



The Warrior Warm Up Success Tracker Journal

To get the best use out of The Warrior Warm Up, combine the use of the follow along manual with these Success Tracker Sheets. There's an old saying that I really like and it bears repeating here. "That which gets measured gets improved!!"

Start by printing out one or more copies of the success journal for the level you are currently working on. There are spots to track your reps (all reps are for both sides), time holds and special notes such as;

- Did this exercise feel easier than last time? Last month?
- Have I improved my range of motion on this exercise?
- Does this exercise feel more natural to me?

The more you track the faster you will improve. Dedicate a 3 ring binder to your Warrior Warm Up Success Tracker Sheets and watch as you move up in levels building your flexibility, strength, balance, mobility and coordination.

THE WARRIOR WARM UP LEVEL 1 SUCCESS TRACKER SHEET

EXERCISE	GOAL REPS TIME HOLDS	YOUR ACTUAL REPS/TIME	NOTES, DOES THIS EXERCISE; Feel Easier Toady, Since Last Month? Have Improved Range Of Motion? Feel More Natural?
Standing Level 1 Breaths	5 Reps		
Front And Back Bends (Hips)	5 Reps		
Side To Side Bends (Hips)	5 Reps		
Lying Hamstring Stretch (Towel)	30 Sec		
Lying Groin Stretch (Towel)	30 Sec		
Lying Glute Stretch (Towel)	30 Sec		
Rock Bottom Squats	5 Reps		
Cat Dogs	5 Reps		
Bird Dogs	5 Reps		
Kneeling Plank Hold	60 Sec		
Wrist Stretch	30 Sec		
Frog Stand Hold	60 Sec		
Wall Headstand Hold	60 Sec		
Shoulder Bridge Lifts And Hold	5 Reps + 60 Sec		
Shoulder Stretch	60 Sec		
Level 1 Rolls	3 Reps		
Spine Rocks	10 Reps		
Lying Level 1 Breaths	10 Reps		

THE WARRIOR WARM UP LEVEL 2 SUCCESS TRACKER SHEET

EXERCISE	GOAL REPS TIME HOLDS	YOUR ACTUAL REPS/TIME	NOTES, DOES THIS EXERCISE; Feel Easier Toady, Since Last Month? Have Improved Range Of Motion? Feel More Natural?
Standing Level 2 Breaths	5 Reps		
Front And Back Bends (Head)	5 Reps		
Side To Side Bends (One Arm Up)	5 Reps		
Lying Hamstring Stretch (Toe)	30 Sec		
Lying Groin Stretch (Toe)	30 Sec		
Lying Glute Stretch (Toe)	30 Sec		
Hip Opening Squats	5 Reps		
Downward Dog, Knees, Up Dog	5 Reps		
Peeing Dogs Right & Left	5 Reps		
Kneeling Side Plank	30 Sec		
Freestanding Headstand	30 Sec		
Back To Wall Handstand	30 Sec		
Wrestlers Bridge Lift And Hold	5 Reps + 60 Sec		
Front Bridge Rocks Front/Back	60 Sec		
Over The Shoulder Rolls	5 Reps		
Lying Level 2 Breaths	10 Reps		

THE WARRIOR WARM UP LEVEL 3 SUCCESS TRACKER SHEET

EXERCISE	GOAL REPS TIME HOLDS	YOUR ACTUAL REPS/TIME	NOTES, DOES THIS EXERCISE; Feel Easier Toady, Since Last Month? Have Improved Range Of Motion? Feel More Natural?
Standing Level 3 Breaths	5 Reps		
Front And Back Bend And Hold	2 Reps + 15 Sec		
Side To Side Bend And Hold	2 Reps + 15 Sec		
Standing Front Thigh Hold	15 Sec		
Standing Side Thigh Hold	15 Sec		
Standing Quad Stretch Hold	15 Sec		
Standing Shin Hold	15 Sec		
High Side Lunges	5 Reps		
Prakatchka's Down To Up Dog	5 Reps		
Hover Plank Hold	60 Sec		
Freestanding Handstand Hold	30 Sec		
Yoga Headstand Hold	60 Sec		
Handstand Pushups	5 Reps		
Wrestlers Bridge Leg Lifts	5 Reps		
Gymnast Bridge Hold	60 Sec		
Front Bridge Neck Rocks Front/Back	30 Sec		
Front Bridge Neck Rocks Side To Side	30 Sec		
Front And Back Rolls	10 Reps		
Level 3 Lying Breaths	10 Reps		

THE WARRIOR WARM UP LEVEL 4 SUCCESS TRACKER SHEET

EXERCISE	GOAL REPS TIME HOLDS	YOUR ACTUAL REPS/TIME	NOTES, DOES THIS EXERCISE; Feel Easier Toady, Since Last Month? Have Improved Range Of Motion? Feel More Natural?
Standing Level 4 Breaths	5 Reps		
Overhead Front And Back Bends	5 Reps		
Overhead Side To Side Bends	5 Reps		
Standing Front Foot Hold	15 Sec		
Standing Side Foot Hold	15 Sec		
Standing Bent Quad Stretch Hold	15 Sec		
Standing Glute Stretch Hold	15 Sec		
Deep Side Lunges	5 Reps		
Inchworms	5 Reps		
Hindu Pushups	5 Reps		
Side Plank Hold	30 Sec		
Frog Press To Handstand Hold	30 Sec		
Straddle Press To Headstand Hold	30 Sec		
Forearm Stand Hold	30 Sec		
Raised Wrestlers Bridge Kickovers	5 Reps		
One Arm gymnast Bridge Hold	30 Sec		
Wrestlers Bridge Turns	3 Reps		
Over The Shoulder Rolls	5 Reps		
Level 4 Lying Breaths	10 Reps		

THE WARRIOR WARM UP LEVEL 5 SUCCESS TRACKER SHEET

EXERCISE	GOAL REPS TIME HOLDS	YOUR ACTUAL REPS/TIME	NOTES, DOES THIS EXERCISE; Feel Easier Toady, Since Last Month? Have Improved Range Of Motion? Feel More Natural?
Standing Level 5 Breaths	10 Reps		
Front And Back Bend And Hold	2 Reps + 15 Sec		
Side To Side Bend And Hold	2 Reps + 15 Sec		
Standing Front Leg Balance Hold	15 Sec		
Standing Side Leg Balance Hold	15 Sec		
Standing Bow Quad Stretch Hold	15 Sec		
Standing Foot To Head Hold	15 Sec		
Split Switches	3 Reps		
Dive Bomber Pushups	5 Reps		
Gladiator Side Plank Hold	30 Sec		
Contralateral Hover Plank Hold	15 Sec		
Straddle Press To Handstand Hold	30 Sec		
Straddle Press To Yoga Headstand	30 Sec		
Move To Forearm Stand Hold	30 Sec		
Wrestlers Bridge Kickovers	5 Reps		
Wrestlers Bridge Circles	5 Reps		
Gymnastic Bridge Turns	5 Reps		
Around The Head Rolls	5 Reps		
Standing Over Shoulder Rolls	5 Reps		
Level 5 Lying Breaths	10 Reps		

NOW GO OUT THERE AND TRAIN!!