



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



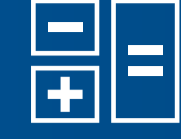
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## THE WARRIOR ELITE WORKOUT PROGRAM

Build muscle like elite warriors with this program inspired by the training of some of our active duty military men and women! Read on to learn more!

Link to Workout: <https://www.muscleandstrength.com/workouts/warrior-elite-workout-program>

**Main Goal:** Build Muscle  
**Training Level:** Advanced  
**Program Duration:** 4 Weeks  
**Days Per Week:** 5 Days  
**Time Per Workout:** 60-90 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines  
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### Day 1: Chest, Abs, Cardio

Exercise	Sets	Reps
1. <a href="#">Wide Grip Bench Press</a>	5	15 - 20
2. <a href="#">Dumbbell Fly</a>	4	Failure
3. <a href="#">Incline Bench Press</a>	4	10 - 12
4. <a href="#">Cable Crossover</a>	3	25
5a. <a href="#">Russian Twist</a>	3	15 Each
5b. <a href="#">Bicycles</a>	3	15 Each
6. <a href="#">Side Bridge</a>	3	10 Each
7a. <a href="#">Chest Dips</a>	2	Failure
7b. <a href="#">Push Ups</a>	2	Failure

**Cardio:** 10 rounds of 60 sec treadmill intervals (45-60 rest in between per round)

**Notes**

- Take 30-45 sec rest periods between each set
- Lower barbell weights on each final set
- A 90-120 second rest period between abdominal sets
- Drink plenty of water before and after working out

### Day 2: Back, Cardio, Abs

Exercise	Sets	Reps
1. <a href="#">Pull Ups</a>	4	Failure
2. <a href="#">One-Arm Dumbbell Row</a>	4	15, 12, 8, 8
3. <a href="#">T-Bar Row</a>	3 - 4	10 - 12
4. <a href="#">Wide Grip Chin Up</a>	3 - 4	Failure
5. <a href="#">Bent Over Barbell Row</a>	5	20, 15, 10, 10, 8
6. <a href="#">Stiff Legged Deadlift</a>	4	8 - 12
7. <a href="#">Floor Leg Raise</a>	3	8
8. <a href="#">Hanging Leg Raise</a>	5	15
9. <a href="#">Crunches</a>	3	Failure

**Cardio:** 30 minutes of HIIT cardio

### Day 3: Legs, Calves, Quads

Exercise	Sets	Reps
1. <a href="#">Front Squat</a>	5	12 - 15
2. <a href="#">Leg Extensions</a>	5	15
3. <a href="#">Leg Press</a>	6	10 - 15
4. <a href="#">Barbell Lunge</a>	4	15 - 20
5. <a href="#">Seated Leg Curl</a>	4	10 - 20
6. <a href="#">Stiff Leg Deadlift</a>	3	6

**Cardio:** Cooldown (Treadmill) 15 - 20 minutes

### Day 4: Arms (Biceps, Triceps, Abs)

Exercise	Sets	Reps
1. <a href="#">Barbell Curls</a>	3	12 - 15
2. <a href="#">Preacher Curls</a>	4	15
3. <a href="#">Skull Crushers</a>	3	12 - 15
4. <a href="#">Tricep Pushdown</a>	3	20
5a. <a href="#">Concentration Curls</a>	4	20
5b. <a href="#">Hammer Curls</a>	4	20
6. <a href="#">Dumbbell Kickbacks</a>	4	15
7. <a href="#">Crunches</a>	3	20 - 25
8. <a href="#">Tricep Dips</a>	3	Failure
9a. <a href="#">Oblique Crunch</a>	3	15 Each
9b. <a href="#">Windshield Wipers</a>	3	15

**Notes**

- Take 30-45 sec rest periods between each set
- Lower barbell weights on each final set
- A 90-120 second rest period between abdominal sets
- Drink plenty of water before and after working out

### Day 5: Shoulders & Delts, Cardio, Abs

Exercise	Sets	Reps
1. <a href="#">Standing Military Press</a>	3	10 - 15
2. <a href="#">Standing Dumbbell Press</a>	4	12 - 15
3. <a href="#">Side Lateral Raise</a>	5	15
4. <a href="#">Upright Barbell Row</a>	4	10 - 12
5. <a href="#">Barbell Shrugs</a>	3	10
6. <a href="#">Bent Over Reverse Fly</a>	4	10 - 15
7. <a href="#">Reverse Crunch</a>	3	20
8. <a href="#">Leg Raise</a>	3	15
9. <a href="#">Oblique Crunch</a>	3	15
10. <a href="#">Plank</a>	2	60 - 75
11. <a href="#">Cable Crunch</a>	4	20
12. <a href="#">Lying Heel Touches</a>	2	20 Each

**Cardio:** 30 minutes of moderate walking on the treadmill or bike