



Warrior Program

Week 1

- Day 1 - Hands Only
- Day 2 - Chair Day/Strength And Conditioning
- Day 3 - Singles / Doubles / Triples - Parallel Position
- Day 4 - Rear Leg

Week 2

- Day 1 - Shuffling / Jump Training
- Day 2 - Lead Leg
- Day 3 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks 10 Triple Kicks
- Day 4 - Parallel Position - No Movement

Week 3

- Day 1 -String Day
- Day 2 - Side To Side / Parallel Position
- Day 3 - Hands Only
- Day 4 - Chair Day / Strength And Conditioning

Week 4

- Day 1 - Singles / Doubles / Triples – Parallel Position,
- Day 2 - Rear Leg
- Day 3 - Shuffling / Jump Training
- Day 4 - Lead Leg

Week 5

- Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
- Day 2 - No Movement - Parallel Position
- Day 3 -String Day
- Day 4 - Side To Side / Parallel Position

Week 6

- Day 1 - Hands Only
- Day 2 - Chair Day / Strength And Conditioning
- Day 3 - Singles / Doubles / Triples - Parallel Position
- Day 4 - Rear Leg

Week 7

- Day 1 - Shuffling/Jump Training
- Day 2 - Lead Leg
- Day 3 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
- Day 4 - No Movement - Parallel Position

Week 8

- Day 1 -String Day
- Day 2 - Side To Side / Parallel Position
- Day 3 - Hands Only
- Day 4 - Chair Day / Strength And Conditioning

Week 9

- Day 1 - Singles / Doubles / Triples - Parallel Position
- Day 2 - Rear Leg



Day 3 - Shuffling/Jump Training

Day 4 - Lead Leg

Week 10

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kic Triple Kicks

Day 2 - No Movement - Parallel Position

Day 3 -String Day

Day 4 - Side To Side / Parallel Position

Week 11

Day 1 - Hands Only

Day 2 - Chair Day / Strength And Conditioning Friday - Rear Leg

Day 3 - Singles / Doubles / Triples - Parallel Position

Week 12

Day 1 - Shuffling / Jump Training

Day 2 - Lead Leg Kicks, 10 Triple Kicks

V 2. Legs Only, Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40,30,20

Double Day 4 - Parallel Position - No Movement

Week 13

Day 1 - String Day

Day 2 - Side To Side / Parallel Position

Day 3 - Hands Only

Day 4 - Chair Day / Strength And Conditioning

Week 14

Day 1 - Singles / Doubles / Triples – Parallel Position

Day 2 - Rear Leg

Day 3 - Shuffling / Jump Training Day 4 - Lead Leg

Week 15 Kicks

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple

Day 2 - No Movement - Parallel Position

Day 3-String Day Day 4 - Side To Side / Parallel Position

Week 16

Day 1 - Hands Only

Day 2 - Chair Day/Strength And Conditioning

Day 3 - Singles / Doubles / Triples – Parallel Position

Day 4 - Rear Leg

Week 17

Day 1 - Shuffling / Jump Training

Day 2 - Lead Leg

Day 3 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

Day 4 - No Movement - Parallel Position

Week 18

Day 1 - String Day

Day 2 - Side To Side / Parallel Position

Day 3 - Hands Only

Day 4 - Chair Day / Strength And Conditioning

Week 19

Day 1 - Singles / Doubles / Triples - Parallel Position

Day 2 - Rear Leg

Day 3 - Shuffling / Jump Training



Day 4 - Lead Leg

Week 20

Day 1-Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

Day 2 - No Movement - Parallel Position

Day 3-String Day

Day 4-Side To Side/Parallel Position

Week 21

Day 1 - Hands Only

Day 2 - Chair Day / Strength And Conditioning

Day 3 - Singles / Doubles / Triples - Parallel Position

Day 4 - Rear Leg

Week 22

Day 1 - Shuffling / Jump Training

Day 2 - Lead Leg

Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50. 40 30 20 Kicks

Day 4 - No Movement - Parallel Position 0 40.30,20 Double Kicks, 10 Tripto

Week 23

Day 1 - String Day

Day 2 - Side To Side / Parallel Position

Day 3 - Hands Only

Day 4 - Chair Day/Strength And Conditioning

Week 24

Day 1 - Singles / Doubles / Triples - Parallel Position

Day 2 - Rear Leg

Day 3 - Shuffling / Jump Training

Day 4 - Lead Leg

Week 25

Day 1 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

Day 2 - No Movement - Parallel Position

Day 3 -String Day

Day 4 - Side To Side/Parallel Position

Week 26

Day 1 - Hands Only

Day 2 - Chair Day / Strength And Conditioning

Day 3 - Singles / Doubles / Triples – Parallel Position

Day 4 - Rear Leg