

The Workout Warrior Program



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The Workout Warrior - 4 Week Program

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DISCLAIMER: You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only. The information in this report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including The Fat Loss "To-Do-List". If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. This publication is intended for informational use only. Tyler English and Tyler English Fitness Systems, LLC will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

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“The Workout Warrior”

Perform Each Workout 1 time per Week, if you will be performing the Metabolic Conditioning Workouts on “Off” Days.

Monday: Lower Body Day/Cardio Finisher

Tuesday: Metabolic Conditioning A

Wednesday: Upper Body Pull/Cardio Finisher

Thursday: Metabolic Conditioning B

Friday: Upper Body Push/Cardio Finisher

Saturday: Metabolic Conditioning C

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4 Week – Total Body Workout Warrior

Lower Body Day

1A) – Barbell Squat – 3 x 18-25, 1 x 15-20, 1 x 9-11

Rest :30sec

1B) – Weighted Jump Squats – 5 x 3-5

Rest :60sec

2A) – Romanian Deadlift – 3 x 12-15, 1 x 10-12, 1 x 6-8

Rest :30sec

2B) – Bulgarian Split-Squat – 3 x 15 - 18, 1 x 10-12, 1 x 6-8

Rest :60sec

3A) – Dumbbell Walking Lunge – 5 x 15 (25 yds)

Rest :30sec

3B) – DB SL King Deadlift - 5 x 10-12 side

Rest :60sec

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Upper Body Pull

1A) – High Pull - 2 x 10-12, 2 x 6-8, 1 x 5-7

Rest :30sec

1B) – Chin Up (Weighted) - 2 x 10-12, 2 x 6-8, 1 x 5-7

Rest :60sec (5 Sets)

2A) – BB Row - 2 x 10-12, 2 x 8-10, 1 x 7 - 9

Rest :30sec

2B) – BB Inverted Row or TRX Row (Weighted) - 2 x 10 -12, 2 x 8-10, 1 x 7 - 9

Rest :60sec (5 Sets)

3A) – DB Power Cheat Curl - 2 x 6-8, 2 x 5 -7, 1 x 5 -7

Rest :30sec

3B) – KB Rope/Towel Curls - 2 x 6-8, 2 x 5-7, 1 x 5-7

Rest :60sec (5 sets)

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Upper Body Push

1A) – BB Close Grip Bench - 2 x 10-12, 2 x 6-8, 1 x 5-7

Rest :30sec

1B) – DB Military Press - 2 x 10-12, 2 x 6-8, 1 x 5-7

Rest :60sec (5 sets)

2A) – Weighted Dips - 2 x 10-12, 2 x 8-10, 1 x 7 – 9

2B) – Blast Strap Push-ups - 2 x 10-12, 2 x 8-10, 1 x 7 – 9

2C) – DB French Press - 2 x 10-12, 2 x 8-10, 1 x 7 – 9

Rest :60sec (5 sets)

3A) – Prone Blast Strap/TRX Overhead Extension - 2 x 12-15,
2 x 9-11, 1 x 6-8

Rest :30sec

3B) – Decline Spiderman Push-up - 2 x 12-15, 2 x 9-11, 1 x 6-8

Rest :60sec (5 sets)

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Metabolic Conditioning

(Pick 2-3 Workouts per week for Post Strength Days or Non Strength Days)

Conditioning A - 30 secs WORK / 30 secs REST

- 1) KB Swings
- 2) Battle Ropes Hammer Grip
- 3) Sled Push
- 4) Burpees
- 5) Sprints

Repeat 2-3 Rounds

Conditioning B - 2 Minutes WORK / 2 Minutes REST

- 1) Jump Squats x 10
- 2) Mt. Climbers x 50
- 3) Burpees x 10
- 4) Spiderman Climbs x 50

Repeat 5 Rounds

Conditioning C - 1 Minute WORK / 1 Minute REST

- 1) DB Farmer Walks x 40yds
- 2) Sandbag Fireman's Carry x 40yds

Repeat 5 Rounds

Conditioning D - (PICK 1 - 2)

- 1) Sprints x 10-20
- 2) Hill Sprints x 10-20
- 3) Prowler/Sled Pushes x 10-20 (25-40yds)
- 4) Weighted Sprints x 10-20
- 5) Farmer Walks x 5 x 100 yds

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CARDIO FINISHERS – Perform at the End of Each Session

1) “1 AND DONE”

Push Days – Pick 1 Exercise to Complete with Maximum Effort

Burpees – 3 x 25 reps

Jump Squats – 3 x 20 reps

Sprints-in-Place – 4 x 30 secs each

Push-ups – 4 x 25 reps (Fast as possible)

Pull Days – Pick 1 Exercise to Complete with Maximum Effort

Renegade Row – 5 x 15 reps side

TRX Row Combo – 5 x 20-25
(Elbows In, Elbows Out, Elbows High/Face Pull)

Inverted Row – 5 x 20-25

2) “COMPLEX HELL”

Total Body Pull Days - Barbell Complex – 3 x 5 reps each

1A) Barbell Deadlift

1B) Barbell Row

1C) Barbell RDL

1D) Barbell High Pull

Rest 30-60sec –REPEAT

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Total Body Push Days - Barbell Complex – 3 x 5 reps each

- 1A) Barbell Clean
- 1B) Barbell Front Squat
- 1C) Barbell Push Press
- 1D) Barbell Jump Squat

Rest 30-60sec - REPEAT

3) Dumbbell Complex Death – 5 x 5 reps each

(Pick 1 Complex in conjunction with Upper Push, Pull, Lower or Total Body Days)

Lower Body

- 1A) DB Jump Squats x 5
- 1B) DB RDL's x 5

Rest :30sec/Repeat

Upper Body Push

- 1A) DB Clean x 5
- 1B) DB Push Press x 5

Rest :30sec/Repeat

Upper Body Pull

- 1A) DB Dual Row x 5
- 1B) DB High Pull x 5

Rest :30sec/Repeat

Total Body – Option 1

- 1A) DB Jump Squats x 5
- 1B) DB High Pull x 5

Rest :30sec/Repeat

Total Body – Option 2

- 1A) DB RDL
- 1B) DB Push Press

Rest :30sec/Repeat

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