



**JOE MEGLIO & CHAD HOWSE'S**

# **STRONG LIKE A WARRIOR**

**OLD. SCHOOL. POWER.**



## **Strong Like A Warrior**

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**Disclaimer:**

The information in this book is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity and diet. With that in mind, those participating in strength and conditioning programs should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives might be dangerous if performed incorrectly, and may not be appropriate for everyone. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.

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## Program Overview

Strong Like A Warrior is a 12-week program designed specifically to help you build lean muscle while burning fat and give you the “warrior look” every guy dreams of. The 12-week program consists of 4-phases, each lasting 3 weeks long.

Each phase consists of 3 workouts per week. Day 1 is a lower body workout that starts with a jump exercise coupled with a squat or deadlift variation. After the main lift of the day (squat or deadlift) and the power exercise (jump variation) you will do assistance work to help bring up common weak points in the lower body. Bringing up these weak points will help increase your squat and deadlift, while also helping you add muscle to the lower body. Each day 1 workout ends with sprints for metabolic conditioning.

Day 2 is an upper body workout that starts with an overhead pressing movement. After this main movement, you will do various assistance exercises to help improve your overall pressing power while adding balance to your program with the addition of various pulling exercises. Day 2 workouts end with a bodyweight finisher that will improve relative body strength, get your heart rate up to improve metabolic conditioning and also give you a massive pump. \

Day 3 is a full body workout that starts with an Olympic lift variation for total body power and strength. Following the Olympic lift, you will do a front loaded squat followed by some bodyweight density training. Each day 3 workout ends with an ass kicking finisher that will challenge you mentally and physically.

## What Days Should You Train On?

In a nutshell, you should train on whatever days work best with your schedule. The only requirements are you do not train on 3 consecutive days and you do not take off more than 2 days in a row.

Here are 3 examples of different training splits you can follow:

### ***Option 1 (most popular)***

Monday - Day 1

Wednesday- Day 2

Friday- Day 3

### ***Option 2***

Monday - Day 1

Wednesday - Day 2

Saturday - Day 3

### ***Option 3***

Monday – Day 1

Tuesday – Day 2

Thursday – Day 3

You can obviously start the training week on Tuesday, if this schedule doesn't work for you. While you can train back-to-back days, we highly suggest you train every other day for optimal recovery.

## What to do on Off Days?

Regardless of what days you're training on, you will have 4 off days a week. There are three main options on these off days.

**Option # 1** is to recover and prepare your mind and your body for the next workout.

These days should be devoted to extra mobility work to promote recovery. Spend 20-30 minutes doing mobility work and foam rolling. This will help you recover quicker, improve your mobility, as well as keep you active.

### **Option # 2** “Off Day” Workouts

Off day workouts can include metabolic conditioning, bodyweight workouts or gymnastic practice that last 15-20 minutes.

**Here are a few great “off day” workouts:**

- Hill Sprints
- Prowler or sled pushes
- Bodyweight circuits
- Battling Ropes
- Jump Rope
- Hand Stand Push-up Practice
- Bodyweight workouts

If you decide to do these “off-day” workouts, just make sure they are not negatively impacting your workouts. If you are hitting a plateau with your strength or muscle gains, then limit the amount of high intensity “off day” workouts you do and instead focus on recovery.

### **Option # 3** DO NOTHING

We recommend you have at least 1 day a week where you just relax and get your mind off of training and the gym.

## **What Equipment Do I Need?**

The Strong Like A Warrior workouts are designed to be done with standard gym equipment that you can find in almost any gym.

**Here is a list of what you will need:**

### **Necessary:**

- A Barbell
- Dumbbells

### **Beneficial:**

- Kettlebells

If you do not have any kettlebells there is no need to worry.  
No Kettlebells? → Use Dumbbells instead

## **Reading The Workouts**

Below is a list of lifting terms you need to understand in order to read the workouts properly...

- Submax = leave 2-3 reps in the tank. If you can do 10 pull-ups, only do 7 or 8 reps. If you can do 20 push-ups, only do 17 or 18.
- Max reps = Do as many perfect reps as possible and leave just 1 rep in the tank.
- “s” = seconds. For example, 30s = 30 seconds
- “1A” “1B” “2A” “2B” etc... = Do 2 exercises in a row before you rest.  
3A/3B/3C means do all 3 exercises in a row before you rest.

## **How To Progress On Core Lifts**

Below is the exact progression scheme you will follow for the core lifts on day 1, day 2 and day 3 workouts.



**Day 1 & Day 2 Core Lift (squat/deadlift, overhead press):**

Week 1 – Do 3 X 5 with straight weight

Week 2 - Do 5 X 5 with straight weight

Week 3 - Work up to a 5 Rep Max

**Day 3 Core Lift (Olympic lift):**

Week 1 – 3 X 3 with straight weight

Week 2 – 5 X 3 with straight weight

Week 3 – Work up to a 3 Rep Max

## How to Progress on Supplemental and Accessory Lifts

After each core lift, it's time to move onto the supplemental lifts. During weeks 1 and 2 of each phase, we increase the volume by 2 reps per set. For example, week 1 may call for 3 X 6 and week 2 may call for 3 X 8. On week 3 we add an extra set but lower the number of reps. For example, week 3 may call for 4 X 6. This allows you to use the same total volume as week 2 but since the reps are lower, you will use a higher load.

## How To Choose Weight

Choosing the proper weight is a critical component of the Strong Like A Warrior program. Make sure you follow these rules outlined below before selecting weights...

- Only use weights you can do with great technique
- Use weights that allow you to do the number of reps prescribed in the program.
- Use a weight that allows you to leave 1-2 reps in the tank. So for instance, if the workout says 4 X 6, you should do a weight that you can do for 7 or 8 reps.

## How To Structure Warm-up Sets On Core Lifts

Days 1-3 include core exercises. For the core exercises in the program (1A exercises) you will need to do a few warm-up sets before you do the main sets.

Generally speaking, the stronger you are, the more warm-up sets you will need. Below is an example of how you should warm-up if you planned on squatting 300 for your 5-rep max that day...

135 X 10  
185 X 5  
225 X 3  
275 X 3  
300 X 5 RP

Please note that you will not be using these warm-up sets on every exercise. Only use these warm-up sets on the core exercise for the day (1A exercises)

## Should You Do Straight Sets?

Throughout the program you will notice set and rep schemes like 3 X 8, 4 X 6 etc...

If you are a beginner lifter, it's important that you do straight sets.

If you are an intermediate or advanced lifter, you do NOT need to do straight sets. Instead, start with a medium to hard weight and then progress from there.

So if you are beginner and the workouts says 3 X 8 DB Bench Press, here is what your sets will look like:

Warm-up: 25 X 8

Set 1: 50 X 8

Set 2: 50 X 8

Set 3: 50 X 8

For intermediate or advanced lifters, let's say you can do 90 lbs on DB bench press for 8 reps and the workout says 3 X 8. Here is what you should do:

Set 1: 75 X 8

Set 2: 80 X 8

Set 3: 85 X 8

OR

Set 1: 70 X 8

Set 2: 80 X 8

Set 3: 90 X 8



## Rest Periods

The amount of time you rest in-between sets will vary and will depend on how conditioned you are. You will rest only as long as you need to recover from the previous set.

If you do the next set and your performance and strength drop, you didn't rest long enough. On the other hand, if these workouts are taking you longer than 1 hour to complete, you are resting too long.

Rest as long as you need with the core exercise of the day and push the pace on the supplemental and accessory lifts.

## Notes On Finishers

You'll see that days 1-3 include a short, high intensity, conditioning finisher.

**Below are the various finishers you will do:**

- **AFAP Circuits** = As Fast As Possible. Complete the given # of reps as fast as possible. There is no time limit to these circuits but they should last you no longer than 10 minutes.
- **AMAP Circuits** = As Many As Possible for a given exercise. For example, 8 minutes AMAP of DB Snatches means you will do as many DB snatches as you can do in 8 minutes.
- **AMRAP** = As Many Rounds As Possible in the given amount of time. For example, 8 minutes AMRAP of farmer walks and KB swings means you will do farmer walks, followed by KB swings for the given # of reps then repeat for as many rounds as you can in 8 minutes.
- **DB/KB Complex** = Do each exercise for the given # of reps without putting the DB/KB/BB down. Once you complete each exercise for the given # of reps you can then put it down. Rest 60s then repeat for the given amount of sets.
- **Sprints** = Run as fast as possible for the given distance, jog back to the starting position and repeat. You will stop once you achieve the desired # of reps. If you are in a gym and don't have access to a park, parking lot etc... you can do treadmill sprints instead.
- **Ladders** = Start with 1 rep. Rest briefly, then do 2 reps. Rest briefly, then do 3 reps. Keep going as high as you can on the ladder. Once you can't complete the number of sets the ladder is over.

These finishers are designed to be 10 minutes or less. If you feel that some finishers are too easy then you can **a) increase weight** or **b) go for longer time** (no more than 15 minutes). The key is to not let these finishers interfere with your strength gains.

# **Phase 1**

## **Week 1**

### **Day 1**

- 1A) BB Anderson Squat 3 X 5
- 1B) Box Jump 3 X 3
- 2) BB RDL's 3 X 6
- 3A) Goblet Reverse Lunge 3 X 8
- 3B) Hanging Knee Raise 3 X 10
- 4) Finisher X 4
  - a) 30-yard dashes

### **Day 2**

- 1) BB Military Press 3 X 5
- 2A) Chest Supported Rows 3 X 6
- 2B) Neutral Grip DB Bench Press 3 X 6
- 3A) Cable Face pulls 2 X 10
- 3B) BB rollout 2 X 8
- 4A) Bodyweight Finisher
  - a) Dips 10,9,8,7,6,5,4,3,2,1
  - b) Chin-ups 1,2,3,4,5,6,7,8,9,10

### **Day 3**

- 1) Hang Power Snatch 3 X 3
- 2) DBL. KB Front Squats 3 X 6
- 3A) Pull-ups 3 X 20s
- 3B) Rotational push-ups 3 X 20s
- 4) Finisher X 3 rounds
  - a) KB Farmer Walks X 30s
  - b) KB Swings X 12

## **Week 2**

### **Day 1**

- 1A) BB Anderson Squat 5 X 5
- 1B) Box Jump 5 X 3
- 2) BB RDL's 3 X 8
- 3A) Goblet Reverse Lunge 3 X 10
- 3B) Hanging Knee Raise 3 X 12
- 4) Finisher X 5
  - a) 30-yard dashes

### **Day 2**

- 1) BB Military Press 5 X 5
- 2A) Chest Supported Rows 3 X 8
- 2B) Neutral Grip DB Bench Press 3 X 8
- 3A) Cable Face pulls 2 X 12
- 3B) BB rollout 2 X 10
- 4A) Bodyweight Finisher
  - a) Dips 10,9,8,7,6,5,4,3,2,1
  - b) Chin-ups 1,2,3,4,5,6,7,8,9,10

### **Day 3**

- 1) Hang Power Snatch 5 X 3
- 2) DBL. KB Front Squats 3 X 8
- 3A) Pull-ups 3 X 30s
- 3B) Rotational push-ups 3 X 30s
- 4) Finisher X 3 rounds
  - a) KB Farmer Walks X 30s
  - b) KB Swings X 12



## **Week 3**

### **Day 1**

- 1A) BB Anderson Squat 5 RM
- 1B) Box Jump X 3
- 2) BB RDL's 4 X 6
- 3A) Goblet Reverse Lunge 4 X 8
- 3B) Hanging Knee Raise 4 X 10
- 4) Finisher X 6
  - a) 30-yard dashes

### **Week 3**

- 1) BB Military Press 5 RM
- 2A) Chest Supported Rows 4 X 6
- 2B) Neutral Grip DB Bench Press 4 X 6
- 3A) Cable Face pulls 3 X 10
- 3B) BB rollout 3 X 10
- 4A) Bodyweight Finisher
  - a) Dips 10,9,8,7,6,5,4,3,2,1
  - b) Chin-ups 1,2,3,4,5,6,7,8,9,10

### **Weeks 3**

- 1) Hang Power Snatch 3 RM
- 2) DBL. KB Front Squats 4 X 6
- 3A) Pull-ups 4 X 20s
- 3B) Rotational push-ups 4 X 20s
- 4) Finisher X 3 rounds
  - a) KB Farmer Walks X 30s
  - b) KB Swings X 12

## **Phase 2**

### **Week 4**

#### **Day 1**

- 1A) Trap Bar Deadlift (High Handles) 3 X 5
- 1B) Broad Jump 3 X 3
- 2) BB Hip Thrust 3 X 8
- 3A) 1 Arm DB Bulgarian Split Squat 3 X 8 each leg
- 3B) Hanging Leg Raise 3 X 10
- 4) Finisher X 4
  - a) 40- yard dashes

#### **Day 2**

- 1A) BB Push Press 3 X 5
- 1B) Neutral Grip Pull-ups 3 X Submax
- 2A) T Bar Row 3 X 6
- 2B) Neutral Grip Incline DB Bench Press 3 X 6
- 2C) Weighted Plank 3 X 20s
- 4A) Bodyweight Finisher
  - a) Spiderman Push-ups 10,9,8,7,6,5,4,3,2,1
  - b) Recline Rows 1,2,3,4,5,6,7,8,9,10

#### **Day 3**

- 1) Hang Power Clean 3 X 3
- 2) BB Front Squats to box 3 X 6
- 3A) Recline Row 3 X 20s
- 3B) Weighted Push-ups 3 X 20s
- 4) Finisher X 5 Min AMAP
  - a) KB Snatch

## **Week 5**

### **Day 1**

- 1A) Trap Bar Deadlift (High Handles) 5 X 5
- 1B) Broad Jump 5 X 3
- 2) BB Hip Thrust 3 X 10
- 3A) 1 Arm DB Bulgarian Split Squat 3 X 10 each leg
- 3B) Hanging Leg Raise 3 X 12
- 4) Finisher X 5
  - a) 40- yard dashes

### **Day 2**

- 1A) BB Push Press 5 X 5
- 1B) Neutral Grip Pull-ups 5 X Submax
- 2A) T Bar Row 3 X 8
- 2B) Neutral Grip Incline DB Bench Press 3 X 8
- 2C) Weighted Plank 3 X 30s
- 3A) Bodyweight Finisher
  - a) Spiderman Push-ups 10,9,8,7,6,5,4,3,2,1
  - b) Recline Rows 1,2,3,4,5,6,7,8,9,10

### **Day 3**

- 1) Hang Power Clean 5 X 3
- 2) BB Front Squats to box 3 X 8
- 3A) Recline Row 3 X 30s
- 3B) Weighted Push-ups 3 X 30s
- 4) Finisher X 5 Min AMAP
  - a) KB Snatch

## **Week 6**

### **Day 1**

- 1A) Trap Bar Deadlift (High Handles) 5 RM
- 1B) Broad Jump X 3
- 2) BB Hip Thrust 4 X 8
- 3A) 1 Arm DB Bulgarian Split Squat 4 X 8 each leg
- 3B) Hanging Leg Raise 4 X 10
- 4) Finisher X 6
  - a) 40- yard dashes

### **Day 2**

- 1A) BB Push Press 5 RM
- 1B) Neutral Grip Pull-ups X Submax
- 2A) T Bar Row 4 X 6
- 2B) Neutral Grip Incline DB Bench Press 4 X 6
- 2C) Weighted Plank 4 X 20s
- 3A) Bodyweight Finisher
  - a) Spiderman Push-ups 10,9,8,7,6,5,4,3,2,1
  - b) Recline Rows 1,2,3,4,5,6,7,8,9,10

### **Day 3**

- 1) Hang Power Clean 3 RM
- 2) BB Front Squats to box 4 X 6
- 3A) Recline Row 4 X 20s
- 3B) Weighted Push-ups 4 X 20s
- 4) Finisher X 5 Min AMAP
  - a) KB Snatch



## **Phase 3**

### **Week 7**

#### **Day 1**

- 1A) BB Paused Back Squat 3 X 5
- 1B) Vertical Jump 3 X 3
- 2) BB Snatch Grip RDL's 3 X 6
- 3A) DB Step-ups 3 X 8 each leg
- 3B) Toes to Bar 3 X 8
- 4) Finisher X 4
  - a) 50- yard dashes

#### **Day 2**

- 1) BB Squat Jerk 3 X 3
- 2A) Bent Over BB Row 3 X 6
- 2B) DB floor Press 3 X 6
- 3A) Weighted Pull-ups 3 X 6
- 3B) DB "Power Cleans" 3 X 10
- 3A) Bodyweight Finisher 1 X AMAP
  - a) Alligator Push-ups

#### **Day 3**

- 1) Power Snatch 3 X 3
- 2) BB Front Squats 3 X 6
- 3A) Chest To Bar Pull-ups 3 X Max
- 3B) HSPU 3 X Max
- 4) Finisher 3 X 10
  - a) Goblet Squat
  - B) Goblet Reverse Lunge
  - C) KB swing

## **Week 8**

### **Day 1**

- 1A) BB Paused Back Squat 3 X 5
- 1B) Vertical Jump 3 X 3
- 2) BB Snatch Grip RDL's 3 X 8
- 3A) DB Step-ups 3 X 10 each leg
- 3B) Toes to Bar 3 X 10
- 4) Finisher X 5
  - a) 50- yard dashes

### **Day 2**

- 1) BB Squat Jerk 5 X 3
- 2A) Bent Over BB Row 3 X 8
- 2B) DB floor Press 3 X 8
- 3A) Weighted Pull-ups 3 X 8
- 3B) DB "Power Cleans" 3 X 12
- 3A) Bodyweight Finisher 1 X AMAP
  - a) Alligator Push-ups

### **Day 3**

- 1) Power Snatch 5 X 3
- 2) BB Front Squats 3 X 8
- 3A) Chest To Bar Pull-ups 3 X Max
- 3B) HSPU 3 X Max
- 4) Finisher 3 X 10
  - a) Goblet Squat
  - B) Goblet Reverse Lunge
  - C) KB swing

## **Weeks 9**

### **Day 1**

- 1A) BB Paused Back Squat 5 RM
- 1B) Vertical Jump X 3
- 2) BB Snatch Grip RDL's 4 X 6
- 3A) DB Step-ups 4 X 8 each leg
- 3B) Toes to Bar 4 X 8
- 4) Finisher X 6
  - a) 50- yard dashes

### **Day 2**

- 1) BB Squat Jerk 3 Rep Max
- 2A) Bent Over BB Row 4 X 6
- 2B) DB floor Press 4 X 6
- 3A) Weighted Pull-ups 4 X 6
- 3B) DB "Power Cleans" 4 X 10
- 3A) Bodyweight Finisher 1 X AMAP
  - a) Alligator Push-ups

### **Day 3**

- 1) Power Snatch 3RM
- 2) BB Front Squats 4 X 6
- 3A) Chest To Bar Pull-ups 4 X Max
- 3B) HSPU 4 X Max
- 4) Finisher 3 X 10
  - a) Goblet Squat
  - B) Goblet Reverse Lunge
  - C) KB swing

## **Phase 4**

### **Week 10**

#### **Day 1**

- 1A) Trap Bar Deadlift (Low Handles) 3 X 5
- 1B) Hurdle Jumps 3 X 3
- 2) DbL KB Swings 3 X 8
- 3A) OH Plate Walking Lunges 3 X 10 each leg
- 3B) Plank w/ reach 3 X 10 each side
- 4) Finisher X 4
  - a) 60-yard dashes

#### **Day 2**

- 1) BB Split Jerk 3 X 3
- 2A) 1-Arm DB Row 3 X 6 each side
- 2B) 1-Arm DB Bench press 3 X 6 each side
- 3A) DB Farmer Walks 3 X 30s
- 3B) Hallow Rocks 3 X 10
- 3A) Bodyweight Finisher
  - a) Pull-up Ladder

#### **Day 3**

- 1) Power Clean 3 X 3
- 2) OH Squats 3 X 6
- 3A) 1 Arm BW Row 3 X 8 each side
- 3B) Plyo Push-up 3 X 8
- 4) Finisher X 3 X 10
  - a) Goblet Squat
  - B) Goblet Reverse Lunge
  - C) KB swing



## **Week 11**

### **Day 1**

- 1A) Trap Bar Deadlift (Low Handles) 5 X 5
- 1B) Hurdle Jumps 5 X 3
- 2) DbL KB Swings 3 X 10
- 3A) OH Plate Walking Lunges 3 X 12 each leg
- 3B) Plank w/ reach 3 X 12 each side
- 4) Finisher X 5
  - a) 60 yard dashes

### **Day 2**

- 1) BB Split Jerk 5 X 3
- 2A) 1-Arm DB Row 3 X 8 each side
- 2B) 1-Arm DB Bench press 3 X 8 each side
- 3A) DB Farmer Walks 3 X 40s
- 3B) Hallow Rocks 3 X 12
- 3A) Bodyweight Finisher
  - a) Pull-up Ladder

### **Day 3**

- 1) Power Clean 5 X 3
- 2) OH Squats 3 X 8
- 3A) 1 Arm BW Row 3 X 10 each side
- 3B) Plyo Push-up 3 X 10
- 4) Finisher X 3 X 10
  - a) Goblet Squat
  - B) Goblet Reverse Lunge
  - C) KB swing

## **Week 12**

### **Day 1**

- 1A) Trap Bar Deadlift (Low Handles) 3 RM
- 1B) Hurdle Jumps X 3
- 2) DbL KB Swings 4 X 8
- 3A) OH Plate Walking Lunges 4 X 10 each leg
- 3B) Plank w/ reach 4 X 10 each side
- 4) Finisher X 6
  - a) 60-yard dashes

### **Day 2**

- 1) BB Split Jerk 3 RM
- 2A) 1-Arm DB Row 4 X 6 each side
- 2B) 1-Arm DB Bench press 4 X 6 each side
- 3A) DB Farmer Walks 4 X 30s
- 3B) Hallow Rocks 4 X 10
- 3A) Bodyweight Finisher
  - a) Pull-up Ladder

### **Day 3**

- 1) Power Clean 3 RM
- 2) OH Squats 4 X 6
- 3A) 1 Arm BW Row 4 X 8 each side
- 3B) Plyo Push-up 4 X 8
- 4) Finisher KB Complex X 3 X 10
  - a) Goblet Squat
  - B) Goblet Reverse Lunge
  - C) KB swing