



Warrior Ripped: Tactical Training for Serious Strength and Conditioning

Travis Stoetzel

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These workouts are fast paced and pack a lot of intensity which will help not only get you physically looking and feeling unstoppable and prepared for anything, but will also prepare you mentally as well which will help you bust through whatever barriers life happens to throw your way!

Hence the name, “Warrior Ripped”.

These tactical warrior workouts combine nothing more than the use of heavy barbell lifting, assistance work and complexes with dumbbells, power and strength training with your own bodyweight, and highly effective use of suspension training.

When you combine all the different styles of training that I just mentioned together, that’s when you start transforming yourself into a Warrior.

You’ll have to battle your way through these training sessions and be ready for war!

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