

WARRIOR WORKOUT BONUS SERIES PART II



THE UNDERGROUND GUIDE TO WARRIOR FITNESS

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UNDERSTANDING THIS E-BOOK

Dear Customer,

Welcome to the **WARRIOR WORKOUT BONUS SERIES PART II**. Part II includes many new exercises and workouts that you can incorporate into your workout.

One of the misconceptions regarding bodyweight exercise is the belief that squats and pushups are the only two movements that you can perform. It is unfortunate that so many individuals subscribe to this narrow-minded approach.

I am using these bonus packages in conjunction with **The Underground Guide** to open a can of whoop-ass on this misconception! There are an infinite number of exercises and routines that you can perform with nothing more than your natural bodyweight.

High repetition Bodyweight Squats can lead to boredom. If you find yourself in this situation, it is time to incorporate variety into your routine by focusing on different aspects of training. A complete program must incorporate strength work, power training, anaerobic conditioning, core training, and more.

Now that I have rambled on with my introduction, let's get this party started by looking at some new exercises. We will then jump right into the new workouts and Warrior Challenges!

Train hard!

Ross Enamait

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ADDITIONAL EXERCISES TO TRY

Variety is always important when training. Let's look at some new exercises that you can add to your workout arsenal.

Wall Pushups are useful if you are having difficulty progressing to a full-fledged handstand pushup. Many individuals attempt handstand pushups for the first time and are overcome by the fear of exercising from an upside down position. Your first attempt at a handstand pushup may be psychologically challenging. One of the best ways to overcome this feeling is by gradually elevating your feet against a wall (as illustrated below). You can slowly inch your way up to a full handstand pushup. Try to raise your feet a few inches higher each day. As your feet continue to rise, the exercise will shift its emphasis to the shoulders.



When you are able to perform complete handstand pushups, you can increase the difficulty by elevating your hands onto blocks. By raising your hands from the floor, you will increase your

range of motion, which increases the difficulty and effectiveness of the exercise. When you become proficient with this advanced variation, you can attempt to pull your feet away from the wall. It is VERY difficult to perform a handstand pushup without touching your feet against the wall. This freestanding version requires tremendous strength and balance!

Handstand pushups may be imposing at first, but just like anything in life, practice makes perfect. If you think this exercise is impossible, let me inform you that Dr. Robert Goldman once performed 321 consecutive handstand pushups.

Now pick those feet up off the ground and get busy!

Elevating your feet from the ground is a surefire way to increase the difficulty of any pushup style. I recommend that you begin to raise your feet for all pushup variations. The body adapts to the demands imposed upon it from training. In order to continually advance, you must increase the stress that you apply to your

muscles. As you improve, you must increase your workload. If not, your body will adjust to the movement, and your improvements will cease.

What does this mean?

It means that you must continually progress to more difficult movements. It is not sufficient to just add more repetitions. Hit the muscles from different angles by elevating your feet from the ground. A few “elevated” variations that I recommend include Close Grip Pushups, Divebomber Pushups, Plyometric Pushups, and Reverse Pushups.

EXPLOSIVE PUSHUPS

Many individuals have a misconception regarding bodyweight exercise and its carryover to power sports such as boxing and MMA. This misconception originates from individuals who focus all of their attention towards one or two exercises, such as high repetition squats and pushups. Although both exercises are excellent, there are many more movements that **SHOULD** be included in a **COMPLETE** routine. A complete athlete must divide his time between several forms of training including (but not limited to) endurance, speed, power, strength, balance, and agility.

To be explosive, you must train in an explosive manner. There is a time for endurance training and a time for explosive training.

IT IS POWER TRAINING TIME!

We are all familiar with the traditional Plyometric Pushup (page 60 from **The Underground Guide**). This movement is commonly performed with a handclap while in air. You can increase the difficulty of this movement by performing a handclap **BEHIND** your back while airborne. This exercise requires explosive power and coordination. I have seen athletes fall on their face when attempting this movement for the first time, so proceed with caution!

Be sure to explode off the ground when performing this **Clap Pushup Variation**. Your hands should “clap” above your lower back. You will need to explode fast to perform this exercise successfully. Definitely give this variation a try!

If you watched the classic boxing movie *Rocky*, you are familiar with our next exercise. I have dubbed this pushup variation the **Rocky Pushup**. For this movement, you will perform alternating one-arm pushups. You should explode from the ground with each repetition, landing on your opposite hand. This pushup variation is very challenging, but **AWESOME** for functional power development.

Hopping Pushup – This variation involves a plyometric pushup with lateral movement. You will thrust your upper body off the ground, from left to right.



Begin by lowering yourself into the bottom phase of a pushup. On the upward portion of the movement you will explode into the air, thrusting your hands off the ground. Start by thrusting to your left. Thrust back to the center position, and then to your right. This exercise should be conducted at a brisk pace with stationary legs.

Leaping Pushup – For this variation, you will propel yourself off the ground, over an object. Begin by assuming the pushup position, with an object placed on your side. Thrust upward and over the object so you land in a pushup position on the other side of the object. Your feet will remain on the ground as your upper body leaps back and forth over the object. As your power improves, you can raise the height of the object. You can start with a small book and gradually stack additional books on top to increase the difficulty.

Power Overs –Use a basketball or medicine ball for this exercise. Begin with one hand on the ball, one hand on the floor. Thrust your torso up as if you were performing a pushup. Your torso will be propelled into the air. The hand that started on the ball will head to the floor, while the hand from the floor is thrust



upward to the ball. There will be a split second where the hand that started on the ball is airborne heading down, while the hand from the floor is heading up towards the top of

the ball. As soon as your hand reaches the floor, quickly drop down into a pushup position. Immediately explode back up, once again lifting the hands from the floor. Your hands will thrust side to side, from the floor to the ball.



Pushup Depth Jump – Begin in a pushup position with a platform positioned beside each shoulder. The platform should be approximately 6 inches high. Start with your hands on the ground.

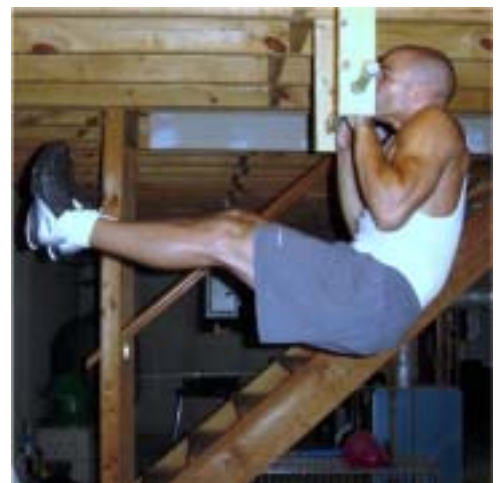
Thrust yourself into the air, landing on the raised platform (cement blocks in the picture). Immediately, spring back into the air, landing with your hands on the floor. Continue at a fast pace, minimizing ground contact.

The following two exercises require a Swiss ball (also known as a stability ball).

Legs on Swiss Ball - Perform a pushup with your feet balanced on the ball. By balancing on the unstable surface, you will activate the core and challenge your balance. This exercise is much more difficult than it appears.

Hands on Swiss Ball - Perform a pushup with your hands on the Swiss ball. This exercise targets the shoulders, arms, and core while simultaneously improving balance. If you wish to increase the difficulty, elevate your feet from a chair. For a real challenge, elevate your feet from another Swiss ball.

L Pull-ups – This exercise will humble many pull-up enthusiasts. Hold your legs parallel to the floor, so your body forms the letter L. Maintain this position as you perform pull-ups. *You can also perform an L Chin-Up.*





1-Arm Plank On Ball – Perform a plank with one arm on top of a medicine ball or basketball. This exercise will challenge the most elite athletes. If you think the traditional plank is effective, give this variation a try. It will not take long to feel this exercise burning throughout your entire body.

Grasshopper – This animal exercise is great for conditioning while simultaneously strengthening the core. Begin with your hands and feet touching the floor. You will initiate the movement by bringing your right foot underneath your body until it touches your left hand. Immediately after touching your hand, repeat the movement by bringing your left foot across the body to your right hand. Continue this back and forth motion at a brisk pace. Your hands will remain stationary as your legs continuously swing towards opposite hands.



Running Cat - From a squatting position, jump forward onto your hands. Push off the ground with your hands, landing with the feet back in a squatting position.



BLAST THE TRICEPS

Our next movement will blast your triceps unlike any other exercise. I HIGHLY recommend this exercise!

Bodyweight Triceps Extension #1 – You can perform this exercise on a chair, a bar, or any sturdy structure. Begin with arms bent and “simply” extend your arms out, while maintaining a straight back. Only your arms will move during this exercise. It will not take many repetitions for you to feel the triceps working. If you want a real challenge, try elevating your feet from the ground!



Bodyweight Triceps Extension #2 – For this variation, you will grab the legs of the chair. Your palms will face each other, rather than facing down as in the illustration above. This variation will hit the triceps from a different angle. Be sure to give these two exercises a try.



LOWER BODY POWER

Let's shift our attention to the lower body. These exercises will help transform your legs into explosive machines!

Box Jumps – Box Jumps and Depth Jumps are excellent for developing explosive power in the legs. To perform Box Jumps you will need a raised platform. In the illustration, I have used steps, but you can use any sturdy box or platform. Begin with a shoulder width stance and explode upward onto the platform. Jump back down to your starting position and continue at a brisk pace. Focus on exploding off the ground with maximum force. As you improve, you can increase the height of the platform. If you use stairs, you can jump to higher steps as you improve. Box Jumps and Depth Jumps are advanced plyometric movements that should only be performed by individuals with a significant strength base. If you are tired of endless sessions of Bodyweight Squats, give these explosive drills a try.



Depth Jumps – Begin from a raised platform. Step (not jump) down towards the ground. As soon as you reach the ground, explode upward into the air. Return to the raised platform and continue. The height of the platform should not exceed 3 feet. Depth Jumps and Box Jumps are excellent for increasing vertical leaping ability. Do not perform these exercises more than 2-3 times per week.





Step Ups – Position one foot on a raised platform, the other foot on the ground. Use the foot that is elevated to drive your body up to the platform. Work one leg at a time. Hold a pair of dumbbells for added difficulty.



Step Jumps – Start with one foot elevated, the other foot grounded. Jump up to the step with one leg at a time. This exercise is similar to running in place, except your legs will be jumping up to the step.

Lateral Step Ups – Position yourself on the side of a chair. Your right leg will be positioned on top of the chair. Thrust off the right leg as you laterally hop to the other side of the chair. Your right leg will head to the ground, as your left leg lands on the chair. Continue this lateral hopping motion, back and forth. Use the elevated leg (leg on the chair) to generate the force to propel you from side to side.



TRAIN WITH EXPLOSIVE MOVEMENTS

These leg exercises are explosive in nature. They will develop explosive power in your lower body. Too many people associate bodyweight exercise with Hindu Squats, and nothing else. Mix things up by incorporating these explosive leg movements into your routine. If you compete as a combat athlete, you will require explosive power and speed to attack your opponent.

When you lack variety, you become one-dimensional. A one-dimensional fighter is a limited fighter.

Do not make this mistake. Incorporate variety into your routine. To be fast, you must train fast. These explosive lower body movements will develop the power necessary to jump higher, run faster, and deliver more powerful kicks.

What are you waiting for?

Get busy jumping!

TABATA INTERVALS

If you find yourself strapped for time, and in need of an intense workout, Tabata intervals may be just what the doctor ordered. The Tabata interval is a form of training that was created by Dr. Izumi Tabata at the National Institute of Fitness and Sports in Tokyo, Japan.

HOW IT WORKS

The concept behind Dr. Tabata's work involved intense bouts of exercise for 20 second intervals, followed by a 10 second rest period, repeated 8 times. This form of training works the body both aerobically and anaerobically. Tabata intervals are very intense. This form of training can be applied to almost any exercise. Let's look at a sample Tabata interval, using Bodyweight Squats for the exercise.

- Bodyweight Squats x 20 seconds
- Rest 10 seconds
- Bodyweight Squats x 20 seconds
- Rest 10 seconds
- Bodyweight Squats x 20 seconds
- Rest 10 seconds
- Bodyweight Squats x 20 seconds
- Rest 10 seconds
- Bodyweight Squats x 20 seconds
- Rest 10 seconds
- Bodyweight Squats x 20 seconds
- Rest 10 seconds
- Bodyweight Squats x 20 seconds
- Rest 10 seconds
- Bodyweight Squats x 20 seconds
- Rest 10 seconds

As you can see, you first perform 20 seconds of Bodyweight Squats, then rest 10 seconds, and continue this pattern until 8 rounds of exercise are complete.

INTENSITY, INTENSITY, INTENSITY...

To benefit from this form of training, you must focus on **INTENSITY** throughout the entire interval. When you perform Bodyweight Squats, you must perform each repetition as fast as possible. Try to perform 20 or more Bodyweight Squats per 20-second interval. Explode upward with each squat. The only way to stress your anaerobic system is by working **HARD** and **FAST!**

For the workouts listed below, you will follow the Tabata interval pattern (20 seconds of work, followed by 10 seconds of rest, repeated for 8 continuous cycles). When transitioning from one exercise to the next, try to begin the next exercise without exceeding 10 seconds of rest. If this is too difficult, you may rest up to 1-minute.

TABATA WORKOUT #1 (BEGINNER)

- Tabata Squats
- Tabata Pushups

As a reminder, after completing 8 rounds of squats, you will rest 10 seconds and immediately proceed into the 8 rounds of pushups.

TABATA WORKOUT #2 (ADVANCED)

- Tabata Squats
- Tabata Pushups
- Tabata Chinnies (*if Chinnies become too difficult, switch to sit-ups*)
- Tabata Squats

TABATA WORKOUT #3 (ADVANCED)

- Jump Rope (High Knee jump rope style, SPRINT in place)
- Pushups
- Squats
- Chinnies

This workout includes Tabata style jump rope training. You can apply the Tabata principle to jumping rope, running, stationary biking, or any other exercise. You are not limited to strength exercises. Tabata training began with the stationary bike. We can expand the principle to create a complete workout.

TABATA WORKOUT #4 (MASTER)

- Tabata Burpees
- Tabata Chinnies
- Tabata Squats
- Tabata Pushups

Workouts 2, 3, and 4 will take approximately 20 minutes to complete. These routines are perfect for those days when your time is limited. These routines will blast your anaerobic strength into overdrive. You can always find 20 minutes to train. If you are strapped for time, give Tabata interval training a try!

ADD SAND TO BODYWEIGHT EXERCISE

If you are looking for an inexpensive way to crank up the intensity of your bodyweight exercise routine, I recommend purchasing a 50-pound bag of sand from your local hardware store. You can usually find a 50-pound bag for \$3 or less.

MATERIALS

Along with your sand, you should purchase some duct tape, a backpack, and a box of resealable sandwich bags (also known as ziplock bags).

INSTRUCTIONS

Fill each ziplock bag with sand. Fill each bag approximately 3/4 full. If you overfill the bags, they will feel like mini-bowling balls. Leave some space in the bags so they are easy to grab and squeeze. After sealing the end of the bag, add a second layer of protection with duct tape. I also recommend doubling each bag so you have two layers of plastic around the sand. A broken sandbag makes a real mess, so take the time to construct the bags properly.

Once the ziplock bags are filled with sand, place them in your backpack. All of a sudden you have an inexpensive and effective weighed vest. You can wear the weighted backpack while performing dips, pull-ups, pushups, and many other bodyweight movements. The extra weight will crank up the intensity.

HOW MUCH WEIGHT?

By using ziplock bags filled with sand, you can quickly increase or decrease the weight. Experiment a little and you will determine how much weight is right for you.

Ok, now that you have your backpack filled with sand, what the heck can you do with it?

Great question!

Let's look at a sample power routine...

POWER WORKOUT WITH SAND

For this routine, you will wear the weighted backpack during the Upper Body Circuit. This routine consists of an Upper Body Circuit, a Lower Body Circuit, a “Finisher” Circuit, and a Core Circuit. You will perform each circuit 3 times, **before** proceeding to the next circuit.

Upper Body Circuit (WITH WEIGHT)

- 15 x Advanced Chair Pushups (page 59 from **The Underground Guide**)
- 5 x Pull-Ups
- 10 x Dips
- 5 x Chin-Ups
- Perform 3 Circuits, 1-minute rest between exercises

Lower Body Circuit

- 25 Bodyweight Squats
- 25 Calf Raises
- 12 Depth Jumps
- Rest 1 Minute
- 25 Bodyweight Squats
- 25 Calf Raises
- 20 Box Jumps
- Rest 1 Minute
- Perform 3 Circuits – no rest between exercises unless noted

Finisher Circuit

- 12 x Divebomber Pushups
- 12 x Reverse Pushups
- Perform 3 circuits – 30 seconds rest between circuits

Core Circuit

- 10 x V-ups
- 10 X Chinnies
- 10 x Knee Hugs
- Perform 3 circuits - 30 seconds rest between circuits

If you do not have a weighted backpack, substitute the Upper Body Circuit with the following:

- 10 Handstand Pushups
- 10 Pull-ups
- 10 One-Arm Pushups (10 per arm)
- 10 Chin-ups
- 10 Plyometric Pushups

THE 10-MINUTE CHALLENGE

OK Warriors and Warriorettes, it is time to compete in the Warrior Challenge! As an athlete, my motivation for training has always originated from my competitive nature. I hate to lose. I play to win, or I do not play at all.

One of the best ways to bring this motivation to the gym is by competing against yourself or a training partner. The first “event” in the Warrior Challenge has been dubbed the **10-Minute Challenge**. This quick routine will kick the shit out of any Warrior Wannabe!

Your goal when conducting this routine is to score as many “points” as possible. Each time you perform this routine, you should challenge yourself to improve your point total. This routine consists of the following three exercises:

Bodyweight Squats	(1 point)
Pushups	(2 points)
Burpees	(3 points)

Each Bodyweight Squat that you perform adds 1 point to your total. Each Pushup adds 2 points. Each Burpee adds 3 points. Burpees must be performed with a jump, not the traditional squat thrust where you “stand up”. Perform a full Burpee as described in **The Underground Guide**.

HOW TO PLAY...

This routine requires 10 consecutive minutes of exercise. You can perform the exercises in any order. You can perform as many repetitions of each exercise as you choose. Burpees will score you the most points, but are also the most strenuous. You must balance your exercise selection to allow for maximum points, without burning out too quickly. There are no rest periods allowed during the 10 minutes. If you stop to rest, your score is reset to zero. If you find yourself completely exhausted, you may perform active rest with Jumping Jacks. Jumping Jacks are the **ONLY** form of rest allowed. This active rest will not score you ANY points. If you are too fatigued to finish 10 consecutive minutes, your score is reset to ZERO.

You will never perform this routine the same way twice. Each time that you perform the challenge, you should attempt to score a new personal high.

KEEPING SCORE

There are a few methods that you can use to keep track of your point total. If you train with a partner, you can have them track your repetitions for each exercise.

You can perform the math after the routine is complete (for example multiply your total number of Burpees x 3).

If you do not train with a partner, you can do one of two things. First, if you really want a challenge, you can keep track of your repetitions for each exercise in your head. As you become fatigued, it will become difficult to keep track of repetitions. I recommend that you count repetitions for each exercise separately and perform the math when you are finished. Keep a running total of repetitions for each exercise. This will force you to use your MIND despite the physical fatigue that you feel.

Another (easier) option is to jot down your repetitions on a piece of paper after each exercise. This is the easy way out. You will have more time to rest and your overall score will suffer, since you will be wasting time using your pencil instead of your muscles!

I have created a section on my message board for you to post your results and track your progress. You can also see how you stack up against your fellow Warriors.

The message board is located at the following link:

<http://pub47.ezboard.com/brossboxingforum>

THE BURPEE + PULL-UP CHALLENGE

This challenge will also last for 10 minutes. Your goal will be to perform as many Burpees and Pull-ups as possible in a 10 minute period.

- Each Burpee will add 1 point to your total
- Each Pull-up will add 2 points

You are allowed to rest as often as you like, but your score will suffer with extended rest periods.

You can perform any of the pull-up styles (including chin-ups) illustrated in **The Underground Guide**.

Burpees must be performed with a full jump, not just standing up.

This challenge is very difficult. To maximize your score, you will need to combine strategy with excellent strength and conditioning.

THE INTERVAL CHALLENGE

For this challenge you will need access to a 400-meter track. Your objective is to complete this routine as quickly as possible. You can rest if you wish, but your time will suffer.

Repeat this cycle 4 times

- 12 Burpees
- 24 Pushups
- 36 Bodyweight Squats
- 400 meter run

You will be scored based on time. Try to reduce your time each week...

I will warn you that the Interval Challenge is a real ass kicker. The 400 meter intervals will become much more difficult as you approach your 4th lap. This challenge will push your anaerobic endurance to the max. .

Post your scores to the message board!

JUMP ROPE

I discussed the jump rope in **The Underground Guide**, but I would like to reemphasize this tremendous training tool. You will not find a more effective piece of training equipment for less than \$10.

WHY JUMP ROPE?

The jump rope offers several benefits to your training program. A few include:

- Enhance anaerobic endurance
- Improve agility and footwork
- Improve coordination, balance, timing, and rhythm
- Faster hands and feet

These are just a few of the benefits that come from jumping rope. You will strengthen the arms, wrists, shoulders, and back, while blasting your anaerobic conditioning to newfound levels.

A FEW POINTERS

- Use a flat, non-abrasive floor surface
- Land with soft feet, do not stomp into the floor
- Land on the balls of the feet
- To determine the proper length for the rope, step on the middle and the handles should reach your armpits. See the chart below for estimates:

Rope Length	Athlete's Height
7 ft.	Up to 4'10"
8 ft.	4'11"-5'3"
9 ft.	5'4"-5'10"
10 ft.	5'11"-6'6"
11 ft.	Over 6'6"

TURNING THE ROPE

There are a few variations that you can try when turning the rope. The traditional rope turn begins with the upper arms held close to the body. The forearms are held down and out at a 45-degree angle. With this arm position, the hands and wrists will do most of the work. You will make small circles with the wrists, minimizing arm movement.

If you really want to work the arms, you can keep the elbows in by your sides, and the forearms parallel to the ground. This variation will make your arms burn! I recommend both rope turning styles. Mix it up and have fun!

Regardless of the hand position you choose, you must focus on speed when jumping rope. To maximize speed, you must turn the rope with INTENSITY! If you turn the rope slow, you will miss out on the true conditioning benefits of jump rope training.

JUMP ROPE VARIATIONS



There are several variations that you can incorporate into your jump rope program. Each variation will challenge your coordination and agility in a unique fashion. Below I have listed several variations that I encourage you to try.

Run In Place: Run in place while jumping rope. Land on the balls of your feet and flex the lower leg to form a 90-degree angle with the back of your thigh. You can run in place with the knees up or down. By lifting the knees up to hip level, you will shift the emphasis to the quadriceps. By keeping the knees down, you will work the hamstrings.

Sprint In Place: A variation of running in place involves an all out sprint with the rope. You will remain stationary and jump rope with a “sprint” pace. For this variation, you should run in place with the knees up. This is an excellent exercise to improve anaerobic endurance.

Side-to-Side: Jump with your feet together in a side-to-side motion while skipping rope.

Side-to-Side Twists: A variation to the side-to-side jump involves a simultaneous rotation of the hips. As you jump from side-to-side, you will also rotate the hips back and forth.

Heel-Toe: Jump once to each turn of the rope, alternating your right and left feet from heel to toe. The heel and toe of opposite feet will make contact with the ground at the same time. For example, your right heel will touch the ground in sync with your left toe and vice versa.

Forward – Backward Spread: Alternate one foot forward and one foot backward as you turn the rope. The left foot lands forward and the right foot lands back on the first turn, then the right foot lands forward and the left foot lands back on the second turn. Continue in this alternating fashion. This variation is commonly referred to as the Ali Shuffle.

Front-to-Back: With your feet together, alternate jumping forward and backward while turning the rope.

Corner Jumping: Jump in the pattern of a square. You will jump to each corner of the square while turning the rope. This variation will improve your agility in all directions. You will jump forward, backward, and side-to-side.

Straddle: Start with your feet together for the first turn of the rope. Spread your feet to the sides for the second turn. Continue in this alternating fashion as if you were performing a jumping jack with the rope.

Cross Straddle: For this variation, laterally cross the right leg over the left leg, and then cross the left leg over the right leg. Continue in this alternating fashion.

Criss-Cross: Cross the arms at the elbows on the downward swing of the rope. Jump through the loop of the rope that is formed in front of your body. Uncross the arms on the next downward swing. Continue to criss-cross the rope in this alternating fashion.

Single Leg Bounce: Bounce once to each turn of the rope, using one foot at a time. Alternate between right and left foot. A sample routine involves a ladder where you start with 1 jump on the left foot, then 1 with the right, 2 with the left foot, then 2 with the right, 3 with the left foot, then 3 with the right, and so on until you reach 10. You can then start over with 1 jump per foot and continue.

Double Jumps: Make two turns of the rope for every one jump. Keep your feet together and turn the rope fast to allow for two full turns for every jump.

Double Jump – Single Leg: A more difficult variation is to perform a double jump on one leg at a time. Work 5 double jumps on the left leg, and then 5 on the right leg. Continue with this back and forth pattern.

Triple turn: This is a very difficult variation. Try to jump high and turn the rope three times for every one jump. You will need to jump high as you quickly turn the rope with your wrists.

Other Variations: If you have access to an open gymnasium floor, you can incorporate forward, backward, and side-to-side running with the jump rope. You can run forward while jumping rope, run backward, and to each side. You can also run in the pattern of an imaginary square. Run forward 5 feet, then to the

right 5 feet, then backward 5 feet, and back to the left. You are only limited to your imagination. There are an infinite number of variations that you can include in your jump rope routine.

PUTTING IT ALL TOGETHER

The jump rope can be used for several training purposes. You can include the rope as part of your warm-up or as a tremendous strength and conditioning tool. If the rope is new to you, you can begin by performing 1 or 2 minute rounds followed by a 1-minute period of rest.

Eventually, you should progress to 3-minute rounds on the jump rope. During this time you can alternate between various jump rope styles. You can alternate between 30 seconds of all out jumping, followed by 30 seconds of less intense work. You can repeat this pattern with one of many jump rope variations.

You can also perform each variation for 10-20 jumps and continue down the line. This option will allow you to include several jumping styles in your routine. You can also change jumping variations for each round on the rope.

For example, you can start with one round of Side-to-Side jumping, followed by a round of Running In Place with all out sprints every 30 seconds. You can then alternate between Double Jumps and slow paced Running in Place.

I encourage you to include several variations of jump rope on a REGULAR basis. Each variation will challenge your coordination and agility in a unique manner. It will not take you long to dramatically improve your condition and agility. You really CANNOT afford to neglect such an inexpensive training device.

A FEW LAST OPTIONS

If you really want to crank up the intensity, you can purchase a jump rope with weighted handles. The extra resistance will work your shoulders and arms. If you do not want to purchase a separate rope with weights, you can simply wear a light pair of wrist weights to add resistance while jumping rope. You can start with three rounds of weighted jump rope, and finish with 3 rounds without weight. The added resistance is a great way to improve your conditioning.

Another way to improve your stamina is by reducing the rest period between rounds from 1-minute to 30 seconds. If you can jump rope for 6 hard rounds with only 30-seconds of rest between rounds, you are making excellent progress.

You can also incorporate active rest into your rest periods with pushups, squats, or any other bodyweight exercise. Adding exercise to the rest period is a great way to blast your workout's intensity through the roof!

You can create complete jump rope circuits with a variety of exercises. Let's look at a few samples...

JUMP ROPE CIRCUIT #1

- 30 seconds of all out jump rope – High Knees
- 10 Burpees
- 10 Pushups
- 10 Bodyweight Squats
- Repeat 8 Times

JUMP ROPE CIRCUIT #2

- 2 minutes of jump rope – maintain a fast pace throughout
- 10 Burpees
- 10 Plyometric Pushups
- Rest 1-Minute – Perform 6 Rounds

JUMP ROPE CIRCUIT #3

- 20 Double Jumps (2 turns of the rope per jump)
- 10 Pushups
- Alternate between these two movements for an entire 2-minute round
- Rest 1-minute – Perform 6 Rounds (drop the rest to 30 seconds as you improve)

You can integrate jumping rope with bodyweight exercise to create an infinite number of intense strength and conditioning routines. Experiment on your own, think outside the box, and create your own mini-circuits. These circuits are guaranteed to improve your work threshold and anaerobic endurance.

Find time to include the jump rope in your routine. You can jump rope indoors, in the driveway, at a local school ground, or anywhere else you can think of. I have even jumped rope in my living room during bad weather. Move a few chairs out of the way and you are ready to go!

MORE ROADWORK FUN

I have received several questions about the “best” distance for interval running. Should you be running 400’s, 200’s, 100’s, or 50’s?

There is no universal answer to this question. Do not settle on one distance for your interval sessions. Mix it up with a little variety. You can run 400’s on one day, and 200’s another. Another option is to intermix each distance into a complete routine. Give this sample roadwork session a try...

SPRINT AND INTERVAL TRAINING

- 800 meter jog (warm up)
- 2 x 400 meter intervals
- 3 x 200 meter sprints
- 4 x 100 meter sprints
- 5 x 50 meter sprints
- 400 meter jog (cool down)

As you proceed through this workout, you will gradually shift your emphasis from endurance to explosive speed. Give this routine a try, your legs will thank me!

STAIRS + BURPEE PYRAMIDS = PAIN

OK, so you really want to crank up the intensity... Are you sure? Well if you are, then this routine will do the trick!

You can perform this routine with a flight of stairs, the bleachers at a high school field, or the stadium stairs at a college football field. If you do not have access to stairs (or you want some variety), you can perform this routine with a hill.

- Perform 1 Burpee, then sprint to the top of the stairs, and jog back down
- Perform 2 Burpees, then sprint to the top of the stairs, and jog back down
- Perform 3 Burpees, then sprint to the top of the stairs, and jog back down
- Continue this pattern until you reach 10 Burpees. At this point, you can either pass out on the side of the bleachers, or you can climb back down the pyramid until you finish with 1 Burpee.

If the 10 Burpee Pyramid is too challenging, you can start off with 5. Try to add at least one more step in the pyramid each week until you reach 10. If you perform this routine twice per week, you will definitely notice an improvement in overall conditioning.

BURPEE + JUMPING JACK LADDER

This routine is short, yet effective. You will perform a ladder of Burpees and Jumping Jacks. You will start with 1 Burpee and 2 Jumping Jacks and climb up to 7 Burpees and 14 Jumping Jacks. Once you have completed the ladder, you will perform one exercise as active rest. You will perform 4 ladders during this routine. There is no rest between exercises.

- 1 Burpee + 2 Jumping Jacks
- 2 Burpee + 4 Jumping Jacks
- 3 Burpee + 6 Jumping Jacks
- 4 Burpee + 8 Jumping Jacks
- 5 Burpee + 10 Jumping Jacks
- 6 Burpee + 12 Jumping Jacks
- 7 Burpee + 14 Jumping Jacks

20 Close Grip Pushups

- 1 Burpee + 2 Jumping Jacks
- 2 Burpee + 4 Jumping Jacks
- 3 Burpee + 6 Jumping Jacks
- 4 Burpee + 8 Jumping Jacks
- 5 Burpee + 10 Jumping Jacks
- 6 Burpee + 12 Jumping Jacks
- 7 Burpee + 14 Jumping Jacks

50 Bodyweight Squats

- 1 Burpee + 2 Jumping Jacks
- 2 Burpee + 4 Jumping Jacks
- 3 Burpee + 6 Jumping Jacks
- 4 Burpee + 8 Jumping Jacks
- 5 Burpee + 10 Jumping Jacks
- 6 Burpee + 12 Jumping Jacks
- 7 Burpee + 14 Jumping Jacks

20 Divebomber Pushups

- 1 Burpee + 2 Jumping Jacks
- 2 Burpee + 4 Jumping Jacks
- 3 Burpee + 6 Jumping Jacks
- 4 Burpee + 8 Jumping Jacks
- 5 Burpee + 10 Jumping Jacks
- 6 Burpee + 12 Jumping Jacks
- 7 Burpee + 14 Jumping Jacks

50 Bodyweight Squats

BURPEE CONDITIONING

Burpees, Burpees, and more Burpees...

What is the deal with all these damn Burpee routines?

Simple answer... They kick ass!

Minute Drills are a major topic discussed in **The Underground Guide To Warrior Fitness**. In my opinion, this form of training is one of the best ways to improve conditioning, while minimizing boredom. There are an infinite number of variations that you can apply to your minute drill routines. Burpee Minute Drills are one of the most effective ways to improve your stamina... GUARANTEED!

Also, just to make sure we are all on the same page... A REAL Burpee requires you to JUMP upwards off the ground for each repetition. These routines do NOT involve "sissy" squat thrusts where you simply stand up on the upward portion of the movement. Forget about standing up, you need to explode into the air!

BURPEE MINUTE DRILLS

- 30 seconds of Burpees
- 30 seconds of shadow boxing
- 30 seconds of Burpees
- 30 seconds of shadow boxing
- 30 seconds of Burpees
- 30 seconds of shadow boxing
- Rest 1 minute between rounds - perform 4-6 rounds

This 3-minute drill will blast you into fight shape.

SHADOW BOXING TIPS

For the shadow boxing portion of this routine, you should focus on throwing fast punches throughout the 30-second period. If boxing is foreign to you, focus on throwing straight punches. Alternate between a left jab and straight right hand punch (or a right jab and straight left hand if you are left handed).

Throw your punches from a traditional boxing stance. If you are right handed, you will begin with feet shoulder width apart. Take a step forward with your left foot. You will then turn the body and feet slightly to the right to form a semi-sideways stance. Your bodyweight will be evenly distributed on the balls of each foot. The knees should be slightly bent with your right heel raised slightly off the ground (reverse this stance if you are left handed, step forward with the right foot

in front so you can jab with your right hand). Your hands will be up by your face, with your elbows close by your sides.



Begin by jabbing with the left hand. You will throw the punch down a straight line while twisting the arm in a corkscrew motion. Your right hand will remain close to your face as the left hand is extended. Once the jab is extended, you will return the hand back to the starting position while simultaneously throwing a straight right hand. You will throw the right hand down a straight path towards an imaginary target. Pivot the hips as your arm extends. Continue to work these two punches for the duration of the 30-second period.

If you are a more experienced fighter, you can mix in additional punches such as the left hook and right uppercut.

By integrating Burpees with shadow boxing, you will quickly learn to fight through fatigue. After a few rounds of this drill, your body will be exhausted. It is important to maintain proper punching technique throughout the drill. Keep your hands up and continue punching. If you compete as a combat athlete, there will be times when you are completely fatigued and must continue to fight. This drill will help prepare you for these situations.

FIGHT CONDITIONING

Let's continue our theme of fight conditioning and preparation with more minute drills to incorporate in your routine. These intense conditioning drills will increase the body's ability to perform and function under intense physical stress and fatigue. If you compete in the combat arena, you know the feeling of extreme fatigue. If you perform these routines regularly, you will develop a whole new sense of fight conditioning. You can perform these routines 2-4 times per week. These routines can be combined to form a complete day's training schedule, or as part of your warm-up. I often instruct my fighters to work through these routines as a part of their warm-up. They then conduct their complete workout, which includes heavy bag work, jump rope, core training, etc.

These routines will be difficult at first. You will be tested physically AND mentally. After a few weeks, you will notice yourself performing each exercise with more power and explosiveness.

MINUTE DRILL #1 (3 MINUTE DRILL)

- 30 seconds x Burpees
- 30 seconds x Jumping Jacks
- 30 seconds x Grasshoppers
- Continue for 3 minutes – repeat 4-6 rounds

MINUTE DRILL #2 (4 MINUTE DRILL)

- 30 seconds x Burpees
- 1 minute of Dumbbell Swings (30 seconds each arm)
- 30 seconds of all out punching with 3-5 pound hand weights
- 30 seconds x Burpees
- 1 minute of Dumbbell Swings (30 seconds each arm)
- 30 seconds of all out punching with 3-5 pound hand weights
- Repeat 4-6 rounds

Minute Drill #2 is one of the BEST conditioning drills that you will ever perform. In this drill I have introduced a weight training exercise that is not illustrated in **The Underground Guide**. I have provided illustrations and a description of the Dumbbell Swing on the next page.

Due to the intense nature of this routine, it may be difficult to keep track of time. I recommend wearing a sport wristwatch that has a digital timer. I purchased an inexpensive wristwatch for less than \$10, which I can use to track interval times and minute drill routines. You can also estimate time by counting repetitions for each exercise. You should average approximately 10-12 full Burpees in 30 seconds and approximately 12 Dumbbell Swings per arm in 1 minute.

During the 30-second portion of all out punching with light dumbbells in hand, you should throw straight punches throughout the duration of the drill. Focus on throwing a non-stop combination of **left jab – straight right hand – left jab – straight right hand**, etc... Use small hand weights between 3 and 5 pounds. Focus on **SPEED** throughout the 30-second time period.

Below is an illustration and description of the Dumbbell Swing taken from my latest book **Medicine Ball Training and Then Some...** This dumbbell exercise is one of the best. It will strengthen your shoulders, back, arms, and legs.



Dumbbell Swing – Bend at the waist with back straight and knees close to parallel. The dumbbell will hang between legs. Swing the dumbbell overhead while standing up. This exercise will condition the entire body. Work both arms.

I highly recommend Minute Drill #2 if you are looking for an intense conditioning routine that can be completely in less than 20 minutes. This conditioning drill will blow away any traditional “roadwork” routine that you may have used for conditioning in the past. Give it a try!

MINUTE DRILL #3 (2 MINUTE DRILL)

- 30 seconds x Burpees
- 1 minute of Dumbbell Swings (30 seconds each arm)
- 30 seconds x Burpees
- Repeat 6 rounds

Minute Drill #3 is only 2 minutes, but you can expect it to be 2 minutes of pain! Since this drill is only 2 minutes, you should perform 6 rounds. Your rest period can range from 30 seconds to 1 minute. Start with a 1-minute rest, and try to work your way towards 30 seconds. This drill is excellent for fight conditioning.

SPRINT + POWER CONDITIONING DRILL

This drill can be performed anywhere, without equipment. It will boost your stamina while teaching the body to explode with force, despite physical fatigue.

- 10 Burpees
- 100-meter sprint
- 12 Plyometric Pushups
- Jog back to starting point
- Repeat 6 rounds using only the jog back as rest

You can replace the 12 Plyometric Pushups with 30 seconds of light dumbbell punching if you want a real challenge. Simply place a pair of 3-5 pound dumbbells 100 meters from your starting point. After completing 10 Burpees and a 100-meter sprint, you will find the dumbbells waiting for you! Pick up the hand weights and throw non-stop punches for 30 seconds. If you do not have a wristwatch to time yourself, throw a set number of punches such as 100 or 150.

These drills are excellent because they train the body to perform through fatigue.

PUNCHING DRILLS

Whether you are a boxer, martial artist, or hardcore weekend warrior, you can benefit from these fight-conditioning drills. The average person off the street cannot hit a heavy bag for a complete 3 minute round...

Well the hell with the average person! We left the mediocre world behind us a long time ago!

This basic punching drill can be performed on a heavy bag or while shadow boxing with light hand weights. I recommend 3-5 pounds to allow for maximum speed.

Punch in a non-stop manner for an entire 1-minute interval. Focus on throwing fast, straight punches without stopping. You can start with 4 rounds of 1-minute punching. Give yourself 1-minute of rest between rounds. Eventually, you can cut your rest period to 30 seconds. You can also incorporate active rest into the break period. For example, you can perform Bodyweight Squats during the 1-minute rest period. As your condition improves you will find yourself throwing MORE punches, and MORE effective punches (harder punches).

Are these drills better performed with hand weights or on the heavy bag?



I recommend both forms of training. The benefit of the heavy bag is that you are actually hitting something (which always feels nice!). The benefit of the hand weights is that you can more easily perform active rest exercises. You do not need to worry about taking off the boxing gloves to perform exercises such as pushups or burpees.

As mentioned earlier, these drills are best if performed 2-4 days per week. If you are planning a heavy bag training session, you can start with 4 intervals of punching drills before you begin. After 4 intervals on the bag,

your arms will be fatigued. You can then follow up with 4 x 3 minute rounds of traditional bag work where you work on combinations and boxing technique. This form of training teaches you to execute proper technique even when extremely fatigued.

MORE WORKOUTS TO TRY...

MILE MANIA

The 1-mile run is commonly used to measure physical fitness. The following routine will require two separate timed runs, one at the beginning of the routine, and one at the end. As your fitness improves, you will run your second mile almost as fast as the first mile.

Begin with 1 Mile Run for time

- 5 Jumping Jacks
- 5 Pushups
- 10 Jumping Jacks
- 10 Pushups
- 15 Jumping Jacks
- 15 Pushups
- 20 Jumping Jacks
- 20 Pushups
- 25 Jumping Jacks
- 25 Pushups
- Repeat this cycle 5 times – minimize rest between exercises

Finish with 1 Mile Run for time

If you do not wish to run 1 mile, you can substitute each mile run with one set of Tabata intervals using Bodyweight Squats.

If 25 pushups are too difficult to achieve with this ladder, start by climbing to 15 pushups. Eventually, you will breeze through the final steps in this ladder. This routine may appear easy at first glance, but is more difficult than it appears. This routine is excellent if you are looking to increase maximum pushup output.

USING PLANK VARIATIONS

The Plank is one of the most effective core training exercises. After holding the Plank for a few minutes, you can expect to feel the core muscles burning like never before.

If holding the Plank for extended periods of time sounds unappealing, give the next routine a try. For this routine, you will start with a traditional 1 minute Plank. You will then work through a few variations, including the 1 Arm Plank, which has been illustrated in this bonus package. You will need a basketball or medicine

ball for this exercise. The Pushup Hold from Ball is illustrated in **The Underground Guide** on page 76.

THE PLANK ROUTINE

- Start with a 1-minute Plank
- 1 Arm Plank On Ball x 12 count (left arm)
- 1 Arm Plank On Ball x 12 count (right arm)
- Pushup Hold From Ball x 20 count
- Side Plank x 20 count (left arm)
- Side Plank x 20 count (right arm)
- Repeat 3 times with minimum rest between cycles
- Rest 1 minute
- Finish with a 2-minute plank

This Plank routine makes a great finisher to any workout. It will leave your core begging for mercy!

HOW DO YOU PUT IT ALL TOGETHER?

At this point, you may be slightly overwhelmed by the multitude of training routines. How can you find time to include each workout? How do you put the pieces together to create a complete training program? After all, there are only so many days in a week, and only so many hours in a day...

To add to the complexity, we must factor in our unique training goals, work schedules, and family commitments. Based on a hectic work schedule, John may only have 3 days per week to exercise. Joe on the other hand may allocate 6 days per week to train. Quickly you recognize the need for customization when creating a training program that works for YOU.

How can you put together a training program that conforms to YOUR schedule and YOUR training goals?

A RECIPE FOR SUCCESS

As an athlete and trainer, I recognize the complexity involved in creating a complete training program. It can become pretty damn confusing and frustrating. We all want to be the best, but often find ourselves lost when constructing a weekly program. Cookie-cutter routines do not work. I cannot spoon feed one program that fulfills the strength and conditioning needs of the entire population. We are all unique, hence the importance of constructing a program that caters to our differences.

I have written about my Recipe For Success system in the past. I believe this system may benefit you so I have "borrowed" some text from my book **Medicine Ball Training and Then Some...** In this book, I described the Recipe for Success system as a method to construct a unique training program that caters to the individual. Let's take a look at this system and see how it can make sense of your training schedule...

We all have unique training objectives. Due to our individual differences, we must view our workouts on an individual basis. There are no *one-size fits all* approaches to fitness. For this reason, we can all benefit from the Recipe For Success system. We will each create a recipe unique to our needs.

Consider the world-renowned chefs who have become famous for their tasty entrees and deserts. Each ingredient is selected with a specific purpose. The chef is careful to select the best ingredients. Each ingredient is precisely measured. Too much of one ingredient can ruin the recipe. Each meal is cooked for a pre-determined time period. If the chef overcooks the meal, it will be ruined...

Let's now relate these cooking terms to our training program. Our ingredients are the exercises that we include in our workout.

The quantity of each ingredient relates to the number of sets and repetitions that we perform for each exercise. Suppose a recipe calls for 1 cup of sugar, but the chef instead uses 1 teaspoon. Obviously he has not used enough sugar to generate a taste. The same logic applies to exercise. If our "ingredient" consists of pushups, but we only include 1 repetition, we have not used enough of this ingredient to generate a response. The ingredient is useless unless we use the correct quantity.

What about cooking time? If a meal is overcooked, it will be ruined. This concept also applies to exercise. If you "overcook" the muscles, your recipe will be ruined. You must work the muscles without overtraining. If you "undercook" the muscles, you have not trained hard enough, hence will not generate a noticeable response.

THREE IMPORTANT PRINCIPLES

At this point, we understand that we must:

1. Select the proper exercises
2. Perform the proper amount of repetitions and sets
3. Avoid over training (and under training)

CREATING A RECIPE FOR YOU

OK, now that we understand the critical elements of our recipe, let's start to put the pieces together by answering a few questions.

1. What are your training goals and objectives? Are you training for general fitness or preparing for a world title fight? Sit down and really think through your answer to this question. It is important to identify your training goals. Your goals will play a major role in constructing YOUR routine. For example, if you are fighting for a world title, you must dedicate a significant amount of time to training. To be the best, you must train the best.
2. What is your current level of physical fitness? Are you beginning an exercise program for the first time? Are you an experienced athlete?
3. How much time can you dedicate to exercise? How many days per week? How many hours per day? Take out a piece of paper and right down your available training times.

4. What are your strengths and weaknesses? Perhaps you possess awesome strength but lack stamina. Perhaps you can run all day but lack the strength to perform 10 pull-ups. Identify what you are already good at, and what needs improvement.
5. The next step involves selecting various forms of training to include in your workout. A few options include:
 - a. Flexibility
 - b. Balance training
 - c. Strength training
 - d. Plyometrics
 - e. Skill training (for a sport such as boxing or wrestling)
 - f. Anaerobic conditioning
 - g. Aerobic conditioning
 - h. Core training

Each form of training is important, but you will place more emphasis towards the areas that relate to YOUR training goals. For example, combat sports such as boxing are primarily anaerobic in nature. It would not make sense for a boxer to spend excessive amounts of time dedicated to aerobic training. Likewise, a marathon runner may not require as much strength training and anaerobic conditioning as a combat athlete.

TRAINING INGREDIENTS FOR COMBAT ATHLETES

Let's now take a look at each of the "ingredients" that I have listed above. These recommendations are not set in stone, but will point you in the right direction when constructing your unique training program.

Flexibility – You should always include a brief stretching session as part of your warm-up. Stretching should be conducted on a daily basis.

Balance training – Balance training is perhaps the most neglected ingredient among athletes today. An easy way to fulfill your balance training need is by including a few minutes of balance work in your pre-workout warm-up session. You can dedicate 5 minutes of your warm-up towards balance work. I recommend this on a daily basis.

Strength training – Strength training refers to any form of resistance training. This includes bodyweight exercise, weight training, kettlebell training, or any other form of resistance work. This form of training is commonly performed 2-4 days per week. If you exceed 4 days of strength work, there is a good chance that you will take away from your conditioning and skill training objectives.

Plyometrics – Plyometrics include explosive movements such as Depth Jumps and Squat Jumps. This form of training is very intense on the muscles. You should include explosive training movements 2-3 days per week. Do not exceed 3 days of plyometric training per week.

Skill training – If you participate in competitive athletics, skill training will be very important to your success. All of the conditioning in the world is useless if you lack the skills necessary to deliver your technique. Boxers, wrestlers, and mixed martial artists often dedicate 5 or more days per week to skill training. Bodyweight exercise is very useful to these athletes. You can perform a strength or conditioning routine either before or after your skill training session. Many of the routines that I have created do not take long to complete. I designed these routines to be intense, without taking up too much of your valuable training time. I did this to accommodate those athletes who spend considerable amounts of time in the boxing gym and dojo. These routines will maximize your strength and endurance as quickly as possible.

Anaerobic conditioning – Combative sports are anaerobic in nature. A good portion of your conditioning should be focused on high intensity, anaerobic training. This includes interval work, minute drills, and any other form of “balls to the wall” conditioning. This form of training should be conducted 2-4 days per week. If you exceed 4 days of anaerobic conditioning, you may not have adequate time to recover between training sessions.

Do not neglect your anaerobic training sessions. This form of training is intense and painful, but will pay huge dividends in competition. If you have limited time to train, you can quickly achieve your anaerobic requirements with Burpee Intervals, Tabata Intervals, Minute Drills, Warrior Madness Training, or interval sprints. Burpee Intervals and Tabata Intervals are particularly convenient because you can perform these routines anywhere. A few rounds of Burpee Intervals will leave most athletes gasping for air. If Tabata Intervals float your boat, you can start with one session of Tabata style jump rope and finish with one session of Tabata style squats. Total training time will be around 8 minutes, but you can expect those 8 minutes to be intense.

Aerobic training – Aerobic training is not as critical for combat sports, but a solid aerobic foundation is always helpful. You can achieve this goal through moderate paced running or extended jump rope sessions. The jump rope is also useful to improve agility, coordination, and strength.

Core training – The core is very important for combative athletes. All of your power either originates or is transferred through the core. The core circuits from **The Underground Guide** are excellent for your core training needs. I recommend this form of training 3-4 days per week. On off days, you can work on less intense abdominal movements.

LET'S LOOK AT AN EXAMPLE

Below is a sample week that integrates all of the ingredients listed above. This program requires 6 training days per week. Elite athletes will often perform 2 training sessions per day. For example, many boxers perform their conditioning and interval running early in the morning. They then return to the gym in the evening to focus on skill training and sparring.

Day 1 – Conditioning – Core Training – Skill Training

Day 2 – Strength Training – Skill Training

Day 3 – Conditioning – Core Training – Skill Training

Day 4 – Skill Training

Day 5 – Conditioning – Core Training – Skill Training

Day 6 – Strength Training

Day 7 – Active rest via 8 mile walk

This routine includes 5 days of skill training, 3 days of core training, 3 days of conditioning, and 2 days of strength training. The strength training days will involve a total body workout. These workouts have been placed at opposite ends of the week to allow time for recovery between workouts. Balance training and flexibility work should be included during each day's warm-up session.

JUST ONE OF MANY OPTIONS...

Right now you may be saying to yourself,

“What the hell good is this routine, I do not compete in combat sports...”

Or possibly you said,

“Hey Ross, I hate to break it to you but I work a full-time job. Six days per week is not an option...”

OK, OK... Relax!

This routine is just one of many options that you can use. I already said that cookie-cutter routines do not work. For this reason, it is important for you to answer the questions that I listed earlier about your training goals and objectives. Once you know what you want to achieve, and how much time you can dedicate to training, you can more easily construct a complete routine.

Write all of your answers down on paper. Make a chart and start prioritizing each training ingredient. Mix and match the ingredients until you determine a system that works for you. On days when you are too busy to dedicate one hour to train, you can always find time for one of the 10-minute ass-kicking routines. I have

provided several routines that will crank up the intensity without eating too much time out of your day. Keep these short routines in mind when you consider your available training times.

For example, perhaps you have 3 days per week that you can realistically train for 1 hour each day. Find 2 other days when you can set your alarm clock 10 minutes earlier than usual. Start your day with 10 minutes of exercise. The 10-Minute Challenge listed earlier in this bonus package is just one of many routines that you can use.

A FEW MORE OPTIONS...

Perhaps you want to dedicate more time towards improving your strength. You are not as concerned with conditioning. A possible weekly program could consist of...

Day 1 - Lower Body Emphasis

Day 2 - Upper Body Emphasis

Day 3 - Conditioning Emphasis

Day 4 - Lower Body Emphasis

Day 5 - Upper Body Emphasis

Day 6 - Conditioning Emphasis

Day 7 -Rest

On Day 1 and Day 4 you will blast the lower body with exercises such as One Legged Squats and Lunges. On Day 2 and Day 5, you will blast the upper body with exercises such as Handstand Pushups and Pull-ups. Day 3 and Day 6 will be your conditioning days. You can perform your core work on any 3 non-consecutive days.

Or you can train 3 days on, 1 day off...

Day 1 - Lower Body Emphasis

Day 2 - Upper Body Emphasis

Day 3 - Conditioning Emphasis

Day 4 - Rest

Day 5 - Lower Body Emphasis

Day 6 - Upper Body Emphasis

Day 7 - Conditioning Emphasis

Your rest day comes after three days of training. Day 1 and Day 5 emphasize the lower body. Day 2 and 6 emphasize the upper body. Day 3 and Day 7 are dedicated to conditioning. You can include core training on 3 non-consecutive days.

Or you can use a 2 week cycle...

WEEK 1

Day 1 - Lower Body Emphasis
Day 2 - Conditioning
Day 3 - Upper Body Emphasis
Day 4 - Conditioning
Day 5 - Lower Body Emphasis
Day 6 - Conditioning
Day 7 - Rest

WEEK 2

Day 1 - Upper Body Emphasis
Day 2 - Conditioning
Day 3 - Lower Body Emphasis
Day 4 - Conditioning
Day 5 - Upper Body Emphasis
Day 6 - Conditioning
Day 7 - Rest

For this routine, you will shift your emphasis from lower body one week, to upper body the following week.

Or you can focus on full body workouts...

Day 1 - Full Body Workout
Day 2 - Conditioning
Day 3 - Full Body Workout
Day 4 - Conditioning
Day 5 - Full Body Workout
Day 6 - Conditioning
Day 7 - Rest

This variation is more advanced. You will be hitting the entire body on 3 separate training days, while also dedicating three days to intense conditioning. Always listen to your body when training. If you conduct this training routine in addition to skill training, you may not have sufficient time to recover between workouts. Always listen to your body.

FINAL THOUGHTS

I encourage you to work through the Recipe For Success system. Prioritize what areas of training are most important to YOU. We all have unique schedules and goals. What works for me, may not work for you and vice versa. Put your thoughts down on paper as you formulate your weekly training schedule.

In addition, on those days when your time is limited, you can always find time for 10 minutes of exercise. You will be amazed at how much you can achieve in as little as 10 minutes. One session of Tabata style squats will only take 4 minutes. If I had to choose between sleeping 10 extra minutes or a session of Tabata intervals, I would definitely get my ass in gear and start squatting.

Train hard and train smart!