

WEEK 8

STAGE 4 — TAPER OFF

This week, you'll work on mobility and stability and you are getting ready to conquer your strength tests!

WARRIOR
—SHRED—

DAY 1

REST

DAY 2

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

Repeat the below workout two times through.

Exercise	Time
Banded Hydrant	30 seconds (each side)
Banded Squat	30 seconds
Banded Glute-Bridge Sequence	30 seconds

LEGS AND CORE

Repeat the below workout two times through.

Exercise	Time
Low Bodyweight Squat Hold With Side-to-Side Shift	30 seconds
Couch Stretch	30 seconds (each side)
Lateral Leg Swing	30 seconds (each side)

COOL-DOWN

Lunge Stretch Sequence + Foam Roll

DAY 3

ARMS AND CORE

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-SET — ARMS AND CORE

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

EXERCISE	SETS	REPS
Hanging Shoulder Shrug Superman Band Pull Band-Assisted Pull-Up	2	10 10 max reps

*With each round, increase your weight.

SUPERSET

Do these moves back-to-back with no rest in between. Do two rounds.

Exercise	Reps
Push-Up	10
V-In	10

MOBILITY

Repeat the below workout three times.

Exercise	Time
Arm Crossover	30 seconds (each side)
Overhead Triceps Stretch (each side)	30 seconds
Chest Stretch	30 seconds
Foam-Roll Back and Lats	30 seconds
Cobra Stretch	30 seconds
Downward Dog	30 seconds

DAY 4

REST

DAY 5

REST

DAY 6

STRENGTH TESTS #3

This is your third and final strength test of the program! Before beginning, review the results of your last two tests and aim to beat those scores this time.

Remember to do these eight tests in order and use the same machines, location and equipment as you did the first two times.

1-MILE RUN

You have to travel 1 mile on foot. That means you can walk, run, jog or a combination thereof. Record your time.

MAX NUMBER OF PULL-UPS IN ONE MINUTE

Record the total number of pull-ups you can do before failing.

Note: You can do assisted pull-ups, but you use the same assistance every time for consistency.

MAX TIME ON BAR HANG

Record your time.

MAX NUMBER OF SQUAT SITS IN ONE MINUTE

Record your total number of squat sits you can complete in one minute.

MAX NUMBER OF PUSH-UPS IN ONE MINUTE

Record the total number of push-ups you can do in one minute.

Notes: You can do these on your knees or in a full push-up position, but you cannot come out of the push-up position once you start. You can rest at the top in plank, but the minute you break form, you are done.

100-METER DASH OR 300-METER ROW

Record the time it took you to complete one or the other.

MAX TIME IN PLANK HOLD

Record the total time you were able to hold in plank before failing.

MAX NUMBER OF DIPS IN ONE MINUTE

Record the total number of dips you complete in one minute.

DAY 7

FINAL CHECK-IN, MEASUREMENTS AND PICTURES