

THE WARRIOR WORKOUT - By: AKO WEEK ONE

	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
MORNING	Regular Pushup MAX Regular Pullup MAX 1 Wide Pushup 1 Australian Pullup 1 Close Pushup 1 Standing Row	OFF	1 Regular Pullup 1 Regular Pushup 1 Australian Pullup 1 Wide Pushup 1 Standing Row 1 Close Pushup	OFF	1 Regular Pullup 1 Regular Pushup 1 Wide Pushup 1 Australian Pullup 1 Close Pushup 1 Standing Row	OFF	1 Regular Pullup 2 Regular Pushup 1 Australian Pullup 1 Wide Pushup 1 Standing Row 1 Close Pushup
AFTERNOON	1 Prisoner Pullup 1 One-Arm Assisted Pushup 1 Triceps Kickback 1 Arm Sweep Pushup 1 Shoulder Press 1 Power Punch Pushup	OFF	1 Half Power Pullup 1 Staggered Punch 1 Full Power Australian 1 Triceps Kickback 1 Full Power Standing Row 1 Triceps Extension	OFF	1 Power Punch Pushup 1 Bar Pullup 1 Dip or Close Pushup 1 Chin Up 1 Shoulder Press 1 Dive Bomber	OFF	1 Super Set Slow Regular 2 Triceps Extensions 1 Super Set Slow Wide 2 Dip or Pushup Dip 1 Super Set Slow Close 2 Chin Up
NIGHT	1 Super Set Slow Regular 1 Super Set Slow Wide 1 Super Set Slow Close 1 Dip or Pushup Dip 1 Chin Up 1 Triceps Extension	OFF	1 Wide Pullup 1 Double Wide Pullup 1 Wide Australian Pullup 1 Side to Side Pushup 1 Wide Standing Row 1 Decline Chair Pushup	OFF	1 16 Count Body Builder 1 Pilates Pushup 1 Arm Sweep Pushup 1 8 Count Body Builder 1 Triceps Kickback 1 Preacher Extensions	OFF	2 Power Punch Pushup 1 Arm Sweep Pushup 1 Shoulder Press 1 One-Arm Assisted Pushup 2 Triceps Kickback 1 Prisoner Pullup