

WARFARE TRAINING CIRCUIT #1

The following circuit was originally designed to get fighters into top shape by increase strength endurance and total workout output capacity for the duration of a fight. Bodybuilders and other athletes have also found this routine is great for adding lean muscle and getting ripped. The circuit incorporates explosive movements, core work, strength and power training conditioning, endurance components with short rests. It is basically an advanced hybrid HIIT (High Intensity Interval Training) routine that is roughly 5 minutes of work with 1 minute of rest to simulate a fight. Follow the instructions for performing and watch the videos of this circuit being performed on Musclewarfare.com

WARFARE TRAINING FIGHT CIRCUIT

EXERCISE	REPS	EXERCISE	REPS
• Barbell Rows	X 10	Medicine Ball Slams	X 20
• Upright rows	X 10	Medicine Ball Jumps	X 20
• Behind the neck press <i>(to the ears)</i>	X 10	Mountain Climbers <i>(Or 1 minute airdyne bike sprint)</i>	X 60
• Lt Leg Lunge	X 10	Sit Ups	X 20
• Rt Leg Lunge	X 10	Push Ups	X 20
• Clean and Jerk <i>(weight to shins)</i>	X 10	Pull Ups	X 10

Rest 1 Minute >> 1 - 3 total ROUNDS >> Perform 2-3 times per week

SPECIAL INSTRUCTIONS:

- All workouts done with a stop watch and record weights used, execution speed and rest time between every set.
- To improve strength, endurance and workload capacity, try to improve on the various parts of this routine: SPEED of execution, Shorten REST TIME, and Increase the Weight.
- Total workout time of 3 complete rounds should well be under 25 minutes total. Lower weight if it takes longer. Advanced participants may complete in well under 15 minutes.
- Increase weights, reps and intensity slowly. Users might start with 1 round only and bar, then next workout 2 rounds with bar if they feel good; then on the third workout, 3 rounds with bar... after you have conquered the bar, then start adding weight to the bar in 5 to 10 pound increments.
- Remember to breathe deeply during the entire workout. Focus on deep relaxed breathing. When pushing real hard, you can breathe so hard that you'll panic.... so concentrating on deep relaxed breathing helps keep the panic button from going off and actually increases your endurance. This helps with fight training too. Proper breathing is crucial to performing well under stressful mental and physical conditions.

Note: If you got stuck on a time and weight for three sets... (meaning you hit a plateau on speed, rest and weight), try purposely increase the weight pretty heavy... To the point that you can only do 1 set of the given weight and reps... take a few days off then come back, drop the weight back down, and the other weight will feel lighter and you will have more endurance.

Do you have what it takes to be THE WARFARE TRAINING Champ?

Win a FREE Shaker Cup and T-Shirt if you send us your Video Training Session!

We're currently looking for the toughest SOB out there that can perform the most weight in the shortest amount of time and shortest rest. Once we start receiving videos, we'll post all workouts, and select the best performer to be The Warfare Training Champ! So, please email us videos of yourself performing the above Warfare Training Routine and win a FREE Muscle Warfare T-Shirt and Shaker Cup! Please send links to your video, of you performing The Warfare Training Fight Circuit to: support@musclewarfare.com