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# **FIGHTER SPRINT WORKOUT PROGRAM**

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## **Fighter Sprint Workout Program**

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# Fighter Sprint Workout Program

## Welcome

Welcome to the Fighter Sprint Workout Program. You are going to witness some very intense workouts but you will also be enjoying the results you get from this program. During the workouts I will be using m=meters to describe the distance for the sprints. When sprinting, make sure you are going ALL OUT on the sprints. They are short sprints, so make them intense. If you would like to perform the workouts indoors, then just replace sprints with running in place as fast as you can. This is a great substitute if the weather isn't so great.

### 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](mailto:contact@andrewraposo.com)
- If you aren't sure on how to perform an exercise, be sure to get instruction from a certified personal trainer.
- Make sure to perform one of the Mobility Warm Up routines that I present in my "Get Mobility Like A Fighter" videos before starting any of the workouts in the program.
- If you are just starting out and you're choosing which day you are going to perform a workout, make sure there is a day of rest between workout days.

For Example:

Monday – Workout

Tuesday – Rest

Wednesday – Workout

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Thursday – Rest  
Friday – Workout  
Saturday – Rest  
Sunday – Rest

- 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.

### **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 sprint workouts to replace a cardio/conditioning day or perform the workouts as a metabolic finisher at the end of a workout. 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](mailto:contact@andrewraposo.com) Make sure you provide your workout schedule in detail so I can give you the best results.

To your success,

-Andrew Raposo, CPT

## **Fighter Sprint Workout Program**

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

[www.AndrewRaposo.com](http://www.AndrewRaposo.com)

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## Fighter Sprint Workout Program

# Workout #1 – Full Body Sprint Conditioning

A1 – Sprint – 50m

A2 – Push Ups – 10 Reps

A3 – Sprint – 50m

A4 – Plank Side Touches – 10 Reps Each Side

A5 – Sprint – 50m

A6 – T-Push Up – 10 Reps Each Side

A7 – Sprint – 50m

A8 – Mountain Climbers – 20 Reps Each Side

Rest 1 Min

Repeat this circuit for a total of 3 Rounds. Rest as needed during the workout.

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### Workout #2 – Crawl Into Sprints

- A1 – Forward Crawl – 25m
- A2 – Sprint – 100m
- A3 – Backward Crawl – 25m
- A4 – Sprint – 100m
- A5 – Box Plank – 10 Reps Each Side
- A6 – Sprint 100m
- Rest 1 Min

Repeat this circuit for a total of 4 Rounds. Rest as needed during the workout.

### Workout #3 – Fighter Sprint Conditioning 101

- A1 – Sprint – 100m
- A2 – 1-2 Punch Sprawl – 30 Sec
- A3 – Sprint – 100m
- A4 – Burpees – 30 Sec
- A5 – Sprint – 100m
- A6 – Mountain Climbers – 30 Sec
- Rest 1 Min

Repeat this circuit for a total of 4 Rounds. Rest as needed during the workout.

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### Workout #4 – Sprint Tabata

- A1 – Sprint – 20 Sec
- A2 – Walk – 10 Sec
- A3 – Sprint – 20 Sec
- A4 – Walk – 10 Sec
- A5 – Sprint – 20 Sec
- A6 – Walk – 10 Sec
- A7 – Sprint – 20 Sec
- A8 – Walk – 10 Sec
- A9 – Sprint – 20 Sec
- A10 – Walk – 10 Sec
- A11 – Sprint – 20 Sec
- A12 – Walk – 10 Sec
- A13 – Sprint – 20 Sec
- A14 – Walk – 10 Sec
- A15 – Sprint – 20 Sec
- A16 – Walk – 10 Sec

Perform this workout for only 1 Round. If you are really pushing yourself on the sprints, then this can be a very intense workout and all you need is 1 Round. Rest as needed during the workout.



## Fighter Sprint Workout Program

# Workout #5 – Fighter Sprint 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 – Burpees – 10 Reps... 1 Rep

A2 – Plank To Push Up Position – 10 Reps... 1 Rep

A3 – Sprint – 50m

Perform the third sprint exercise right after the first 2 exercises for every round.

Rest as needed during the workout.