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Log Into Your Lady Warrior Account::

Email:

jjohanson1129@gmail.com

Password:

....

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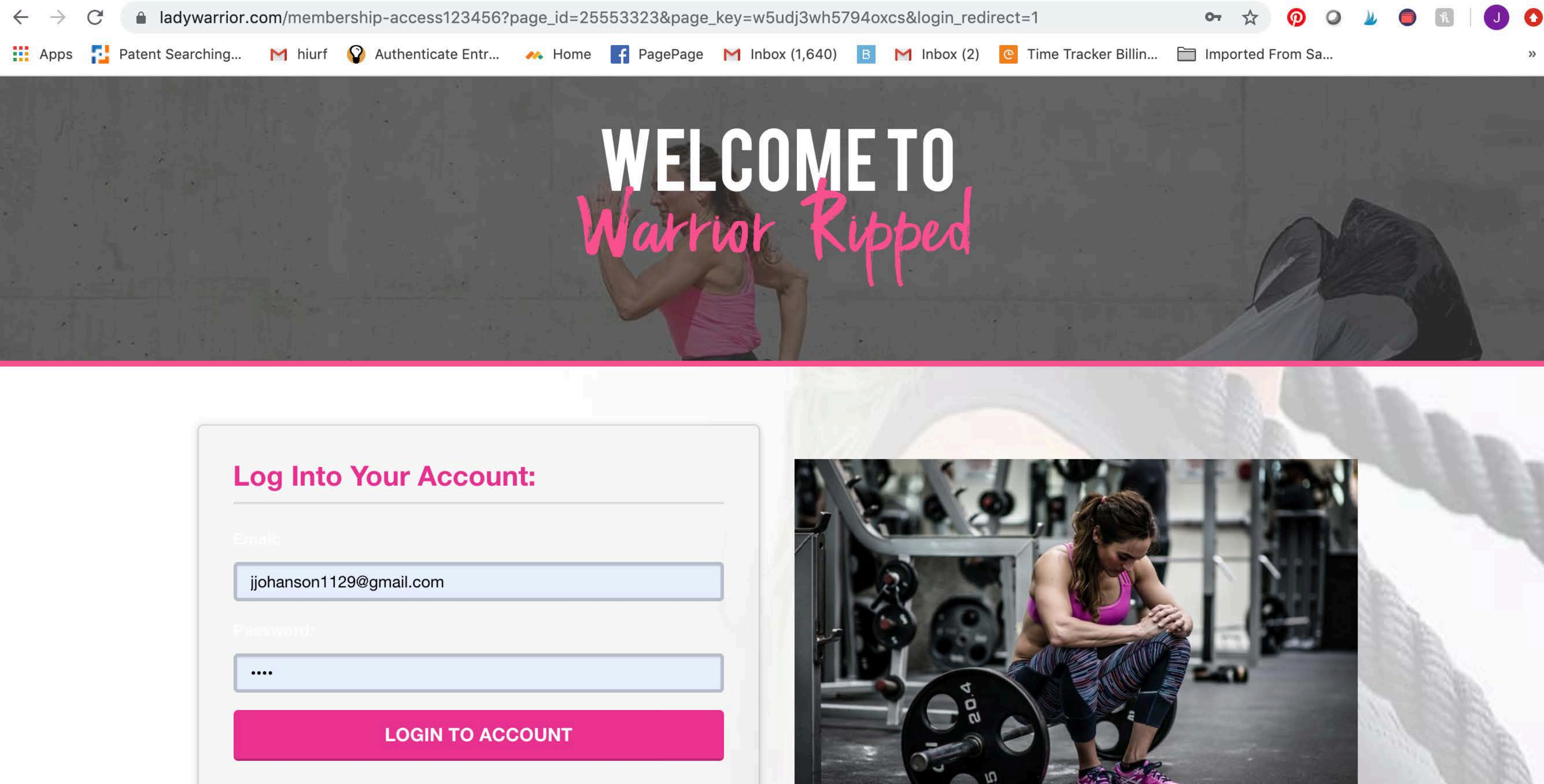
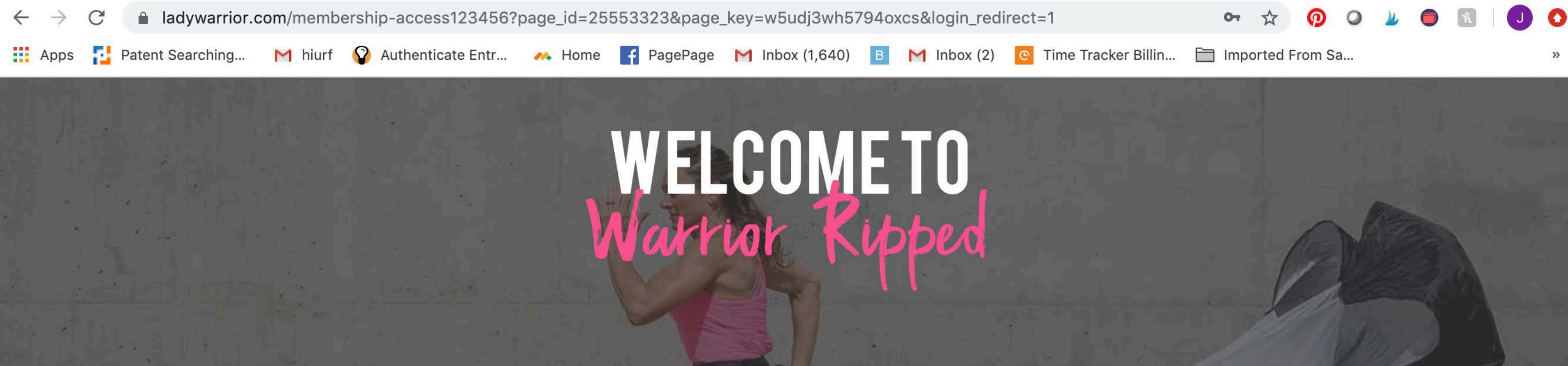
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Warrior Ripped Program Area

Logout

14 Day Fitness Challenge ▲

Day 1: Shoulders, Back, & Abs >

Day 2: Chest, Biceps, & Abs >

Day 3: Triceps, Legs, & Abs >

Day 4: Back, Biceps & Abs >

Day 5: Shoulders, Chest, & Abs >

Day 1: Shoulders, Back, & Abs

Look Fit..Live Fit!

Hey! Welcome to the 2 Week Workout Plan Day 1. This is going to be a great 2 Week workout plan that you can use to start toning and incorporate into your current workout regimen. If you are a beginner this is perfect for you, if you are not new to weight lifting this is perfect for you as well. I will take you through each exercise everyday and provide a video and pictures to follow along with as well. I will also provide a meal plan guide for anyone who may be in need of a little assistance with their nutrition. Remember, we all start at our own level and our bodies are all different, so your results are what you make of them.. I can only give you the information, it is up to you

Warrior Ripped Workout ▲

Day 1: Legs & Abs ✓ >

Day 2: Shoulders & Abs >

Day 3: Chest & Triceps >

Day 4: Biceps & Abs >

Day 5: Back >

Day 6: Active Rest >

Day 7: Active Rest 2 >

Day 8: Legs >

Day 9: Chest & Triceps >

Day 10: Shoulders >

Day 11: Back & Abs >

1- Side lateral raise: 4 sets, 15 reps

2- Close grip lat pulldown: 4 sets, 15 reps

3- Dumbbell shoulder press: 4 sets, 15
reps

4- Cable lat pull through: 4 sets, 15 reps

5- Barbell front raise: 4 sets, 15 reps

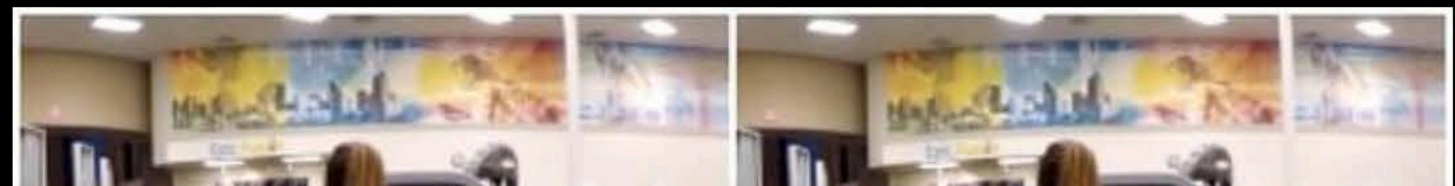
6- T-bar row: 4 sets, 15 reps

7- Plate upright row: 4 sets, 15 reps

8- Ball crunches: 4 sets, 15 reps

9- Plank to knee crunch: 4 sets, 15 reps

CARDIO: Running 30 minutes



30 Days Fitness Challenge

5 Weeks To Get Fit

6 Weeks Slim Down

60 Days Challenge

Warrior Shred Workout

Warrior Ripped Workout

Day 1: Legs & Abs

Day 2: Shoulders & Abs

Day 3: Chest & Triceps

Day 4: Biceps & Abs

Day 5: Back

Day 6: Active Rest

Day 7: Active Rest 2

Day 8: Legs

The Lady Warrior Manifesto

I am limitless, determined and tenacious. I break down barriers and do not hide behind them. I give myself permission to lead myself out of darkness while illuminating the path for others to follow.

I represent strength and courage, but remain humble and kind. I will walk along side you, not in front of you. I am aware of my weaknesses, but know I have purpose and will persevere.

I have the will to get back up when circumstances push me down. I am a no bull, grit my teeth, and forge ahead woman that keeps my head high and will protect those I love.

I choose the path that beautifies me from the inside out while avoiding negative habits and destructive behaviors. I define my future as I embrace my past. I evolve out loud while silencing the voices of doubt within.

I lead by example. I rise to the challenge and conquer my trials.

I do not run in fear, hide in shame, or give up on myself. I will not be bullied or afraid. I will stand out and stand up for others and myself.

I have presence, but am not prideful.
I am beautiful when I once felt ugly!
I am confident when I once felt timid!
I am strong when I once was weak!



STEP #1: Contact Information

Full Name...

jjohanson1129@gmail.com

Phone Number...

STEP #2: Billing Address

Street Address....

Here's What You Will Get With Your Warrior Ripped Workout Plan

