WARRIOR RIPPED

TACTICAL TRAINING
STRENGTH CHALLENGES
THE LEGAL STUFF

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the course of these workouts, you are agreeing to accept full responsibility for your actions. By beginning the following workouts, you recognize that despite all precautions on the part of The Forged Athlete LLC, and Travis Stoetzel, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against The Forged Athlete LLC, and Travis Stoetzel and their respective affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of your program.

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This manual is being offered for education and information purposes only. There is inherent risk with any physical activity.

Please consult your physician before starting this (or any) exercise program.

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TravisStoetzel.com
Welcome to *The Warrior Ripped Tactical Strength Challenges*

One of the best ways to test yourself and push your body to the very edge is through a tough challenge.

For me, nothing gets me going more then a little bit of competition. Whether that be against myself or against other people, when there's a bit of a challenge going on, it always pushes me further and beyond what I thought possible before going in.

The following challenges were strategically designed to go along with the *Warrior Ripped Training System* to help push you further ahead with your results.

**These two Warrior Challenges are to be used as tests.**

They were implemented into the system so that you could not only take your performance to new heights, but so you could also test and re-test yourself to see and feel your progress overtime.

Because that is what it’s all about when it comes down to it right?

**Improving and seeing results!**

Bottom Line - These challenges are going put your physical and mental strength to the test!

Be ready to bring out your inner warrior!

It’s time to get serious.

[TravisStoetzel.com](http://TravisStoetzel.com)
How To Use
The Warrior Ripped Challenges

You will see within the main Warrior Ripped manual and below a sample 4 week phase layout.

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To begin, in order to get a baseline score, **you would want to test yourself out BEFORE you start a new 4 week phase.** I would make sure to give yourself a few days after you test to rest up before you start a new 4 week phase of training.

Choose either of the two Warrior Ripped Tactical Strength Challenges supplied below. It’s up to you which one you choose.

It would then be best to again do the same challenge after a full recovery week so that you can test yourself out again when your somewhat fresh as well as after you’ve gone through a Warrior Ripped 4 week phase.

I’m 100% confident that when you follow the workouts within Warrior Ripped correctly, I know you’ll be seeing some major improvements within your strength, power, and overall conditioning levels.

With any program out there, it’s all about staying consistent, being committed, and working your ass off.

Nothing ever comes easy...

**Just have your mind set on SUCCESS and you’ll make it happen!**

**Train and Live Aggressive!**

-Travis

TravisStoetzel.com
Before you attempt to test out, it’s critical you warm up before you go to battle.

For this, use the *Warrior Ripped Warm Up*

[Click Here For Video]

1A) 2 Mins of Aggressive Jump Rope
1B) Drop Lunge w/ Overhead Reach x 8 / leg
1C) Push Up + Rotation x 8 / side
1D) Spider Lunge Steps x 8 / side
1E) Superman Reaches x 8
1F) Easy Burpees x 8
1G) Inch Worms x 8
1H) Seal Jacks x 50

Optional – 50 x Band Pull Aparts, 10 x Band Dislocators, 15 x Band OH Squats
**Warrior Ripped Challenge 1**

**The Warrior Pyramids**

For Time Total Time:

2 Rounds:

1A) [Barbell Deadlift](#) 1.5xBW x 10  
1B) [DB Push Press](#) x 20  
1C) [JG XT Recline Rows](#) OR [Recline Rows in Squat Rack](#) x 30  
***make sure body makes at least a 45 degree angle with the ground***

Run 400m x 1

Then, do 2 Rounds of:

2A) [Back Squats](#) 1.5xBW x 10  
2B) [Pull Ups](#) x 20  
2C) [JG XT Atomic Push Ups](#) x 30

Run 400m

**Challenge Notes:**

For the Squats and Deadlifts, feel free to use a heavier weight if you want. The minimum amount of weight used needs to be 1.5 x's your bodyweight.

Score is based on TOTAL time taken to complete the two circuits + the weight used for the squats and deadlifts.
For Total Reps in 20 Mins

1A) 30' Box Jumps x 30
1B) Atomic Push Ups x AMRAP
1C) Single Leg Burpee x 20
***alternate legs every rep
1D) JG XT Recline Row OR Recline Row in Squat Rack x AMRAP
***make sure body makes at least a 45 degree angle with the ground
1E) DB 1 Arm Snatch x 10 / arm
1F) JG XT Pike x AMRAP
1G) DB Squat Clean Press x 5

2 Min Rest

3 Min AMRAP of DB "Warrior" Manmakers

Score is TOTAL reps completed during the 20 min AMRAP then the total amount of reps you complete with the DB Manmakers.

***For your atomic push ups, recline rows, and pikes you can get as many reps as possible, but your sets MUST be unbroken meaning, once you have to rest, your set is done.

Note the weights used.

FINISHING UP STRONG...

Now that you have access to these two powerful tactical strength challenges, make sure to use them to your advantage.

Follow the workouts listed within the main Warrior Ripped Training Program to build up more strength, power, and stamina and use these two challenges as bench marks as noted in the beginning.

When you stay consistent and committed to your training, you will no doubt see results and be rewarded for you hard work!

Best of luck with your success and no matter what, always go 110% H.A.M.!

Train Aggressive and Get Strong!

TravisStoetzel.com
The Aggressive Strength Training Guide

Travis Stoetzel is a hardcore and aggressive strength coach located in Omaha, NE where he owns and operates The Forged Athlete Gym, which caters to highly dedicated athletes and serious lifters.

Below you can gain knowledge insight on the various tools and resources he uses to help turn his clients and athletes into strong, jacked, and athletic soldiers. The section below showcases the other various strength and conditioning programs and products he has created and uses to help people all across the world get results.

Connect With Me Below:
Facebook / Twitter / YouTube / Lean And Mean Blueprint

TravisStoetzel.com
Are YOU Finishing OFF YOUR WORKOUTS HARDCORE?  If not... It’s time you start!

This manual is by far one of my BEST creations ever as this collection of 31 HARDCORE Workout Finishers can be implemented into any training program out there. Hardcore Workout Finishers are the BEST way to “finish” off your workouts by using quick and effective circuits, supersets, and other combos of high impact movements to help shred fat, increase conditioning, build power, and build muscle. In addition to the 31 Hardcore Workout Finishers, there’s a ton of bonus finishers that include sleds, prowlers, sandbags, and other hardcore tools.

CLICK HERE FOR MORE INFO ON HARDCORE Finishers
Discover how YOU can build more muscle, gain more strength, and get completely SHREDDED in just 28 Days!

This program is a don-for-you system that shows you exactly how to eat, how to train, and everything else in between over the course of 28 solid days.

It will teach you valuable life skills that you can implement into your lifestyle AFTER the program is done so you can continue to get results at a extremely fast rate.

Be ready to work hard and see some quick results! For more info, check out www.28DayMuscle.com
The Bags, Bells, and Bodyweight Training System – The “System” Travis created built upon years of in-the-trenches work with his clients and himself. This is for SERIOUS trainees that combine the use of kettlebells, bodyweight, and sandbags to help construct serious gains in muscle, strength, power, and athleticism. If you love to train hard and want a serious challenge, this is it!

This program spans over 40 total weeks and will put anyone to the test. If you’re serious about getting lean while building strength and power all at the same time, this is the perfect blend of kettlebells, sandbags, and bodyweight training. Exceptionally great for MMA fighters, wrestlers and other combat athletes including fire, military, a law enforcement personnel.
PROJECT: Mobile and Hostile Bodyweight Training System: If you’re low on resources as far as weight training equipment goes, this is your NO EXCUSES problem solver! I originally created this program for a Brazilian Professional Football team and when I went down south to train them, we had ZERO equipment to work with.

The results... A Brazilian Football National Championship!

Whoever chooses to go through this whole system will become stronger, faster, highly conditioned, and more explosive. This is a great program for people on the go with limited options for equipment. This is ideally made for MMA fighters, wrestlers, football players, and other power / combat athletes. All serious lifters welcome!
The Power Wheel is by far one of the most versatile and complete bodyweight training tools available. You can easily take your ab training movements to the next level with various amounts of different rollouts as well as hand walking variations. You can work on both your lower body and upper body strength virtually anywhere at any time.

The Power Wheel is the perfect tool to have for the gym, road, or at home. A must have for all serious trainees.

CLICK HERE FOR MORE INFO ON THE POWER WHEEL

PowerWheelStrength.com
The Jungle Gym is your all around NO EXCUSES Bodyweight Strength gym in a bag!

Perform 100's of different variations of lower, upper, and core bodyweight movements. These suspension straps will help increase your bodyweight training results in no time and best of all, can be used pretty much anywhere at any time!

Check Out More Info On The Jungle Gym XT HERE
Sandbags are truly one of my favorite strength and conditioning training tools. There’s really nothing quite like ripping a heavy bag off the floor carrying it around, pressing it, rowing it, squatting it, or even throwing it. I’ve tried many different types of bags over the years and have even made a half dozen of my own.

After a long search through trial and error with different bags, I have found the best and highest quality training sandbag there is in Brute Force Sandbags. These are truly made to last and are build just right for the serious strength enthusiast. Just like all the tools I like to use, these are a mobile gym – take them anywhere – the field, playground, your backyard, and the gym anywhere!

Check Out BruteForceBags.com for your sandbag needs!
Performax Bands will take your normal bodyweight exercises and turn them into complete full body reactive athletic movements.

Bands offer a great way to increase any and all bodyweight exercises, plus you can take them anywhere you go to get strong!

CHECK OUT More Info On Performax Bands HERE! ForgedBandTraining.com

TravisStoetzel.com
Kettlebells are by far one of the most effective yet brutal tools available to help increase power, strength, muscle, and fat loss.

This ancient tool has been around for years and now has come back into the forefront. Your options are limitless with the amount of variations and movements that can be completed essentially anywhere at any time with Kettlebells. When away from the gym, I have a pair in my Jeep at all times in case I’m ever in need! Another NO EXCUSES tool that will greatly improve your results!

CLICK HERE TO Find Out More About The BEST Kettlebells on The Market!

TheForgedKettlebell.com
**Prograde/Protein** – For you Hardcore Protein Supplement needs, Pro/Grade is about PURE quality! One of the very best high quality proteins around that is in carbs and sugar while high in quality rich protein.

The Main reasons I recommend Pro/Grade:

- They are a certified GMP “A” rated manufacturer). What’s this mean?? Well, GMP stands for “Good Manufacturing Practices” and with this rating, you know for certain that you’re getting exactly what the label says—and nothing it doesn’t—every single time.
- The products they do create are quality. They’re not out producing all these special concoctions of creatine and protein all blended together, magical berry drinks, or miracle cure pills. They produce the basics needed for great results.
- Both my clients and myself have seen the results their products help produce.

[CLICK HERE TO FIND OUT MORE ABOUT PRO/GRADE](TravisStoetzel.com)
Athletic Greens is your “ultimate vitamin and mineral insurance policy”. Now, I know for a fact not everyone out there gets in enough greens, including myself! That’s why I take Athletic Greens, which is your personal guarantee to help make sure you get in all the vitamins and minerals you would get if you were actually eating all the veggies you’re supposed to. This is a quick drink you can mix and take with you on the go to ensure you get what you need so you can train hard!

Check out LeanandMeanGreens.com for more info!
Want To Train With Other “Focused and Determined” Hardcore Lifters and Athletes?

As a member of TrainAggressive.com you get access to me as well as the other like-minded members of our hardcore strength and conditioning community.

You’ll get 2 different strength and conditioning programs each and every month + tons of new fresh new training content!

Click HERE to find out more info!