

THE WARRIOR WORKOUT - By: AKO WEEK THREE

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
MORNING	1 Regular Pullup 2 Chair Regular Pushup 2 Australian Pullup 1 Wide Pushup 2 Standing Row 1 Close Pushup	OFF	2 Chair Regular Pushup 2 Regular Pullup 1 Chair Wide Pushup 2 Australian Pullup 1 Chair Close Pushup 2 Standing Row	OFF	OFF	Retest Regular Pushup MAX Retest Regular Pullup MAX	GET FIRED UP FOR THE NEXT WORKOUT
AFTERNOON	2 Full Power Standing Row 2 Triceps Extension 2 Full Power Australian 1 Staggered Punch 1 Half Power Pullup 2 Triceps Kickback	OFF	2 Dive Bomber 2 Dip or Close Pushup 2 Chin Up 2 Shoulder Press 2 Bar Pullup 2 Power Punch Pushup	OFF	OFF	REST	
NIGHT	2 Double Wide Pushup 2 Wide Standing Row 1 Side-to-Side Pushup 2 Wide Australian Pullup 2 Decline Chair Pushup 1 Wide Pullup	OFF	2 Triceps Kickback 2 8 Count Body Builder 2 Arm Sweep Pushup 2 Preacher Extensions 2 Pilates Pushup 2 16 Count Body Builder	OFF	OFF	REST	