



WARRIOR

STRONG

PHASE III: SUPER SOLDIER

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WELCOME TO THE WARRIOR STRONG SYSTEM

Hey man!

Welcome to Phase III 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 unctional, 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 III: (Advanced Training Phase) “Special Forces” or “Commando”

The final phase combines functional, lactic acid, and endurance training with more complex tasks. You are going to be asked to work longer, doing more complicated exercises, while combining multiple types of movements.

Some of these exercises will closely resemble special training maneuvers only seen in the military. For obvious reasons, we can not exactly replicate some of the military drills, but I’ve been able to closely reproduce their intended results using strategies that call on all of the same muscle groups, balance, agility, and endurance that our Marines, Army, and Special Forces require. This is the Phase where you’ll really have to “embrace the suck” to make it through – and I have all the confidence in the world that you’ll get the job done.

There’s no need to repeat the benefits of functional training and lactic acid training in this phase. We have already covered those concepts. However, we will be adding endurance training with multiple task drills throughout this phase to improve overall fitness.

You will also notice that many of the “exercises” are a combination of several completely different physical requirements. This is where your total warrior workout mentality needs to kick in. I don’t care whether you call it “no pain no gain” or “embrace the suck”. I want your inner warrior mindset on overdrive during this final phase to help you achieve a lean, strong and functional military-grade body. It’s THAT time. No quitting allowed.

So what do you say?

Ready to get started?

Let’s do this!

PHASE 3: “WARRIOR”

Concepts for Phase 3: The final phase combines functional, lactic acid, and endurance training with more complex tasks. You are going to be asked to work longer, doing more complicated exercises, while combining multiple types of movements.

I’ve designed the workouts using strategies that call on all of the same muscle groups, balance, agility, and endurance that our Marines, Army, and Special Forces require. This is the Phase where you will be required to “embrace the suck” to make it through.

***Pushups** - Determine YOUR 1 set max number of standard pushups without stopping or resting. This is called your PR (personal record). YOUR PR will be used to calculate YOUR number of reps per set throughout the course of this program. You will need to retest yourself from time to time as you get stronger and are able to do more pushups.

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 55-65 minutes to complete - not including warmup.

MON. (TOTAL BODY)	REPS X SETS*
CONE DRILL #1 WITH SANDBAG ON BACK	3 SETS
V CRUNCH W/PIPE + SUPER SET WITH SLEDGEHAMMER TIRE SLAMS	(10 + 30) x 4
SANDBAG OVERHEAD SQUATS	15 x 4
SANDBAG PLANK PULL-THROUGH + SUPER SET WITH .4(PR) PUSHUPS	(10 + .4PR) x 4
SANDBAG BURPEE TO CLEAN & PRESS	10 X 4
HIIT #1	2 SETS

TUES. (TOTAL BODY)	REPS X SETS*
CONE DRILL #2 WITH SANDBAG ON BACK	3 SETS
BICYCLE CROSS CRUNCHES + SUPER SET WITH SANDBAG ROPE PULL (SEATED)	(20 + 150') x 4
TIRE OVERHEAD THROW	20 x 4
LEG LIFTS + SUPER SET WITH SANDBAG SQUATS	(20 + 20) x 4
RUN IN PLACE (PIPE HELD OVEHEAD) + SUPER SET W/ SLEDGEHAMMER TIRE SLAMS	(60 sec. + 30) x 4
HIIT #2	2 SETS

WED. (STRETCH/FOAM ROLL/REST)

THUR. (TOTAL BODY)	REPS X SETS*
CONE DRILL #3 + SUPER SET WITH PUSHUP (.4PR)	3 SETS
SANDBAG CROSS SITUPS + SUPER SET WITH SLEDGE-HAMMER TIRE SLAMS	(20 + 30) x 4
LUNGES W/TIRE OVERHEAD	20 x 4
SANDBAG PLANK PULL-THROUGH + SUPER SET WITH SANDBAG BACK SQUATS	(10 + 20) x 4
SANDBAG BURPEE TO CLEAN & PRESS	10 x 4
HIIT #1	2 SETS

FRI. (TOTAL BODY)	REPS X SETS*
CONE DRILL #1 WITH SANDBAG ON BACK	3 SETS
SANDBAG PLANK PULL-THROUGH + SUPER SET WITH SANDBAG ROPE PULL (STANDING)	(10 + 150') x 4
TIRE SQUAT LAUNCH	20 x 4
MOUNTAIN CLIMBERS WITH TWIST + SUPER SET WITH	(20 + 30) x 4
SANDBAG BENT OVER ROWS	
RUN IN PLACE (PIPE HELD FORWARD) + SUPER SET W/ SLEDGEHAMMER TIRE SLAMS	(60 SEC. + 30) X 4
HIIT #2	2 SETS

CONCLUSION

There you have it — Phase III 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

