurance and muscular recovery. ATP is the body's primary energy carrying molecule. During strenuous exercise, our bodies lose large amounts of ATP. Without ATP, we cannot train anaerobically for extended periods of time. Ribose allows the body to replenish lost ATP energy stores. Ribose supplementation helps us to maintain high energy levels to provide peak performance. Ribose is most effective if taken both before and after a period of anaerobic training (such as sparring, conditioning drills, and interval running).

Ribose can also increase the effectiveness of Creatine. During quick bursts of activity, Creatine plays an important role in energy production. A muscle only stores enough ATP to perform intense muscle contractions for about 10 seconds. The body must develop new ATP for your energy to continue. Creatine and Ribose work hand-in-hand to regenerate ATP and keep your body functioning during intense training.

Flaxseed Oil – Flaxseed Oil is a great supplement. Flaxseed not only provides essential fatty acids but also improves stamina and endurance, shortens recovery time, and reduces soreness. Flax has also been shown to raise testosterone levels. Supplementing with flaxseed oil will help you maximize testosterone production. I supplement with Flaxseed oil in the morning and evening.

L-Tyrosine - The brain uses L-Tyrosine to synthesize the neurotransmitters norepinephrine and dopamine. These neurotransmitters are important for clear thinking, long-term memory, and feelings of alertness and stability. L-Tyrosine serves as a nutritional stimulant to the brain. It will help to prolong the effects of various energy formulas such as caffeine.

HMB – HMB plays a role in the synthesis of muscle tissue. It helps to burn fat and build muscle consistently in response to exercise. HMB increases the rate of protein being used to increase muscle growth, while decreasing the tear down of muscle that occurs after intense resistance exercise. HMB is especially important during low-carb diets as it reduces muscle-tissue breakdown. You will notice results with 5 grams per day.

Glycerol – Dehydration will significantly impair endurance performance. Dehydration is common during intense training regimens. Sports scientists have discovered that by adding glycerol to water before exercise, athletes can increase the amount of water in the body for several hours. Glycerol causes the kidneys, which are responsible for urine production, to retain water. Glycerol can enhance performance by preventing or delaying dehydration. It helps maintain body water to delay the onset of dehydration, helping you to train harder and longer.

Pycnogenol – Pycnogenol is an antioxidant that is said to be more effective than Vitamin A, C, and E. It has been shown to promote quicker recovery while enhancing overall energy levels and stamina.

Cognamine - Cognamine (nick-named BodyQUICKEN or BrainQUICKEN) is the only laboratory tested neural speed performance product in the world that has been validated by Olympic and World Champion professional athletes in over 10 sports. Cognamine produces immediate effects on reaction speed, speed output, and speed-strength endurance within 30-60 minutes of the first dose. I have used Cognamine and can testify to its benefits. You will definitely notice increased energy and concentration. The only downside is that you can expect to pay around \$50 (US Dollars) for a 30-day supply.

Phosphatidylserine – Phosphatidylserine improves brain function, protects against cell damage associated with intense training, and helps to prevent post muscle soreness. Phosphatidylserine also aids the immune system. It counteracts the negative affects of overtraining. Phosphatidylserine is a great supplement that can be quite expensive.

CHOOSING WHAT IS RIGHT FOR YOU

A supplement store is similar to a toilet, only you will piss away your money instead.

You need to consider your training objectives and the amount of money you wish to spend. Are you going to compete or just looking to get in shape? The list of supplements provided are effective. I have used these supplements and can testify to their benefits. You do not need to use all of these supplements at once. See what works for you. You can cycle various supplements and still achieve the benefits without pissing your hard earned money away.

SAMPLE DAY 1

Meal One

- š 3-4 eggs (no yolks)
- š Low fat yogurt
- š Cereal – (Special K, Wheaties, Kashi, or Total)
- š Use skim milk with cereal
- š Fruit
- š Water
- š Vitamin and Mineral Supplement

Meal Two

- š Fruit (apple, orange, peach etc...)
- š Tuna fish sandwich on wheat bread
- š Water

Meal Three

- § Vegetables or fruit
- § Pasta (preferably wheat based)
- § Chicken breast
- § Water
- § Flaxseed Oil Supplement
- § B-Complex 100 vitamin

Meal Four

- § Vegetables or fruit
- § Low fat yogurt or cottage cheese
- § Whole grain bread or brown rice
- § Water
- § Creatine and Ribose prior to evening workout

Meal Five

- § Sweet potato
- § Broiled chicken or fish
- § Salad
- § Whole grain bread
- § Water
- § Vitamin and Mineral Supplement
- § Glutamine following evening workout

SAMPLE DAY 2

Meal One

- § 3-4 eggs (no yolks)
- § Wheat bread toast (low calorie jelly or butter)
- § Oatmeal
- § Fruit
- § Water
- § Vitamin and Mineral Supplement

Meal Two

- § Fruit (apple, orange, peach etc...)
- § Low fat yogurt
- § Trail mix or low sodium peanuts
- § Water

Meal Three

- § Vegetables or fruit
- § Baked potato
- § Broiled chicken breast
- § Water

- š· Flaxseed Oil
- š· B-Complex 100 Vitamin

Meal Four

- š· Vegetables or fruit
- š· Tuna fish sandwich
- š· Brown rice
- š· Water
- š· Creatine and Ribose prior to evening workout

Meal Five

- š· Broiled chicken or fish
- š· Salad
- š· Pasta salad
- š· Vegetable
- š· Water
- š· Vitamin and Mineral Supplement
- š· Glutamine after evening workout

It is not always possible to eat 5 meals per day. Try a meal replacement shake if you are crammed for time.

ADDITIONAL TIPS FOR WEIGHT LOSS

There is no such thing as an overweight Warrior. First and foremost, you will need to train hard but let's look at a few tips that will help you beat the flab.

Kiss Starvation Goodbye - One of the most important steps to getting in shape and burning fat is to EAT! A lot of people stop eating to lose weight. WRONG! When your body notices a shortage in food, it responds by protecting against the loss of fat. It slows down the burning of calories. Your body basically notices "starvation" so holds on to as many calories as possible. Rather than burn calories, you conserve them. Eat five small meals and you will keep the metabolism cranking!

Vary Calorie Intake - It is a good idea to increase your calorie intake a little over your typical maintenance level every three or four days. For example, let's say that you are trying to lose weight. You plan to eat 2250 calories per day. Rather than staying at this exact level each day, bump up your intake on the fourth day to around 2750. By increasing calories occasionally, you prevent your body from adapting to the low calorie intake. You do not want your body to adjust to a lower calorie intake by slowing the burning process. Keep your body guessing and it will continue to burn away the fat.

The 3500 Rule - There are 3500 calories stored in one pound of fat. There are 2500 calories stored in one pound of muscle. To lose one pound of fat in a week,

you should consume 500 fewer calories than you use for fuel each day (3500 calories in 7 days). To gain one pound of muscle, you should consume approximately 350 calories more than you use for fuel each day (2450 calories in 7 days)

The Kick Ass and Stop Whining Rule – OK, let's get to the most important weight loss tip. The best way to lose weight is not with some magic pill or potion. The best way is by **BUSTING YOUR ASS** with the Warrior workout. Forget all the nonsense, you need to work hard to get the results you really want. Let's kick ass and leave the whining for our opponents when we knock them into oblivion!

ESTIMATING CALORIES

Last but not least, let's take a look at how many calories you will need. It is important to fuel your body with the proper amount of calories to ensure energy and muscle growth. Keep in mind that too many calories will cause weight gain and increased body fat. There are several complex formulas available to help estimate calorie needs. Rather than make this a math class, let's stick to a simple yet effective method to estimate your calorie needs.

1. Multiply your body weight (IN POUNDS) by 11 for men or by 10 for women to determine your *Basic Intake*
2. Multiply your *Basic Intake* by .5. Add this number to your *Basic Intake*. The .5 represents an *Activity Level Factor*. As Warriors our training is intense. Non-athletes would use .3 or .4 based on lower activity levels.
3. Add an additional 10% to your total by multiplying by .10. The additional 10% accounts for those calories used for normal body functions such as digestion.

Let's look at an example. I will use myself and round my weight to **150** pounds.

1. $150 \times 11 = 1650$
2. $1650 \times .5 = 825$
 - a. $1650 + 825 = 2475$
3. $2475 \times .1 = 247.5$
 - a. $247.5 + 2475 = \mathbf{2722.5}$

I should consume approximately 2722.5 calories per day. On intense training days I will increase the .5 *Activity Level Factor* to .6. Remember, these numbers are approximations.

SUMMARY

- š Eat 5 or 6 moderate sized meals per day.
- š Limit your fat intake, eat primarily carbohydrates and protein.
- š Avoid fried food, instead choose baked or broiled foods.

- š· Avoid high sugar sodas or juices, instead drink sugar free juices or diet sodas.
- š· Drink plenty of water.
- š· Always read the labels on food packages.
- š· Low fat does not always mean low calories. Many low fat products are high in sugar.
- š· Intense training increases your need for vitamins and minerals.
- š· Supplementation will help with recovery and muscular growth.
- š· Eat complex carbohydrates that are low on the glycemic index.
- š· Supplement with protein powder.
- š· Eat foods high in fiber to promote and maintain weight loss.
- š· Eat a diet low in fats (avoid saturated fats completely).
- š· Supplement with Flaxseed Oil.
- š· Leave the alcohol alone.

The Warrior's Way

"It is possible to fail in many ways...while to succeed is possible only in one way."

Aristotle

"Luck is the residue of design." - *Branch Rickey*

"I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot... and I missed. I have failed over and over and over again in my life. And that's precisely why I succeed." *Michael Jordan*

WARRIOR TRAINING ROUTINES

FIRST THINGS FIRST

At this point, I have provided you with several exercises and conditioning drills. **If you** combine these exercises with a proper nutritional plan, you are on the road to Warrior fitness.

Notice that I use the words “**if you**” follow these routines... Anyone can purchase this book and memorize the exercises and nutritional advice. Simply reading through the book will not make you a Warrior. If you truly want to be the best, you must prepare yourself for a long journey of hard work and dedication.

Forget about whether or not you participate in any formal competitions. We are all competitors. You should compete with yourself each and every day. You should approach each day as an opportunity to **improve yourself**. You can improve strength, speed, power, intelligence, morality, or any other characteristic of your life.

Too many people piss away their lives. The elderly often look back on their life with regrets. Do not let this happen to you. There is no excuse to live with regrets. If you have goals (which you should), no one can stop you on your journey except yourself. If you want to be the best, make the decision today to dedicate yourself to hard work and perseverance. The routines in this book are difficult. They will challenge you physically and mentally. Accept and overcome the challenge. Wake up each day knowing that you are a Warrior.

These routines will give you a whole new level of “power” in life. We all know the old mantra, “Mind over matter”... These routines will bring these words into your life. Anyone who can do 500 consecutive Bodyweight Squats possesses far more than physical power. The Warrior who achieves these physical feats does so by drawing energy from a powerful mind. We have all been told, “*You can do anything that you put your mind to...*” Why do so few people actually live up to these words?

The answer is simple. It takes hard work and discipline to fulfill your potential. We all have the opportunity to be the best, yet very few of us make the sacrifice to go for it. When I say, “be the best”, I am referring to YOUR best. Be the best that you can be in competition, at work, at home, or wherever and whatever you pursue. Second place sucks. Do not “settle” for anything. Make the decision that you will kick ass and take names!

Why do you think there are so many fitness gadgets and magic pills? The organizations that market these items understand the population. They know

how to target the masses. The masses are weak. The masses search for the easy way out. The masses are not truly successful. The heck with the masses and mediocrity. You have the opportunity to differentiate yourself from the rest of the crowd. Take advantage of this opportunity.

MOTIVATION

One of the most common questions I am asked is, "*How do you stay motivated?*" I usually respond to this question with my own question. How the heck do you allow yourself to lose motivation? How do you live with yourself knowing that you only gave a half ass effort? There is no secret to motivation, whether towards training or life in general. You need to be motivated to live. You need to view life as an opportunity. I cannot stand those people who waste their days feeling bad for themselves. Life is a big opportunity. Get off your ass and go for it.

We have all heard stories about a man (or woman) who came to this country with nothing but the shirt on their back. Ten years later this person is one of the most successful businessmen in the world. There is no magic involved with these stories, just hard work, perseverance, and sacrifice. There are no magic equations to success. Once you make the decision, there is nothing that can stand in your way.

In terms of the Warrior training program, I can only show you how to perform the exercises. I can provide you with the workouts and routines but I am NOT at your side to ensure that you work your hardest. No one can make that decision for you.

DO NOT SKIP WORKOUTS

Let's face it, as human beings we are going to have good days and bad days. No matter your motivation towards life, there are days when you will be challenged. You may be tired or sore and do not want to train. Maybe you stayed out late one night and do not want to run the next morning. Your mind will start talking shit to you, encouraging you to go back to sleep...

I can remember training at a camp in upstate New York with Light Heavyweight title challenger John Scully and 1996 US Olympian Heavyweight Lawrence Clay-Bey. We woke early every morning to run grueling hills during the ice-cold month of December. John had a difficult time falling to sleep at an early hour. He would often run with only a few hours of sleep. He put his lack of sleep aside and woke each morning to run. John fought in the 1988 Olympic trials. He was one of the top amateurs in the country during this time.

He told me of a conversation between himself and Sugar Ray Leonard during preparations for the Olympic trials. Sugar Ray told him that the difference between a champion and a regular fighter is that the champion always wakes up

to run. Early mornings of roadwork go hand in hand with the sport of boxing. We all wake up and contemplate hitting the snooze button on the alarm clock. Even Sugar Ray Leonard battled with these thoughts. The difference however is that champions such as Sugar Ray Leonard overcame these feelings by waking up and training with intensity day after day.

When you miss one workout, it becomes much easier to skip another. Before you know it, you convince yourself to start over next Monday. Do not get into this habit. For some reason everyone wants to start on Monday. The heck with Monday! Start your training program today! You must make the decision for yourself as to how successful you want to be. I cannot make that decision for you.

FEELING SORE?

The routines in this training manual will leave you sore. This is a fact which we must come to terms with. I still get sore to this day and I have been following many of these routines for several years. Soreness should give you a reason to skip your workout, right? WRONG. Not every workout will be your most intense day of training. If your legs are extremely sore from yesterday's workout, lighten the load and focus more on your upper body or midsection. When one muscle group is sore, you can always work another part of your body. Low intensity work may actually help to alleviate the soreness by clearing up the lactic acid that has built up in your muscles.

BE INTELLIGENT

I have provided you with several exercises, conditioning drills, and routines. These routines will give you a good start on your journey to the land of Warriorville. With this said, there is nothing stopping you from "*thinking outside the box*". Do not be a "yes man", meaning someone who simply does as he is told without thinking for himself. I encourage you to develop your own routines. Keep things interesting by incorporating variety into your training regimen. Make it your mission to devise new exercises and routines that will help you achieve your goals.

Another important piece of advice is to plan your workouts ahead of time. Do not approach your workout with no idea what you will do. Plan ahead of time so you can move quickly from one exercise to the next.

KEEP A WORKOUT LOG

Keep track of your progress. Monitor your results with a workout log that lists your personal bests. If you can do 100 Bodyweight Squats, write it down. In a few weeks you can look back at the log and realize the improvements that you

have made. By doing so, you will not just “think” that you have improved, you will have proof on paper. After a few months, you will be surprised at the improvements that you have made. I GUARANTEE it!

MORNING OR NIGHT?

Do not worry about what time of the day you train. I could ramble on about what time of the day your body produces optimum ratios of anabolic and catabolic hormones but it does not matter. Forget about morning, noon, afternoon, or evening. Just be sure that you find time, whatever time that may be. You can even break your workout into different times throughout the day. For example, using boxing as an example, most fighters run early in the morning. They rest during the day and return to the gym in the evening.

HOW MANY DAYS PER WEEK?

Elite athletes train 7 days per week, 365 days per year. You can exercise every day as long as you do so intelligently. You must balance your moderate intensity days with maximum intensity sessions. For example, you cannot run intense sprint drills 7 days per week. Warriors must train hard but also train smart. Over-training will lead to excessive muscular burnout and breakdown. It is a good idea to use one day per week for rest. I typically “rest” on Sunday. My “rest” day usually consists of some walking, stretching, and light shadow boxing. There is no reason to sit around all day like a couch potato. Most importantly, listen to your body. No one knows your body better than YOU. If you are completely beat down, there is no shame in taking some time to rest and recuperate.

LET’S GET STARTED

Now it is time to look at some specific training routines. Once again, these routines are not etched in stone. You can make adjustments where necessary. There is no shame if you cannot complete the number of prescribed repetitions. Take it one day at a time. Patience is a virtue. Your body cannot be built over night. Productive change takes time.

Once you have read through this chapter you will have all the tools necessary to become a Warrior. You must take the initiative to use these tools. I have done my part, now the rest is up to you. Take the ball and run with it.

You can do **ANYTHING** that you put your mind to. Ask yourself what you wish to accomplish. Why did you buy this manual? Once you have determined your answers, you must develop a course of action that will lead you to your goals. The Warrior’s training routine will show you the path. It’s up to you to follow the course!

CORE TRAINING ROUTINES

TRIPLE IMPACT

The *Triple Impact* abdominal routine will shock your abs. Perform each exercise for 15 repetitions (*if 15 is too difficult start with 10*). Each exercise will be performed consecutively, with no rest in between. After you have completed 15 repetitions of each exercise, rest for 30 seconds. Repeat this cycle 4 times. As your strength improves, increase with increments of 5 repetitions per exercise.

- š V-Up x 15
- š Chinnies x 15
- š Knee Hugs x 15

Finish the *Triple Impact* routine with three cycles of the following:

1. Lying Straight Legged Hip Swings x 20 each side
2. Plank x 1-minute

COMPLETE CORE CIRCUITS

Perform these exercises in a circuit fashion, one after the other. You may allow yourself a MAXIMUM of 20 seconds rest between exercises. Reduce rest times as your strength increases.

COMPLETE CORE CIRCUIT #1

- š Knee Hugs x 30
- š Superman x 20
- š Plank x 1-minute
- š V-Ups x 20
- š Side Plank x 1-minute (both sides)
- š Leg Raise + Butt Lift x 20
- š Lying Straight Legged Hip Swings x 15 each direction
- š Isometric Backhold x 30 seconds
- š Chinnies x 30
- š Toe Touch Crunch x 30
- š Alternating Superman from Pushup Prone x 20
- š Side Crunches x 30 each side
- š Russian Twists x 50
- š Knee Hugs x 30
- š Front & Back Rolling Bridges x 15 each

COMPLETE CORE CIRCUIT #2

- š Bridge x 3 – 5 minutes
- š Janda Sit-ups x as many as it takes to burn
- š Knee Hugs x 40
- š Balancing Ab Twist X 10 each side
- š Russian Twists x 50
- š V-Ups x 30
- š Plank x 2 minutes
- š Chinnies x 40
- š Lying Straight Legged Hip Swings x 20 each direction
- š Toe Touch Crunch x 50
- š Ankle Wiggles x 50
- š Isometric Backhold x 1-minute
- š Drunken Spider x 1 minute each direction (or back and forth 2 minutes)
- š Alternating Superman from Pushup Prone x 20
- š Leg Raise + Butt Lift x 30
- š Russian Twists x 50
- š Knee Hugs x 40
- š Front & Back Rolling Neck Bridges x 25 each

Perform these circuits 3 or 4 times per week at the conclusion of your workout.

PLANK COMBINATIONS

At first glance, the Plank appears to be a simple exercise to perform. It will not take long for you to change your thoughts about this exercise once you hold the position for a few minutes. The Plank is one of the best exercises to develop core strength. You can use these Plank combinations to build an awesome core.

PLANK COMBO #1

1. Plank x 2 minutes
2. V-Ups x 30
3. Russian Twist x 50
4. Repeat 1-3 for three cycles

PLANK COMBO #2

1. Plank x 2 minutes
2. V-Ups x 35
3. Chinnies x 30
4. Lying Straight Legged Hip Swings x 20 each direction
5. Repeat 1-4 for three cycles

To intensify these Plank Combinations, begin with a Wrestler's Bridge.

CHIN UP BAR COMBINATION

1. Knee Pulls From Pull-Up Bar x 20
2. Chinnies x 30
3. Knee Twists From Pull-Up Bar x 20
4. V-Ups x 30
5. Superman x 20
6. Repeat 1-5 for three cycles

As with all routines, you are encouraged to increase the number of repetitions as your strength increases.

FREQUENCY

One of the most common debates in the fitness world is the frequency with which one should train the abdomen. Some swear by every day while others suggest two or three days per week. The latter thinking is based on the fact that the abdominal wall is just like any other muscle, it needs time to rest and recover.

Unfortunately most people who follow the two days per week theory have never been hit with a solid uppercut to the solar plexus. I realize that the abdominals require rest just like every other muscle but we must also realize that this area is the target for attack in sports such as boxing and the martial arts. It is not enough to “look good” when your opponent’s intention is to knock you out. It is not fun to be hit in the solar plexus or liver.

Rather than choose between hardcore abdominal training every day or two days per week, I prefer to land somewhere in the middle. The core training routines listed on the previous pages are quite intense. These routines can be performed 3 or 4 days per week.

On “off” days, you can perform less intense abdominal routines. For example you can perform the Side Crunch, Toe Touch Crunch, and Full Sit-up Hold. These exercises can work as secondary “maintenance” days in between your intense abdominal training sessions. I have been around champion boxers for several years who train their midsection every day. Some days are more intense than others, but there is no such thing as a rest day. We can either listen to a fitness magazine or observe world champion fighters. The choice is simple for me. *Hard Days + Light Days = Indestructible Abdominals.*

ANIMAL TRAINING ROUTINES

So you think you are an animal in the gym heh? Well I have some routines that will really make you “look” like an animal. These routines may appear to be “childish” but I can assure you that the results that you will achieve are far from juvenile. These animal routines are excellent for strength, endurance, and coordination. Do these routines outside and you’ll be sure to draw some attention!

The animal movements that we can choose from are listed below:

- | | |
|-------------------|------------------|
| §· ALLIGATOR WALK | §· FROG JUMP |
| §· BEAR CRAWL | §· INCHWORM |
| §· CHICKEN WALK | §· KANGAROO HOP |
| §· CRAB WALK | §· LAME DOG WALK |
| §· CRICKET WALK | §· MONKEY WALK |
| §· DRUNKEN SPIDER | §· RABBIT HOP |
| §· DUCK WALK | §· SEAL CRAWL |

I have excluded the Caterpillar, as it is essentially identical to the Inchworm.

ANIMAL HOUSE

Animal training can be used at the beginning or end of a workout. It can also serve as an entire day’s routine. The two primary ways to incorporate animal training is to measure **time** or **distance**.

ANIMAL HOUSE FOR TIME

Perform 20 consecutive minutes of animal training. Alternate between the exercises. Here is a sample routine:

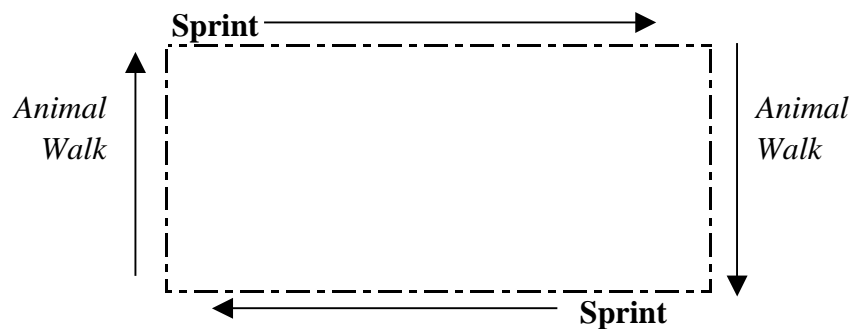
1. Bear Crawl x 2 minutes
2. Duck Walk x 2 minutes
3. Rabbit Hop x 2 minutes
4. Crab Walk x 2 minutes
5. Alligator Walk x 2 minutes
6. Repeat 1-5

As you can see, I have selected a variety of walks that all target different muscle groups. You can also perform animal routines based on distance. For example, perform 50 yards of each walk. The number of variations is endless to animal training. These workouts provide variety and intensity all in one.

ANIMAL RECTANGLES

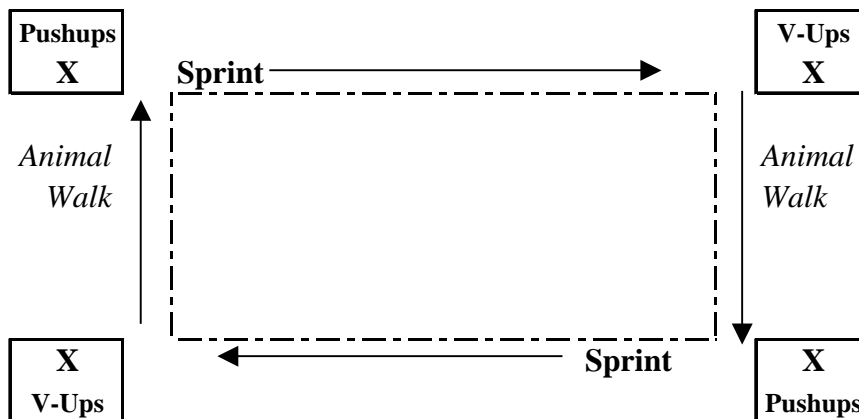
This drill is designed for conditioning. You can perform this drill on a soccer field or any other large open area. The object of the Animal Rectangle is to alternate between sprints and animal walks. You will sprint the long sides of the rectangle and animal walk the shorter sides. The sprint distance should be between 50 and 100 meters with the animal walk portion approximately 25 meters in length. Perform this drill until you have completed 10 sprints and 10 animal walks. You can select from any of the above previously listed animal walks. Here is a sample:

- | | |
|-----------------|------------------|
| 1. Sprint | 11. Sprint |
| 2. Crab Walk | 12. Crab Walk |
| 3. Sprint | 13. Sprint |
| 4. Bear Crawl | 14. Bear Crawl |
| 5. Sprint | 15. Sprint |
| 6. Bunny Hop | 16. Bunny Hop |
| 7. Sprint | 17. Sprint |
| 8. Cricket Walk | 18. Cricket Walk |
| 9. Sprint | 19. Sprint |
| 10. Frog Jump | 20. Frog Jump |



ANIMAL RECTANGLE ADVANCED

Add to the intensity by performing exercise at each corner of the rectangle. For example, alternate between 25 pushups and 25 v-ups. Be creative.



CONDITIONING ROUTINES

Routines that were previously discussed are listed below for your convenience.

INTERVAL RUNNING - Each letter item represents an entire interval workout.

- a) 5 Intervals each consisting of 800 meters – 1 minute rest between each
- b) 6 Intervals each consisting of 600 meters – 1 minute rest between each
- c) 10 Intervals each consisting of 400 meters – 1 minute rest between each
- d) 12 Intervals each consisting of 200 meters – 30 second rest between each

INTERVAL RUNNING WITHOUT REST #1

- š Run 600 meters
- š Perform as many pushups as you can in 30 seconds, rest 20 seconds
- š Run 400 meters
- š Perform 30 V-Ups, rest 10 seconds
- š Run 400 meters
- š Perform as many pushups as you can in 30 seconds, rest 20 seconds
- š Run 200 meters
- š Perform pushups for 20 seconds (no rest after pushups)
- š Run 200 meters
- š Perform 20 V-Ups (no rest after the V-Ups)
- š Run 200 Meters
- š Finish with 30 seconds of pushups

INTERVAL RUNNING WITHOUT REST #2

- š Run 200 meters
- š Perform pushups for 30 seconds (no rest after pushups)
- š Run 200 meters
- š Hold the Plank for 30 seconds
- š Run 200 meters
- š Perform pushups for 30 seconds (no rest after pushups)
- š Run 200 meters
- š Perform 20 V-Ups (no rest after the V-Ups)
- š Run 200 meters
- š Perform pushups for 30 seconds (no rest after pushups)
- š Run 200 meters
- š Hold the Plank for 30 seconds
- š Run 200 meters
- š Perform pushups for 30 seconds (no rest after pushups)
- š Run 200 meters
- š Perform 20 V-Ups

SPRINT TRAINING

- š Sprint 100 meters
- š Jog 100 meters
- š Sprint 100 meters
- š Jog 100 meters
- š *Continue this cycle until you have completed 10 sprints*

SPRINT TRAINING WITHOUT REST

- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups
- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups
- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups
- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups
- š Sprint 100 meters
- š 20 pushups
- š Sprint 100 meters
- š 20 V-Ups

JOG + SPRINT + WALK

- š Jog 1 minute
- š Sprint as long as you can
- š Walk 1 minute
- š Continue

JUMP ROPE INTERVALS

- š Three minutes of high intensity jump rope
- š Rest 1- minute (or 30 seconds if you are feeling tough!)
- š Three minutes of high intensity jump rope
- š Rest 1- minute (or 30 seconds if you are feeling tough!)
- š Continue with this cycle until you complete 5 intervals of jump rope

Rotate between different styles of jumping as listed below:

1. High knees jump rope for 30 seconds all out
2. Double jump (2 rope twirls per single jump) for 30 seconds all out
3. Criss Cross Jump for 30 seconds all out

JUMP ROPE INTERVALS WITHOUT REST #1

- § Three minutes of high intensity jump rope
- § As many pushups as possible in 30 seconds – 10 second rest
- § Three minutes of high intensity jump rope
- § 30 V-Ups
- § Three minutes of high intensity jump rope
- § As many pushups as possible in 30 seconds – 10 second rest
- § Three minutes of high intensity jump rope
- § 30 V-Ups
- § Three minutes of high intensity jump rope
- § As many pushups as possible in 30 seconds – 10 second rest

JUMP ROPE INTERVALS WITHOUT REST #2

- § One minute of high intensity jump rope
- § 20 Pushups
- § 20 Squat Jumps
- § One minute of high intensity jump rope
- § 20 Divebombers
- § 30 V-Ups
- § One minute of high intensity jump rope
- § 20 Pushups
- § 30 Bodyweight Squats
- § One minute of high intensity jump rope
- § 20 Divebombers
- § 30 Knee Hugs
- § One minute of high intensity jump rope
- § 20 Pushups
- § 20 Squat Jumps
- § One minute of high intensity jump rope
- § 20 Divebombers
- § 30 V-Ups
- § One minute of high intensity jump rope
- § 20 Pushups
- § 30 Bodyweight Squats

HILLS AND STAIRS

- š Sprint up hill (or stairs) 10 times – Jog back down

HILLS AND STAIRS WITHOUT REST

- š Sprint up the hill (jog back down)
- š 20 Pushups
- š Sprint up the hill (jog back down)
- š 20 Bodyweight Squats
- š Sprint up the hill (jog back down)
- š 20 Close Grip Pushups
- š Sprint up the hill (jog back down)
- š 20 Lunges
- š Sprint up the hill (jog back down)
- š 20 Divebombers
- š Sprint up the hill (jog back down)
- š 10 Squat Jumps
- š Sprint up the hill (jog back down)
- š 20 Pushups
- š Sprint up the hill (jog back down)
- š 20 Bodyweight Squats

MINUTE DRILLS

Perform between **four** and **eight** separate minute drill intervals. Each drill should last 2 or 3 minutes depending on your current fitness level. Begin with four intervals and work towards completing eight 3-minute intervals. Allow one minute of rest between each minute drill interval.

MINUTE DRILLS #1 (Outside)

- š 20 Squat Jumps
- š Sprint 50 yards
- š 20 Pushups
- š Sprint backwards to starting position
- š 20 Burpees
- š 20 Mountain Climbers
- š Sprint 50 yards
- š 20 Pushups
- š *Repeat this cycle for 2 or 3 minute intervals*

This particular minute drill is designed for outdoor use. Our next example provides a variation that can be performed inside.

MINUTE DRILLS #2 (Indoor)

- š 20 Burpees
- š High Knee run in place – 20 seconds
- š 20 Pushups
- š 20 Squat Jumps
- š 20 Jumping Jacks
- š High Knee run in place – 20 seconds
- š 20 V-Ups
- š 20 Mountain Climbers
- š 20 Pushups
- š *Repeat this cycle for 2 or 3 minute intervals*

WARRIOR MADNESS TRAINING #1

Continue these routines for several minutes.

- š 10 Burpees
- š 10 Pushups

WARRIOR MADNESS TRAINING #2

- š 15 Burpees
- š 15 Pushups
- š 15 Star Jumps
- š 15 Mountain Climbers

WARRIOR MADNESS TRAINING #3

- š Burpees x 30 seconds
- š Jumping Jacks x 30 seconds
- š Mountain Climbers x 30 seconds
- š High Knee run in place x 30 seconds (*substitute with the Russian Dance if you want an insane workout!*)

Begin these routines with 4 minutes of work. Work to improve upon your time. Make goals, achieve goals, and conquer obstacles. Do not exceed 10 consecutive minutes. Do not attempt these routines until you can complete 6 x 3-minute drills without any problems.

You can design an infinite number of minute drills. Be sure to include upper and lower body exercises as well as a “sprint” portion (such as actual sprints outdoors or high knee running in place). The purpose of these drills is to fatigue the muscles while increasing your heart rate. Always remember, you only get as much as you put into these drills. Work at an all out pace for optimal results.

HEAVY BAG DRILL #1

- § 30 seconds of all out punching on heavy bag
- § 30 seconds of all out high knee running in place
- § 30 seconds of all out punching on heavy bag
- § 30 seconds of all out high knee running in place
- § 30 seconds of all out punching on heavy bag
- § 30 seconds of all out high knee running in place

HEAVY BAG DRILL #2

- § 1-minute of all out punching
- § 1-minute of jump rope
- § 1-minute of all out punching
- § 1-minute of jump rope
- § 1-minute of all out punching
- § 1-minute of jump rope
- § 1-minute of all out punching
- § 1-minute of jump rope

HEAVY BAG DRILL #3

- § 50 Pushups
- § 1-minute of all out punching
- § Rest 1-minute (reduce rest to period to 30 seconds as you advance)
- § Repeat this cycle 4 times

As you can see, there are a variety of conditioning routines that you can practice. Use your imagination and you can create plenty of routines on your own. If you stick to these conditioning drills, your performance is sure to improve!

CIRCUIT TRAINING ROUTINES

Circuit training is designed to provide the benefits of aerobic, anaerobic, and strength training in one exercise session. Circuits will be intense with short rest periods. Circuit training involves moving from one exercise to the next with minimal rest between sets. You should limit your rest between exercises to a maximum of 30 seconds. I prefer to move from one exercise to the next **without rest**.

Circuit training exercises should be sequenced to alternate between muscle groups to allow adequate recovery. The rest interval between entire circuits should last between 1 and 3 minutes. Each muscle group should be exercised during the circuit. Most circuits consist of 8-20 different exercises depending on your current condition.

WARRIOR CIRCUIT #1

- š Pull-ups x as many as possible
- š Bodyweight Squats x 100
- š Divebombers x 25
- š Lunges x 100 (each leg counts as 1 repetition)
- š Plank 1 minute
- š Burpees x 25
- š Close Grip Pushups x 35
- š Jump Rope 1-Minute (Alternatives: High knee running or Jumping Jacks)
- š Squat Jumps x 20
- š Supermans x 20
- š Chin-Ups x as many as possible
- š V-Ups x 30
- š *Repeat circuit 3 times, allow 1-3 minutes rest between circuits*

WARRIOR CIRCUIT #2

- š Pull-ups x as many as possible
- š Bodyweight Squats x as many as possible
- š Divebombers x as many as possible
- š Plank x as long as possible
- š Lunges x 100 (each leg counts as 1 repetition)
- š **REST 2 MINUTES**
- š Burpees x 25
- š Plyometric Pushup x 25
- š Squat Jumps x 25
- š V-Ups x 30

You will not need to repeat this circuit!

WARRIOR CIRCUIT #3

- š· Run 2 miles as fast as you can
- š· Divebombers x as many as you can
- š· Mountain Jumpers x 30
- š· V-Ups x 30
- š· Bodyweight Squats x 100
- š· Calf Raises x 100
- š· Close Grip Pushups x as many as you can
- š· Repeat steps 1-7 if you are feeling like a real Warrior!

MINI CIRCUITS

Mini Circuits are a great way to blast the muscles quickly!

MINI CIRCUIT #1

- š· 50 Heal Stompers
- š· 100 Bodyweight Squats
- š· 100 Calf Raises
- š· 100 Lunges
- š· 50 Semi Squat Jumps

MINI CIRCUIT #2

- š· 25 Divebombers
- š· 15 Pull-ups
- š· 35 Close Grip Pushups
- š· 15 Chin-ups
- š· 35 Raised feet pushups
- š· 16 Commando Pull-ups (8 to each side)

MINI CIRCUIT #3

- 30 Pushups
- 30 V-Ups
- 50 Bodyweight Squats
- 30 Close Grip Pushups
- 30 Knee Hugs
- 50 Bodyweight Squats
- 30 Hands Out Pushups
- 30 V-Ups
- 50 Bodyweight Squats
- 30 Hands In Pushups
- 30 Knee Hugs
- 50 Bodyweight Squats

MINI CIRCUIT #3 makes a perfect 10-15 minute workout. If you want a real challenge, add 50 Heel Stompers before each set of Bodyweight Squats. After 15 minutes, you will be soaked in sweat with your muscles burning and heart rate cranking!

Once again, I encourage you to develop your own circuit routines. Vary your exercise selection. These circuits are great when you are crammed for time. With just ten minutes in the morning and ten minutes in the evening, you can get a great workout.

EXPLOSIVE CIRCUIT

25 Squat Jumps
25 Plyometric Pushups
25 Knee Tucks
25 Mule Kicks
10 Handstand Pushups
10 Knee to Standing Jump + Star Jump
20 Stop, Drop and Roll (10 in each direction)

With the exception of Handstand Pushups, all of the movements in this explosive circuit are plyometric exercises. Earlier, I mentioned that plyometric training emphasizes quality not quantity.

This circuit differs from our traditional conditioning and strengthening routines. This routine never exceeds 25 repetitions per exercise. The purpose of this routine is NOT to develop stamina, rather to develop explosive speed and power.

These drills will teach your muscle fibers to react in an explosive fashion. To maximize this form of training, you must NOT perform plyometrics to failure. Failure training has a place in the overall routine but not on days when our emphasis is purely **explosive speed development**.

It is important to realize that many of these exercises are included in conditioning routines such as Warrior Madness Training. During Warrior Madness Training your primary focus is on developing anaerobic strength and stamina. You will train to near failure conditions.

The explosive circuit above uses many of the same exercises but in a **unique fashion**. For this circuit our focus is on quality. Conditioning drills focus more towards quantity (while still emphasizing quality).

As mentioned earlier, stamina and explosive speed development are distinct training objectives. You should include both forms of training in your overall routine. Two days per week of explosive circuit training is ideal (never on consecutive days).

MIND OVER MATTER TRAINING

HOLD ON

The **Hold On** training series will force you to “hold on” for your life. These exercises do not involve a certain number of repetitions. Rather you must hold a position for as long as you can (or a set time period).

Hold On For Your Life

- š Back Bridge
- š Front Bridge
- š Wall Squat (variation with ball)
- š Plank
- š Pull-Up Hold (over the bar)
- š Side Plank (both sides)
- š Full Sit-up Hold
- š Isometric Back Hold
- š Chair Hold (page 61)
- š Cliff Hangers
- š Pushup Hold On Medicine Ball
- š Chin-Up Hold (over the bar)

This routine looks easy. It is not. You will be challenged mentally to hold these positions for as long as you can. I recommend that you perform this routine a minimum of once per month. You will develop both physical and mental strength and fortitude. Challenge yourself to improve your times each workout.

FATIGUE TRAINING

Fatigue Training involves fatiguing the body first before a strength or endurance routine. For example, you will run 10 x 100 meter sprints and then hit the heavy bag for 6 rounds. By running first, you fatigue the body. You then force yourself to work through the fatigue on the heavy bag. This form of training will pay tremendous dividends when competition rolls around. You will teach your body and mind to fight through the fatigue. Only true Warriors can continue to “fight” when completely fatigued. You can create your own fatigue training drills. Use your imagination.

This form of training is recommended for all combat athletes. There will be a point in time when you are completely fatigued and must continue to fight to overtake your opponent. This form of training will give you the power and resolve to succeed. Do not perform this type of training before sparring. You need to be fresh when sparring to avoid injury.

AEROBIC TRAINING ROUTINES

Aerobic training should be performed 2 or 3 days per week. Ideal examples of aerobic training include running, swimming, bicycling, and extended jump rope sessions.

Try to exercise for 20 – 30 consecutive minutes. For example try running 4 or 5 miles.

You can also incorporate sustained running into your aerobic training. Conduct your sustained running distances for 1 or 2 miles. You can begin with 1 mile of low intensity running, follow with 2 miles of sustained running, and conclude with 1 mile of low intensity running.

I often sign up for local 5K or 5 mile races to give myself a challenge and competition. I recommend that you participate in local road races. Racing is a great way to challenge yourself, while having plenty of fun as well.

Aerobic running is not the most “sport specific” method of training for the Warrior but it is still important. You must balance hard running/training days with less intense days. This hard/light approach will prevent over-training. You can include days of active rest such as swimming or walking.

WALKING

Walking is a great way to exercise the body and mind. I enjoy a nice walk at least once per week. The walk will give you time to reflect and relax. It is important to remember that you cannot train at full throttle every day. An occasional long walk will give you a chance to rest your body and mind.

The Warrior's Way

“You may be disappointed if you fail, but you are doomed if you do not try.”
Beverly Sills

“Strength does not come from physical capacity. It comes from an indomitable will.” - *Mahatma Gandhi*

“There is no security on this earth. There is only opportunity.”
- *General Douglas MacArthur*

“If you think you can do it, you're right. If you think you can't do it, you're still right.” – *Henry Ford*

HELPFUL TRAINING TIPS

EVERY DAY WILL NOT BE YOUR BEST DAY

Balance your intense training sessions with lighter days. You cannot “max” out every day. Over-training is as bad as under-training. Your body requires rest to perform at peak levels. Listen to your body. No one knows your body better than YOU.

If you believe you are over-training, try the following.

1. Take your resting pulse in the morning.
2. Take your pulse again the morning after an intense training session. If your pulse is 10 or more beats per minute faster than its normal rate, your body is still recovering. For example if your normal resting pulse is 60 beats per minute and it is 75 the morning after an intense training day, you are still recovering. Get some rest and refuel.

Suppose that you set a goal of 500 Bodyweight Squats. Does this mean that you should max out each day? NO! Balance your intense days with maintenance days to foster recovery. A sample routine could include:

Monday	400 Bodyweight Squats
Tuesday	100 Bodyweight Squats
Wednesday	50 Bodyweight Squats
Thursday	450 Bodyweight Squats
Friday	100 Bodyweight Squats
Saturday	75 Bodyweight Squats

On Wednesday and Saturday you could incorporate interval training. It would not make sense to run intervals on a day when you max out with Bodyweight Squats. You would want your legs to be fresh for interval training. Balance your intensity.

You can cycle your training intensity throughout the week. You should not train “all out” each day. In the above example Monday and Thursday involve two near maximum exertion days. The other days in the week involve “active rest” which means working the muscles with less intensity. On these days you can shift your emphasis towards different muscle groups, conditioning, or explosive (low repetition) circuits.

Tuesday and Friday would be perfect for high intensity upper body workouts. You must balance your upper and lower body intensities to ensure maximum results while avoiding over-training a particular muscle group.

A common question that I receive is whether or not it makes sense to perform pushups (or any other bodyweight exercise) on a daily basis. Unfortunately the correct answer involves more than a simple Yes or No. You should not perform pushups to complete exhaustion every day. It is beneficial at times but not for every workout session. Failure training is valuable as a means to measure progress and develop indomitable willpower. However, training to failure every day will lead to over-training which is why you must **balance your intensity** throughout the week.

Always remember that we were all created with equal rights, but different bodies. You know YOUR body better than anyone else. Listen to your body and make adjustments. There is no better feedback mechanism than the messages that your muscles send to your brain. If you are completely exhausted and sore, take some time to recover.

REPETITIONS FOR TIME

Most people want to say, “I can do 100 pushups” or “I can do 500 Bodyweight Squats”. These are excellent achievements. It feels great to achieve these goals. With this said, remember that there are different ways to train that will lead you to your goal. For example, instead of pushing yourself to failure, try to maximize your repetitions for a set time period.

Let’s look at an example... Rather than performing as many pushups as you can, try to break your pushup routine into a “timed event”. See how many pushups you can perform in 30 seconds. Let’s say that you can perform 30 pushups in 30 seconds. Work your way up to 40 in this same time period. You will become a more explosive athlete when you achieve this goal. You do not always have to perform as many pushups or squats as you can in one session. Repetitions for time are a great way to incorporate variety while developing explosiveness. You can perform four sets of repetitions for time instead of one set to failure.

SLOW AND STEADY WINS THE RACE

Do not be in a rush to reach “Warrior Status”. It takes time to be the best. As long as you focus on CONTINUOUS IMPROVEMENT, you will eventually achieve all of your goals. Plan your routines ahead of time and track your progress.

Suppose that your goal is 100 consecutive pushups and you can currently do 50. Add one repetition per day and you will reach your goal in less than two months. Add one repetition every other day and you will reach your target in four months. Four months will fly by. Put your goals down on paper and plan a strategy to attack and achieve.

IT DOES NOT TAKE LONG

Unfortunately most of us must work for a living. There will be days when you stay late or perhaps you must cram for an exam. It is easy to use these situations as an excuse to skip a workout. Do not fall into this pattern. You can get a great workout in just 10 minutes. Consider that it takes approximately 15 minutes to perform 500 Bodyweight Squats. There is one quick workout that I guarantee you will feel!

If you have ten minutes in the morning, you can perform a variety of pushups, pull-ups, and abdominal exercises. Move from one exercise to the next without rest. You can use the circuits that I have provided or create your own. Always remember that 10 minutes is better than nothing. Another option is to workout for 10 minutes in the morning and 10 minutes again in the evening.

No matter how busy you are, you can find a few 10 minute intervals in your day to accommodate a quick workout.

DOUBLE EDGED SWORD

Intense training can be a doubled edged sword. You must balance intense training days with lighter days to foster recovery and avoid over-training. Do not neglect the importance of proper recovery. Train hard but train smart!

20 LAST TIPS

1. Always warm-up and cool down.
2. Do not neglect the importance of flexibility development.
3. Include squats in your routine. Squats are perhaps the best overall exercise for any combat athlete.
4. If you compete in a Warrior-like event, be sure to include **two** or **three** days per week of anaerobic conditioning in your routine.
5. Balance intense training days with lighter days.
6. Mix distance work and sustained running during aerobic roadwork sessions.
7. Do not run the same distance each day.
8. Fartlek is a great variation to interval training.
9. Incorporate **variety** into your routine. Do not perform the same exercises each week. There are several exercises to choose from. Incorporate a wide range of exercises into your routine.
10. Add **variety** to your conditioning routine. Anaerobic training can be performed on the road or with numerous drills such as the Minute Drill or Warrior Madness training.
11. Change the exercises used in your Minute Drill routines.

12. Include exercises that involve your **entire body**. Examples include Divebomber Pushups, Handstand Pushups, and Squats.
13. Pattern your training in a way that closely **resembles competition**. If you fight at an intense pace, you must train at this pace.
14. If you compete in a skill sport such as boxing, wrestling, or karate, be sure to balance your conditioning with **skill development**. Proper conditioning is only one portion of the overall equation.
15. Include chin-ups and pull-ups in your routine.
16. Do not perform the same "style" of training each day. For example, do not always perform repetitions to failure. Balance strength and endurance training with explosive power development.
17. Perform **balance training** and **kinesthetic awareness** training.
18. Do not throw your hard work away with a poor nutritional plan. Use nutrition to enhance **your performance**, not hinder it.
19. Be open-minded with your training. Consider **new ideas** and experiment with different systems. There is no such thing as a perfect routine. Your routine should be continually tweaked and modified.
20. Put past failures or excuses to rest. Each day supplies the opportunity to **reinvent yourself**. Today is YOUR day. Live your life without regrets about what *could have been*. Make things happen.

The Warrior's Way

"We know how rough the road will be, how heavy here the load will be, we know about the barricades that wait along the track but we have set our soul ahead and nothing left from hell to sky shall ever turn us back." - *Vince Lombardi*

"When you aim for perfection, you discover it's a moving target."

"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

Mahatma Gandhi

THE WARRIOR'S TEST

500 BODYWEIGHT SQUATS

100 PUSHUPS

20 PULL-UPS

15 ONE LEGGED SQUATS PER LEG

50 FINGER PUSHUPS

15 HANDSTAND PUSHUPS

5-MINUTE PLANK

*If you can pass this test, you can accomplish anything in life.
Never settle, go for the gusto...*

A FINAL WORD...

With this training manual, I have provided you with several exercises, conditioning drills, and routines. I encourage you to review all of the exercises. Remember the famous words that *variety is the spice of life*. Do not perform the same exercises and routines each workout. Mix things up, be creative, think outside the box.

My experience and observations tell me that the majority of athletes stick with the same routines. They are unwilling to expand their repertoire of exercise selection. You must realize that you are limiting your potential by neglecting exercise variety. Always keep your muscles guessing. Learn to shock your muscles in different ways.

You should make your quest for optimal fitness a lifelong mission. You must continually search for new ways to improve your condition. Experiment and use your brain. Too many athletes today wish to be spoon-fed, rather than think for themselves. You must exercise your mind as well as your body if you truly wish to be successful (in competition and in life).

As mentioned before, the routines in this book are very strenuous. The conditioning drills are going to challenge you. There is no question about that. These routines are designed to challenge you physically and mentally.

There will be mornings when you are sprinting the roads while the rest of the world sleeps. Your legs will fatigue as your wind runs short. It is at this point in time that you will determine how bad you wish to succeed. It is very easy to stop running, to turn around, and return home.

ANYONE can stop, only a select few will continue to work through the fatigue. Only a select few will ever become the "best".

I do not wish to make these statements to discourage you or offend anyone. I am just stating the facts. I want you to read these words and ask yourself the question, "How bad do I want it?"

I cannot answer this question for you. No one can but you. There will be days when you lack motivation, this is no reason to quit. We all go through ups and downs. Real champions persevere through hard times. Real champions never quit. Real champions overcome obstacles to become the best.

Whether you compete in an organized sport or not, you owe it to yourself to be the best that you can be. You can either view the glass as half empty or half full. You only have one chance to live your life. Live your life with energy. Live your

life without regrets. If you have goals (and you should), go after them with relentless desire. Never “settle” for mediocrity.

Live your life by following the concept of CONTINUOUS IMPROVEMENT. Remember that the “best” is a moving target. Keep yourself heading in the right direction. Stay focused and go for the gusto!

I have witnessed countless athletes that never lived up to their “potential”. These athletes will one day contemplate what *could have been* or what *should have been*.

I wrote this book as a “conditioning” manual. My ultimate intent is to teach you to condition your body **AND** mind. I have given you the tools to improve your strength and ability. Now I want you to take the ball and run with it. The fact that you purchased this manual tells me that you want to improve your performance. Remember that the journey is never ending. You can never settle because another hungry Warrior is always eager to take your place at the top of the mountain.

Stay hungry, live life without regrets, and never look back.

The Warrior’s Way

“Many of life’s failures are people who did not realize how close they were to success when they gave up.” – *Thomas Edison*

“The greatest discovery of my generation is that a human being can alter his life by altering the attitudes of his mind.” – *William James*

“One can never consent to creep when one feels an impulse to soar.”
Helen Keller

“Success usually comes to those who are too busy to be looking for it”
Henry David Thoreau

KICK ASS AND TAKE NAMES!