



# NEW WARRIOR HANDBOOK

**A WARRIOR is any person who takes on life's challenges and achieves his/her goals through hard work and with a 'never give up' attitude.**

### Components of Fitness

**HEALTH-RELATED**

Strength Flexibility  
Cardiovascular Endurance  
Muscular Endurance Body Composition

**SKILL-RELATED**

Agility Speed  
Reaction Time  
Balance Power  
Coordination

**WHY SHOULD I HAVE A MEDICAL HEALTH CHECKUP?**

**"Prevention is better than cure"**

- For persons only starting to exercise, it is important that you have a medical check-up prior to taking part in any exercise program.
- Undertake regular medical check-ups and tests to assess your actual health versus your perceived health.
- For persons with medical issues or over 55 years, you must submit a doctor's note to show that you are well enough to exercise.

### GET FIT FOR LIFE

SICKNESS ↔ WELLNESS ↔ FITNESS

People who want to improve their physical health are concerned with	Physically fit people are concerned with
BMI Waistline Triglyceride Levels Cholesterol Blood Pressure Blood Sugar	'PBs' - Personal Bests Score in the beep test Time for 10km run # push-ups in a minute

**GOAL SETTING**

- Please set realistic and doable goals.
- "Take baby steps; start small"**

If you fail, get back up and start again. No one is perfect; we all struggle. Positive habits take two to three months to form. Example of some goals;

- Sleep Better** : Get more sleep as it will help me lose weight and perform better.
- Eat Better** : Reduce sugar intake by drinking water with each meal.
- Move** : Do physical training three times a week and stand up from the desk every half hour.
- Be realistic.**  
You may never regain the body type you had at 22, so be realistic with your expectations.
- Measure your progress.**  
Take a photo before and after a period of training to compare how you look or weigh yourself each morning after getting out of bed. Notice that you can now fit into those jeans. When you have achieved progress, give yourself a well-deserved clap on the back. Then keep going and don't give up as fitness is a lifetime commitment.
- Achieving your goals takes time.**  
Research has shown that it takes approximately 66 days to form a new habit.

Intensity	Perceived Exertion	Training Zone	% of HR	Type
0	No exertion			
1	Very light	1	50% - 60%	Warm-up
2	Notice breathing deeper, but still comfortable. Conversation possible.	2	60% - 70%	Recovery
3	Aware of breathing harder; more difficult to hold a conversation	3	70% - 80%	Aerobic
4	Struggling to breathe hard and getting uncomfortable	4	80% - 90%	Anaerobic
5	Deep and forceful breathing, uncomfortable, don't want to talk	5	90% - 100%	VO2 max
6	Extremely hard			
7	Maximum exertion			

**HOW TO REDUCE YOUR RISK OF INJURY?**

As you may be new to training, it is important that you do not overload your body too quickly as you may get injured. To reduce your chance of injury;

- Please wear proper running shoes. Old shoes should be replaced. If you need any advice, please ask the coaching team.
- Stretch before and after exercise; it is advisable to attend our weekly Mobility & Flexibility sessions.
- Execute your exercises safely and with the correct form.
- For beginners, please do not overload the body too quickly. Unfortunately in our quest to achieve instant results, we get injured and have to stop. Getting fitter is a gradual process. Please remain in the beginners group until your body has readjusted to the exercise load.
- If you have any injuries or sickness, please inform the coach prior to the session.

**MOVEMENT**

**"We are designed to move"**

- Aim to take 10,000 steps per day. You can measure by using an app on your phone or by using a wearable pedometer.
- Walk rather than drive. Take the stairs rather than the lift.
- Cycle to your destination.
- Park your car at the end of the carpark rather than close to the main door.
- Get up from your seat every half an hour and walk about the office. Use the phone app, 'Stand Up'.
- Dig the garden, wash the car.
- Avoid the escalator or lift.
- Incorporate regular consistent exercise. Combine your daily movement with cardio training and resistance training. Why? Because this will keep your metabolism higher for longer.

*Note: Warrior BC is metabolic training. The amount and type of exercise and movement you do matters to your long term fitness and weight management goals.*



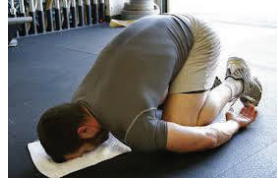
Quality counts

**SIGNS YOU ARE OVERTRAINING:**

Exercise is good for you but sometimes in our quest to improve we think the more the better and consequently, do not allow our bodies enough rest and recuperation. The outcome is that by overtraining, we actually do more harm than good and weaken our chances of achieving our goals.

**Some signs of overtraining to look out for :**

- Feel excitable, moody, irritable or lack concentration.
- Heart rate is raised at rest and during exercise.
- Suffer insomnia or feel restless during sleep.
- Experience muscle aches, joint pain or chronic injuries.
- Your performance drops during workouts.
- Pick up injuries.
- Feel excessively fatigued and demotivated.
- Falling ill more often.
- Loss of appetite.
- Disturbed menstrual cycle in women.



**So how to prevent and treat :**

- Listen to your body, train as you feel.**  
If you're tired or unmotivated, have an easy session or take a rest day.
- Rest days are critical.**  
Factor them into your training plan.
- Do not train each day at a hard intensity.**  
You need easy days or rest days between hard days to grow and improve
- Get enough sleep and rest.**  
It is the more critical part of your fitness training.
- Eat a balanced diet.**  
Avoid alcohol and cigarettes.
- Cross train.**  
Do not focus on the same type of exercises regime all the time.
- Vary the intensity of your training.**  
Do not always train hard in every session. Have easy days.
- Take a break from training.**  
If you are sick or injured, take time off to recuperate and see your doctor, if necessary.

**Our 3 key training objectives are :**

- To Build Fitness and Health** : Professional coaching, fun and safe workouts that improve health, body composition and performance. Build athletic performance, improve movement and help everyone get fitter for life.
- To Build Teamwork** : A fun, friendly, inclusive 'can do' workout environment with lots of social support.
- To Build Resilience** : Develop the ability to overcome challenges, to persevere and to never give up, hence a winning mindset.

*Note: Warrior is committed to provide a professional and ethical 'health and fitness' services at a reasonable price. We do not push or promote quick fixes, unnecessary supplements, equipment or pseudo science. We strive to provide honest advice, fun and challenging workouts and a supportive environment that builds healthy and sustainable lifestyles.*



### BE FITTER, FASTER, TOUGHER, STRONGER

Strength/Endurance	Aerobic	Anaerobic (Glycogen)	Anaerobic (ATP)	Strength/Power
Coaching, Personal Advice, Group Support, Positive Environment				
Fat Loss, Stress Reduction, Wellness, Injury Prevention				
Speed, Physical Agility, Balance, Co-ordination, Flexibility, Mental Agility				

**Fun, Friendship, Teamwork, Resilience**



**WHY WE WEAR THE RED TEE-SHIRT OR SINGLET?**

- To build teamwork and pride
- Protect your expensive clothing
- Reduce your training costs
- Manage the fear of training
- To help you look even better than you already do

**HOW OFTEN SHOULD I TRAIN?**

As a beginner we would recommend at least three (3) times a week. As you get fitter you can build this up to 5-6 times a week. Plan training into your weekly schedule. Do not compromise; make the sessions an appointment with yourself.

### FITT Principle

**Frequency** = HOW OFTEN you exercise

**Intensity** = HOW HARD you exercise

**Time** = HOW LONG you exercise

**Type** = WHAT KIND of exercise you do

**Warrior Values**

- Honesty
- Integrity
- Trust
- Courage
- Humor
- Respect
- Perseverance
- Camaraderie

**HOW QUICKLY WILL I SEE RESULTS?**

Results are the outcome of regular training, good diet and positive lifestyle changes. If you want to achieve your goals, you must align your daily behaviour to those goals. As we will not be with you 99% of the time, how you eat, move and sleep when away from Warrior Training will have a dramatic impact on your success.

**SET YOUR GOALS**

- Specific** : Your goal is direct, detailed, and meaningful.
- Measurable** : Your goal is quantifiable to track progress or success.
- Attainable** : Your goal is realistic and you have the tools and/or resources to attain it.
- Relevant** : Your goal align with your company mission.
- Time-Based** : Your goal has a deadline.

- Practise patience. Patience helps us not to push, especially when we do not see immediate results. Shredding fat or getting fit is about small, not drastic changes in your lifestyle. For example, an easy start would be to stop taking soft drinks with meals and substituting it with water. This is a simple way to reduce calorie intake. Remember, make small changes, not huge ones.
- Be disciplined and consistent.
- Be determined to succeed. Determination won't let anything get in your way. When things get rough or tough, determination is the persistence and discipline that keeps you moving forward.
- Fall forward not back. Give it a go, try your best, learn from your mistakes and keep moving forward.

To help you're succeed please memorize the **WARRIOR MANTRA**.



**HOW HARD ARE YOU TRAINING?**

To build your fitness and improve your performance but also to prevent injury and overtraining, you need to estimate how hard you are training. We have put together this guide to help you.

Start with the rate of perceived exertion (RPE) in the left columns. Note that all our sessions focus on different RPEs. You can relate the RPE to 'how you feel' in column 2 and also to the zone and approximate heart rate in columns 3 and 4.

**GOOD NUTRITION**

- Drink water.** Often tiredness and illness come from dehydration. So keep yourself well hydrated during and after exercise. Try to drink water as it is the best and most natural fluid replacement. Note that sport drinks contain lots of sugar and should only be consumed after a hard training session to replace the glucose and other minerals lost during sweating.
- Work to make better food decisions.** To burn fat, you must eat less calories than you burn daily to achieve long term weight management.
  - Include more non-processed foods in your daily diet. Weed out the processed foods.
  - Eat a well-balanced diet packed with all the macronutrients (lean proteins, eggs, protein shakes), good fats (nuts, olives, fish oil, avocados, etc.) and quality carbohydrates (fresh food, vegetables, brown rice).
- Eat smaller portions.** However aim never to skip meals
- Slow down when you eat.** Eat to 80% full.
- Eat breakfast.** This sets you up both physically and mentally for the day ahead. Good morning foods are eggs, oats and fruits.
- Make a food plan for the week.** Eat the same meals everyday.
- Smoking and alcohol.** Training does not cancel out bad habits like over indulging in alcohol and smoking, so do try to stop or minimize your intake.
- Take your daily multivitamins and omega 3 fatty acids (fish oils).**

**Our Commitments**

- Customer first
- Deliver service excellence
- Train safely
- Give back to the community
- Protect the natural environment

**SLEEP AND RECOVERY**

- Aim for 7-8 hours of sleep per night every night.** Sleep helps your body recover, improves your mental and physical performance, and you also metabolize fat faster. In short, good quality sleeps makes you leaner and also reduces your temptation for poor quality food.
- Manage Stress.** Try to manage the stress in your life by taking control of your time. Learn to say, "No". Remember physical exercise is a great stress buster. So make exercise part of your daily schedule and you will reap the mental, health and performance benefits.

**RESILIENCE**

Warrior training is designed to develop not only physical but also social and mental fitness. We train outdoors with this purpose in mind.

- We can do more things and have more fun outdoors.
- We can raise your metabolism to another level outdoors.
- Training outdoors is great for the mind and body. Get back to our natural habitat and reconnect with nature.
- The outdoor environment allows us to improve your natural movement and coordination.
- Training outdoors allows us to better develop teamwork and mental toughness.

**Tips for Mental Resilience**

- Learn and repeat our Warrior Mantra.
- "Commit, Focus, Believe and Achieve"**
- Learn relaxed breathing techniques.
- Work to develop an optimistic outlook, a positive view point on life and situations.
- Try to see the funny side of things.

**UNLEASH YOUR INNER WARRIOR**

EAT - good nutrition  
MOVE - 10,000 steps daily and regular workouts  
SLEEP - 7-8 hours per night. Take a break from exercise if you feel over trained.