



**WE WERE
WARRIORS**

THE WARRIOR PROGRAM

Reach your full potential for combat/contact sports by equipping yourself with the necessary armor through building physical qualities like Strength, Speed, Capacity and Mobility.

WELCOME TO THE WARRIOR PROGRAM



Welcome to 'The Warrior Program'—where champions are forged, and athletes become unstoppable forces in the world of combat and contact sports. In the crucible of our training, we'll equip you with the necessary physical qualities to perform and dominate in the chaotic nature of Combat and contact sports.

The Warrior Program is for those who want to change their bodies and armor themselves. This is only the start of your journey of creating a better you. Withstand and outperform your opponents, break your own physical barriers.

WARRIOR PROGRAM TRAINING PILLARS

STRENGTH

MOBILITY

RESILLIENCY

CONDITIONING

WEEK 1 / WORKOUT #1: LOWER BODY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Movement prep	<u>1A: Wall Sit Med ball Adductor Squeeze</u>	Use a med ball between 4-10KG. Push in as hard as possible whilst wall sitting.	30 sec.	3	1 min. between each exercise
	<u>1B: Bilateral PogoHops</u>	Really light hops, try and be bouncy like a tennisball hitting the ground BUT don't jump with the intent of going as high as possible.	20	3	
	<u>1C: Deep Tier Squat Jump</u>	Land as low as possible with as deep of a kneebend as possible.	12	3	
Strength	<u>2A: Barbell Front Squat</u>	Hit one set for 8-10 reps at a lighter weight, then up the weight the next 2 sets till you can't go heavier for the given amount of reps.	6	3	2 min.
	<u>2B: Harop Curl</u>	Hinge down, with the hips back, you should feel your hamstrings. If you want to make it slightly more intense, then move your body slightly forward after you are in the bottom position.	8	2	90 sec.
Core	<u>3A: High Plank Side Dips</u>	Dip hips as deep as possible each rep.	6 each side	3	1 min.
	<u>3B: Sit Up Overhead Hold</u>	Get something stable to hold your feet, Hold plate or just your hands overhead.	30 sec.	3	
Conditioning	<u>Airbike / Rower</u>	Accumulate a 1200M, Rest 1 min. & repeat. Do at a pace at which you can keep a conversation.	1200M	5	1 min.

WEEK 1 / WORKOUT #2: UPPER BODY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Movement prep + Resiliency	<u>1A: Med Ball Hug Squeeze</u>	Squeeze as hard as possible for 30 sec.	30 sec.	3	1 min. between each exercise
	<u>1B: Deadhang</u>	Hang for 45-60 sec. If you get to this number easily, add a weight between your legs.	45-60 sec.	3	
	<u>1C: Single Arm DB Overheadwalks</u>	Walk with a Single DB overhead. Accumulate a 40M walk. Keep your arm straight and try and stay perfectly vertical, not dropping too far to the one side. Go heavy enough.	40M each side	3	
Strength	<u>2A: BB Bench Press 1 and 1/4</u>	Hit one set of warm up with a light weight for 10 reps then add weight for your 3 working sets. Make these reps fast. Your set should be a moderate weight so you can do the 1/4 rep much quicker.	6	3	2 min.
	<u>2B: DB ALT. Gorilla Row</u>	Get a rhythm on the rows, extend your scaps each repition. Use a Wide stance.	8 p/arm	3	90 sec.
Core	<u>3A: Suitcase Hold</u>	As heavy as possible for 30 sec. - use Barbell or DB's.	30 sec.	2	1 min.
	<u>3B: KB Windshield Wipers</u>	Use a KB or DB to stabilise you. Use both your feet to move. Only go as far to the side as your trunk allows you.	10	2	

WEEK 1 / WORKOUT #3: CAPACITY / RESILIENCY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Mobility + Resiliency	<u>1A: Wall Bridge</u>	Walk down the wall, challenge your level of mobility. Play around here for 30 sec. Skip to 1:20 min. on demo vid if you don't want to hear explanation.	30 sec.	3	
	<u>1B: Push Drop and Catch From Knees</u>	Absorb the force from the fall in your wrists and arms. If you feel your wrists aren't well enough conditioned then lower the point from which you drop.	6	3	1 min. between each exercise
	<u>1C: Single Leg Loaded Hamstring Stretch</u>	Use the load to stack your upper body as near by to your leg as possible. Hold at stretch for 5 sec.	8 p/leg	3	
Capacity	<u>2A: Horse Walks</u>	Hips wide, drop knee low each time.	30 sec.	3	Rest 10sec between each exercise.
	<u>2B: Gorilla Hops</u>	Hands between hips, jump and use hands.	30 sec.	3	
	<u>2C: Dive Bombers</u>	Go through these with high speed.	30 sec.	3	After a full round, rest 2 min. then repeat
	<u>2D: Towel inverted row</u>	You can use 2 towels or one over a barbell.	30 sec.	3	

WEEK 2 / WORKOUT #1: LOWER BODY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Movement prep	<u>1A: Copenhag Squeeze Regression</u>		30 sec. p/side		
	<u>1B: Offset Linear Pogos</u>	Really light hops, try and be bouncy like a tennisball hitting the ground BUT don't jump with the intent of going as high as possible.	20	3	1 min. between each exercise
	<u>1C: Med Ball Lateral Bounds</u>	Sit into your hips on each rep, you don't have to jump as far as possible to the side.	12		
Strength	<u>2A: Zercher Reverse Lunge</u>	If the Barbell hurts your arms, use a towel to cushion it.	4 reps p/side	3	2 min.
	<u>2B: Harop Curl + Pulse</u>	Same as last week, just move a few centimeters forward after you come down in the position.	8	2	90 sec.
Core	<u>3A: DB Side Bend</u>	Bend to the side of DB as deep as possible, pause at bottom in stretch for 3 sec. then come up.	6 each side	2	1 min.
	<u>3B: Sit Up Overhead Eccentric</u>	Get something stable to hold your feet, hold plate/hands above head as you go down.	30 sec.	2	
Conditioning	<u>Airbike / Rower</u>	Sprint 10 sec. on & 10 sec. off x 10 times = 1 round.	10	3	1 min. between sets

WEEK 2 / WORKOUT #2: UPPER BODY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Movement prep + Resiliency	<u>1A: Mid Chin Up Hold</u>	Hold in the mid part of a chin up for as long as you can. If you do longer than 30 sec. then add weight between legs.		3	
	<u>1B: Side To Side Push Up Plyo</u>	Bonus: add a line in the middle and jump over line in the push up. Go from knees if you struggle with this. Use a band if you need assistance (LINK).	10	3	1 min. between each exercise
	<u>1C: Plate Carries</u>	Walk with a Single DB overhead. Accumulate a 40M walk. Keep your arm straight and try and stay perfectly vertical, not dropping too far to the one side. Go heavy enough.	40M each arm	3	
Strength	<u>2A: BB Push Press</u>	Use a small bend in the legs to generate power in the push press.	6	3	2 min.
	<u>2B: DB Prone ALT Chest Supported Row</u>	On each row at the top hold the DB's there for 2-3 sec. then go down for another rep.	10	3	90 sec.
Core	<u>3A: Seated Cable Woodchops</u>	Use a med ball /foam roller between your legs, and squeeze it while you chop and keep your trunk in the same direction.	30 sec.	2	1 min.
	<u>3B: Weighted Plank</u>	Use a plate on your back to weight your plank .	30-60 sec.	2	

WEEK 2 / WORKOUT #3: CAPACITY / RESILIENCY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Speed + Resiliency	<u>1A: Neck Floss</u>	Floss in various directions for 60 sec, push into end ranges. Watch demo video for added "Know How".	60 sec.	3	1 min. between each exercise
	<u>1B: Jefferson Hold and Curl</u>	Absorb the force from the fall in your wrists and arms. If you feel your wrists aren't well enough conditioned then lower the point from which you drop.	6	3	
	<u>1C: Side Lunge Hold</u>	Hold in the side lunge as deep as possible for 45 sec.	45 sec. p/leg	3	
Speed	<u>2A: Line Hops</u>	As fast as possible hop over and back a line as many times as possible.	10 sec. forward back 10 left to right over line	2	2 min. after each
	<u>2B: Speed Lunge Switches</u>	Switch in a lunge as fast as possible.	10	2	
Capacity	<u>3A: Jump Rope</u>	Get creative, try out tricks and variations	2 min.	3	Complete all exercises directly after each other. After all three is done, rest 90 sec. then go again for another round
	<u>3B: Reverse Crab Walks</u>	As fast as possible.	20M	3	
	<u>3C: Forward Rolls</u>	Try and go slow if you haven't done these in a while and use a matt	5	3	

WEEK 3 / WORKOUT #1: LOWER BODY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Movement prep	1A: Side Split Deadlifts	Take a light weight kettle bell and go up and down slowly.	12	3	1 min. between each exercise
	1B: Side Lateral Hops	Really light hops, try and be bouncy like a tennisball hitting the ground BUT don't jump with the intent of going as high as possible.	20		
	1C: Deep Tier Broad Jumps	Sit into your hips on each rep, you don't have to jump as far as possible to the side.	12		
Strength	2A: Zercher Box Squat	If the Barbell hurts your arms, use a towel to cushion it.	8	3	2 min.
	2B: Nordic Ball Touch	Chest to ball. Try and get back up. Slightly assist with your hands if needed.	4	2	90 sec.
Core	3A: Weighted Russian Twist		6 each side	2	1 min.
	3B: Straight Leg Sit Up	Use momentum and don't use anything to anchor your feet.	20	2	
Conditioning	Airbike / Rower	Tabata. 20 sec. on / 10 sec. off = 1 rep	8	1	

WEEK 3 / WORKOUT #2: UPPER BODY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Movement prep + Resiliency	<u>1A: Neck Bridges</u>	Back neck bridge with small movements against the wall.	20	3	
	<u>1B: Spiderman Crawl & Push Up</u>	Bonus: do a push up jump each time you switch legs.	10	3	1 min. between each exercise
	<u>1C: Box Hand Stand or Wallstand Shoulder Taps</u>	Tap each shoulder slowly, not fast. Do a <u>box handstand</u> if wall stand is too hard.	6 each arm	3	
Strength	<u>2A: Floor Press</u>	Not a lot of range motion. Press the heaviest you can for 8	8	3	2 min.
	<u>2B: Rope Upright Row</u>	On each row at the top hold the DB's there for 2-3 sec. then go down for another rep. If you don't have a rope do a DB Upright row.	10	3	90 sec.
Pump	<u>3A: Seated DB Incline Curls</u>	Use a med ball /foam roller between your legs and keep your trunk in the same direction.	25	2	1 min.
	<u>3B: Overhead Tricep Extension</u>		25 each arm	2	

WEEK 3 / WORKOUT #3: CAPACITY / RESILIENCY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Speed + Resiliency	<u>1A: Deficit Push Up Hold</u>	Hold in the deepest position you can.	60 sec.	2	1 min. between each exercise
	<u>1B: Forearm Roll Ups</u>	Absorb the force from the fall in your wrists and arms. If you feel your wrists aren't well enough conditioned then lower the point from which you drop.	6	2	
	<u>1C: Back Roll To SL Stand Up</u>	If one leg stand up is too much then you can do 2 leg stand up.	6 p/leg	2	
Speed	<u>2A: Push Up Drop & Rebounds</u>	Easy version = from the knees. Harder = from standing.	6	2	2 min. after each
	<u>2B: Broad To Box Jump</u>	Jump as far as possible towards a box and jump on top. Try and put the place where you broad jump from further each rep.	6	2	
Capacity	<u>3A: Run a 50M shuttle (50M & back)</u>	Don't go above 30 sec.		5	No rest, see how quick you can complete 5 rounds.
	<u>10 Med Ball Slam and Sprawls</u>	Slam as fast and hard as possible.		5	

WEEK 4 / WORKOUT #1: LOWER BODY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Movement prep	<u>1A: Jefferson Curl Rotations</u>	2 left, 2 middle, and 2 right. Hold at the bottom for 3 sec.	6		
	<u>1B: Knee Tuck Jumps</u>	Perform tuck jumps and get as high as possible and fast off the ground.	10	3	1 min. between each exercise
	<u>1C: Med Ball Deep Squat Jump Oscillations</u>	Stay in a very deep squat and perform small jumps.	12		
Strength	<u>Deficit Trap Bar Deadlift or Barbell</u>	Put a small plate underneath your feet.	4	4	2 min.
Conditioning	<u>Gorilla Walks</u>	Tabata. 20 sec. on / 10 sec. off = 1 rep Move to the next exercise every time the 10 sec. rest starts.	12	1	
	<u>Single Under / Double Under</u>	You will do every exercise 3 times in total. Duck walks, then single under/double under then Battle ropes, repeat 3 times.	12	1	
	<u>Battle Ropes</u>	Give everything each 20 sec, non stop.	12	1	

WEEK 4 / WORKOUT #2: UPPER BODY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Movement prep + Resiliency	<u>1A: Front Neck Bridge</u>	Back neck bridge with small movements against the wall.	20	3	1 min. between each exercise
	<u>1B: Med Ball Chest Push Offs</u>	Bonus: do a push up jump each time you switch legs.	10	3	
	<u>1C: Box Hand Stand or Wallstand Shoulder Taps</u>	Tap each shoulder slowly, not fast. If you can't do the wall stand, then do the box stand (LINK) with taps.	6 each arm	3	
Strength	<u>2A: L-Press</u>	Not a lot of range motion. Press the heaviest you can for 8.	8	3	2 min.
	<u>2B: Rope Inverted Row</u>	On each row at the top hold the DB's there for 2-3 sec. then go down for another rep. If you don't have a rope use a towel on a regular inverted row.	10	3	90 sec.
Pump	<u>3A: Deficit Push Ups</u>	Go as deep as possible with your shoulder mobility.	20	2	1 min.

WEEK 4 / WORKOUT #3: CAPACITY / RESILIENCY

CATEGORY	EXERCISE	COMMENTS	REPS	SETS	REST
Mobility + Resiliency	<u>1A: Plate Around The Worlds</u>	Hold in the deepest position you can.	60 sec.	2	
	<u>1B: Lateral Deadhang</u>	Hang and stretch the lat. Use a second hand for support if needed.	20 sec each arm	2	1 min. between each exercise
	<u>1C: Wheel Pose</u>	If you can't do a wheel pose. Regress this to the wall wheel pose (LINK).	30sec	2	
Speed	2A: 20M Sprint	If you can do this up a hill its a bonus but grass is fine too.	20M	6	2 min. after each
	2B: Triple Effort Broad Jump		3	6	
Capacity	3A: Jog a 5KM	Basic conditioning, just jog a 5KM.			

YOU HAVE FINISHED THE WARRIOR PROGRAM



But here's the exciting part: 'The Warrior Program' is just the beginning. As you embark on this journey and experience the transformative power of our training, we invite you to consider what lies beyond. We're here to support you every step of the way, and when you're ready to take your skills to the next level, we offer a full range of premium services that will help you achieve your goals like never before.

Join us as we work together to elevate your performance and unlock your potential. 'The Warrior Program' is just the first step in

your journey to greatness. When you're ready to explore the next level of your training, we'll be here, ready to take you even further."

**LOOKING FOR 1-ON-1 REMOTE OR IN-PERSON COACHING PLANS?
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