

WARRIOR WORKOUT BONUS SERIES



THE UNDERGROUND GUIDE TO WARRIOR FITNESS

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ANOTHER GREAT EXERCISE

One exercise not included in *The Underground Guide To Warrior Fitness* is the Glute-Ham Raise. This is one of the best hamstring exercises available.

Glute-Ham Raise – There are machines that facilitate this movement but have no fear, you can perform this exercise at home. You will need to secure your feet for this exercise. In the illustration, I have used an old chair that has two 45-pound plates (not visible) weighing it down. If you have access to a Roman chair, you can perform this exercise by facing backwards. You can also have a partner secure your legs or put a sandbag on the chair for weight.



Instructions: Start the movement lying flat on the floor with the legs straight. Pull yourself up with flexed hips, hamstrings, and glutes. You will definitely feel this one burning through your legs.

Do not use your arms to thrust off the floor. This is a leg movement. Pull with the legs as much as possible.



PYRAMID WORKOUTS

Pyramid workouts are a great way to increase the number of repetitions that you can perform on a particular exercise. These workouts will allow you to achieve many more reps per workout than a traditional “train to failure” program.

The pyramid workouts involve climbing up AND down a pyramid. For example, in **Power Pyramid 1**, you will work through three separate exercises (Pull-ups, V-Ups, Pushups). You will begin with 1 Pull-up, 2 V-Ups, and 3 Pushups. This is your first step in the pyramid. You should work through 10 steps. For each step (1-10), you will multiply Pull-ups x 1, V-Ups x 2, and Pushups x 3. When you reach Step 10, you will work your way back down the pyramid (10, 9, 8, ... 1).

Try to work through these pyramids without resting between exercises. These workouts are intense so do not perform the same pyramid on consecutive days.

POWER PYRAMID 1

1 X Pull-ups
2 X V-Ups
3 X Pushups

Here is a complete outline for **Pyramid Power 1**:

Step 1:	1 Pull-up	2 V-Ups	3 Pushups
Step 2:	2 Pull-ups	4 V-Ups	6 Pushups
Step 3:	3 Pull-ups	6 V-Ups	9 Pushups
Step 4:	4 Pull-ups	8 V-Ups	12 Pushups
Step 5:	5 Pull-ups	10 V-Ups	15 Pushups
Step 6:	6 Pull-ups	12 V-Ups	18 Pushups
Step 7:	7 Pull-ups	14 V-Ups	21 Pushups
Step 8:	8 Pull-ups	16 V-Ups	24 Pushups
Step 9:	9 Pull-ups	18 V-Ups	27 Pushups
Step 10:	10 Pull-ups	20 V-Ups	30 Pushups

Once you reach Step 10, you will work backwards from Step 9 all the way back to Step 1.

Your complete workout will include:

100 Pull-ups
200 V-Ups
300 Pushups

NOTES

1. The first few steps of the pyramid will serve as a warm-up.
2. It may be difficult to work all the way up to Step 10. Work up as far as you can. For example, if you are completely fatigued at Step 7, you should head back down the pyramid. Work yourself up gradually.
3. If it is easy to reach Step 10, you can begin at a higher step. Always work 10 steps above your starting point. For example, if you start at step 3, work 10 steps up from this position (Step 13).
4. Pyramids are **perfect for beginners and advanced trainees**. Whether you can work yourself up to Step 5 or Step 15, you are sure to get a great workout in a limited amount of time.

For the remaining pyramid workouts you should follow the same approach by working from Step 1 to Step 10, and back down again.

POWER PYRAMID 2

- 1 X Burpees
- 2 X Bodyweight Squats
- 3 X Pushups

POWER PYRAMID 3

- 1 X Pull-ups
- 2 X Divebomber Pushups
- 3 X Bodyweight Squats

POWER PYRAMID 4

- 1 x Finger Pushups
- 2 x Bodyweight Squats
- 3 x Knuckle Pushups

POWER PYRAMID 5

- 1 x Burpees
- 2 x Knee-Hugs
- 3 x Pushups

Use your imagination and develop your own pyramid routines

ARE YOU STRAPPED FOR TIME?

Are you strapped for time on a certain day of the week? No problem. Work through these routines for a quick, but effective training session.

STRAPPED FOR TIME 1

- 10 Jumping Jacks
- 10 Pushups
- 10 Split Jumps
- 10 Bodyweight Squats

Repeat this quick circuit 10-20 times without rest

STRAPPED FOR TIME 2

- 5 Burpees
- 10 Pushups
- 10 Jumping Jacks
- 10 Bodyweight Squats
- 10 V-Ups

Repeat this quick circuit 10-20 times without rest

STRAPPED FOR TIME 3

- 10 Bodyweight Squats
- 10 Jumping Jacks
- 10 Divebomber Pushups
- 10 V-Ups
- 10 Mountain Climbers

Repeat this quick circuit 10-20 times without rest

MORE BODYWEIGHT CIRCUITS

Perform one exercise after the other, without rest. Repeat 5-10 times.

BODYWEIGHT CIRCUIT 1

- Burpees x 10
- Pushups x 20
- V-ups x 10
- Bodyweight Squats x 20
- Close Grip Pushups x 10
- Jumping Jacks x 20

BODYWEIGHT CIRCUIT 2

- Bodyweight squats x 20
- Divebomber Pushups 10
- Burpees x 10
- Knee Hugs x 10
- Knuckle Pushups x 10
- Jumping Jacks x 20

BODYWEIGHT CIRCUIT 3

- Jumping Jacks x 20
- Bodyweight Squats x 20
- Split Jumps x 20
- Calf Raises x 20
- Pushups x 20
- Knee Hugs x 20

BODYWEIGHT CIRCUIT 4

- One-Legged Squats x 10 (5 per leg)
- Pushups x 20
- Semi Squat Jumps x 20
- Close Grip Pushups x 10
- Calf Raises x 20
- V-Ups x 10

It is OK to rest between cycles if necessary. As your strength and endurance improve, you will be able to reduce your rest periods.

BODYWEIGHT CIRCUIT FOR TIME (Advanced)

In this circuit for time, you will perform as many Pushups and Bodyweight Squats as possible during each designated time period. You will then finish the set with Knee Hug Sit-ups. You can substitute V-Ups for Knee Hugs to increase the difficulty. There is no rest between exercises. At the end of each cycle, you should rest for 30 seconds. Give this one a try!

1 MINUTE PER EXERCISE – REPEAT CYCLE TWICE

- Pushups
- Bodyweight Squats
 - 30 Knee Hugs

30 SECONDS PER EXERCISE – REPEAT CYCLE THREE TIMES

- Pushups
- Bodyweight Squats
 - 20 Knee Hugs

15 SECONDS PER EXERCISE – REPEAT CYCLE FOUR TIMES

- Pushups
- Bodyweight Squats
 - 15 Knee Hugs

BODYWEIGHT CIRCUIT FOR TIME (Intermediate)

30 SECONDS PER EXERCISE – REPEAT CYCLE TWICE

- Pushups
- Bodyweight Squats
 - 30 Knee Hugs

20 SECONDS PER EXERCISE – REPEAT CYCLE THREE TIMES

- Pushups
- Bodyweight Squats
 - 20 Knee Hugs

10 SECONDS PER EXERCISE – REPEAT CYCLE FOUR TIMES

- Pushups
- Bodyweight Squats
 - 10 Knee Hugs

At first you may need to take breaks during the timed Pushups. It is OK to pause, as long as you perform AS MANY repetitions as possible

TOTAL BODY WORKOUT #1 (Intermediate)

LEG CIRCUIT

- Bodyweight Squats x 20
- Lunges x 20
- Semi Squat Jumps x 20
- Calf Raises x 50
- Rest 30 seconds – Repeat 3 times

HANDS

- Finger Pushups x 10
- Knuckle Pushups x 20
- Rest 30 seconds – Repeat 4 times

CORE WORK

- Knee Hugs x 15
- Superman x 15
- V-Up x 10
- Rest 30 seconds – Repeat 3 times

STRENGTH AND CONDITIONING

- Burpees x 10
- Pushups x 15
- Rest 30 seconds – Repeat 3 times

FINISHER

- 10 Close Grip Pushups
- 10 Hands In Pushups
- 10 Hands Out Pushups
- Rest 30 seconds – Repeat 3 times

FINISHER PART II

- Finish with 1 mile of running at a brisk pace (or 10 minutes jump rope)

TOTAL BODY WORKOUT #2 (Advanced)

MODIFIED PYRAMIDS

No rest between exercises, 30 second rest between each pyramid

- Burpees x 5
- Pushups x 10
- Bodyweight Squats x 15

- Burpees x 10
- Pushups x 20
- Bodyweight Squats x 30

- Burpees x 15
- Pushups x 30
- Bodyweight Squats x 45

- Burpees x 10
- Pushups x 20
- Bodyweight Squats x 30

- Burpees x 5
- Pushups x 10
- Bodyweight Squats x 15

ABDOMINAL WORK

- Chinnies x 10
- V-Ups x 10
- Knee Hugs x 10
- Repeat 3 times – 30 seconds rest after each cycle
- Plank x 2 minutes

STRENGTH WORK CIRCUIT

- Dips x 15
- One-Legged Squats x 10 (*start with 5 each leg, work up to 10 each*)
- Divebomber Pushups x 20
- Pull-Ups/Chin-ups* x 10
- Finger Pushups x 10 – Knuckle Pushups x 20
- Repeat this cycle 3 times – Rest 1 minute between cycles

**For each cycle, alternate your grip (ex. Pull-ups, Chin-ups, Commando Pull-ups)*

- Finish with 1 mile of running at a brisk pace (or 10 minutes jump rope)

TOTAL BODY WORKOUT #3 (Master Level)

SEMI POWER PYRAMID*

- 1 X Plyometric Pushups
- 2 X Burpees
- 3 X Bodyweight Squats
- Climb steps 1-10 (not back down)*

ABDOMINAL CIRCUIT**

- V-Ups x 20
- Chinnies x 20
- Knee Hugs x 20
- Repeat 3 times – Rest 30 seconds between each cycle

MINI-PYRAMID

- One-Legged Squats - Pyramid with reps of 3, 6, 9, 6, 3 per leg

HAND CIRCUIT

- Finger Pushups x 15
- Knuckle Pushups x 15
- Repeat 3 times – Rest 30 seconds between each cycle

THE BAR (Alternate between Pull-ups & Chin-ups)

- Pull-ups – Pyramid with 2, 3, 4, 5, 4, 3, 2
- Chin-ups – Pyramid with 2, 3, 4, 5, 4, 3, 2

2 Pull-ups, 2 Chin-ups, 30 secs rest, 3 Pull-ups, 3 Chin-ups, 30 secs rest, etc...

If you do not have a pull-up bar, substitute a few sets of Divebomber Pushups

NECK

- Rolling Bridge x 12
- Neck Circle x 25 in each direction
- Repeat 3 times – Rest 1 minute between each cycle

FINISHER

- Finish with 1 mile of running at a brisk pace (or 10 minutes jump rope)

**There is no need to climb back down this pyramid*

***If 20 reps of each abdominal exercise is too difficult, start with 10 or 15*

Do not perform this routine more than 1 or 2 days per week

OUTDOOR WORKOUT

GETTING STARTED

- 1-Mile Run

CIRCUIT

- V-Ups x 15
- Pushups x 20
- Bodyweight Squats x 30
- Repeat this cycle 3 times without rest

ANIMAL TRAINING

- Bear Crawl x 25 yards - Crab Walk x 25 yards
- Sprint 50 yards (*back to starting spot*)
- Alligator Walk x 25 yards – Rabbit Hop x 25 yards
- Sprint 50 yards (*back to starting spot*)
- Frog Jump x 25 yards – Duck Walk x 25 yards
- Sprint 50 yards (*back to starting spot*)
- Repeat 3 times – 1 minute rest between each cycle (*if necessary*)

MINI-CIRCUIT

- 5 Burpees
- 10 Pushups
- Repeat 4 times without rest

ABDOMINAL WORK

- Knee Hugs x 20
- Leg Raise and Lift x 20
- Chinnies x 20
- Lying Hip Swings x 20
- Repeat 4 times – 30 seconds rest between cycles

SANDBAG CONDITIONING

CREATE A SANDBAG

Purchase a few 50 pound bags of sand at your local hardware store. I purchased 150 pounds for a total of \$7. Fill up some sandwich bags with the sand. Fill the bags $\frac{3}{4}$ of the way. If you fill them to the top, they will feel like mini-rocks. You want the bags to be soft to grab. The sand should be able to swoosh back and forth in the sandwich bags. You may want to double bag each mini-sandbag. Secure the ends with duct tape. Put the bags into a large duffle bag. It is easy to adjust the weight by simply adding or removing the sandwich bags filled with sand. The sandbags will move around as you lift them, which will strengthen your core.

SANDBAG ROUTINE

JBD = Jog back down. For this routine, use a 50-pound bag sand bag.

- Sprint Uphill with Sandbag
- 20 Pushups – JBD (leave Sandbag at top of the hill)
- Sprint uphill backwards
- 20 Pushups – JBD
- Frog Jump uphill
- 20 Clean and Press with Sandbag – JBD
- Sprint Uphill - JBD w/ Sandbag
- Rest 1-minute
- Sprint Uphill with Sandbag
- 20 Pushups – JBD
- Sprint uphill backwards
- 20 Pushups – JBD
- Frog Jump uphill
- 20 Clean and Press with Sandbag – JBD
- Sprint Uphill - JBD w/ Sandbag
- Rest 1-minute
- Sprint Uphill with Sandbag
- 20 Pushups – JBD
- Sprint uphill backwards
- 20 Pushups – JBD
- Frog Jump uphill
- 20 Clean and Press with Sandbag – JBD
- Sprint Uphill - JBD w/ Sandbag
- Optional - Find someone to carry you and your sandbag home!

BURPEE MANIA

Burpees are one of my favorite exercises. Burpees will strengthen the entire body, enhance your explosiveness, and push your anaerobic threshold to the max! For this Burpee/Pushup workout, allow yourself no more than 30 seconds of rest between circuits.

- 5 Burpees
- 10 Pushups

- 5 Burpees
- 10 Pushups

- 10 Burpees
- 10 Pushups

- 10 Burpees
- 10 Pushups

- 15 Burpees
- 10 Pushups

- 20 Burpees
- 10 Pushups

- 15 Burpees
- 10 Pushups

- 10 Burpees
- 10 Pushups

- 10 Burpees
- 10 Pushups

- 5 Burpees
- 10 Pushups

- 5 Burpees
- 10 Pushups

Finish this workout with 3 sets of 20 V-Ups

ADDING RUNNING TO YOUR WORKOUT

The interval routines in the Warrior's Guide are INTENSE. Interval running will help any combat athlete achieve "fight-shape" physical condition. If you do not compete but would still like to reap the benefits of a running program, this 9-week schedule below will help you get started.

9 WEEK RUNNING PROGRAM

WEEK 1

Monday - 2 Mile Run **Wednesday** - 2 Mile Run **Friday** - 2 Mile Run

WEEK 2

Monday - 2 Mile Run **Wednesday** - 3 Mile Run **Friday** - 2 Mile Run

WEEK 3

Monday - 3 Mile Run **Wednesday** - 2 Mile Run **Friday** - 3 Mile Run

WEEK 4

Monday - 3 Mile Run **Wednesday** - 3 Mile Run **Friday** - 4 Mile Run

WEEK 5

Monday - 3 Mile Run **Wednesday** - Fartlek 2 Miles **Friday** - 4 Mile Run

WEEK 6

Monday - 4 Mile Run **Tuesday** - Fartlek 2 Miles
Thursday - 4 Mile Run **Friday** - 2 Mile Run

WEEK 7

Monday - Fartlek 3 Miles **Tuesday** - 4 Mile Run
Thursday - Fartlek 2 Miles **Friday** - 5 Mile Run

WEEK 8

Monday - 4 Mile Run **Tuesday** - 1 Mile Jog – 2 Miles Sustained – 1 Mile Jog
Thursday - 3 Mile Run **Friday** - Fartlek Running 3 Miles

WEEK 9

Monday - 5 Mile Run **Tuesday** - Fartlek Running 3 Miles
Thursday - 4 Mile Run **Friday** - 1 Mile Jog – 2 Miles Sustained – 1 Mile Jog

NOTES – Set your own pace for *Fartlek Running*. Modify your intensity based on how you feel. Run hard, then light, etc...

Sustained Running means to run at a faster pace than your usual distance work. Run hard during Sustained Running (Weeks 8 and 9), as if you were in a race.

MORE INTENSE ROADWORK ROUTINES

These are two boxing roadwork programs from my RossBoxing site...

ROADWORK PROGRAM 1

Here is an intense roadwork session that appeared in my boxing training newsletter. You can use to push your anaerobic system to the max!

- Warm up by jogging 1 mile
- 300 meter interval at close to all out intensity
- 100 meter jog
- 300 meter interval at close to all out intensity
- 100 meter jog
- 300 meter interval at close to all out intensity
- 100 meter jog
- 400 meter interval
- Rest by walking 400 meters
- Repeat a second set of this routine to crank up the intensity

Each 300-meter interval should be run at a fast pace. You will follow each 300-meter interval with 100 meters of jogging for active rest. Continue for 3 intervals. Your final interval will consist of an all out 400 meter run.

ROADWORK PROGRAM 2

Here is another boxing roadwork program that was used at a past U.S.A. Olympic training camp.

- Two mile run (moderate to fast pace)
- Sprint 100 meters
- Shadow box 3 minutes
- Run backwards 200 meters
- Sprint 100 meters
- Shadow box 3 minutes
- Sprint 100 meters
- Jog with hands up throwing punches 400 meters
- Shadow box 3 minutes
- Sprint 100 meters
- Run backward 100 meters
- Jog 400 meters
- Walk to cool down

PYRAMID ROADWORK PROGRAM 1

- 1 Mile warm-up
- 600 meter interval
- Jog 400 meters (active rest)
- 400 meter interval
- Jog 400 meters (active rest)
- Sprint 200 meters
- Jog 200 meters (active rest)
- Sprint 100 meters
- Jog 100 meters (active rest)
- 1 minute of walking – Repeat this cycle

PYRAMID ROADWORK PROGRAM 2

- 1 Mile warm-up
- 200 meter interval
- 300 meter interval
- 400 meter interval
- 500 meter interval
- 400 meter interval
- 300 meter interval
- 200 meter interval
- Jog 800 meters (active rest)
- 400 meter interval

Recovery between each interval will consist of a **200 meter jog**. After completing your final 200 meter interval, you will jog for 800 meters. You will then finish with one final 400 meter interval. You should then finish with a complete cool down.

The following page lists an example of a weekly interval program. I recommend that you run your intervals in the morning if possible, and then return to the gym later in the evening. You will have all day to recover before your evening training session. These interval routines are very stressful to the body.

A WEEK OF INTENSE ROADWORK

Monday – ROADWORK PROGRAM 1

- Warm up by jogging 1 mile
- 300 meter interval at close to all out intensity
- 100 meter jog
- 300 meter interval at close to all out intensity
- 100 meter jog
- 300 meter interval at close to all out intensity
- 100 meter jog
- 400 meter interval
- Rest by walking 400 meters – (Advanced athletes can repeat cycle)

Tuesday – Run 4 miles. Include one sustained 100 meter sprint for each mile.

Wednesday – ROADWORK PROGRAM 2

- Two mile run (moderate to fast pace)
- Sprint 100 meters
- Shadow box 3 minutes
- Run backwards 200 meters
- Sprint 100 meters
- Shadow box 3 minutes
- Sprint 100 meters
- Jog with hands up throwing punches 400 meters
- Shadow box 3 minutes
- Sprint 100 meters
- Run backward 100 meters
- Jog 400 meters
- Walk to cool down

Thursday – Run 4 miles. Include one sustained 100 meter sprint for each mile.

Friday – PYRAMID ROADWORK PROGRAM 2

- 1 Mile warm-up
- 200 meter interval
- 300 meter interval
- 400 meter interval
- 500 meter interval
- 400 meter interval
- 300 meter interval
- 200 meter interval
- Jog 800 meters (active rest)
- 400 meter interval

Saturday – Relaxed jog or walk

Sunday – Rest

NOTES

1. This roadwork program is for competitive athletes. It is very intense on the legs. Do not attempt this until you have developed a considerable amount of anaerobic fitness.
2. If you compete as a combat athlete, you should work these interval-training days around your sparring and mat work. You should not run intervals before you spar. You must enter the ring fresh. It is a good idea to stagger your intervals and sparring days. For example, you can run intervals on Monday, spar on Tuesday, intervals on Wednesday, spar on Thursday, etc...
3. If you feel this program is too intense on your legs, consider using a two days on, one day off schedule. For example:
 - Monday – Interval Session
 - Tuesday – Aerobic running
 - Wednesday – Rest
 - Thursday – Interval Session
 - Friday – Aerobic running
 - Saturday – Rest
 - Sunday Rest
4. If you do not wish to run as many days, you can substitute your anaerobic days with other conditioning drills such as Minute Drills.
5. Interval sessions can also be performed with equipment such as a jump rope or stationary bike.

A BOXER'S BEDTIME SPECIAL

This quick routine can be performed first thing in the morning or right before bedtime. This workout will strengthen your hands, neck, and core. Try to work yourself up to 50 Finger Pushups and 50 Knuckle Pushups. Increase the number of repetitions as you advance. This workout will ensure that you do not neglect your hands and neck.

- Finger Pushups x 25
- Rolling Bridges x 12
- Knuckle Pushups x 25
- Neck Circles x 25 each direction
- Plank x 2-minutes

You can repeat this cycle if you have time, but once is sufficient if you trained during the day.

A RECOMMENDATION FROM A READER

One of the readers of *The Underground Guide to Warrior Fitness* recommended the following workout entitled the “**Deck of Cards**”. Many of you have probably seen this routine before.

There are several variations to this workout. Here are the instructions.

You will flip through an entire deck of cards. For every red card you select, you will perform one particular exercise. For every black card you select, you will perform another exercise. For example, if you draw a red five, you will perform 5 repetitions. Face cards are assigned a value of 10. Aces have a value of 11 and jokers can be any value you wish (15, 20, 25, 30, etc...).

DECK OF CARDS 1

Black cards = Bodyweight Squats

Red cards = Pushups

Flip through the entire deck of cards. For every red card you draw, perform Pushups, for every black card, perform Bodyweight Squats.

DECK OF CARDS 2

Black cards = Knee Hugs (or V-Ups if you really want a challenge)

Red cards = Pushups

DECK OF CARDS 3 *

Black cards = Burpees

Red cards = Pushups

Another variation is to assign four different exercises. Each exercise will be assigned to a different suit (clubs, diamonds, hearts and spades). Use your imagination with your exercise selection. An example is listed below.

DECK OF CARDS VARIATION

Clubs = Burpees

Diamonds = Pushups

Hearts = Bodyweight Squats

Spades = V-Ups