



The FIIT Warrior Challenge: How to Prepare for Your Ascent

Get ready to conquer the "**Warrior's Ascent**," our signature challenge workout!

While the full mission briefing (with the exact workout structure and reps) is reserved for registered warriors, we want you to feel strong and prepared for whatever the challenge throws at you. In the weeks leading up to the event, we recommend focusing on the following movements in your training. Mastering these will build the strength, endurance, and grit you'll need on challenge day.

Build Your Engine (Cardio & Endurance)

The "Warrior's Ascent" will test your gas tank. Build your cardiovascular endurance with exercises like:

- **Mountain Climbers**
- **High Knees**
- **Jumping Jacks**

Develop Explosive Power (Plyometrics)

You'll need to generate power from the ground up. Sharpen your explosive strength with movements like:

- **Broad Jumps**
- **Tuck Jumps**
- **Medicine Ball Wall Balls**



Forge Full-Body Strength (Strength & Power)

The challenge will require you to move weight efficiently. Build your strength with compound movements like:

- Dumbbell Snatches
- Goblet Squats
- Kettlebell Romanian Deadlifts

Sharpen Your Grit (Conditioning)

A warrior's greatest tool is their mindset. Prepare to dig deep and get back up again with conditioning drills like:

- Plank to Low Squats (a burpee without the push-up)
- QF to Sprawls
- Plank Jacks

Train with Us at The Daily 30



The best way to prepare for your ascent is to train with the community! We'll be incorporating these movements and training styles into our classes in the weeks leading up to the event. Joining us for a class is a great way to get expert coaching on your form and technique, and to build your engine alongside your fellow warriors.

Focusing on these movements will ensure you are ready to conquer your ascent on September 20th. We can't wait to see you rise to the occasion!