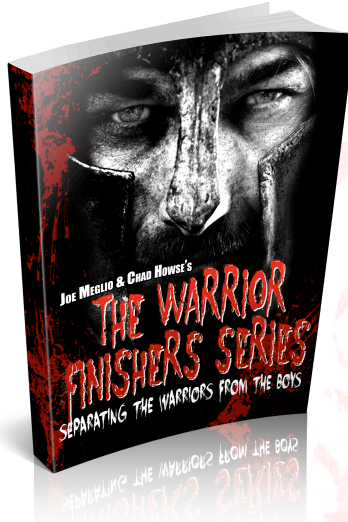




JOE MEGLIO & CHAD HOWSE'S

THE WARRIOR FINISHERS SERIES

SEPARATING THE WARRIORS FROM THE BOYS



The Warrior Finisher Series

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For more information, please contact:

Meglio Performance Systems LLC

Chad Howse Fitness

Email: Joe@MeglioPerformance.com

chad@chadhowsefitness.com

Website: <http://www.joemeglio.com>

<http://www.chadhowsefitness.com>

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.

Table of Contents

Warrior Finishers Series	5
How To Implement These Finisher	6
12 minutes AMRAP	7
Every Minute On The Minute Workouts For 10 Minutes	8
As Fast As Possible Ladder Workouts	9
Kettlebell Complexes – 12 Minutes AMRAP	10
8-Minute Tabata	11

Warrior Finishers Series

Inside this manual, we have provided you with 15 killer workout finishers that will help you burn fat without burning muscle.

Unlike traditional forms of cardio like running miles on end on a treadmill or elliptical, our approach to cardio is much different and *much more effective*.

Each finisher in this manual is 15 minutes or less of high intensity, fat burning workouts that will help you get the body you want...

The kicker is, that it'll also test your mind. As we've talked about in the manual and elsewhere with *Strong Like a Warrior*, it's the training of the mind that sets a warrior apart – and determines his success or defeat on the battlefield.

These finishers are that test, but also the insurance that will help you get ripped like a warrior.

The finishers are designed to be fast, effective and done with high intensity. In addition to burning fat and building the warrior mindset, these workouts will also help improve your strength endurance – essential qualities for any warrior.

Please note that these finishers are not easy! They are advanced and if you are not use to training with this intensity, you are going to have to scale these workouts back a bit till you can build up to doing the full workout. If this is the case then keep each one of these workouts to no more then 10 minutes and take your time in the beginning. As you get in better shape, you will be able to move faster and do the full workouts.

How To Implement These Finishers

Inside our main manual, we already included finishers for each workout, so there is no need to add these in after your workouts. Instead these workouts are best to do on “off-days”.

Doing these on “off-days” will help you burn fat around the clock and get the results that you want. Another option is to add these in on your workout days but 6 hours before or after your main workout. It’s important that you do it 6 hours before or after because this will give your body enough time to recover.

Alternative Exercise List

The workouts below include some non-traditional equipment that you may not have in a Globo Gym. Instead of leaving you hanging, we want to make sure we hook you up with some alternatives incase you don’t have some equipment.

Kettlebells → Dumbbells

Prowler → Push Your Car

Medicine Ball → Burpee To Push-up

Jump Rope → Pogo Jumps

12 minutes AMRAP

The goal of each of these 4 finishers is to do as many rounds as possible in 12 minutes. The faster you move, the more rounds you will get in and the more effective the workout. Be sure to use weights that are challenging. If you can get more than 6 rounds in 12 minutes, then you need to increase the weight. Ideally, you should be able to get 4-6 rounds in 12 minutes.

If you are a beginner or not in great shape, start with 8 minutes. As you increase your work capacity and you feel like you are ready to increase, gradually work your way up towards 12 minutes.

1A & 1B indicate a superset. This means you will do 1A then immediately do 1B without any rest. After you complete 1A and 1B you will rest as short as possible before starting the next round.

Please note that if your performance is dropping off big time by the 2nd or 3rd round, you may need to rest a little bit longer.

Workout # 1

1A) Prowler push – Sprint for 100 ft. Rest 60s then repeat

Workout # 2

1A) Prowler Push – 100ft

1B) KB Farmer Carries – 100ft

Workout # 3

1A) Prowler Push - 200ft

1B) Sprint – 200 ft

Workout # 4

1A) Prowler Push X 50ft

1B) Pull-ups X 5

Every Minute On The Minute Workouts For 10 Minutes

The goal of “Ever Minute On The Minute” workouts is to complete the 1A and 1B as fast as possible because you are going to repeat 1A and 1B once the minute is up.

So let’s say it takes you 10 seconds to push the prowler 50 feet and another 15 seconds to do 5 burpees, you’ll have 35 seconds to rest before you repeat.

In the beginning these workouts won’t seem to hard but as you keep moving on, the rest periods will get shorter because you are physically getting tired. As the rest periods get shorter and you are physically getting tired, these workouts will get very tough! Prepare to challenge yourself to push your limits.

If you are a beginner and cannot handle these workouts, cut your reps in half. So for workout # 5 instead of pushing the prowler 50 feet, you will push it 25 feet and instead of doing 5 burpees, you will do 3.

Workout # 5

1A) Prowler Push X 50ft

1B) Burpees X 5

Workout # 6

1A) KB Swings X 8

1B) Pull-ups X 3

As Fast As Possible Ladder Workouts

This workout will vary in length depending on how fast you move. The faster you move, the more intense the workout and the better the results. This workout should take you about 4-6 minutes to complete.

In order to do this workout you will start by doing 1 arm KB swings with your left hand for 10 reps. After you complete 10 reps you will juggle the kettlebell to your right hand and do 10 reps. After you do 10 with each arm you will juggle the kettlebell back to your left and do 8 followed by 8 on your right side. You will do this ladder all the way down to 2. The goal is to not put the kettlebell down the whole entire time. The only exception is a beginner who may need to put the kettlebell down.

After you complete 1 arm swings – 10,8,6,4,2 with each arm you will then move onto burpees. The goal here is to do 10 burpees as fast as possible. Rest quickly, then do 8, rest quickly then do 6, all the way down to 2.

Workout # 7

1A) Left Arm KB Swings 10,8, 6,4, 2

1B) Right Arm KB Swings 10,8, 6,4, 2

2A) Burpees 10,8,6,4,2

*Do 10 swings with your left arm, followed by 10 swings with your right. Without putting the kettlebell down, do 8 swings with your left, then 8 with your right, all the way down to 2.

Kettlebell Complexes – 12 Minutes AMRAP

The two workouts below are kettlebell complexes that will really challenge you mentally and physically. The goal of each complex is to complete the whole set without putting the kettlebell down. Once you complete the complex, rest as short as possible then repeat.

You should be able to get about 4 rounds in the 12-minute time frame. If you can get 6 or more rounds, you need to use a heavier weight. Beginners should start with 8 minutes as many rounds as possible.

For Workout 10, you will do everything with your left arm first, and then repeat with your right arm. Once you do both arms, put the kettlebell down, rest as short as possible then do it again. If you see your performance is dropping off during sets 2-3, you need to rest a bit longer so you can recover.

For workout 13, you will do both kettlebells at the same exact time (dbl. kb = double kettlebell).

Workout # 8

- 1A) L Arm KB Swing X 10
- 1B) L Arm KB High Pull X 10
- 1C) L Arm KB Snatch X 10
- 1D) L Arm KB Snatch & Press X 10
- 1E) R Arm KB Swing X 10
- 1F) R Arm KB High Pull X 10
- 1G) R Arm KB Snatch X 10
- 1H) R Arm KB Snatch & Press X 10

Workout # 9

- 1A) Dbl. KB Row X 6
- 1B) Dbl. KB Clean X 6
- 1C) Dbl. KB Clean & Press X 6
- 1D) Dbl. KB Squat X 6

8-Minute Tabata

This workout is an absolute killer. You will start this workout by doing 20 seconds of jump rope. You will then rest 10 seconds and then immediately do med ball slams for 20 seconds. Rest 10 seconds then do burpees for 20 seconds.

After you complete burpees for 20 seconds, you will then repeat this circuit until you hit the 8-minute mark. Beginners should start with a 4-minute circuit and increase gradually as you become more conditioned.

Do 20s of 1A, rest 10 seconds, do 20s of 1B, rest 10 seconds, do 20s of 1C, rest 10 seconds then repeat.

Workout # 10 – 20seconds on 10 seconds off

1A) Jump Rope

1B) Med Ball Slams

1C) Burpees