

- Burpees ? Full-body explosive movement
- Push-ups ? Chest, shoulders, triceps
- Kettlebell swings ? Hips, glutes, back
- Walking lunges ? Legs, glutes, core
- Pull-ups or assisted pull-ups ? Back, biceps

Cardio Intervals (20 Minutes)

Alternate between 30 seconds of high-intensity effort and 30 seconds of rest or low-intensity activity:

- Sprinting or cycling
- Jump rope
- Mountain climbers
- Box jumps

Core and Balance Work (10 Minutes)

- Plank holds ? 3 x 30 seconds
- Russian twists ? 3 sets of 20 reps
- Leg raises ? 3 sets of 15 reps
- Bird-dogs ? 3 sets of 12 reps per side

Cooldown and Flexibility (10 Minutes)

- Hamstring stretch
- Hip flexor stretch
- Chest and shoulder stretch
- Spinal twists
- Deep breathing exercises

Key Exercises in the Clean and Lean Warrior Workout

Understanding the primary exercises involved helps you appreciate their benefits and proper execution.

Kettlebell Swings

A powerhouse movement targeting the hips, glutes, hamstrings, and core. It also boosts

