



WARRIOR★ STRONG

PHASE II: SPECIAL FORCES

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WELCOME TO THE WARRIOR STRONG SYSTEM

Hey man!

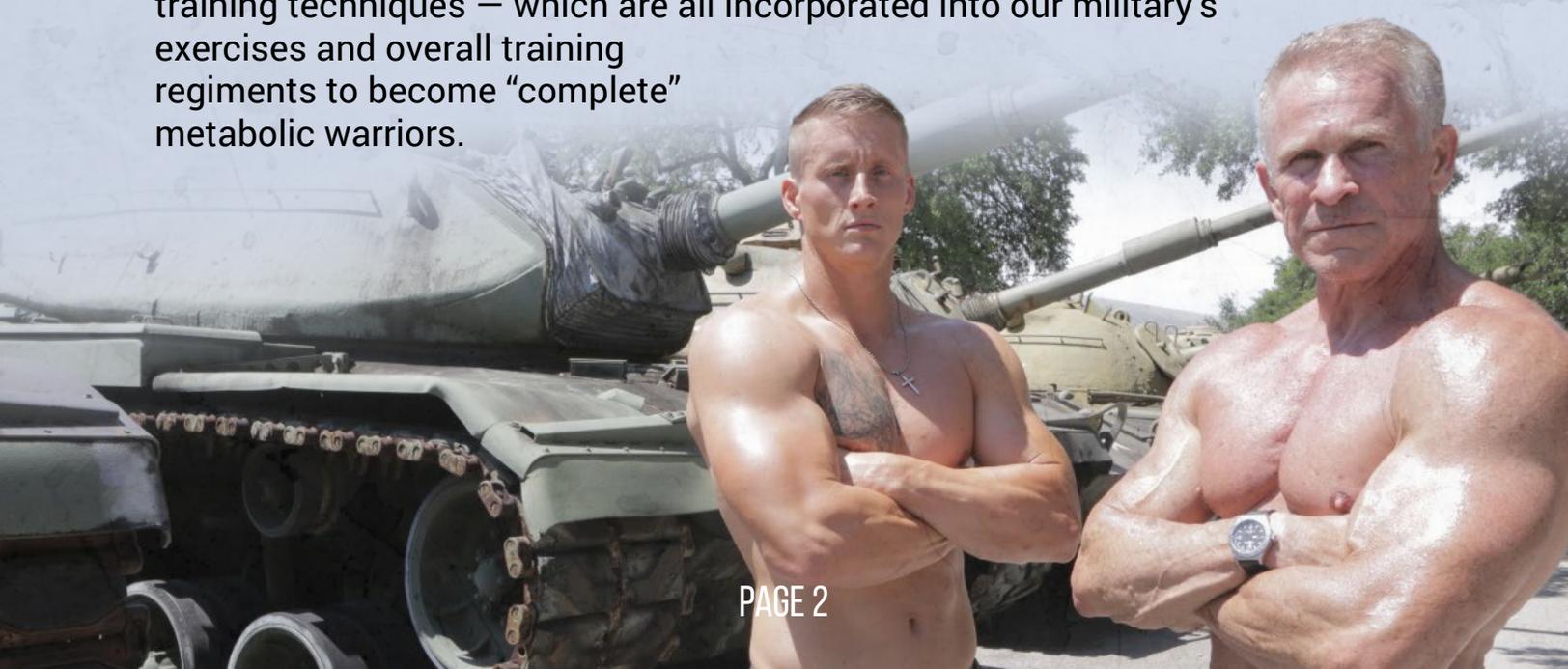
Welcome to Phase II of the Warrior Strong System!

Over the next 12 weeks you'll use this workout manual to get in "Super Soldier" shape – achieve total body strength, ninja-like muscle control, and unlock combat-ready endurance. You'll also build an ultra fit metabolically dominant "Marine Body" that turns heads, upgrades energy and floods you with confidence.

Each phase of Warrior Strong is 4 weeks long, but you'll start seeing results beginning day 1 – and they'll only get better from there. All you need to do is follow exactly what I've laid out in the program (using intensity control substitutions where you need to), give it your all, reach out to me if you have any questions and at the end of the 12-weeks you'll have a far more sculpted and capable physique. You may even look like a real life Captain America by then.

The training inside this system is the best type of training to prepare yourself for dangerous or emergency situations like a car wreck, water rescue (canoe overturn, assisting drowning person, flood waters, etc.), bar fight, mugging, home invasion, dog attack, slip and fall, personal protection for you or your family and so many more real world situations.

Warrior Strong makes extensive use of functional, lactic acid, and endurance training techniques – which are all incorporated into our military's exercises and overall training regiments to become "complete" metabolic warriors.



WHAT TO EXPECT IN THIS PHASE OF THE WARRIOR STRONG SYSTEM

Phase II: (Lactic Acid Training Phase) “OCS” or “Officer Candidate School”

In phase II, exercises are more complex and challenging, as we begin the use of lactic acid training. As the name suggests, lactic acid training is a technique that involves working out in a way that causes your body to produce a lot of lactate, which is a byproduct that's released as your muscles create energy during high-intensity workouts.

Simply put, lactic acid occurs in a state of oxygen deficiency. When you're doing a tough workout, and your muscles start to burn, that's related to the buildup of “lactic acid” in your muscles. Additionally, lactate plays a role in generating HGH, “human growth hormone” that is partially responsible for increasing muscle mass, and keeping you looking and feeling young.

The concept is, that by doing lots of repetitions of an exercise, using a relatively light weight (about 30% of your one-rep maximum), with very little rest between, you can build up the lactic acid in your body, and ultimately boost the amount of muscle you're putting on. Lactic acid training is seen as a shortcut of sorts among people looking to make a dramatic change to their physique through exercise. And this is exactly what the US armed forces do to their new recruits. They don't have the luxury of gently pushing their Marines into better shape over the course of a year. They demand results fast... in just a few months. As a matter of fact, the Marines like to use the phrase, “embrace the suck.” And the more we can accept that concept, the quicker and more extreme our results will be.

With that said, lactic acid training is tough on the body and the mind. Therefore, we will use it sparingly and include rest days to allow your body to fully recover between workouts.

Lactic acid creates what's referred to as EPOC, otherwise known as “Excess Post Exercise Oxygen Consumption.” When you tap into EPOC, your body burns

up more energy after an exercise session in order to recover from the exercise that just took place.

During moderate exercise, the lactate can be absorbed, but with high-intensity exercise and little rest, it is produced faster than the body can absorb it. However, after the workout is over, the body keeps working overtime to convert all the excess lactic acid into glucose which is then sent back and stored in your muscle fibers. This process uses calories and increases your resting metabolic rate for many hours long after the workout is over, creating the EPOC effect.

In subsequent workout sessions, your body gets better and better at processing this excess fuel, and you gain athletic stamina and a higher metabolic rate which helps burn more calories throughout the day and leads to fat loss.

So even though lactic acid production during exercise can be challenging, it's a great thing for your overall state of health and fitness. Let me recap the benefits one more time:

- Your body burns extra calories for as long as six hours after you stop exercising, just to process lactic acid.
- Once absorbed, lactic acid helps firm up your muscles and increase your aerobic capacity.
- Also, your heart and lungs are now able to send more oxygen through your veins to get rid of fat (which needs a good supply of oxygen to be burned as fuel).
- Last but not least, the more you “feel the burn” or in our case “embrace the suck”, the more growth hormone (HGH) is produced – an almost magical substance that helps keep men youthful.



PHASE 2: "SPECIAL FORCES"

Concepts for Phase 2: Exercises are more complex and challenging, and we begin the use of lactic acid training. The concept is, that by doing lots of repetitions of an exercise, using a relatively light weight (about 30% of your one-rep maximum), with very little rest between, you build up lactic acid in your body. Lactate plays a role in generating HGH, "human growth hormone" that is partially responsible for increasing muscle mass. But lactic acid training is tough on the body and the mind. Therefore, we will be using it sparingly and include rest days to allow our bodies to fully recover between workouts.

This also means working at an intensity level where the demand for oxygen by your body is greater than your ability to supply it. This then creates what's referred to as EPOC, otherwise known as excess post exercise oxygen consumption. The EPOC effect is also known as "after-burn." It means that your body's metabolism will remain at a heightened level for many hours after the workout is over. This in turn leads to burning more calories throughout the day, versus a more "traditional" style workout.

Rest: Rest for ~ 60 sec. between "normal" sets. Take no rest between exercises when doing circuit training. Rest ~ 2-3 min. after each complete circuit.

Fitness Adjustment: Be sure to adjust the number of reps (and/or sets) called for in each exercise to challenge YOUR current fitness level. You should be within 2-3 reps of failure at the end of each set (excluding pushups).

***Sets:** In weeks 1-2 of this phase do the prescribed number of sets as written. During weeks 3-4, add 1 extra set to every exercise.

Daily Workout Times: Each day's workout should take approximately 50-60 minutes to complete - not including warmup.

MON. (TOTAL BODY)	REPS X SETS*
PUSHUP (.4XPR) + SUPER SET CONE DRILL #3	3 SETS
SANDBAG CLEAN AND PRESS	10 x 3
SANDBAG ROPE PULL (SEATED)	150' x 3
RUN IN PLACE (PIPE HELD OVEHEAD)	60 SEC X 3
SLEDGEHAMMER TIRE SLAMS	30 x 3
BATTLE ROPE (JUMPING JACKS)	20 x 3
CIRCUIT (ALL EXER. IN ORDER WITH MINIMUM REST)	1 CIRCUIT

TUES. (STRETCH/FOAM ROLL/REST)

WED. (TOTAL BODY)	REPS X SETS*
PUSHUP (.4XPR) + SUPER SET CONE DRILL #2	3 SETS
SANDBAG UP AND OVER SQUATS	10 x 3
SANDBAG CURLS	10 x 3
RUN IN PLACE (PIPE HELD FORWARD)	60 SEC X 3
SLEDGEHAMMER TIRE SLAMS	30 x 3
BATTLE ROPE (JUMP LUNGES)	20 x 3
CIRCUIT (ALL EXER. IN ORDER WITH MINIMUM REST)	1 CIRCUIT

FRI. (TOTAL BODY)	REPS X SETS*
PUSHUP (.4XPR) + SUPER SET CONE DRILL #1	3 SETS
SANDBAG THRUSTERS	15 x 3
SANDBAG ROPE PULL (STANDING)	150' x 3
RUN IN PLACE (PIPE HELD OVERHEAD)	60 SEC X 3
SLEDGEHAMMER TIRE SLAMS	30 x 3
BATTLE ROPE (IN & OUT WAVES)	30 X 3
CIRCUIT (ALL EXER. IN ORDER WITH MINIMUM REST)	1 CIRCUIT

CONCLUSION

There you have it – Phase II of the Warrior Strong Workout Manual.

You can rest assured that if you follow everything inside this workout manual, you'll achieve a head-turning physique that was once reserved for elite military. But after completing this program, you'll be able to strut across the beach with lean muscle, confidence, and deeper self-respect because you've done what very few men are willing to do...

Put yourself through a military-grade training protocol that pushes the limits.

If you have any questions about the program, don't hesitate to comment in the [Anabolic Tribe Facebook Group](#).

And before you go, I want to say thanks again for purchasing Warrior Strong. We've already donated \$5 to **Hope For The Warriors** on your behalf. Your support goes a long way to help combat wounded service members, their families, and the families of those killed in action.

Again, I know you're going to have an amazing experience with the Warrior Strong System and I can't wait to hear about your results!

- Coach Mark

