

THE WARRIOR WORKOUT - By: AKO WEEK TWO

	DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MORNING	OFF	2 Regular Pushup 1 Regular Pullup 1 Wide Pushup 1 Australian Pullup 1 Close Pushup 2 Standing Row	OFF	1 Regular Pullup 1 Chair Regular Pushup 1 Australian Pullup 1 Wide Pushup 2 Standing Row 1 Close Pushup	OFF	1 Chair Regular Pushup 1 Regular Pullup 1 Wide Pushup 2 Australian Pullup 1 Close Pushup 2 Standing Row	OFF
AFTERNOON	OFF	1 Side-to-Side Pushup 2 Decline Chair Pushup 1 Double Wide Pushup 1 Wide Pullup 1 Wide Australian Pullup 2 Wide Standing Row	OFF	2 8 Count Body Builder 1 Preacher Extensions 1 Arm Sweep Pushup 2 Pilates Pushup 1 Triceps Kickback 1 16 Count Body Builder	OFF	1 Prisoner Pullup 2 One-Arm Assisted Pushup 1 Triceps Kickback 2 Arm Sweep Pushup 2 Shoulder Press 1 Power Punch Pushup	OFF
NIGHT	OFF	1 Half Power Pullup 1 Full Power Australian 2 Full Power Standing Row 1 Triceps Kickback 1 Staggered Punch 2 Triceps Extension	OFF	1 Chin Up 1 Bar Pullup 2 Shoulder Press 1 Power Punch Pushup 1 Dip or Close Pushup 2 Dive Bomber	OFF	2 Super Set Slow Close 2 Chin Up 2 Super Set Slow Wide 2 Dip or Pushup Dip 2 Super Set Slow Regular 2 One-Arm Assisted Pushup	OFF