

WEEK 6

STAGE 3 — RAMP UP

This week, you'll take everything you've already been doing and ramp it up in preparation for Warrior Week. Increase the intensity of each and every rep of each and every workout. You've got this!

WARRIOR
—SHRED—

DAY 1

LEGS AND CORE

DYNAMIC WARM-UP

Run, row or bike 1 mile or 12 minutes. Then do the below warm-up two times through.

Exercise	Time
High Knees	30 seconds
Butt Kicks	30 seconds
Zombie Walk	30 seconds
Prisoner	30 seconds
Windmill	30 seconds
Shoulder Roll Forward	30 seconds
Shoulder Roll Backward	30 seconds

GLUTE ACTIVATION

Repeat the below workout two times through.

Exercise	Time
Lateral Band Walk	60 seconds (30 seconds each way)
Banded Squat	60 seconds
Standing Leg Abduction	60 seconds (right)
Standing Leg Abduction	60 seconds (left)

TRI-SET — LEGS AND CORE

Do all the moves in this tri-set back-to-back with little to no rest in between. Rest 30 seconds between sets.

EXERCISE	SETS	REPS
Deep Plié Squat Single-Leg Glute Bridge V-In	4	15, 12, 10, 8* 15, 12, 10, 8 (each side) 15, 12, 10, 8

*With each round, increase your weight.

10-MINUTE AMRAP

Do as many rounds and reps of the below workout as you can in 10 minutes. Record your score.

Exercise	Reps
Speedskater	10 (each side)
Lateral Step-Up + Hop	10 (right)
Lateral Step-Up + Hop	10 (left)
Hollow Rock	10

CORE BURNER

Challenge yourself – see how long you can hold in plank.

Exercise	Time
Plank Hold	max time

COOL-DOWN

Lunge Stretch Sequence

DAY 2

BACK AND BICEPS

DYNAMIC WARM-UP

Repeat the below warm-up three times through.

Exercise	Time
Shoulder Roll Forward	30 seconds
Shoulder Roll Backward	30 seconds
Military Press	30 seconds
Roboto	30 seconds
Reverse V (switch lead hands)	30 seconds
Sunrise/Sunset	30 seconds
Pour the Champagne	30 seconds
Bar Hang	max time

TRI-SETS — BACK AND BICEPS

Do all the moves in each tri-set back-to-back with little to no rest in between. Rest 30 seconds between sets and tri-sets.

EXERCISE	SETS	REPS/TIME
<u>Tri-Set 1</u> Hanging Shoulder Shrug Jumping Pull-Up Assisted Pull-Up	3	10 5 max reps
<u>Tri-Set 2</u> Concentrated Biceps Curl V-In Flexed-Arm Reverse Grip Hang	3	12, 10, 8* (each arm) 12, 10, 8 30 seconds

*With each round, increase your weight.

CORE FINISHER — THE DIRTY 30

Do these moves in order. Complete all reps of one exercise before moving on to the next. Record your total time.

Exercise	Reps
Single-Leg V-In	30 (each side)
Side-Plank Pulse	30 (each side)
Penguin	30 (each side)
Toe Touch	30

COOL-DOWN

Upper-Body Stretch Sequence

DAY 3

REST

DAY 4

HIIT AND CORE

DYNAMIC WARM-UP

Repeat the below warm-up two times through.

Exercise	Time
Zombie Walk	30 seconds
Prisoner	30 seconds

HIIT

Repeat the below workout four times through.

Exercise	Time/Reps
Jog	1 minute
Flat-Out Sprint	30 seconds
V-In	20
Plank Jump-Through	20
Walk	1 minute

COOL-DOWN

Lunge Stretch Sequence

DAY 5

LEGS AND CORE

DYNAMIC WARM-UP

Do 10 minutes of cardio of your choice. Then repeat the below warm-up three times through.

Exercise	Time
Zombie Walk	30 seconds
Prisoner	30 seconds
90/90 Hip Shift	30 seconds

GLUTE ACTIVATION

Do the below workout three times through.

Exercise	Time
Banded Wall Sit Open/Close	30 seconds
Banded Squat	30 seconds
Banded Lateral Walk	30 seconds (right)
Banded Lateral Walk	30 seconds (left)

TRI-SETS — LEGS AND CORE

Do all the moves in each tri-set back-to-back with little to no rest in between. Rest 30 seconds between sets and tri-sets.

EXERCISE	SETS	REPS/TIME
<u>Tri-Set 1</u> Olympic Bar Squat + 5-Second-Hold** Bodyweight Squat Pulse V-In	4	12, 12, 10, 10* 12, 12, 10, 10 45 seconds
<u>Tri-Set 2</u> Bulgarian Split Squat Hollow Hold Jump Lunge	3	12, 10, 8, 8, (each leg)* 45 seconds 12 (each side)

*With each round, increase your weight.

**Use dumbbells if you don't have access to a barbell.

COOL-DOWN

Lunge Stretch Sequence

DAY 6

CHEST AND TRICEPS

DYNAMIC WARM-UP

Repeat the below warm-up three times through.

Exercise	Time
Shoulder Roll Forward	30 seconds
Shoulder Roll Backward	30 seconds
Military Press	30 seconds
Roboto	30 seconds
Reverse V (switch lead hands)	30 seconds
Sunrise/Sunset	30 seconds
Pour the Champagne	30 seconds
Bar Hang	max time

10-MINUTE AMRAP

Do the below workout for as many rounds and reps as you can complete in 10 minutes. Record your score.

Exercise	Reps
Wall Ball	10
Push-Up With One Arm on Medicine Ball	10 (right)
Push-Up With One Arm on Medicine Ball	10 (left)
Medicine-Ball Toe Touch	10

TRICEPS BRIGADE

Repeat the below workout three times through

Exercise	Time/Reps
Two-Arm Overhead Triceps Extension	30 seconds
Dip	10
Plank Up/Down	30 seconds
Dip	10
Two-Arm Dumbbell Triceps Kickback	30 seconds
Dips	10

COOL-DOWN

Upper-Body Stretch Sequence

DAY 7

REST + CHECK-IN FORM AND PROGRESS PICTURES