



WARRIOR

KRAV MAGA ★ KICK BOXING ★ KALI
DEFENSE ★ FITNESS

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Level 1 Certification

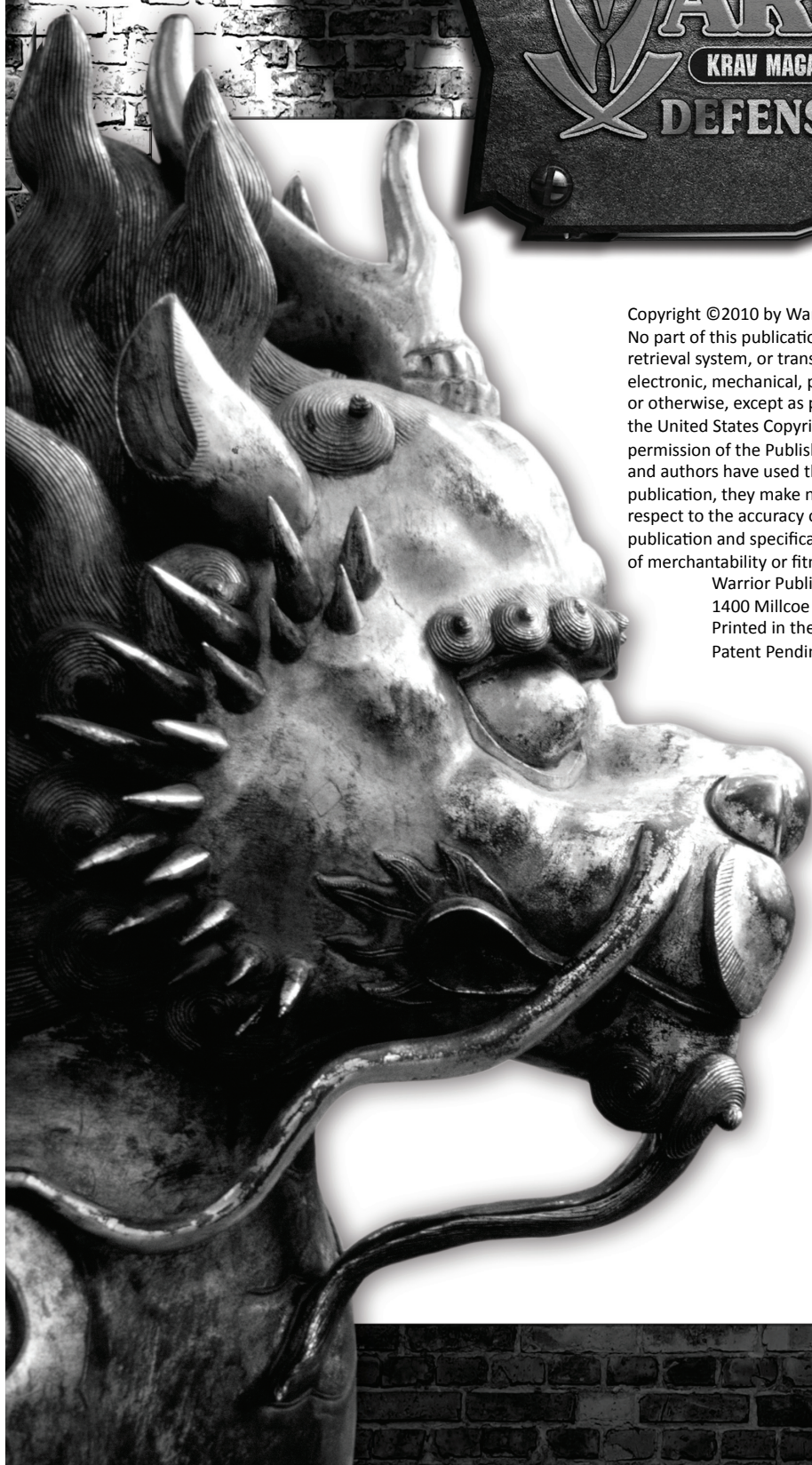
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Certification in the Warrior Program denotes a knowledge of the curriculum and completion of the program. It does not necessarily guarantee that any one individual is fully qualified to instruct or indicate the character of that person to teach. Any one instructor's ability to instruct said class is at the sole discretion of the individual school owner.



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CERTIFICATION ITINERARY

Purpose:

- To inform and certify instructor how to use the Warrior Xfit Instructor program

Hour #1

- Introductions
- Overview of exercises
 - Modifications
 - Recommended rep ranges
- Workout - Rounds 1 & 2 of the 13th Day of Month
- History of Warrior X-Fit
- First Martial Arts Fitness Ranking System
- What is Warrior X-Fit
- Rounds 3 & 4 of the 13th Day of Month

Hour #2

- 3 Applications of Warrior X-Fit
- Intensity Chart
- Website
- Enrollment Process
- Affiliate Program
- Warrior X-Fit Kickboxing
- Warrior X-Fit 21 Day Meal Plan

Hour #3

- Warrior X-Fit Kickboxing Class for the 14th Day of the Month
- Marketing Materials
- Q & A

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PROPER EXERCISE TECHNIQUES / MODIFICATIONS

Before teaching a class or private session, Warrior X-Fit recommends visiting www.warriorxfit.com to ensure you know how to properly teach each exercise. The basic components to properly exercising include maintaining neutral spine, range of motion, proper form correct breathing and speed of repetition.

NEUTRAL SPINE

Neutral spine can be defined as the natural position of the spine when all 3 curves of the spine – cervical (neck), thoracic (middle) and lumbar (lower) – are in good alignment. In "neutral spine", the body is able to function in its strongest, most balanced position. Stress to the joints, muscles, vertebrae and tissue is minimized. Maintaining neutral posture will help decrease the risk of injury and increase the efficiency of movement or exercise. To achieve neutral spine, pull your shoulders back, stick out your chest, tighten your core and lift your chin so that your head is straight.

RANGE OF MOTION

It is important to do a full range of motion for each repetition of every exercise, because more muscle fibers are recruited the greater the range of motion. In addition, doing a full range of motion ensures you remain flexible and not reduce the length of your muscle fibers.

PROPER FORM

Proper form is defined as performing a full range of motion and maintaining the correct posture intended for that exercise. Since many exercises are targeted toward specific muscle groups, a lack of good form can cause you to work out a completely different muscle or to strain the muscle you were targeting. Proper form, on the other hand, ensures optimal results in the correct muscle group.

** When counting the number of repetitions for an exercise, only those done in neutral spine, with a full range of motion and proper form should be counted.*

CORRECT BREATHING

Breathing correctly during exercise is essential because it enables you to generate more force and reduces the chance of heart problems or severe increases in blood pressure. When you use correct form, you will find it easier to move air in and out of your lungs, which will also help you focus your attention on the task at hand. To

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breathe correctly, exhale through your mouth when your muscles contract, and inhale through your nostrils when the muscle lengthens and returns to starting position.

SPEED OF REPETITION

Although your output level is determined by the speed of each repetition, each repetition should be performed as quickly as possible as long as a full range of motion and correct posture is achieved.

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As a certified instructor, here are modifications you can prescribe when a student is having difficulty with an exercise.

Squat & Lunges

- Modification
 - Limit the range motion

Sit ups

- Modification
 - Start from an upright position and only go back 45 to 60 degrees

Push Up

- Modification
 - Perform on knees or if still impossible, perform on a wall

Sprawl

- Modification
 - Drop down to floor one knee at a time then extend legs one at a time, return to start position the same way

Upright Resistance Tube Exercises

- Modification
 - Put resistance band under one foot, or drop to knees and place band under knees

Breakfalls

- Modification
 - Sit on the ground roll onto your back, use momentum to roll back to seated position, then stand up using arms to assist

Power Sprawls

- Modification
 - Drop down to floor one knee at a time then extend legs one at a time, perform push-up on knees, return to start position the same way

Plyometrics

- Modification
 - Limit height of jump
 - Raise one leg off the floor at a time

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ADHERING TO RECOMMENDED REPS

Warrior X-Fit recommends you do the maximum number of reps you are able to do during exercise. Please note, before exercising you should view the minimum number of reps suggested for your fitness belt level and exceed that number.

The website has an intensity chart that displays the number of reps that should be performed for each individual. Before teaching a class or private session, Warrior X-Fit recommends visiting www.warriorxfit.com to ensure you know the recommended reps for each exercise.

The next two pages are the intensity charts used for the 13th and 14th Day of the Month Routines (which are the workouts which will be used for this certification).

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DAY 13 INTENSITY CHART

TOTAL REPS PER EXERCISE							
Day 13	Total Reps	Ex. 1	Ex. 2	Ex. 3	Ex. 4	Ex. 5	Ex. 6
White	337	53	53	60	76	35	60
Orange	367	58	58	65	83	38	65
Yellow	498	78	78	89	113	51	89
Camo	538	85	85	96	121	55	96
Green	575	91	91	102	130	59	102
Purple	614	97	97	109	139	63	109
Blue	652	103	103	116	147	67	116
Brown	691	109	109	123	156	71	123
Red	730	115	115	130	165	75	130
Black Rec	768	121	121	137	173	79	137
1st Deg	805	127	127	143	182	83	143

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TOTAL REPS PER SEGMENT							
Day 13	TOTAL REPS PER SEGMENT	Ex. 1	Ex. 2	Ex. 3	Ex. 4	Ex. 5	Ex. 6
White		9	9	10	13	6	10
Orange		10	10	11	14	6	11
Yellow		13	13	15	19	9	15
Camo		14	14	16	20	9	16
Green		15	15	17	22	10	17
Purple		16	16	18	23	11	18
Blue		17	17	19	25	11	19
Brown		18	18	21	26	12	22
Red		19	19	22	28	13	22
Black Rec		20	20	23	29	13	23
1st Deg		21	21	24	30	14	24

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DAY 14 INTENSITY CHART

TOTAL REPS PER EXERCISE							
Day 14	Total Reps	Ex. 1	Ex. 2	Ex. 3	Ex. 4	Ex. 5	Ex. 6
White	274	62	35	46	39	30	62
Orange	300	68	38	50	43	33	68
Yellow	405	92	51	68	58	44	92
Camo	437	99	55	74	62	48	99
Green	468	106	59	79	67	51	106
Purple	499	113	63	84	71	55	113
Blue	530	120	67	89	76	58	120
Brown	563	128	71	95	80	61	128
Red	595	135	75	100	85	65	135
Black Rec	625	142	79	105	89	68	142
1st Deg	657	149	83	110	94	72	149

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TOTAL REPS PER SEGMENT							
Day 14	TOTAL REPS PER SEGMENT	Ex. 1	Ex. 2	Ex. 3	Ex. 4	Ex. 5	Ex. 6
White		10	6	8	7	5	10
Orange		11	6	8	7	6	11
Yellow		15	9	11	10	7	15
Camo		17	9	12	10	8	17
Green		18	10	13	11	9	18
Purple		19	11	14	12	9	19
Blue		20	11	15	13	10	20
Brown		21	12	16	13	10	21
Red		23	13	17	14	11	23
Black Rec		24	13	18	15	11	24
1st Deg		25	14	18	16	12	25

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HISTORY OF WARRIOR X-FIT

On June 8, 2001, Chief Master William Clark was awarded his 8th degree black belt in Songahm Taekwondo. Upon accomplishing this honor, Chief Master Clark like all other 8th degree black belts, set his goals on becoming 9th degree and possibly even Grand Master one day, the highest rank and honor in the American Taekwondo Association.

To date, only two individuals have reached this level. Before being able to become a Grand Master, all candidates have to complete nine steps. Steps two and three of the nine steps were the inspiration for the creation of *Warrior X-Fit*.

Step 2: The Master's Council must approve the candidate one hundred percent. Once approved, the Grand Master candidate is asked to have a complete physical. Not only must the candidate pass, but also their fitness level should place them in the top ten percent of their age group. Once a candidate is approved and has passed the physical, step two would be complete.

To complete Step 2 and ensure he is in the top ten percent of his age group, Chief Master Clark formed a team of martial arts and fitness experts to research his journals and training manuals and create a martial arts fitness program based on how he trained during his professional fighting career (His fitness level was a large part of what helped Chief Master Clark achieve the 1976 PKA Fighter of the Year).

Chief Master Clark, with the assistance of his team, utilized the data and information, which enabled him to become one of the most physically fit professional fighters of his time, to create a martial arts based fitness program with belt level rankings to establish fitness levels.

During his team's research through past journals and training manuals, they found during a ten year period from 1970 to 1979, he had logged over 3,000 workouts (with the exception of few weeks, Chief Master Clark averaged 6 workouts a week and sometimes even two a day). His approach to fitness was that it took training on a consistent basis to get in optimal shape.

Also when possible, Chief Master Clark would add martial arts based movements to an exercise in order to sharpen his fighting and self-defense skills. These concepts were the foundation for the program design component of the workout.

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After taking the data from his journals and training manuals, his team took the best exercises and combinations to create the initial Warrior X-Fit program consisting of 31 different workouts.

Before releasing his program to his schools, Chief Master Clark wanted to make sure the training principals he had used and created over thirty years ago were still fundamentally sound and would create explosive change. Chief Master Clark uses the term “explosive change” because he wanted a program that would not only make people more fit, but also give them a better, higher quality of life.

The same routines Chief Master Clark was doing years ago that got him in the best fighting shape possible are now what fitness experts across the country recommend as the most effective and efficient way to exercise.

Scientists have concluded a high-intensity workout provides greater benefits than traditional exercise, particularly in developing stronger muscles and improved aerobic capacity. Also, high intensity training achieves markedly greater improvements in anaerobic performance without increasing risk to the user.

Step 3: The new candidate must circulate a petition signed by 300,000 students, or sixty percent of the current Songahm membership. Every Songahm Master, Instructor, School Owner, Club Owner, and Member would participate in the process of gathering signatures...

Chief Master Clark would also use this program as a tool for all members of the Master’s Council to collect and accomplish the 300,000 signatures needed from students for the process of gathering signatures.

With the research on the benefits of the program and his desire in helping Songahm Taekwondo to continue moving forward in a positive direction, Chief Master Clark wants Warrior X-Fit to serve as a tool that transforms the body, fitness level, and frame of mind of each individual who would be asked to sign the petition required in Step 3.

Chief Master Clark realizes this program will not only help an individual get in optimal physical shape and have a better quality of life, but will ensure they exceed the physical fitness requirements passed by the ATA to test for their belt levels. It is the hope of Chief Master Clark that his legacy will be one in which he helped transform and improve the health and fitness of the ATA.

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After his research and feeling confident in the safety of the exercise program, Chief Master Clark had Warrior X-Fit independently tested to determine output levels for each of the workouts he had created. He took a scientific approach to this program in order to quantify fitness levels based on an individual's output level (the total number of repetitions an individual was able to do for the workout of the day).

After additional research and studies, Chief Master Clark and his team were able to create a belt system based on an individual's fitness output. To ensure the accuracy of the belt system in conjunction with their fitness level, Chief Master Clark again had his belt system independently tested and results verified.

The results and testing of the program have led to the first martial arts based fitness program with a belt system based on quantifiable results. Although this is not a martial arts ranking, it is a way to correlate one's fitness level to a ranking.

Officially launched, July 6, 2008, Warrior X-Fit is a program that provides each individual the opportunity to have a belt ranking according to their fitness level. An exciting component to the program will be to see who becomes the second individual to accomplish the Warrior X-Fit Black Belt.

During his team's research of Chief Master Clark's detailed journals and manuals, they discovered he had far exceeded the number of "wins" for what would be consistent with achieving the highest Black Belt Fitness Level. Prior to the launch of this program, his team awarded Chief Master Clark with this honor for the Warrior X-Fit program.

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FOUNDATION OF WARRIOR X-FIT

The Warrior X-Fit program consists of 31 different workouts, one for each day of the month, called the “Workout of the Day”, different sets of striking combinations, different versions of dynamic stretching and a series of active power stretches.

Each exercise is performed for 3 minutes in duration. Upon completion of an exercise, the workout segments are totaled and the output totals for the exercises are calculated for the workout of the day. This output determines your belt ranking according to a specific fitness level for that workout.

Once an output is calculated, the output total for the workout can be compared with the corresponding output total for your specific fitness belt level to determine whether a “win” has occurred. Each belt level requires a specific number of wins to advance.

The theory behind the fitness component of the Warrior X-Fit program is based on the two most important factors for getting results with exercise: consistency and intensity.

- **Consistency is defined as how OFTEN you exercise**
- **Intensity is defined as how HARD you exercise**

HOW THIS APPLIES TO WARRIOR X-FIT:

- **Consistency** – Warrior X-Fit defines being consistent with workouts as exercising a minimum of 4 times a week. (Because of how the program was designed, the program can be done everyday.)
- **Intensity** – Each day of the month is assigned a specific workout. Intensity can be measured two ways...
 - *After establishing an initial output level for a workout out of the day, in order to increase intensity you must achieve one more repetition than the previous month's workout.*
 - *Another way to monitor intensity is to make sure you are aware of the output needed to accomplish a “win” based on your fitness belt ranking and exceed the output total for that workout.*

**Please note, all comparisons for output level should be in regards to the previous month's workout and not that of the previous day's workout.*

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THE FIRST MARTIAL ARTS RANKING SYSTEM

This is the first martial arts fitness program to incorporate a ranking system with a fitness level. Although there is no actual sparring or fighting, each workout is considered a “fight” and the ranking system is based on the number of fights won. Each workout rank coincides with the belt order of traditional martial arts and accomplishing a specific level of fitness.

To accomplish a win, a workout total must exceed an individual’s current belt level.

- **For Example:** If you are a green belt, to accomplish a win for the workout of the day your output total must equal or exceed the belt total for the green belt level. If you exceed the green belt level and achieve a red belt ranking, this does not mean you are at a red belt level, but rather you have accomplished a win for the green belt level.

Similar to traditional martial arts, each new participant of the Warrior X-Fit system begins at the White Belt Level. Each belt level has a specific number of wins that must be achieved before progressing to the next belt level.

One facet which makes Warrior X-Fit so dynamic and unique is the research and proprietary formula used in determining and creating the intensity charts. In 2010, countless hours were designated to the improvement and testing of the latest version of Warrior XFit.

Warrior X-Fit is the first known exercise program to utilize an objective formula and measurable output with strength and conditioning exercises that creates a defined fitness baseline for all individuals regardless of age, gender, and fitness level.

Before creating the formula which established intensity quotients to the exercises, Chief Master Clark and his team researched thousand’s of case studies and university articles on muscular endurance, intensity and athletic performance. The result was a ground breaking formula which is now being sought by Colleges and Universities to incorporate into their case studies and research for standardizing testing for fitness levels (similar to what has been done in endurance sports such as running, swimming and triathlons). The Warrior X-Fit program is revolutionizing and changing the way program design is assessed and viewed throughout the martial arts and fitness industry.

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- **Please Note:** A different application of the formula was used in the intensity quotients for the white and orange belt. This was intentionally done to account for those just beginning a fitness program.

The following is a breakdown of the number of wins that must be achieved for belt progressions:

BELT WINS NEEDED TO LEVEL PROGRESS IN RANK

- **White 10 Total Wins**
- **Orange 25 Total Wins**
(15 at Orange Belt Fitness Level)
- **Yellow 45 Total Wins**
(20 at Yellow Belt Fitness Level)
- **Camo 70 Total Wins**
(25 at Camo Belt Fitness Level)
- **Green 100 Total Wins**
(30 at Green Belt Fitness Level)
- **Purple 135 Total Wins**
(35 at Purple Belt Fitness Level)
- **Blue 175 Total Wins**
(40 at Blue Belt Fitness Level)
- **Brown 220 Total Wins**
(45 at Brown Belt Fitness Level)
- **Red 270 Total Wins**
(50 at Red Belt Fitness Level)
- **Black Recommended 370 Total Wins**
(100 at Black Rec. Fitness Level)
- **1st Degree Black 570 Total Wins**
(200 at 1st Degree Fitness Level)
- **2nd Degree Black 870 Total Wins**
(300 at 2nd Degree Fitness Level)
- **3rd Degree Black 1270 Total Wins**
(400 at 3rd Degree Fitness Level)
- **4th through 9th Degree Black**
(500 at 4th Degree Fitness Level)

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THE IMPORTANCE OF REGISTERING WORKOUT TOTALS

Warrior X-Fit utilizes the best components of various fitness principles which include:

- High Intensity Interval Training -
 - HIIT trains and conditions both your anaerobic and aerobic energy systems. You train your anaerobic system with brief, all-out efforts, like when you have to push to make it up a hill, sprint the last few hundred yards of a distance race, or run and hide from your spouse after saying the wrong thing.
 - HIIT increases the amount of calories you burn during your exercise session and afterward because it increases the length of time it takes your body to recover from each exercise session.
 - HIIT causes metabolic adaptations that enable you to use more fat as fuel under a variety of conditions. This will improve your athletic endurance as well as your fat-burning potential.
 - HIIT appears to limit muscle loss that can occur with weight loss, in comparison to traditional steady-state cardio exercise of longer duration.
- *The exercise portion is less than 20 minutes and Warrior X-Fit recommends doing the maximum # of reps during a workout to maximize intensity.*
- Muscle Confusion - This principle is all about ensuring you have variety in workouts to avoid your muscles becoming used to an exercise.
 - *The Warrior X-Fit Program consists of 31 different workouts. A different workout for everyday of the month.*
- Tabata Training - A Tabata workout (also called a Tabata sequence) is an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of four minutes
 - *Warrior X-Fit utilizes a 20 second exercise segment with maximum intensity, followed by a 10 second rest interval*

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- Periodization - An organized approach to training that involves progressive cycling of various aspects of a training program during a specified period of time
 - *The Warrior X-Fit workouts were specifically sequenced to cycle intensity to ensure maximum gains and that someone does not become "burnt out" or "over-trained"*

Although certain components of these programs were used, what makes Warrior X-Fit so unique is its application of the "B.A.R.B.A.R.I.C." Principle (**Best Achievable Results Based on Absolute Resistance Increased Consistently**). The basis of this principle is that if all other variables stay constant or unchanged, such as: exercise apparatus, frequency, nutrition, rest, etc. that if a subject increases his or her output (# of repetitions performed), then it will result in an increase in fitness (which can be defined as a state of health or condition).

This is why utilizing the proprietary tracking system Warrior X-Fit has created is so important to your success. No other fitness system offers such a comprehensive or encompassing feature. Monitoring and exceeding the previous month's output will ensure your success guaranteed results with the program (assuming the other variables have remained the same or improved). Therefore it is vital to make sure all workout totals are properly being logged and entered.

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THREE APPLICATIONS OF WARRIOR X-FIT

There are three applications of Warrior X-Fit. They are:

- **“*Martial Arts Conditioning*”** - this application is used in martial arts and fitness classes at the end of class.
 - *It can be used in the following ways:*
 - *Have parents count for the kids*
 - *If parents are not counting, then have the class do the recommended reps for the highest fitness belt level*
 - *Direct parents to website to enter reps for the workout*
 - *Great way to introduce the parents to program by asking them to do the Intro at home with their child*
 - *Starter workout for someone that is out of shape*
 - This application of the program is just over 6 minutes in duration.
- **“*Warrior X-Fit*”** - this application can be used as:
 - *Lunch class* - This application of the program is just over 20 minutes in duration.
 - *Homework (which can involve the entire family)*
 - Scheduled class in between 2 most popular classes in order for the early class to stay later, and the later class to arrive earlier
 - Conditioning in Krav, MMA or any self-defense class
 - Testing component, part of 3rd stripe test
 - For own personal fitness to help pass ATA Fit Test
- **“*Warrior X-Fit Kickboxing*”** - this application can be used as:
 - *Class to enroll new students, parents, add-on’s*
 - *Upgrade tool*
 - “*Boot Camp*” or “*Cardio Kickboxing*” type class

Please Note: The website is a vital component for all three applications of the program and is utilized to record workout totals, monitor progress and track belt achievements. In addition, it has several tools which provide feedback and data for the user. It is important that output totals are entered at www.WarriorXFit.com after each workout.

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WARRIOR X-FIT CORPORATE WELLNESS PROGRAM

In an effort to continue to improve the health and wellness of ALL INDIVIDUALS, Warrior X-Fit is excited to announce it has launched a Corporate Wellness Division. This division will be responsible for assessing, analyzing and implementing a corporate wellness program for any company wishing to improve the health and well-being employees.

As part of this program, your company will receive the following:

- 5 hours of training and certification of the WxFit Wellness Program
- Analytic tools to measure the usage and level of fitness for all employees
- Assistance and / or Administration of Company Wellness Promotion to kickstart new program

*To be eligible for this program, your company must have the following:

- Minimum of 8 employees
- After analysis, at least 35% of employees must sign-up (at no charge) and commit to following program for 1 month

In these tough economic times, this exciting program will improve employee morale, decrease long-term health care costs, improve company productivity and most importantly improve the health and wellness of your employees.

To learn more about this exciting new program or to have a complimentary consultation, please e-mail warriorxfit@gmail.com.

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INTENSITY CHART FOR WARRIOR X-FIT

Workout Intensity Chart

www.WarriorXFit.com

2 Rounds of the Super Six

Workout	1st Degree	Black Recum	Red	Brown	Blue	Purple	Green	Camo	Yellow	Orange	White
Day 1	320	305	289	274	258	243	228	213	198	186	174
Day 2	298	284	269	255	241	227	212	199	184	176	165
Day 3	155	147	140	132	125	118	110	103	95	71	65
Day 4	236	216	205	194	183	172	162	151	140	103	95
Day 5	281	268	255	241	228	214	201	187	174	129	118
Day 6	254	241	230	217	206	193	181	169	157	116	106
Day 7	369	352	334	317	299	282	264	246	228	170	155
Day 8	413	394	374	354	335	315	296	276	256	189	174
Day 9	171	163	155	146	138	130	123	114	106	78	72
Day 10	221	210	200	189	179	168	158	147	136	101	92
Day 11	176	168	160	152	142	134	126	118	110	80	74
Day 12	198	189	180	171	160	151	142	133	123	90	83
Day 13	254	242	230	218	206	194	182	170	156	116	106
Day 14	232	221	210	199	187	176	165	154	143	106	97
Day 15	199	189	180	170	161	151	142	132	123	91	83
Day 16	160	153	145	137	129	122	114	106	99	73	67
Day 17	188	178	170	161	152	143	133	125	116	86	79
Day 18	270	257	245	231	219	205	193	180	167	123	113
Day 19	209	200	190	180	169	159	150	140	130	95	88
Day 20	375	357	339	322	304	285	268	250	232	171	157
Day 21	166	157	150	142	134	126	118	110	103	76	69
Day 22	171	163	155	146	139	130	122	114	106	78	71
Day 23	176	168	160	152	143	134	126	118	109	80	74
Day 24	177	168	160	152	143	135	126	118	109	81	74
Day 25	215	205	195	185	174	164	154	144	133	98	90
Day 26	264	253	240	227	214	202	189	176	163	122	111
Day 27	166	158	150	142	134	126	119	111	102	75	69
Day 28	287	274	259	245	232	218	204	191	177	131	120
Day 29	193	184	175	165	157	147	137	129	119	88	81
Day 30	369	352	335	316	299	281	264	246	229	169	155
Day 31	160	152	145	137	129	122	114	107	99	73	67

6 Rounds of the Super Six

Workout	1st Degree	Black Recum	Red	Brown	Blue	Purple	Green	Camo	Yellow	Orange	White
Day 1	793	757	719	681	642	604	567	529	491	363	332
Day 2	909	867	824	779	737	692	650	606	563	416	381
Day 3	761	725	690	652	616	579	543	507	471	348	318
Day 4	694	663	630	595	562	529	497	462	430	318	291
Day 5	980	936	889	841	795	747	701	653	607	449	410
Day 6	733	699	665	628	594	558	523	489	454	335	308
Day 7	1152	1098	1043	988	932	879	825	767	712	528	483
Day 8	1290	1229	1167	1106	1044	983	923	860	799	589	541
Day 9	942	899	854	807	763	718	675	628	583	431	396
Day 10	1064	1013	963	912	863	811	760	709	658	488	446
Day 11	1124	1072	1018	964	909	856	803	750	697	514	471
Day 12	491	468	445	421	396	373	351	327	304	224	205
Day 13	805	768	730	691	652	614	575	538	498	367	337
Day 14	657	625	595	563	530	499	468	437	405	300	274
Day 15	1037	987	938	888	840	789	741	691	642	474	434
Day 16	887	846	804	761	719	676	634	591	549	406	371
Day 17	772	735	700	661	625	588	550	515	478	353	324
Day 18	739	704	670	633	599	562	528	492	457	338	310
Day 19	601	572	545	515	486	457	429	401	372	274	252
Day 20	1109	1055	1003	950	898	844	792	738	686	507	464
Day 21	684	651	620	586	553	520	488	455	424	313	286
Day 22	732	700	665	628	594	558	524	488	454	335	306
Day 23	738	704	670	633	598	562	529	492	457	337	310
Day 24	866	824	784	743	701	660	618	577	535	397	362
Day 25	915	873	829	785	741	698	654	611	566	419	384
Day 26	926	883	839	795	749	706	661	617	572	424	388
Day 27	904	862	819	776	732	689	646	604	560	412	378
Day 28	1181	1125	1067	1010	955	899	842	786	729	540	495
Day 29	623	594	565	533	505	474	444	415	385	284	261
Day 30	866	825	785	741	700	658	618	576	536	396	363
Day 31	689	657	625	591	556	525	492	459	426	316	289

KICKBOXING



WARRIOR X-FIT WEBSITE - www.warriorxfit.com

Here are some of the many features of the Warrior X-Fit Website:

- The site is unique in that it motivates registered members by utilizing a tracking component that measures output totals to previous workouts, compares these totals to a measurable defined fitness level, and tracks progress.
- There is a start-of-the-art, never developed analytics tool that allows you to compare workout totals to others across the world and measures your performance relative to age, gender, or group (No other fitness website offers the same type of capabilities or reporting features that are so defined and wide-ranging).
- It has a unique social networking component offering members a forum for communicating and sharing their workout experiences with their friends, promoting friendly competition, increasing motivation and generating better fitness results.
- It allows registered members to create social network groups, share workout experiences with their friends, and post and share pictures.
- The mobile component enables a user to view exercises, post times and network on their cell phones.
- The website has the first “Fight Challenge” feature, enabling users to challenge one another to friendly “fights” (a fight is defined as a workout challenge to see who can do the most repetitions), thus motivating each challenger to maximize his or her number of reps to their challenger’s output totals.

KICKBOXING



HOW TO USE THE WARRIOR X-FIT WEBSITE

This section is to assist you in navigating and better understanding the Warrior X-Fit Website. The current version being utilized is the 4.2 version.

The current site you are viewing has five main sections:

- About the Program
- Success Stories
- Sign Up
- Blog
- Store

The main components :

- The Program
 - Contains the following:
 - Convenient access
 - X-Plore the benefits of Warrior X-Fit
 - Get Started
 - If you are not a registered user, click on the Get Started icon to become a registered user of Warrior X-Fit. There is no charge or fees for the Warrior X-Fit program.
 - Innovative Exercises
 - Workouts that really work
 - Motivational Tools
 - Healthy Competition
- Success Stories
 - Contains photos of several people who have achieved great benefits with the program
- Sign Up
 - If you are not a registered user, click on the Get Started icon to become a registered user of Warrior XFit. There is no charge or fees for the program.

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- Blog
 - Learn the latest up to date information of Warrior XFit, share your workout experiences with others, purchase items from the store, and find out when the next certification is.
- Store
 - This is where you can purchase all of your XFit Gear from gloves to shirts

KICKBOXING



1st TIME USERS OF WEBSITE

1st time users of the website should do the following

- **Sign Up** as a user for Warrior X-Fit
 - Free Sign Up icon on the right hand side
- Watch the Workout of the Day
 - Refer to page 24 for a screen shot of this page
- Click on the Pre Stretch or Start button on the right of your screen
- To set your goals for each exercise of the day, choose the length of your workout and to choose your workout music click the customize your workout link (don't worry if you already clicked the start button you can customize the fight on the next screen too)
- Then click Start Fight! to begin

The screenshot shows the Warrior X-Fit website interface. At the top, there's a navigation bar with 'Log in | Sign Up' and a phone number '877.729.3951'. Below the navigation bar, there's a section titled 'Watch Today's Free Workout Video' featuring a video player for 'WORLD'S'. To the right of the video player is a list of exercises: Lunge front kick, Tuck Jumps, External rotations, Abductors standing, V-Reach Throughs, and Alternating curls. Below the video player, there are sections for 'Why Warrior X-Fit?' and 'The X-Fit Difference'. The 'Why Warrior X-Fit?' section describes the program as being based on Martial Arts and designed for home use. The 'The X-Fit Difference' section lists features like innovative video programs, 20-minute workouts, daily videos, online tracking, and a free program with no membership fees. On the right side, there's a 'Join Now for FREE' section with a Facebook login option and a sign-up form for email, username, and password. Below the sign-up form, there are social media links for Facebook, Twitter, and YouTube, and a section for 'Warrior X-Fit on Facebook' showing a profile with 2,038 likes and several profile pictures. At the bottom, there's a 'Successes' section with a row of before-and-after photos of people who have used the program. The browser's address bar shows 'www.warriorfit.com' and the system tray at the bottom indicates the time is 9:41 AM.

KICKBOXING

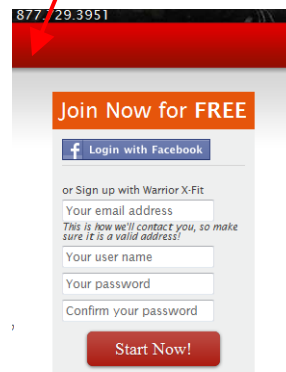


REGISTER AS A USER FOR WARRIOR X-FIT

On the main Warrior XFit page fill in your information or login with facebook, then



click the "Start Now!" button on the right



KICKBOXING



AFTER REGISTERING

After entering your information, you will land in your Locker Room



KICKBOXING



WATCH THE WORKOUT OF THE DAY

Watch the “Workout of the Day” Instruction.

The screenshot shows the Warrior X-Fit website interface. At the top, there's a navigation bar with links like 'Locker Room', 'Challenges', 'My Inbox', 'My Team', 'Store', 'Community', and 'Support'. Below that, there's a section for 'Workout of the Day' for Thursday, October 11. It features a video player with the title 'WORLDS' and a progress bar. To the right of the video, there's a list of exercises: Lunge front kick, Tuck Jumps, External rotations, Abductors standing, V-Reach Throughs, and Alternating curls. Below the exercises, there's a section for 'Thursday, October 11 Workout' with buttons for 'Pre Stretch', 'Start', 'Post Stretch', 'Log Fight', and 'Log a WIN'. There are also sections for 'Your Status', 'Recent Activity', 'My Goals', and 'Challenges'.

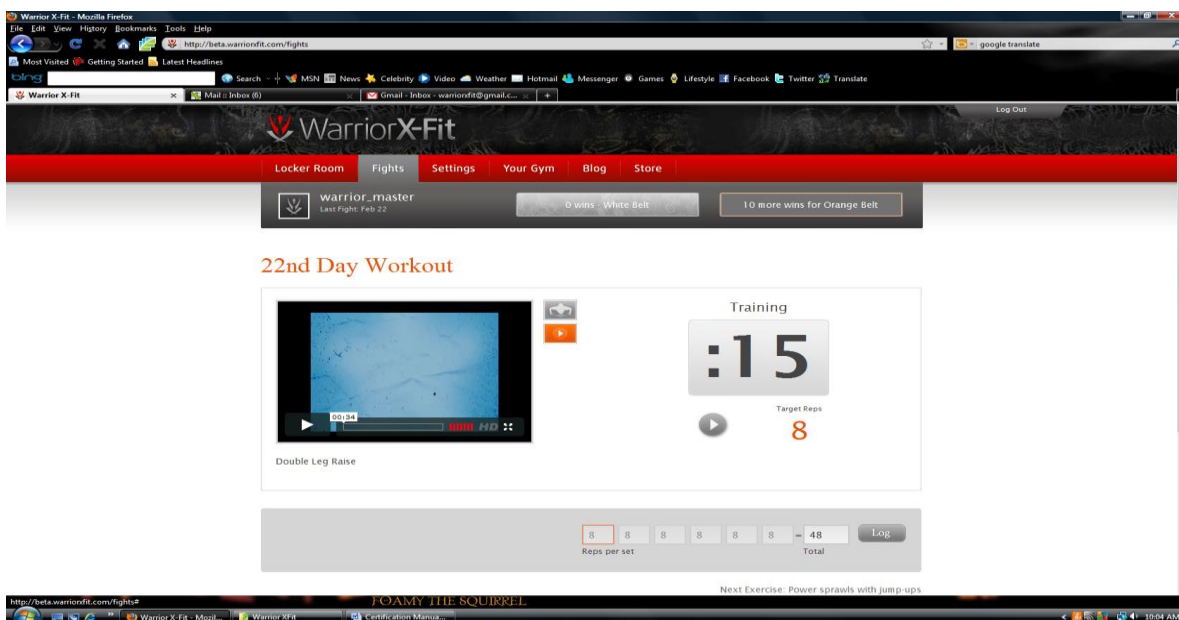
After watching the “Workout of the Day” Instruction, you can pre-stretch, or click “customize this fight” where you: set your goals, select your workout length and music before you start your fight. (Or if you took a 15 round class you can click the “log fight” button or if you know you performed your min reps for the fight you can click “Log a WIN”

KICKBOXING

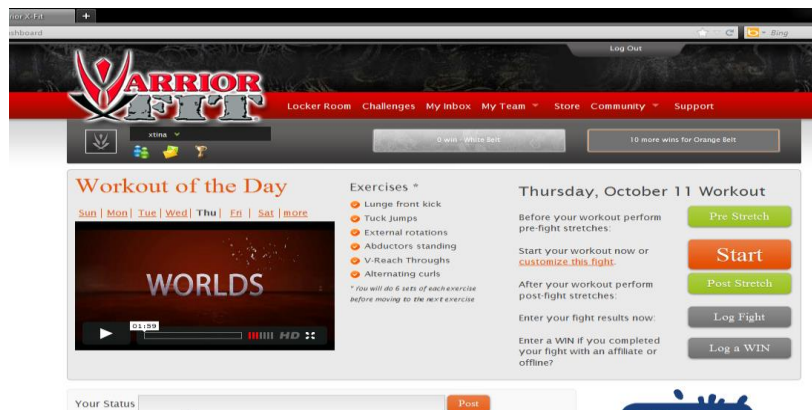


RECORD YOUR OUTPUT TOTALS

There are two ways to log your totals: 1) Enter your totals for each segment while working out at home with your computer. At the end of each exercise just click the Log button.



Or if you already worked out that day in your Warrior XFit Affiliate school, from your Locker Room, click on the “Log Fight” button. This will then take you to your fight page. To the right of the date that you worked out click on “log fight,” and then enter the total reps that you completed for each exercise, or just click the “Log a WIN” button from your locker room screen.

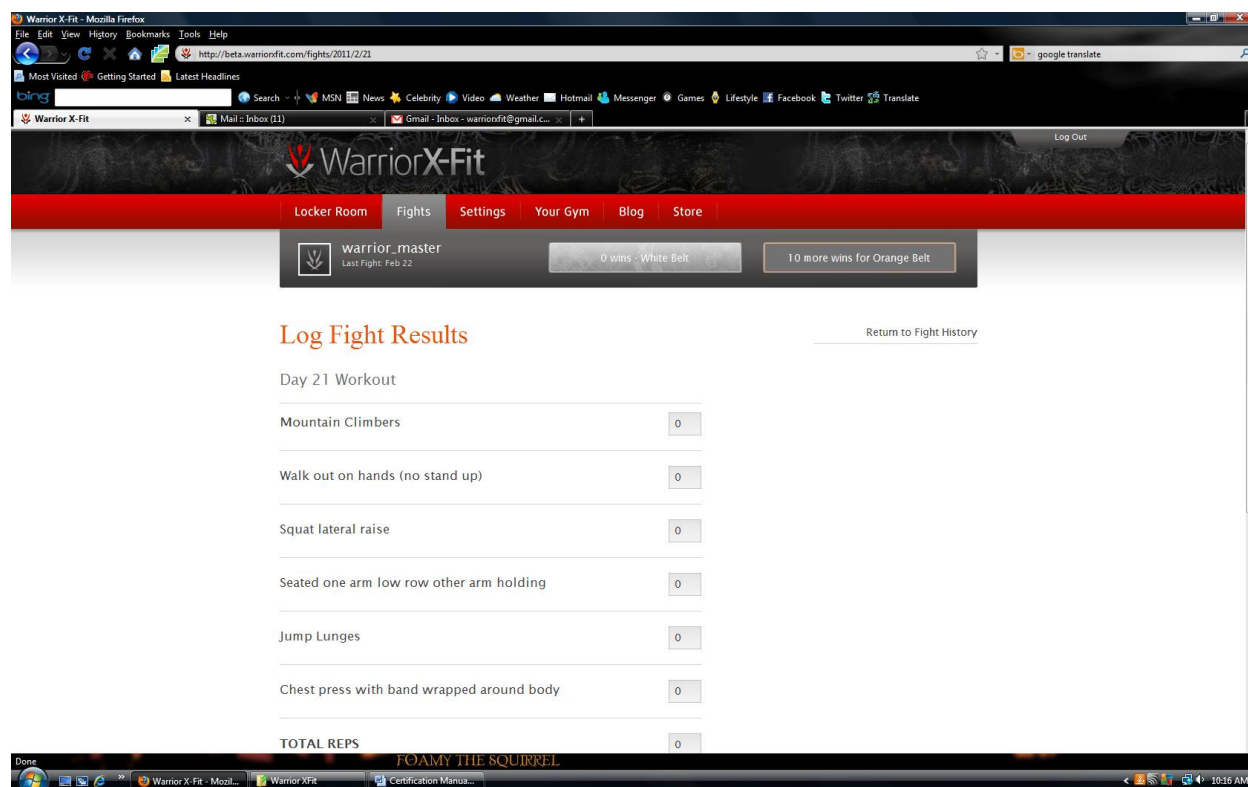


KICKBOXING



RECORD YOUR OUTPUT TOTALS

Once here select “log fight” next to the date of your workout, and then enter the total reps that you completed for each exercise using the tab button to move between fields. Then click Submit Results to finish logging your totals.

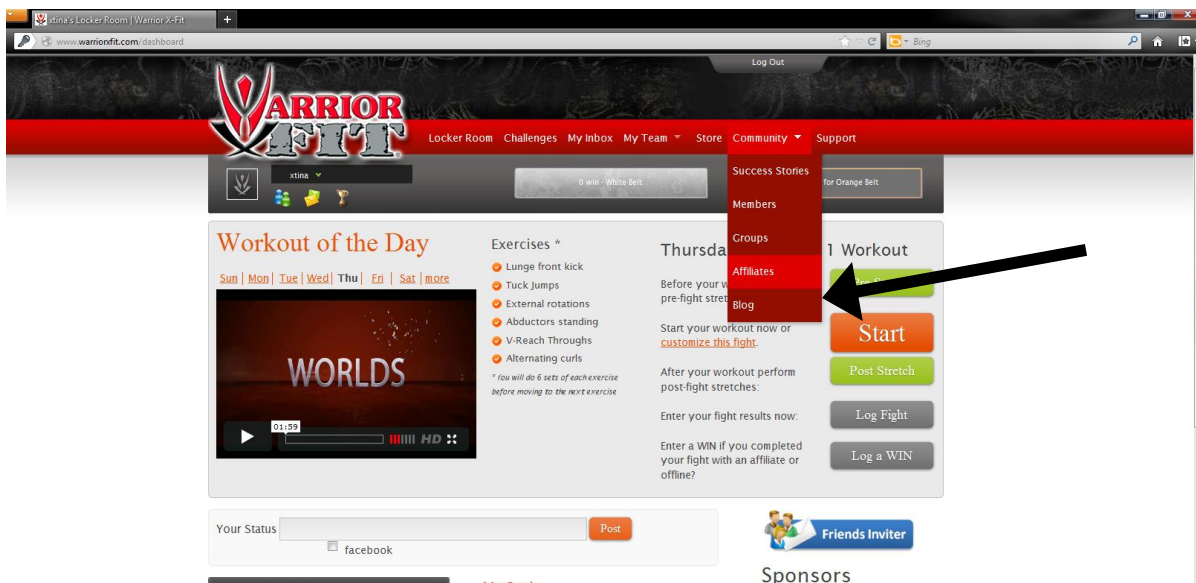


KICKBOXING

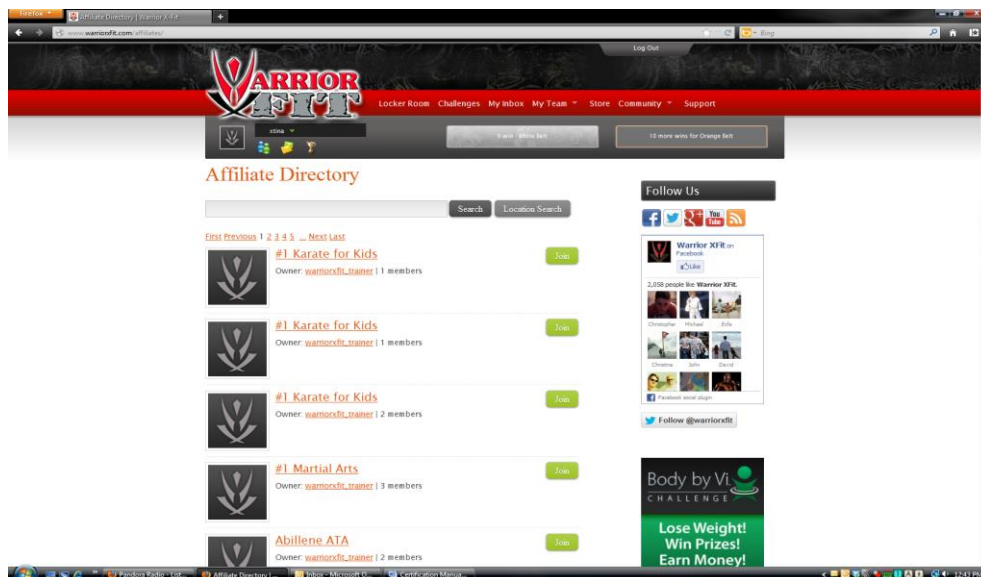


JOINING AN AFFILIATE LOCATION

To join an affiliate location from your locker room, click on “community” in the red bar on the top of your screen. From the drop down menu select affiliates.



You are then able to search the affiliates through the search option and then click the green “join” button next to the affiliate you would like to join.



KICKBOXING



HAVING YOUR MEMBERS SWITCH TO YOUR AFFILIATE LOCATION

For existing users:

- From your Locker Room click on the green arrow next to your user name in the upper left of your screen to view the drop down menu.

The screenshot shows the Warrior X-Fit user interface. At the top, there's a navigation bar with 'Locker Room', 'Challenges', 'My Inbox', 'My Team', 'Store', 'Community', and 'Support'. Below this, the user's name 'xtina' is displayed with a dropdown arrow. The dropdown menu is open, showing options: 'My Profile', 'My Goals', 'My Fight Log', 'My Blog', and 'Account Settings'. The main content area is titled 'Workout' and features a video player for 'WORLDS' with a play button and a progress bar. To the right of the video, there's a list of exercises: 'Lunge front kick', 'Tuck Jumps', 'External rotations', 'Abductors standing', 'V-Reach Throughs', and 'Alternating curls'. Below the exercises, there's a note: '* You will do 6 sets of each exercise before moving to the next exercise'. Further right, there's a section for 'Thursday, October 11 Workout' with instructions for pre-fight, start, and post-fight stretches, and buttons for 'Pre Stretch', 'Start', 'Post Stretch', 'Log Fight', and 'Log a WIN'. At the bottom, there's a 'Your Status' field with a 'Post' button and a 'Friends Inviter' button.

KICKBOXING



Click on "My Profile"

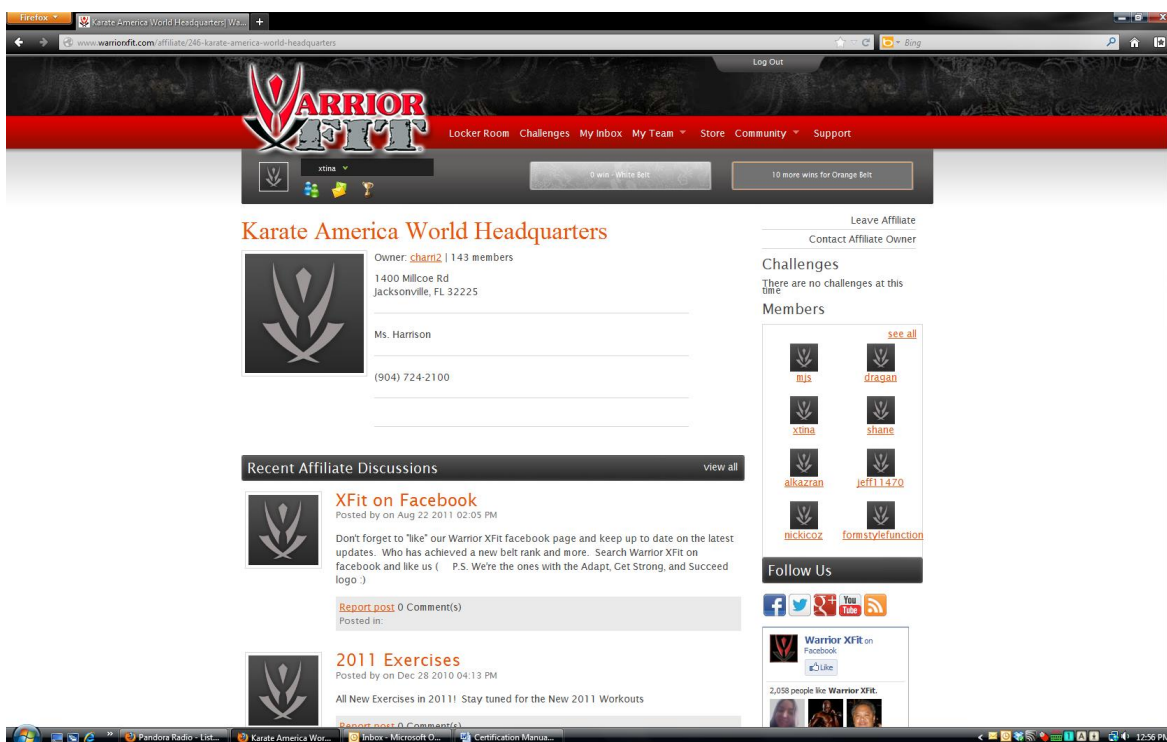
The screenshot shows a web browser displaying the user profile for 'xtina' on the Warrior X-Fit website. The page layout includes a navigation bar with links for 'Locker Room', 'Challenges', 'My Inbox', 'My Team', 'Store', 'Community', and 'Support'. The profile section features a large profile picture, a 'Latest Status' area with 'Like' and 'Comment' buttons, and fields for 'Gender' and 'Location'. Below this is a 'Recent Fights' section with a calendar view showing dates from Sat 7 to Sat 13. Other sections include 'My Friends', 'Recent Activity', and 'Affiliates', with a link to 'Karate America World Headquarters' (143 members). On the right side, there are links for 'xtina's Blog', 'My Fight Log', 'Edit Account Settings', and 'Change Password', along with a 'Friends Inviter' button. A vertical advertisement for 'NEW X-FIT T-SHIRT!' is positioned on the right side of the profile page. The browser's address bar shows 'www.warriorfit.com/user/xtina/' and the system tray at the bottom indicates the time is 12:51 PM.

KICKBOXING



HAVING YOUR MEMBERS SWITCH TO YOUR AFFILIATE LOCATION

- On the bottom left of your profile screen you will see your affiliate. Click on the affiliate name



- In the upper right corner click on “leave affiliate” this will take you out of the affiliate locations online member list
- You can then rejoin a different affiliate by doing the joining an affiliate steps.

KICKBOXING



AFFILIATE PROGRAM

As an affiliate, you are authorized to use the Warrior X-Fit name for promotional purposes only. However, use of the name, logo or trademark on items such as, but not limited to, journals, shirts, pens, license plates and other promotional items used for resale are not allowed without the written consent of Warrior X-Fit, LLC.

Basic:

Provides the following:

- Listing of affiliate location on affiliate page
- Listing of affiliate location under Zip Code Finder
- Leaderboard of all students registered as an affiliate
- Use of marketing materials at cost
- Use of the Warrior X-Fit name

Affiliate must:

- Put a reciprocating link to the Warrior X-Fit website
 - This link will be sent by Warrior X-Fit (to request, email warriorxfit@gmail.com)
- Add Warrior X-Fit to your facebook page

Cost:

- Non-ATA Schools - FREE
- ATA Schools - FREE

Pro:

Provides the following:

- Listing of affiliate location on affiliate page
- Listing of affiliate location under Zip Code Finder
- Leaderboard of all students registered as an affiliate
- Internal website to promote classes, schedule and current events within school
- Unlimited access to reports showing student usage, belt levels and frequency of exercise
- Easy to access tools that enable you to communicate with students via the web
- Automatically generated email informing you of changes in your students belt rankings
- Use of marketing materials at cost
- Use of the Warrior X-Fit name

Affiliate must:

- Put a reciprocating link to the Warrior X-Fit website
 - This link will be sent by Warrior X-Fit (to request, email warriorxfit@gmail.com)

Cost:

- Non-ATA Schools - \$49.99 month
- ATA Schools - \$49.99

****In order to register as a Warrior XFit Affiliate, please contact Christina Harrison @ 877-729-3951 or 904-724-2100 x. 103**

KICKBOXING



WARRIOR X-FIT COMBINATIONS

The Warrior X-Fit Combinations were specifically designed and based on the 2010 Program Design. In addition, by adhering to these sequences, it will increase the proficiency and intensity of the student. You will use the same combinations for a one week rotation.

The following is a schedule for the 2011 for the striking combinations for Warrior X-Fit:

Week	Combo
31-Dec	Set #1
7-Jan	Set #2
14-Jan	Set #3
21-Jan	Set #4
28-Jan	Set #1
4-Feb	Set #2
11-Feb	Set #3
18-Feb	Set #4
25-Feb	Set #1
4-Mar	Set #2
11-Mar	Set #3
18-Mar	Set #4
25-Mar	Set #1

Week	Combo
1-Apr	Set #2
8-Apr	Set #3
15-Apr	Set #4
22-Apr	Set #1
29-Apr	Set #2
6-May	Set #3
13-May	Set #4
20-May	Set #1
27-May	Set #2
3-Jun	Set #3
10-Jun	Set #4
17-Jun	Set #1
24-Jun	Set #2

Week	Combo
1-Jul	Set #3
8-Jul	Set #4
15-Jul	Set #1
22-Jul	Set #2
29-Jul	Set #3
5-Aug	Set #4
12-Aug	Set #1
19-Aug	Set #2
26-Aug	Set #3
2-Sep	Set #4
9-Sep	Set #1
16-Sep	Set #2
23-Sep	Set #3

Week	Combo
30-Sep	Set #4
7-Oct	Set #1
14-Oct	Set #2
21-Oct	Set #3
28-Oct	Set #4
4-Nov	Set #1
11-Nov	Set #2
18-Nov	Set #3
25-Nov	Set #4
2-Dec	Set #1
9-Dec	Set #2
16-Dec	Set #3
23-Dec	Set #4

The dates these combinations are done will change January 2, 2014.

There are three ways to use these combinations:

- Shadow Boxing
 - No targets, student uses mirror
- With Partner
 - Uses focus mitts where each partner does half the round
- Heavy Bag
 - This is the recommend method by Warrior X-Fit

KICKBOXING



EXPLANATION OF WARRIOR COMBINATIONS

- **Round 1 - Warm up**
 - This round is used to warm up the muscles
- **Round 2 - Dynamic Stretching**
 - Dynamic stretching prepares the joints, tendons, ligaments, and muscles for exercise.
- **Round 3 - Striking Combo #1**
 - Should be done facing the mirror, this gives a preview of the combinations that will be done on targets.
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
 - Hand Combinations (1 minute each)
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
 - Kicks (1 minute each)
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
 - 1st hand combination, 1st kick combination (1 min)
 - 2nd hand combination, 2nd kick combination (1min)
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
 - Both hand combinations (1 minute)
 - Both kick combinations (1 minute)
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
 - (Endurance rounds)
 - 1 minute punches
 - 1 minute kicks
- **Round 14 - Exercise #6**
- **Round 15 - Power Stretches**
 - During the Power Stretches you are actively increasing the stretch with each breath.

KICKBOXING



WARRIOR X-FIT COMBINATIONS - SET #1

- **Round 1 - Warm up**
 - 1 min jump rope
 - 30 sec hand set
 - 30 sec knee set
- **Round 2 - Dynamic Stretching**
- **Round 3 - Striking Combo #1**
 - 30 sec jab, cross
 - 30 sec jab, cross, hook
 - 30 sec left front kick
 - 30 sec right front kick
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
 - 1 min jab, cross
 - 1 min jab, cross, hook
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
 - 1 min left front kick
 - 1 min right front kick
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
 - 1 min left front kick, jab, cross
 - 1 min jab, cross, hook, right front kick
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
 - 1 min jab, cross, jab, cross, hook
 - 1 min left front kick, right front kick
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
 - 1 min 10 x's straight punches, 10 x's hook punches
 - 1 min 5 x's left front kicks, 5 x's right front kicks
- **Round 14 - Exercise #6**
- **Round 15 Power Stretches**

KICKBOXING



WARRIOR X-FIT COMBINATIONS - SET #2

- **Round 1 - Warm up**
 - 1 min jump rope
 - 30 sec hand set
 - 30 sec knee set
- **Round 2 - Dynamic Stretching**
- **Round 3 - Striking Combo #1**
 - 30 sec cross, hook, cross
 - 30 sec hook, cross, hook
 - 30 sec left front kick, right round kick
 - 30 sec right front kick, left round kick
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
 - 1 min cross, hook, cross
 - 1 min hook, cross, hook
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
 - 1 min left front kick, right round kick
 - 1 min right front kick, left round kick
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
 - 1 min cross, hook, cross, left front kick, right round kick
 - 1 min hook, cross, hook, right front kick, left round kick
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
 - 1 min cross, hook, cross, hook, cross, hook
 - 1 min lft front kick, rt round kick, rt front kick, lft round kick
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
 - 1 min 10 x's straight punches, 10 x's hooks
 - 1 min 5 x's L front kicks, R round kicks, 5 x's R front kicks, L round kick
- **Round 14 - Exercise #6**
- **Round 15 Power Stretches**

KICKBOXING



WARRIOR X-FIT COMBINATIONS - SET #3

- **Round 1 - Warm up**
 - 1 min jump rope
 - 30 sec hand set
 - 30 sec knee set
- **Round 2 - Dynamic Stretching**
- **Round 3 - Striking Combo #1**
 - 30 sec left jab, cross, uppercut
 - 30 sec right uppercut, hook, cross
 - 30 sec left round kick
 - 30 sec right round kick
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
 - 1 min jab, cross, uppercut
 - 1 min right uppercut, hook, cross
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
 - 1 min left round kick
 - 1 min right round kick
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
 - 1 min left round kick, jab, cross, uppercut
 - 1 min right uppercut, hook, cross, right round kick
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
 - 1 min jab, cross, uppercut, right uppercut, hook, cross
 - 1 min left round kick, right round kick
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
 - 1 min 10 x's straight punches, 10 x's hooks, 10 x's uppercuts
 - 1 min 5 x's left round kicks, 5x's right round kicks
- **Round 14 - Exercise #6**
- **Round 15 Power Stretches**

KICKBOXING



WARRIOR X-FIT COMBINATIONS - SET #4

- **Round 1 - Warm up**
 - 1 min jump rope
 - 30 sec hand set
 - 30 sec knee set
- **Round 2 - Dynamic Stretching**
- **Round 3 - Striking Combo #1**
 - 30 sec jab, cross, slip left, hook
 - 30 sec jab, cross, slip right, hook
 - 30 sec left side kick
 - 30 sec right side kick
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
 - 1 min jab, cross, slip left, hook
 - 1 min jab, cross, slip right, hook
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
 - 1 min left side kick
 - 1 min right side kick
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
 - 1 min jab, cross, slip left, hook, left side kick
 - 1 min jab, cross, slip right, hook, right side kick
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
 - 1 min jab, cross, slip left, hook, jab, cross, slip right, hook
 - 1 min left side kick, right side kick
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
 - 1 min 10 x's straight punches, 10 x's hook punches
 - 1 min 5 x's L side kicks, 5x's R side kicks
- **Round 14 - Exercise #6**
- **Round 15 Power Stretches**

KICKBOXING



WARRIOR X-FIT DYNAMIC STRETCHES

Dynamic stretching uses speed of movement, momentum and active muscular effort to bring about a stretch. The Warrior X-Fit dynamic stretches should occur prior to doing the Warrior X-Fit program (these dynamic stretches are included as part of the 15 Rounds of Warrior X-Fit). Clinical studies have shown dynamic stretches are the most effective method of reducing muscle stiffness and preventing muscle tears before intense exercise.

The following stretches should be before doing the “Intro to the Super Six” or the “6 Rounds of the Super Six”. These stretches are included in the progression for the “15 Rounds of Warrior X-Fit”

On even numbered days the dynamic stretches should be circular in motion and odd numbered days the dynamic stretches should be linear.

The dynamic stretching should be done in the following progression and duration:

- | | |
|---------------|------------|
| ○ Neck | 15 Seconds |
| ○ Shoulders | 15 Seconds |
| ○ Chest | 15 Seconds |
| ○ Wrist | 15 Seconds |
| ○ Hips | 15 Seconds |
| ○ Knees | 15 Seconds |
| ○ Right Ankle | 15 Seconds |
| ○ Left Ankle | 15 Seconds |

KICKBOXING



WARRIOR X-FIT POWER STRETCHING

The classic techniques of stretching postures date back thousands of years. In ancient times, the desire for greater personal freedom, healthy living, long life, and heightened self-understanding gave birth to a system of physical and mental exercise which has spread throughout the world in numerous forms. The Warrior X-Fit stretches were designed with the same intent: to bring the body and mind together into one harmonious experience. This Power Stretching is a combination of Yoga and the Daily Dozen (which is already incorporated in most martial arts classes).

The sequence of Warrior X-Fit Postures lasts only 4 min 30 seconds in duration, but the impact it will have on your mind and body will last a lifetime. Warrior X-Fit recommends the power stretching be done immediately upon waking up and before going to bed to improve flexibility, decrease the risk of injury from exercise and as a meditative way to clear the mind.

To view the Power Stretching, please visit www.warriorxfit.com. (power postures are currently listed in your locker room on your fight prep page)

The screenshot shows the Warrior X-Fit website interface. At the top, there is a navigation bar with links for 'Locker Room', 'Fights', 'Settings', 'Your Gym', 'Blog', and 'Store'. Below this, the user's profile is displayed for 'warrior_master', showing '0 wins White Belt' and '10 more wins for Orange Belt'. The main content area is titled 'Prepare To Fight' and indicates it is the '22nd Day of the Month'. Under 'Today's Exercises', there are five items listed with their recommended counts and the user's current goal:

Exercise	Recommended	Personal Best	Your Goal
1. Double Leg Raise	48	0	48
2. Power sprawls with jump-ups	23	0	23
3. Bent over rear delt	83	0	83
4. One arm press, one arm curling	69	0	69
5. Elbow plank butt-ups	51	0	51

On the right side of the page, there are sections for 'Pre Fight Stretch' (1. Dynamic Stretches), 'Start Your Training' (2. Choose Your Workout Length, 3. Choose Your Workout Music), a large orange 'Fight!' button, 'Post Fight Stretch' (5. Power Stretches), and 'Goals For This Fight'.

KICKBOXING



EQUIPMENT NEEDED FOR WARRIOR X-FIT

To maximize the full benefit for the Warrior X-Fit program, the following items are recommended:

For the “Martial Arts Conditioning”

- **Warrior X-Fit Exercise Journal** -The journal will be a source to record data, track wins, show baselines for each workout of the day, monitor progress and provide guidance for success.

For the “Warrior X-Fit”

- All items from the “Martial Arts Conditioning” plus
- **Resistance Tube** - This apparatus is required for the 3rd, 4th and 6th rounds of the Warrior X-Fit workout.
-

For the “Warrior X-Fit Kickboxing”

- All items from the “Warrior X-Fit” plus
- **Ringstar Sparring Shoes** - The Shoes are the first and only patented all purpose martial arts shoes that can be used for kicking bags, shields, targets, and other training tools.
- **EZ Rope** - The EZ-Rope is a modified jumprope that everyone can use.
- **Combat Gloves** - The combat gloves are used to protect and help stabilize an individual’s wrist during the martial arts combinations.
- **Free Standing Heavy Bag** - A free standing heavy bag used for the striking component of the Warrior X-Fit program.

KICKBOXING



Warrior Diet

Join the Warrior X-Fit Community in losing 10 pounds in 21 days. Commit today to transforming your life. Begin the program and live in the best shape of your life.

Female Diet

Week 1

- Meal 1
 - ¾ cup oatmeal (not instant) or 12 oz protein shake
 - 1 orange or banana
- Meal 2
 - 1 apple
- Meal 3
 - 4 oz lean meat, or fish (baked or grilled)
 - ½ cup rice (preferably brown, or jasmine)
 - 1 cup squash or zucchini
- Meal 4
 - 2 cups celery
 - 1 tbsp natural nut butter (peanut, almond or cashew)
- Meal 5
 - 6 oz. lean meat, or fish
 - 1 cup zucchini or asparagus
 - 1 cup spinach
 - 3 cups salad (no dressing, you can add lemon juice and splash vinegar)
- Meal 6
 - 1 cup mixed berries

Week 2

- Meal 1
 - ¾ cup oatmeal (not instant)
 - 1 orange or banana
- Meal 2
 - 2 cups raw celery or 8-10 cherry tomatoes
- Meal 3
 - ½ baked potato
 - 4 oz skinless chicken breast, fish, or meat substitute
 - 2 cups steamed spinach
- Meal 4
 - 2 cups celery or 1 bell pepper
 - 1 tbsp natural nut butter (almond, peanut, or cashew)
- Meal 5
 - 6 oz fish or chicken or meat substitute
 - 1 cup zucchini
 - 1 cup asparagus
 - 3 cups mixed salad

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Week 3

Meal 1

- Egg
- egg whites
- cups broccoli

• Meal 2

- 2 cups raw celery
- 1 tbsp natural nut butter (almond, peanut, or cashew)

• Meal 3

- 4 oz skinless chicken breast, fish, or meat substitute
- 1 cup squash
- 1 cup asparagus
- 3 cups salad with 1 tbsp low calorie dressing

• Meal 4

- 2 cups raw celery
- 1 tbsp natural nut butter (almond, peanut, or cashew)

• Meal 5

- 2 oz tuna
- 1 cup broccoli

• Meal 6

- 6 oz chicken breast, fish, or meat substitute
- 1 cup zucchini
- 1 cup steamed tomatoes
- 3 cups mixed salad

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Male Diet

Week 1

• Meal 1

- 1 cup oatmeal (not instant)
- 1 orange or banana

Meal 2

- 1 apple
- 1 egg (hard boiled)

Meal 3

- 6 oz. lean meat, or fish (baked or grilled)
- 1 cup rice (brown or jasmine)
- 1 cup zucchini or squash

Meal 4

- 2 cups celery
- 1 tbsp natural nut butter (peanut, almond, cashew)
- 4 oz. tuna

Meal 5

- 6 oz. lean met or asparagus
- 1 cup spinach
- 3 cups salad (no dressing, you can add lemon juice and a splash of vinegar)
- 1 cup zucchini or fish

Meal 6

- 1 cup mixed berries

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Week 2

Meal 1

- 1 cup oatmeal (not instant)
- 1 orange or banana

Meal 2

- 2 cups raw celery or 8-10 cherry tomatoes
- 4 oz tuna

Meal 3

- 1 baked potato
- 6 oz. skinless chicken breast, fish or meat substitute
- 4 oz tuna

Meal 4

- 2 cups celery or 1 bell pepper
- 1 egg
- 1 tbsp natural nut butter (almond, peanut, cashew)

Meal 5

- 6oz. fish or chicken or meat substitute
- 1 cup zucchini
- 1 cup asparagus
- 3 cups mixed salad

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Week 3

Meal 1

- 1 egg
- 3 egg whites
- 2 cups broccoli

Meal 2

- 2 cups raw celery
- 1 tbsp nut butter (almond, peanut, or cashew)
- 4 oz tuna

Meal 3

- 6 oz skinless chicken breast, fish, or meat substitute
- 1 cup squash
- 1 cup asparagus
- 3 cups salad with 1 tbsp low calorie dressing

Meal 4

- 2 cups raw celery
- 1 tbsp natural nut butter (almond, peanut, or cashew)
- 1 egg

Meal 5

- 4 oz tuna
- 1 cup broccoli

Meal 6

- 6 oz chicken breast, fish, or meat substitute
- 1 cup zucchini
- 1 cup steamed tomatoes
- 3 cups mixed salad

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Warrior X-Fit Healthy Eating Guidelines

Here are the basic guidelines Warrior X-Fit recommends for eating healthy or losing weight (your goal will dictate the portion size of your food – however the same basic principles still apply).

- Eat 6 small meals on schedule
- Drink plenty of water
- Make sure to eat clean (this can be defined as eating lots of veggies, lean protein and avoiding processed and fast food)
- Strive to consume only complex carbohydrates and consume them early in the day.
- You should try to eat every 2 to 3 hours. This will keep your metabolism running high, and keep hunger at bay.
- If you need a snack, make a good choice. Remember to fuel your bodies, don't consume empty calories.

There are no “fat-burning” foods. You might have heard that certain foods (e.g. celery and grapefruit) increase your metabolism, but that is just a myth. While some foods and drinks such as red peppers and grebe tea have been studied for their potential metabolism-increasing properties, there is no conclusive evidence that whatever influence they have on metabolism is significant enough to result in weight loss.

One reason Warrior X-Fit recommends eating so frequently is to increase your metabolism. Metabolism in simplest terms is the rate which your body burns calories. Here are some factors that influence and determine your B.M.R (basal metabolic rate – basically this is the number of calories you would burn if you were to lay in bed all day):

- Age – your metabolism decreases five percent per decade after the age of 40
- Gender – men generally burn more calories than women because they have more muscle tissue
- Heredity – your heritage and genetic composition directly influences your B.M.R.

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To make your B.M.R. more efficient, you must:

- Eat small frequent meals. Extending the time between meals makes your body go into “starvation mode” , which decreases your metabolism as a means to conserve energy and prevent starvation. Skipping meals does not help you lose weight.
- Drink water. As with food, depriving your body of water can encourage it to “hoard” rather than “burn”.
- Boost metabolism with Warrior X-Fit high intensity interval training. Muscle burns more calories than fat does (73 more calories per kilogram per day, to be exact) so the more muscle you build, the higher your BMR.

Here are additional things to remember regarding metabolism:

- Some sugar substitutes may adversely affect metabolism and weight loss.
- Always consult a dietician or doctor before making a major change in your diet and exercise routine.

It is our goal to engage in the fight against obesity and help you live in the best shape of your life. Join our cause and make a positive difference in someone else’s life by referring the **Warrior X-Fit** website. Thank you for your support.

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FREQUENTLY ASKED QUESTIONS

Q. Why should I tell my students about a free website?

A. It gives them a “bigger picture”. Not only do they have you to train them, they also have a website to back it up.

- It gives you an opportunity to stay connected to your students if they are unable to attend class. As an affiliate, you will be able to see all of your students’ participation and progress.
- It is often easier for your students to forward a website to a friend than invite them to class. The website will direct them to your affiliate location.
- Often parents feel they are not in good enough shape to join your classes. By asking them to do the workouts at home online with their children, you are helping them build confidence in themselves so they will be more willing to join themselves.

Q. Why should someone enter the totals from their workouts?

A. It allows you to track your progress to ensure your fitness levels increase. Working out “blindly”, with no purpose or direction, almost always leads to complacency and frustration.

Q. What if a person comes that is very overweight, or leads a sedentary lifestyle?

A. Always make sure anyone with any health issues has an “ok” from his or her doctor.

- Start them with the 2 rounds of martial arts conditioning. Once they have become acclimated to the workouts, increase them to 4 then 6 rounds of Warrior X-Fit

Q. What if someone has an injury that prevents him or her from being able to perform a particular exercise?

A. On the website in the Fight Prep there are alternative exercises and modifications for every exercise. These exercises have the same rep range to ensure consistent repetition totals.

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Q. When in Martial Arts class is the best time for the 2 conditioning rounds?

A. We have found that the end of class is best. Because we have the parents count for their kids, this ensures they are present to hear the announcements at the end of class. For adults, it ensures they end class with a heart-pumping workout.

Q. How many times a week should I workout?

A. We recommend 4 times per week

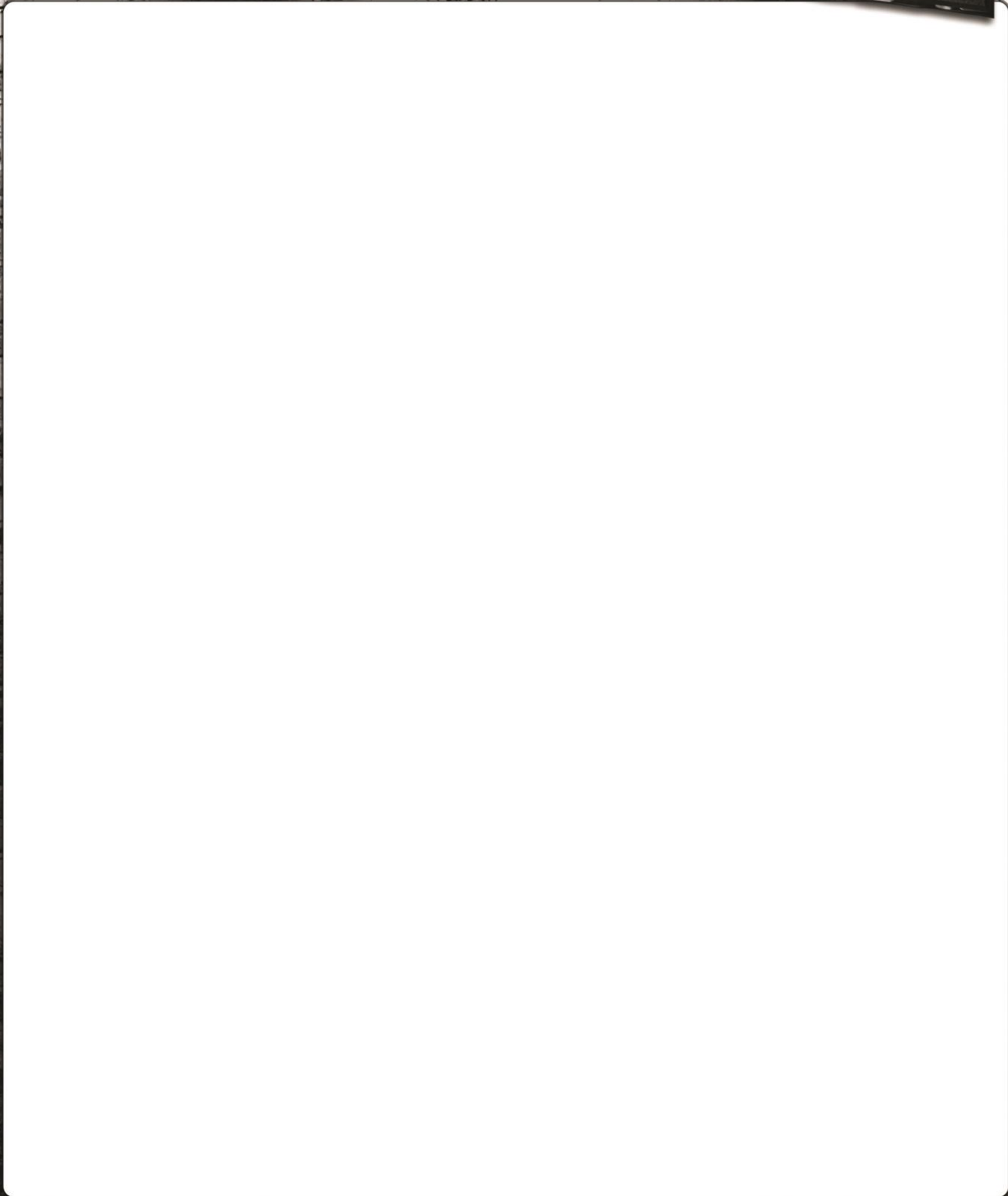
Q. How long will it take to see and feel the results of Warrior X-Fit?

A. Because Warrior X-Fit is high intensity interval training, you will have results in weeks, not months, if done recommended times per week.

Q. Is Warrior X-Fit suitable for beginners?

A. Because Warrior X-Fit is performed at each individual's maximum intensity it is perfect for beginners.

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