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Fighter ABS 2.0

GET ABS LIKE A FIGHTER



12 Week Blueprint

ANDREW RAPOSO, CPT

12-Week Blueprint

Disclaimer

The information provided in this workout program is for educational purposes only. The author is not a doctor and this information shouldn't be taken as medical advice. You should get a physician's approval before attempting any of the information in this program. This program is designed for healthy adults of 18 years and older. If you have any existing injuries, conditions or health issues, please seek your physician's approval before attempting any type of information in this program. The author is not liable or responsible for any damages, resulting from the use of this program. The user acknowledges any risk of injury, caused or alleged, with the use of this information. If your physician advises to not use the information provided in the program, please abide by those orders.

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12-Week Blueprint

* The 12 Week Blueprint is split up into 3 Sections, Beginner, Intermediate, and Advanced.

If you are new to exercise then I recommend starting out in the Beginner's Phase. If you are experienced and you are accustomed to exercising, I recommend you proceed into the Intermediate Phase.

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12-Week Blueprint

Welcome

Within this blueprint you are going to get a complete done for you road map to your full workout schedule. I am excited to be sharing this information with you and to help you in your road of getting amazing results.

Here are some tips before starting:

- If anything hurts while performing an exercise, stop doing it immediately. If you need any exercise alternatives, feel free to email me at contact@andrewraposo.com
- Make sure to record your times or rep count within each workout so that you can measure your progress when you repeat those workouts.
- Make sure to perform one of the Mobility Warm Up routines before starting any of the workouts in the program.
- Make sure you are being active during your rest days. Go for a long walk, bike ride, play a sport, etc.
- Cool down appropriately after completing a workout by foam rolling or stretching. You can also use one of the Mobility Warm Up Routines as a cool down as well.
- If you are new to exercising, I recommend a day of rest between workouts. If your body is already accustomed to working out consecutively, then feel free to challenging yourself and perform the workouts back to back.

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How To Incorporate These Workouts Into An Existing Program

There are many ways you can put these workouts into your program. You can use the Fighter Ab Finsher Workouts and use those as an ab training circuit into your routine. Which makes a good fit at the end of a routine you are currently following.

If you are following a strength routine, you can put these workouts on a “conditioning day” or you can use them as an intense finisher after your main strength exercises. This will help accelerate fat loss like nothing else.

If you have a specific program you are following or currently competing in a sport and you want to better fit this into your routine then shoot me an email at contact@andrewraposo.com Make sure you provide your workout schedule so I can give you the best results.

To your success,

-Andrew Raposo, CPT

P.S. If you'd like the most cutting edge and up to date information on getting the best set of ripped abs possible, follow me on my other sites to keep yourself updated.

www.AndrewRaposo.com

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12-Week Blueprint

Beginner Phase

Week 1: Day 1

Workout #1 – The Fighter Abs Introduction

- A1 – 1-2 Punch Sprawl – 30 Sec
- A2 – Squat Uppercut – 30 Sec
- A3 – Cross Body Mountain Climbers – 30 Sec
- A4 – Plank with Forward Touch – 30 Sec
- A5 – Squat Front Kick – 30 Sec
- Rest 1 min

Repeat this circuit for a total of 3 rounds. Rest as needed during the work intervals.

Count the amount of reps performed in each exercise for every round. In 2 weeks, you're going to compare the number of reps performed.

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Week 1: Day 2

Workout #2 – The Full Body Combat Assault

- A1 – Walk Out Push Ups – 10 Reps
- A2 – Split Squats – 10 Reps Each Side
- A3 – 1-2 Punch Front Kick – 10 Reps Each Side
- A4 – Bent Over T's – 10 Reps
- Rest 30 Sec – 1 Min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #1 – Fighter Fit Abs

- A1 – Wall Bug – 10 Reps Each Side
- A2 – Single Leg Hip Lift – 10 Reps Each Side
- A3 – Box Plank – 10 Reps Each Side
- A4 – Hardstyle Plank – 10 Sec Hold x3
- Rest 30 sec – 1 min

Repeat this circuit for a total of 2 rounds.

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Week 1: Day 3

Workout #3 – 1-2 Combo Countdown

Perform each exercise for a set of 7 reps, the next set will be 6 reps, and the next set will be 5 reps, all the way to 1 rep.

A1 – 1-2 Punch Double Front Kick – 7 Reps...1 Rep

A2 – Sprawl – 7 Reps...1 Rep

Rest as needed during the workout. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #2 – Plank Attack

A1– Plank with Side Touch – 10 Reps Each Side

A2 – Saw Plank – 10 Reps

A3 – Plank with Leg Lift – 10 Reps Each Side

Rest 30 sec – 1 min

Repeat for a total of 3 rounds.

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Week 2: Day 4

Workout #4 – 2 Minute Fight Prep

- A1 – Punch Outs – 30 Sec
- A2 – Mountain Climbers – 30 Sec
- A3 – Front Kicks – 30 Sec
- A4 – Squat Knee – 30 Sec
- Rest 30 sec – 1 min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #3 – 3 Exercise Ab Blast

- A1 – Box Plank – 10 Reps Each Side
- A2 – Plank with Knee to Elbow – 10 Reps Each Side
- A3 – Dying Bug – 10 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in-between exercises.

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Week 2: Day 5

Workout #5 – The 3 Minute Extravaganza

- A1 – Bob and Weaves with Hooks – 30 Sec
- A2 – Squat Hold – 30 Sec
- A3 – Glute Bridges – 30 Sec
- A4 – Plank To Push Up – 30 Sec
- A5 – Cross Body Mountain Climbers – 30 Sec
- A6 – Bent Over T's – 30 Sec
- Rest 30 sec – 1 min

Repeat this circuit for a total of 2 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #4 – Primal Ab Blast

- A1 – Box Plank – 5 Reps Each Side
- A2 – Forward Crawl – 5 Steps Each Side
- A3 – Backward Crawl – 5 Steps Each Side
- A4 – Box Plank – 5 Reps Each Side
- A5 – Hardstyle Plank – 10 sec x3
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in-between exercises.

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Week 2: Day 6

Workout #1 – The Fighter Abs Introduction

- A1 – 1-2 Punch Sprawl – 30 Sec
- A2 – Squat Uppercut – 30 Sec
- A3 – Cross Body Mountain Climbers – 30 Sec
- A4 – Plank with Forward Touch – 30 Sec
- A5 – Squat Front Kick – 30 Sec
- Rest 1 min

Repeat this circuit for a total of 3 rounds. Rest as needed during the work intervals.

Count how many reps performed in each exercise for every round. **Compare the results with your first day and email me your results.** contact@andrewraposo.com

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Week 3: Day 7

Workout #6 – The 10 Rep Beatdown

A1 – Reverse Lunges – 10 Reps Each Side

A2 – Single Leg RDL's (Romanian Deadlifts) – 10 Reps Each Side

A3 – Walk Out Push Ups – 10 Reps

A4 – 1-2 Punch Front Kick – 10 Reps Each Side

A5 – Bent Over T's – 10 Reps

Rest 30 sec – 1 min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #5 – Extreme Core Finisher

A1 – Long Plank Walkouts – 5 Reps

A2 – Long Plank Armpit Touches – 5 Reps Each Side

A3 – Plank with Side Touches – 10 Reps Each Side

Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in-between exercises.

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Week 3: Day 8

Workout #3 – 1-2 Combo Countdown

Perform each exercise for a set of 7 reps, the next set will be 6 reps, and the next set will be 5 reps, all the way to 1 rep.

A1 – 1-2 Punch Double Front Kick – 7 Reps...1 Rep

A2 – Sprawl – 7 Reps...1 Rep

Rest as needed during the workout. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #2 – Plank Attack

A1– Plank with Side Touch – 10 Reps Each Side

A2 – Saw Plank – 10 Reps

A3 – Plank with Leg Lift – 10 Reps Each Side

Rest 30 sec – 1 min

Repeat for a total of 3 rounds.

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Week 3: Day 9

Workout #2 – The Full Body Combat Assault

- A1 – Walk Out Push Ups – 10 Reps
- A2 – Split Squats – 10 Reps Each Side
- A3 – 1-2 Punch Front Kick – 10 Reps Each Side
- A4 – Bent Over T's – 10 Reps
- Rest 30 Sec – 1 Min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #1 – Fighter Fit Abs

- A1 – Wall Bug – 10 Reps Each Side
- A2 – Single Leg Hip Lift – 10 Reps Each Side
- A3 – Box Plank – 10 Reps Each Side
- A4 – Hardstyle Plank – 10 Sec Hold x3
- Rest 30 sec – 1 min

Repeat this circuit for a total of 2 rounds.

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Week 4: Day 10

Workout #5 – The 3 Minute Extravaganza

- A1 – Bob and Weaves with Hooks – 30 Sec
- A2 – Squat Hold – 30 Sec
- A3 – Glute Bridges – 30 Sec
- A4 – Plank To Push Up – 30 Sec
- A5 – Cross Body Mountain Climbers – 30 Sec
- A6 – Bent Over Row – 30 Sec
- Rest 30 sec – 1 min

Repeat this circuit for a total of 2 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #4 – Primal Ab Blast

- A1 – Box Plank – 5 Reps Each Side
- A2 – Forward Crawl – 5 Steps Each Side
- A3 – Backward Crawl – 5 Steps Each Side
- A4 – Box Plank – 5 Reps Each Side
- A5 – Hardstyle Plank – 10 sec x3
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in-between exercises.

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Week 4: Day 11

Workout #4 – 2 Minute Fight Prep

- A1 – Punch Outs – 30 Sec
- A2 – Mountain Climbers – 30 Sec
- A3 – Front Kicks – 30 Sec
- A4 – Squat Knee – 30 Sec
- Rest 30 sec – 1 min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #3 – 3 Exercise Ab Blast

- A1 – Box Plank – 10 Reps Each Side
- A2 – Plank with Knee to Elbow – 10 Reps Each Side
- A3 – Dying Bug – 10 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in-between exercises.

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Week 4: Day 12

Workout #1 – The Fighter Abs Introduction

- A1 – 1-2 Punch Sprawl – 30 Sec
- A2 – Squat Uppercut – 30 Sec
- A3 – Cross Body Mountain Climbers – 30 Sec
- A4 – Plank with Forward Touch – 30 Sec
- A5 – Squat Front Kick – 30 Sec
- Rest 1 min

Repeat this circuit for a total of 3 rounds. Rest as needed during the work intervals.

Count how many reps performed in each exercise for every round. **Compare the results with your first day and email me your results.** contact@andrewraposo.com

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Intermediate Phase

Week 5: Day 13

Workout #7 – The Fighter Abs Countdown

Perform each exercise for a set of 10 reps, the next set will be 9 reps, and the next set will be 8 reps, all the way to 1 rep.

A1 – Jumping Jack Burpee – 10 Reps...1 Rep

A2 – 1-2 Punch Sprawl – 10 Reps...1 Rep

A3 – Saw Plank – 10 Reps...1 Rep

Rest as needed during the workout.

Record the time completed. In 2 weeks, you're going to compare the times.

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Week 5: Day 14

Workout #8 – Punch Your Way Fit

- A1 – High Knee Punch Outs – 30 Sec
- A2 – 1-2 Punch Double Front Kick – 30 Sec
- A3 – Alternating Reverse Lunges – 30 Sec
- A4 – Mountain Climbers – 30 Sec
- A5 – Push Ups – 30 Sec
- Rest 1 min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #6 – Bugged Out

- A1 – Wall Bug – 10 Reps Each Side
- A2 – Single Leg Hip Lift – 10 Reps Each Side
- A3 – Dying Bug – 10 Reps Each Side
- A4 – Plank with Knee to Elbow – 10 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 2 rounds. Rest as needed in-between exercises.

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Week 5: Day 15

Workout #9 – Full Body Strength Training

A1 – Split Squats – 15 Reps Each side

A2 – Single Leg RDL's (Romanian Deadlifts) – 15 Reps Each side

A3 – T-Push Ups – 15 Reps

A4 – Bent Over T's – 15 Reps

A5 – Cross Body Mountain Climbers – 15 Reps Each Side

A6 – Box Plank – 15 Reps Each Side

Rest 30 Sec

Repeat for a total of 3 rounds. Rest as needed during the workout.

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Week 5: Day 16

Fighter Ab Finisher #7 – The Plank Pyramid

A1 - Box Plank - 10 Reps Each Side

A2 - Plank with Side Touches - 9 Reps Each Side

A3 - Saw Plank - 8 Reps

A4 - Plank with Leg Lifts - 7 Reps Each Side

A5 - Long Plank with Armpit Touches - 6 Reps Each Side

A6 - Long Plank Walkouts - 5 Reps

Rest 1 min

Repeat for a total of 2 rounds. Rest as needed during the workout.

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Week 6: Day 17

Workout #10 – Fighter Abs AMRAP

- A1 – Modified Burpees – 5 Reps
- A2 – Push Ups – 5 Reps
- A3 – Jumping Lunges – 5 Reps Each Side

Repeat this circuit for as many rounds as possible in 8 minutes. Rest as needed during the workout. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #8 – Hardstyle Core

- A1 – Plank with Knee to Elbow – 5 Reps Each Side
- A2 – Hardstyle Plank – 10 Sec
- A3 – Plank with Forward Touch – 5 Reps Each Side
- A4 – Hardstyle Plank – 10 Sec
- A5 – Plank with Legs Lifts – 5 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 6: Day 18

Workout #11 – Metabolic Fight Conditioning

- A1 – 4 Punch Sprawl – 60 sec
- A2 – Mountain Climbers – 50 Sec
- A3 – Burpees – 40 Sec
- A4 – Jumping Lunges – 30 Sec
- A5 – Push Ups – 20 Sec
- A6 – Half Burpees – 10 Sec
- Rest 30 sec – 1 min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #9 – Total Ab Punishment

- A1 – Long Plank with Armpit Touch – 10 Reps per side
- A2 – Plank with Side Touches – 10 Reps per side
- A3 – Side Plank Leg Raises – 10 Reps per side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 6: Day 19

Workout #12 – Fighting 101

- A1 – 1-2 Punch Front Kick – 30 Sec
- A2 – Bob and Weaves – 30 Sec
- A3 – Uppercuts – 30 Sec
- A4 – Alternating Push Kicks – 30 Sec
- A5 – High Knees Punch Outs – 30 Sec
- Rest 1 min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #10 – The 5 By 10 Ab Punisher

- A1 – Box Plank – 10 Reps Each Side
- A2 – Long Plank Walkouts – 5 Reps
- A3 – Dying Bug – 10 Reps Each Side
- A4 – Plank Arm Raises – 5 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 6: Day 20

Workout #7 – The Fighter Abs Countdown

Perform each exercise for a set of 10 reps, the next set will be 9 reps, and the next set will be 8 reps, all the way to 1 rep.

A1 – Jumping Jack Burpee – 10 Reps...1 Rep

A2 – 1-2 Punch Sprawl – 10 Reps...1 Rep

A3 – Saw Plank – 10 Reps...1 Rep

Rest as needed during the workout.

Record the time completed. Compare your times with your first attempt at this workout and email me your results.

contact@andrewraposo.com

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Week 7: Day 21

Workout #10 – Fighter Abs AMRAP

- A1 – Modified Burpees – 5 Reps
- A2 – Push Ups – 5 Reps
- A3 – Jumping Lunges – 5 Reps Each Side

Repeat this circuit for as many rounds as possible in 8 minutes. Rest as needed during the workout. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #8 – Hardstyle Core

- A1 – Plank with Knee to Elbow – 5 Reps Each Side
- A2 – Hardstyle Plank – 10 Sec
- A3 – Plank with Forward Touch – 5 Reps Each Side
- A4 – Hardstyle Plank – 10 Sec
- A5 – Plank with Legs Lifts – 5 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 7: Day 22

Workout #11 – Metabolic Fight Conditioning

- A1 – 4 Punch Sprawl – 60 sec
- A2 – Mountain Climbers – 50 Sec
- A3 – Burpees – 40 Sec
- A4 – Jumping Lunges – 30 Sec
- A5 – Push Ups – 20 Sec
- A6 – Half Burpees – 10 Sec
- Rest 30 sec – 1 min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #9 – Total Ab Punishment

- A1 – Long Plank with Armpit Touch – 10 Reps per side
- A2 – Plank with Side Touches – 10 Reps per side
- A3 – Side Plank Leg Raises – 10 Reps per side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 7: Day 23

Workout #8 – Punch Your Way Fit

- A1 – High Knee Punch Outs – 30 Sec
- A2 – 1-2 Punch Double Front Kick – 30 Sec
- A3 – Alternating Reverse Lunges – 30 Sec
- A4 – Mountain Climbers – 30 Sec
- A5 – Push Ups – 30 Sec
- Rest 1 min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #6 – Bugged Out

- A1 – Wall Bug – 10 Reps Each Side
- A2 – Single Leg Hip Lift – 10 Reps Each Side
- A3 – Dying Bug – 10 Reps Each Side
- A4 – Plank with Knee to Elbow – 10 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 2 rounds. Rest as needed in-between exercises.

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Week 7: Day 24

Fighter Ab Finisher #7 – The Plank Pyramid

A1 - Box Plank - 10 Reps Each Side

A2 - Plank with Side Touches - 9 Reps Each Side

A3 - Saw Plank - 8 Reps

A4 - Plank with Leg Lifts - 7 Reps Each Side

A5 - Long Plank with Armpit Touches - 6 Reps Each Side

A6 - Long Plank Walkouts - 5 Reps

Rest 1 min

Repeat for a total of 2 rounds. Rest as needed during the workout.

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Week 8: Day 25

Workout #9 – Full Body Strength Training

A1 – Split Squats – 15 Reps Each side

A2 – Single Leg RDL's (Romanian Deadlifts) – 15 Reps Each side

A3 – T-Push Ups – 15 Reps

A4 – Bent Over T's – 15 Reps

A5 – Cross Body Mountain Climbers – 15 Reps Each side

A6 – Box Plank – 15 Reps Each Side

Rest 30 Sec

Repeat for a total of 3 rounds. Rest as needed during the workout.

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Week 8: Day 26

Workout #10 – Fighter Abs AMRAP

- A1 – Modified Burpees – 5 Reps
- A2 – Push Ups – 5 Reps
- A3 – Jumping Lunges – 5 Reps Each Side

Repeat this circuit for as many rounds as possible in 8 minutes. Rest as needed during the workout. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #8 – Hardstyle Core

- A1 – Plank with Knee to Elbow – 5 Reps Each Side
- A2 – Hardstyle Plank – 10 Sec
- A3 – Plank with Forward Touch – 5 Reps Each Side
- A4 – Hardstyle Plank – 10 Sec
- A5 – Plank with Legs Lifts – 5 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 8: Day 27

Workout #12 – Fighting 101

- A1 – 1-2 Punch Front Kick – 30 Sec
- A2 – Bob and Weaves – 30 Sec
- A3 – Uppercuts – 30 Sec
- A4 – Alternating Push Kicks – 30 Sec
- A5 – High Knees Punch Outs – 30 Sec
- Rest 1 min

Repeat this circuit for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #10 – The 5 By 10 Ab Punisher

- A1 – Box Plank – 10 Reps Each Side
- A2 – Long Plank Walkouts – 5 Reps
- A3 – Dying Bug – 10 Reps Each Side
- A4 – Plank Arm Raises – 5 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 8: Day 28

Workout #7 – The Fighter Abs Countdown

Perform each exercise for a set of 10 reps, the next set will be 9 reps, and the next set will be 8 reps, all the way to 1 rep.

A1 – Jumping Jack Burpee – 10 Reps...1 Rep

A2 – 1-2 Punch Sprawl – 10 Reps...1 Rep

A3 – Saw Plank – 10 Reps...1 Rep

Rest as needed during the workout.

Record the time completed. Compare your times with your first attempt at this workout and email me your results.

contact@andrewraposo.com

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Advanced Phase

Week 9: Day 29

Workout #13 – The 300 Rep Fighter Challenge

- A1 – Jumping Jacks – 25 Reps
- A2 – Prisoner Squats – 25 Reps
- A3 – 1-2 Punch Sprawl – 25 Reps
- A4 – Push Ups – 25 Reps
- A5 – Glute Bridges – 25 Reps
- A6 – Plank to Push Up Position – 25 Reps
- A7 – Saw Plank – 25 Reps
- A8 – Burpees – 25 Reps
- A9 – 1-2 Punch Outs – 25 Reps
- A10 – Sumo Squats – 25 Reps
- A11 – Mountain Climbers – 25 Reps
- A12 – Half Burpees – 25 Reps

Complete the circuit once. Make sure to rest as needed between exercises.

Record the time completed. In 2 weeks, you're going to compare the times.

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Week 9: Day 30

Workout #14 – The 8-Minute Fighter Circuit

Each exercise is performed with a 20 second work interval and 10 second rest.

A1 – Jumping Lunges – 20/10 x4 Rounds

B1 – 4 Punch Sprawl – 20/10 x4 Rounds

C1 – High Knee Punch Outs – 20/10 x4 Rounds

D1 – Close Grip Push Ups – 20/10 x4 Rounds

After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #11 – Bulletproof Abs

A1 – Long Plank Walkouts – 5 Reps

A2 – Long Plank Hold – 10 Sec

A3 – Hardstyle Plank – 10 Sec

Rest 30 Sec

Repeat for a total of 5 rounds. Rest as needed in between exercises.

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Week 9: Day 31

Workout #15 – Fighter Abs 100 Rep Madness

- A1 – Burpees – 10 Reps
 - A2 – 1-2 Punch Front Kick – 5 Reps Each Side
 - A3 – Jumping Lunges – 5 Reps Each Side
 - A4 – Close Grip Push Ups – 10 Reps
 - A5 – Half Burpees – 10 Reps
 - A6 – Bent Over T's – 10 Reps
 - A7 – 1-2 Punch Hook Sprawl – 10 Reps
 - A8 – Kneeling to Squat – 10 Reps
 - A9 – 1-2 Punch Knee – 5 Reps Each Side
 - A10 – Squat Jumps – 10 Reps
- Rest 1 min

Repeat for a total of 2 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #12 – Ab Climber

- A1 – Cross Body Mountain Climbers – 10 Reps Each
 - A2 – Mountain Climbers – 20 Reps Each
 - A3 – Plank To Push Up Position– 10 Reps
- Rest 30 Sec

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 9: Day 32

Workout #16 – The Metabolic Ab Circuit

A1 – 1-2 Punch Sprawl – 45 Sec

A2 – Box Plank – 45 Sec

A3 – Burpees – 45 Sec

A4 – Plank with Knee to Elbow – 45 Sec

A5 – Mountain Climbers – 45 Sec

A6 – Saw Plank – 45 Sec

Rest 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 10: Day 33

Workout #17 – Single Side Conditioning

- A1 – Single Leg Burpees – 5 Reps Each Side
 - A2 – 1-2 Punch Knee Sprawl – 5 Reps Each Side
 - A3 – Jumping Lunges – 5 Reps Each Side
 - A4 – T – Push Ups – 10 Reps
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #13 – Single Side Ab Conditioning

- A1 – Single Leg Saw Plank – 10 Reps Each Side
 - A2 – Plank with Leg Lifts – 10 Reps Each Side
 - A3 – Side Plank With Leg Lifts – 10 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

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Week 10: Day 34

Workout #18 – The 3 Minute Fight Count

A1 – High Knee Punch Outs – 30 Sec

A2 – One and a Half Burpees – 30 Sec

A3 – 1-2 Punch Front Kick – 30 Sec

A4 – Squat Elbow – 30 Sec

A5 – Alternating Forward Lunge into Reverse Lunge – 30 Sec

A6 – Mountain climbers – 30 Sec

Rest 1 min

Repeat for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #14 – The Abdominal Ascending Ladder

A1 – Box Plank - 1 Rep Each Side

A2 – Long Plank Walkouts - 1 Rep

A3 – Long Plank Armpit Touches - 1 Rep Each Side

A4 – Plank with Side Touches - 1 Rep Each Side

After you complete this, perform each exercise again for 2 reps, then 3, etc. all the way up to 7. Rest as needed during circuit.

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Week 10: Day 35

Workout #19 – The Last Stand Countdown

Perform each exercise for a set of 10 reps, the next set will be 9 reps, and the next set will be 8 reps, all the way to 1 rep.

A1 – 4 Punch Sprawl– 10 Reps...1 Rep

A2 – Squat Jumps– 10 Reps...1 Rep

A3 – Plank to Push Position– 10 Reps...1 Rep

Rest as needed during the workout.

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Week 10: Day 36

Workout #13 – The 300 Rep Fighter Challenge

- A1 – Jumping Jacks – 25 Reps
- A2 – Prisoner Squats – 25 Reps
- A3 – 1-2 Punch Sprawl – 25 Reps
- A4 – Push Ups – 25 Reps
- A5 – Glute Bridges – 25 Reps
- A6 – Plank to Push Up Position – 25 Reps
- A7 – Saw Plank – 25 Reps
- A8 – Burpees – 25 Reps
- A9 – 1-2 Punch Outs – 25 Reps
- A10 – Sumo Squats – 25 Reps
- A11 – Mountain Climbers – 25 Reps
- A12 – Half Burpees – 25 Reps

Complete the circuit once. Make sure to rest as needed between exercises.

Record the time completed. Compare your times with your first attempt at this workout and email me your results.

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12-Week Blueprint

Week 11: Day 37

Workout #16 – The Metabolic Ab Circuit

A1 – 1-2 Punch Sprawl – 45 Sec

A2 – Box Plank – 45 Sec

A3 – Burpees – 45 Sec

A4 – Plank with Knee to Elbow – 45 Sec

A5 – Mountain Climbers – 45 Sec

A6 – Saw Plank – 45 Sec

Rest 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

12-Week Blueprint

Week 11: Day 38

Workout #17 – Fighter Abs 100 Rep Madness

- A1 – Burpees – 10 Reps
 - A2 – 1-2 Punch Front Kick – 5 Reps Each Side
 - A3 – Jumping Lunges – 5 Reps Each Side
 - A4 – Close Grip Push Ups – 10 Reps
 - A5 – Half Burpees – 10 Reps
 - A6 – Bent Over T's – 10 Reps
 - A7 – 1-2 Punch Hook Sprawl – 10 Reps
 - A8 – Kneeling to Squat – 10 Reps
 - A9 – 1-2 Punch Knee – 5 Reps Each Side
 - A10 – Squat Jumps – 10 Reps
- Rest 1 min

Repeat for a total of 2 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #12 – Ab Climber

- A1 – Cross Body Mountain Climbers – 10 Reps Each
 - A2 – Mountain Climbers – 20 Reps Each
 - A3 – Plank To Push Up Position– 10 Reps
- Rest 30 Sec

Repeat for a total of 3 rounds. Rest as needed in between exercises.

12-Week Blueprint

Week 11: Day 39

Workout #14 – The 8-Minute Fighter Circuit

Each exercise is performed with a 20 second work interval and 10 second rest.

A1 – Jumping Lunges – 20/10 x4 Rounds

B1 – 4 Punch Sprawl – 20/10 x4 Rounds

C1 – Run In Place High Knees– 20/10 x4 Rounds

D1 – Close Grip Push Ups – 20/10 x4 Rounds

After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #11 – Bulletproof Abs

A1 – Long Plank Walkouts – 5 Reps

A2 – Long Plank Hold – 10 Sec

A3 – Hardstyle Plank – 10 Sec

Rest 30 Sec

Repeat for a total of 5 rounds. Rest as needed in between exercises.

12-Week Blueprint

Week 11: Day 40

Workout #17 – Single Side Conditioning

- A1 – Single Leg Burpees – 5 Reps Each Side
 - A2 – 1-2 Punch Knee Sprawl – 5 Reps Each Side
 - A3 – Jumping Lunges – 5 Reps Each Side
 - A4 – T – Push Ups – 10 Reps
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. After the completion of this circuit, move on to the next one.

Fighter Ab Finisher #13 – Single Side Ab Conditioning

- A1 – Single Leg Saw Plank – 10 Reps Each Side
 - A2 – Plank with Leg Lifts – 10 Reps Each Side
 - A3 – Side Plank with Leg Lifts – 10 Reps Each Side
- Rest 30 sec – 1 min

Repeat for a total of 3 rounds. Rest as needed in between exercises.

12-Week Blueprint

Week 12: Day 41

Workout #19 – The Last Stand Countdown

Perform each exercise for a set of 10 reps, the next set will be 9 reps, and the next set will be 8 reps, all the way to 1 rep.

A1 – 4 Punch Sprawl– 10 Reps...1 Rep

A2 – Squat Jumps– 10 Reps...1 Rep

A3 – Plank to Push Position– 10 Reps...1 Rep

Rest as needed during the workout.

12-Week Blueprint

Week 12: Day 42

Workout #18 – The 3 Minute Fight Count

A1 – High Knee Punch Outs – 30 Sec

A2 – One and a half Burpees – 30 Sec

A3 – 1-2 Punch Front Kick – 30 Sec

A4 – Squat Elbow – 30 Sec

A5 – Alternating Forward Lunge into Reverse Lunge – 30 Sec

A6 – Mountain climbers – 30 Sec

Rest 1 min

Repeat for a total of 4 rounds. After the completion of this circuit, move on to the next one.

12-Week Blueprint

Week 12: Day 43

Fighter Ab Finisher #14 – The Abdominal Ascending Ladder

A1 – Box Plank - 1 Rep Each Side

A2 – Long Plank Walkouts - 1 Rep

A3 – Long Plank Armpit Touches - 1 Rep Each Side

A4 – Plank with Side Touches - 1 Rep Each Side

After you complete this, perform each exercise again for 2 reps, then 3, etc. all the way up to 10. Rest as needed during circuit.

12-Week Blueprint

Week 12: Day 44

Workout #13 – The 300 Rep Fighter Challenge

- A1 – Jumping Jacks – 25 Reps
- A2 – Prisoner Squats – 25 Reps
- A3 – 1-2 Punch Sprawl – 25 Reps
- A4 – Push Ups – 25 Reps
- A5 – Glute Bridges – 25 Reps
- A6 – Plank to Push Up Position – 25 Reps
- A7 – Saw Plank – 25 Reps
- A8 – Burpees – 25 Reps
- A9 – 1-2 Punch Outs – 25 Reps
- A10 – Sumo Squats – 25 Reps
- A11 – Mountain Climbers – 25 Reps
- A12 – Half Burpees – 25 Reps

Complete the circuit once. Make sure to rest as needed between exercises.

Record the time completed. Compare your times with your first attempt at this workout and email me your results.

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