



FIGHTER'S CODEX

fitness

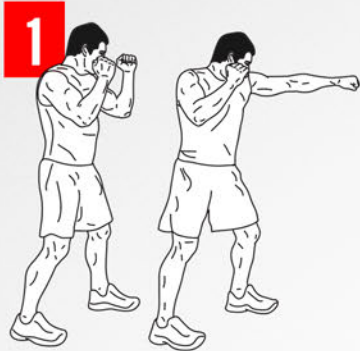
MARTIAL ARTS TRAINING

Day 1

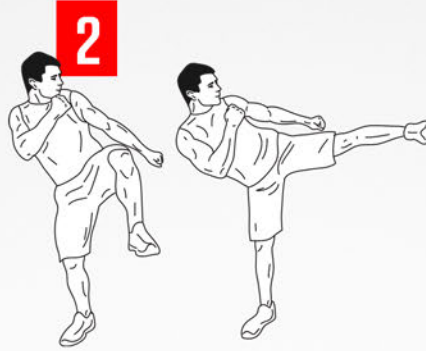
Practice

Fighter's Codex

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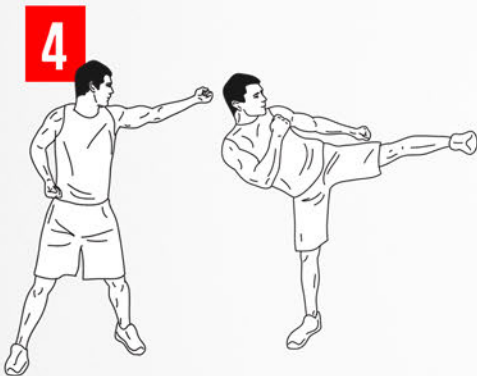
100 punches



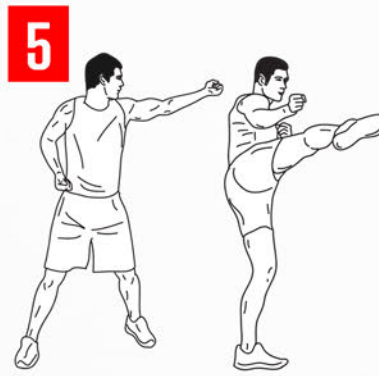
40 side kicks



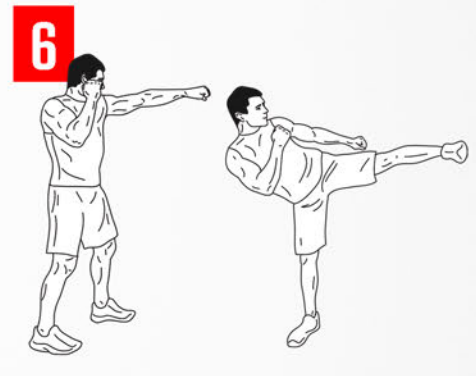
40 turning kicks



40 backfist + side kick



40 backfist + turning kick

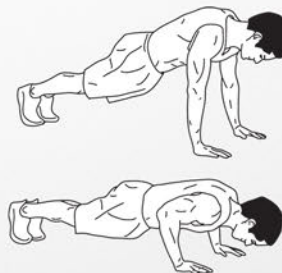


40 jab + jab + side kick

filler
between
each exercise



10 bounces



5 push-ups

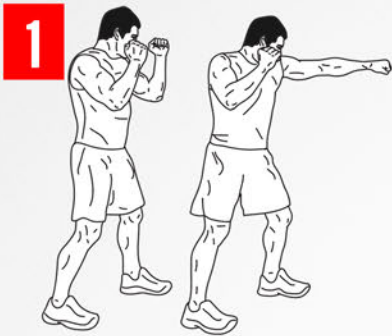
Day 2

Speed

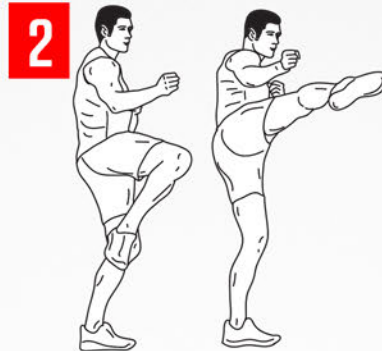
Fighter's Codex

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1 minute each | as fast as possible - 1 minute break between exercises



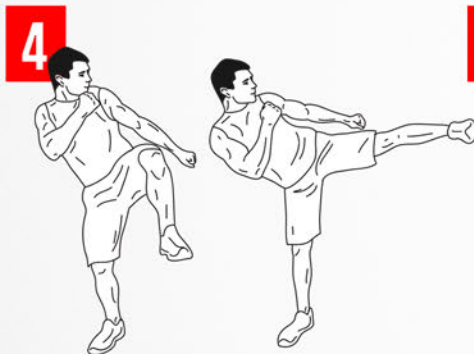
punches



turning kicks



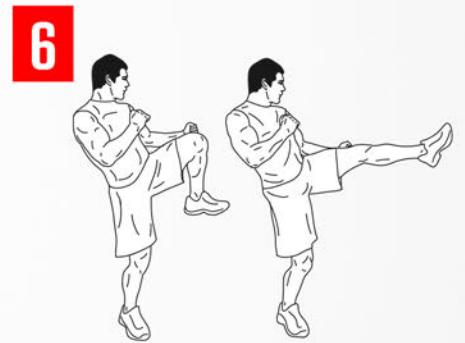
hooks



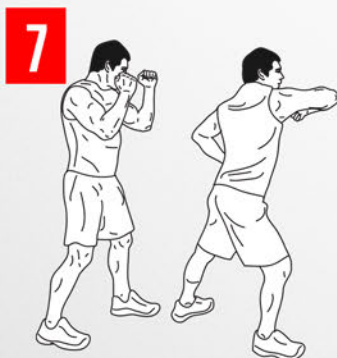
side kicks



uppercuts



front kicks



elbow strikes



knee strikes



jab + jab + elbow strike

Day 3

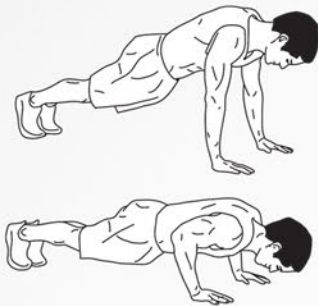
Power

Fighter's Codex

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Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



10 push-ups

2



10 squats

3



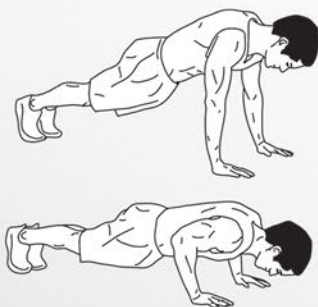
10 push-up + jab + cross

4



10 squat + front kick

5



5 push-ups

6



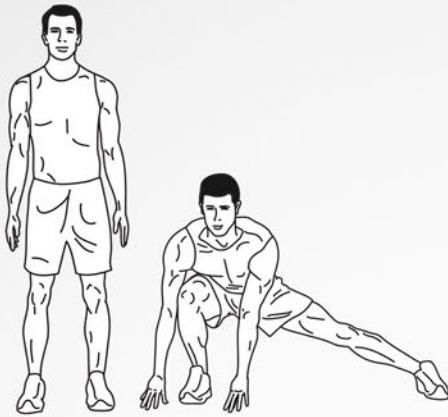
5 squats

Day 4

Van Damme
Tribute Stretching

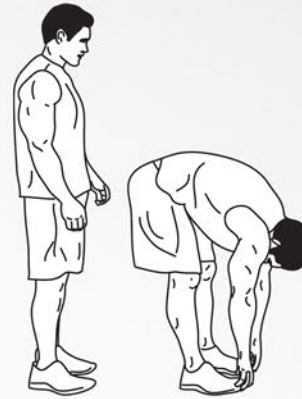
Fighter's Codex
© darebee.com

1



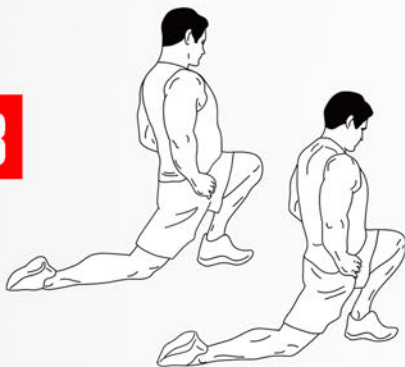
40 side lunge stretch

2



20 standing toe

3



40 deep lunge

4



60 hamstring stretch

FINISH

2 minute
side split
feet as far apart
as possible

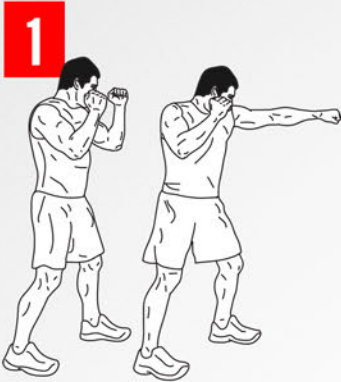


Day 5

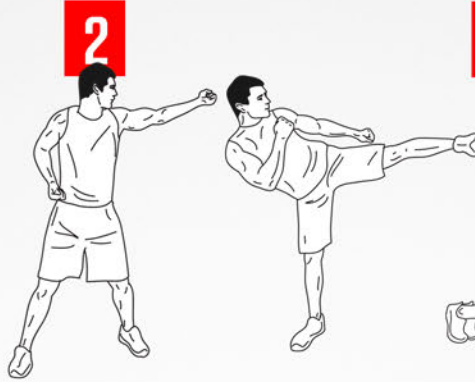
Practice

Fighter's Codex

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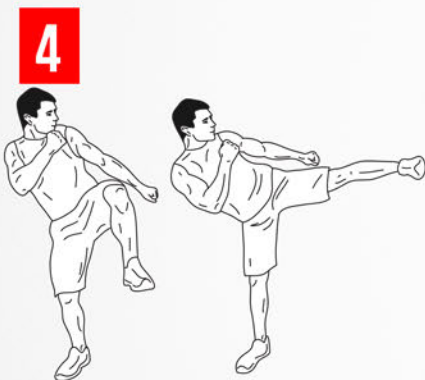
120 punches



80 backfist + sidekick



20 push-up + jab + cross



80 sidekick

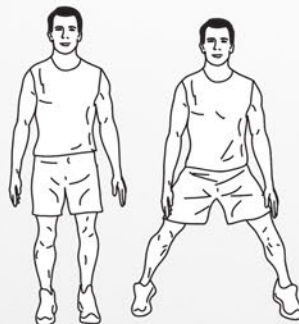


80 front kicks



80 double turning kick

filler
between
each exercise



20 half jacks



20 side leg raises

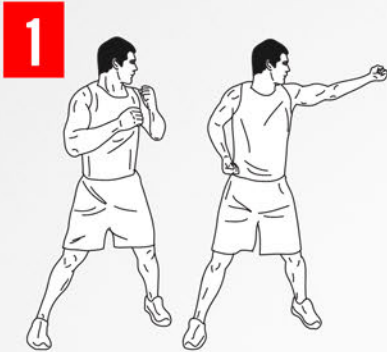
Day 6

Speed

Fighter's Codex

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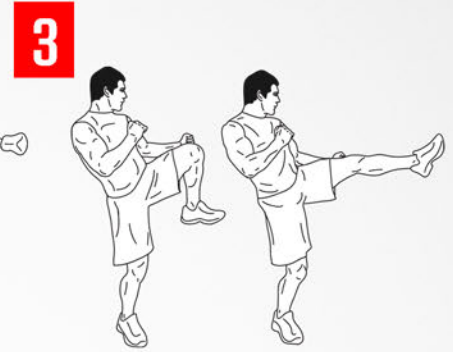
1 minute each | as fast as possible - 1 minute break between exercises



backfists



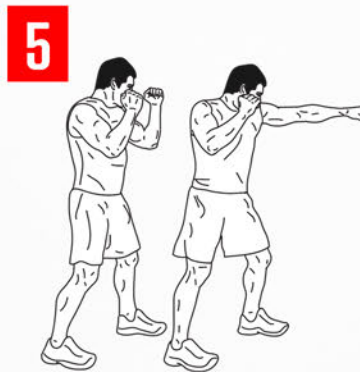
side kicks



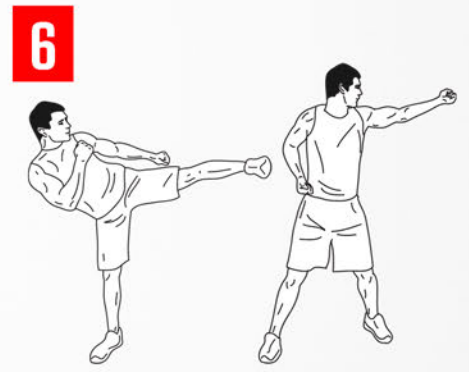
front kicks



double-turning kicks



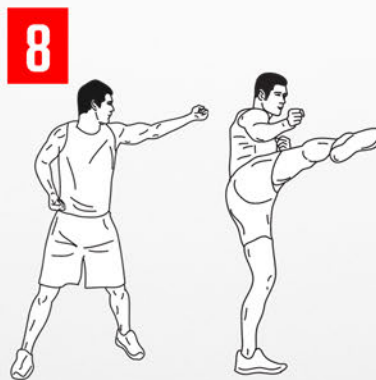
punches



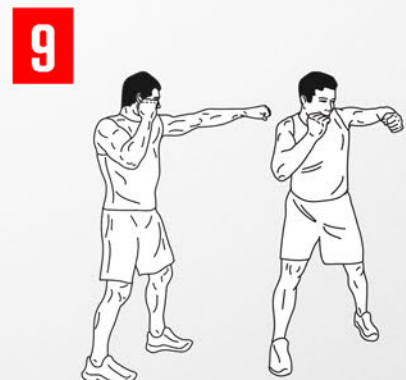
side kick + backfist



hooks



backfist + turning kick



jab + hook

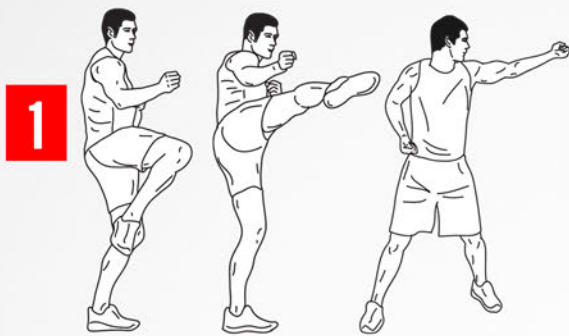
Day 7

Jet Li Tribute

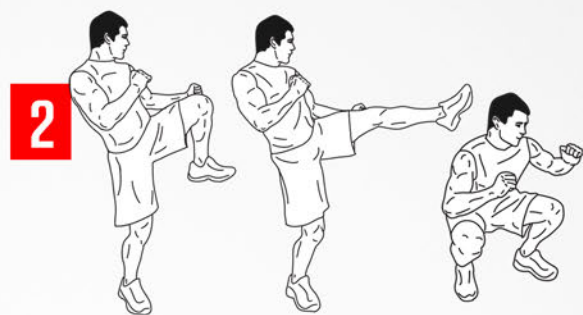
Fighter's Codex

© darebee.com

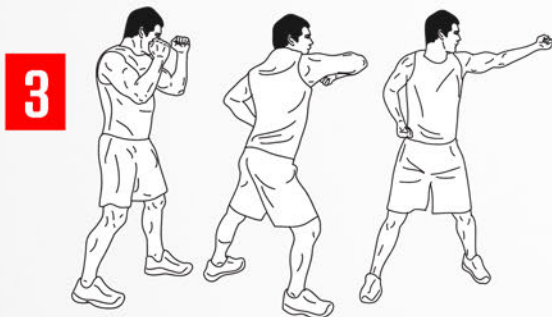
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets



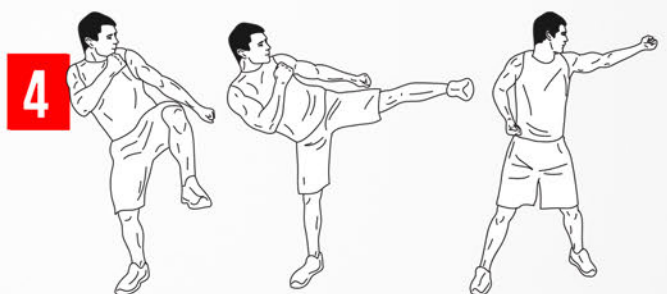
20 turning kick + backfist



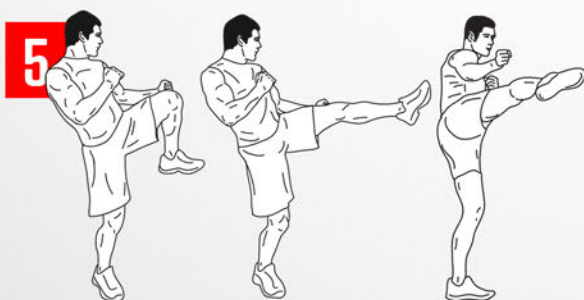
20 front kick + squat



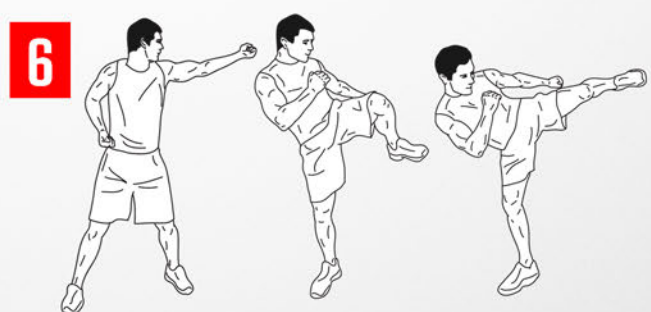
20 elbow strike + backfist



20 side kick + backfist



20 front kick + turning kick



20 double backfist + hook kick

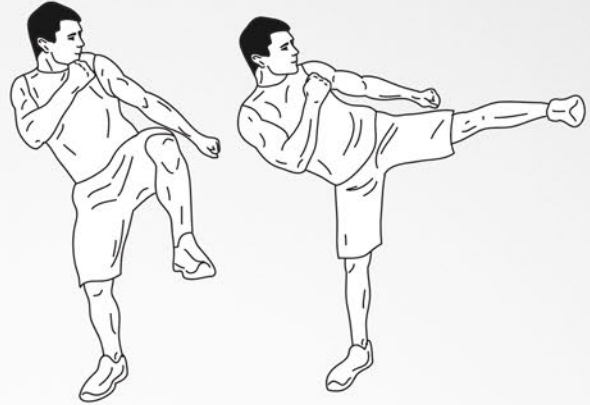
Day 8

Balance

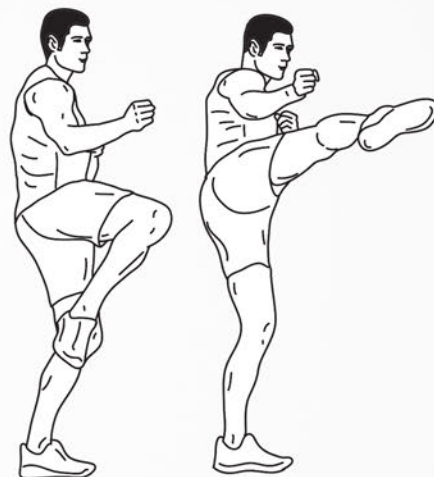
Fighter's Codex

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1 16 slow side kicks



2 16 slow turning kicks



FINISH

blindfold

stand on one leg,
arms out to sides
– then close your eyes
(or use blindfold)

60 seconds



Day 9

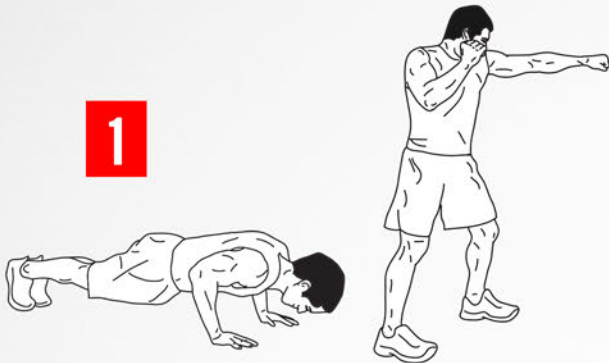
Power

Fighter's Codex

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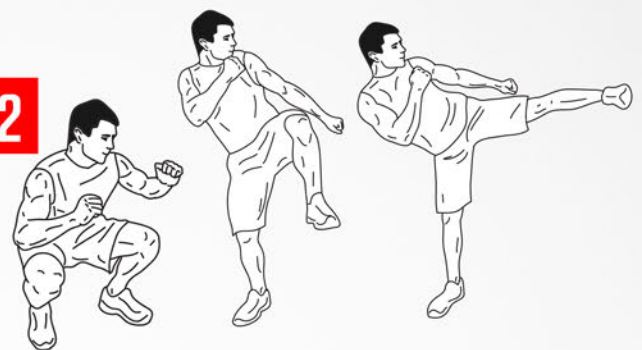
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



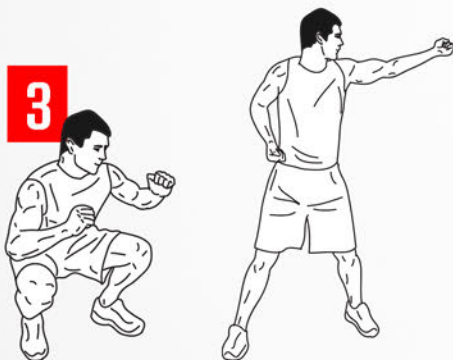
10 push-ups + jab + jab + cross

2



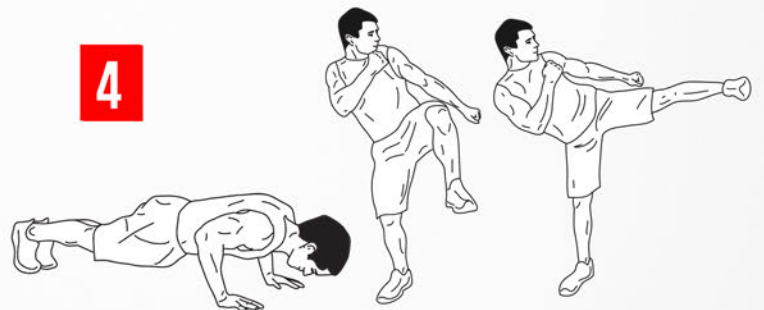
20 squat + side kick

3



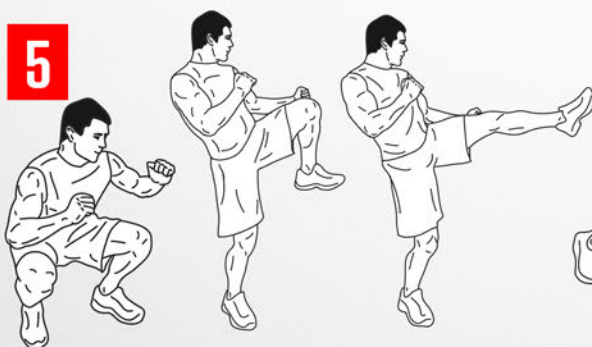
20 squat + backfist

4



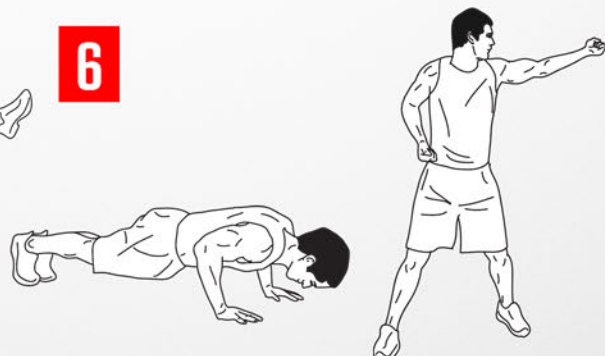
10 push-up + side kick

5



20 squat + front kick

6



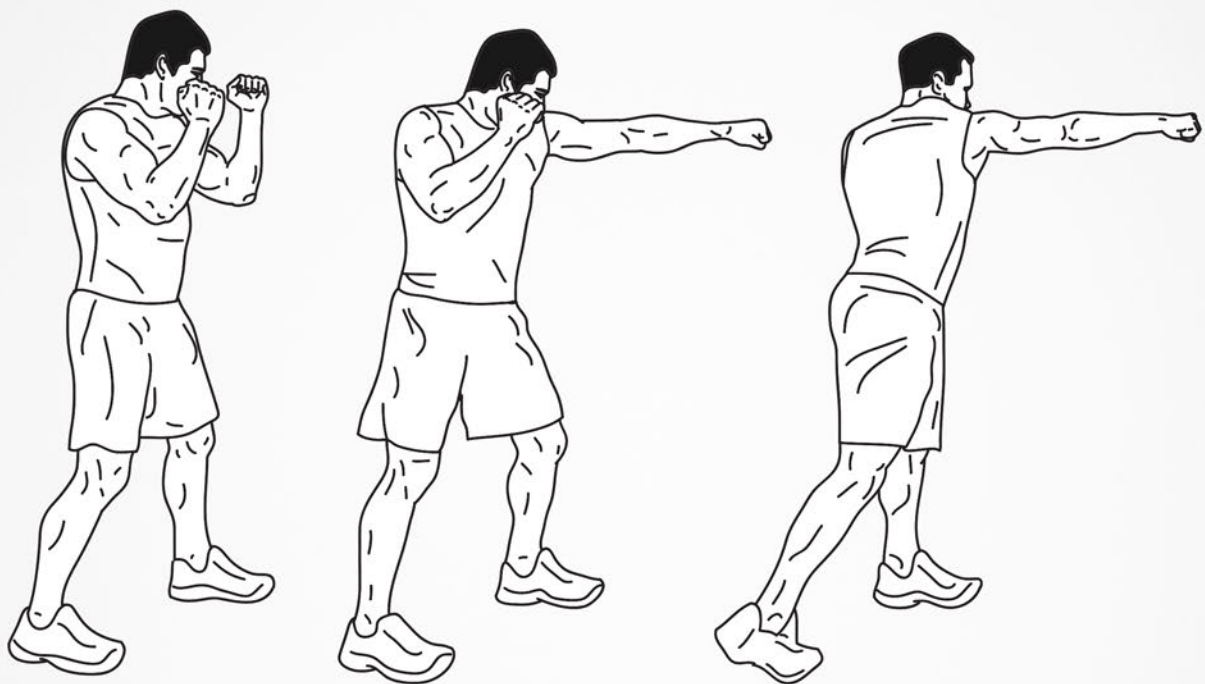
10 push-up + backfist

Day 10

Challenge

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1,000 punches

complete a total of 1,000 punches
by the end of the day

Day 11

Close Contact

Fighter's Codex

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80 hooks



40 uppercuts



80 knee strikes



40 elbow strikes



80 knee strike + elbow strike



80 knee strike + hook

filler
between
each exercise



40 bounces



40 side leg raises

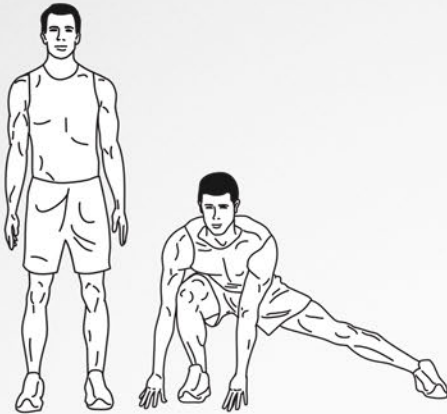
Day 12

Stretching

Fighter's Codex

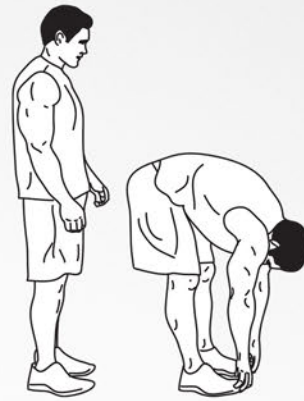
© darebee.com

1



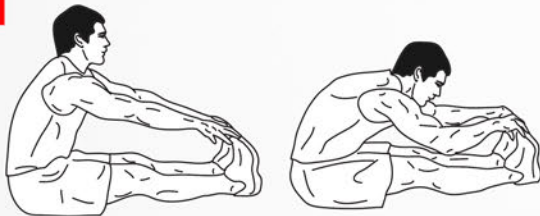
60 side lunge stretch

2



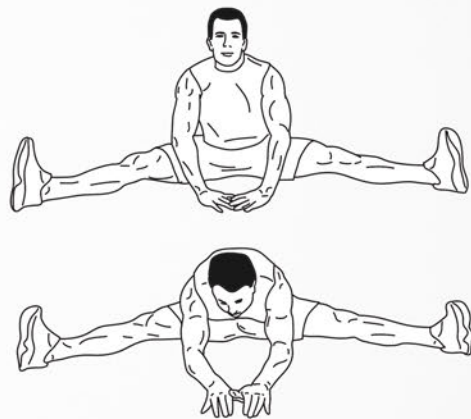
20 standing toe

3



60 hamstring stretch

4



20 forward bend

FINISH

2 minute
side split
feet as far apart
as possible

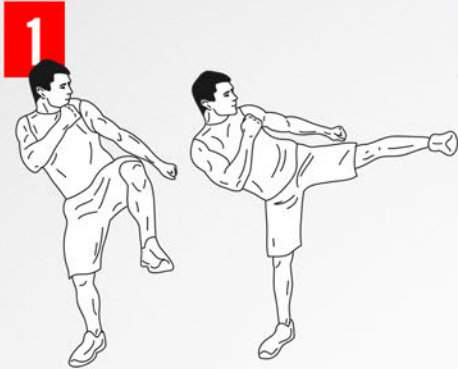


Day 13

Practice

Fighter's Codex

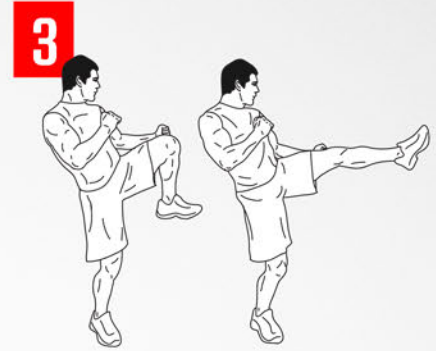
© darebee.com



40 side kicks



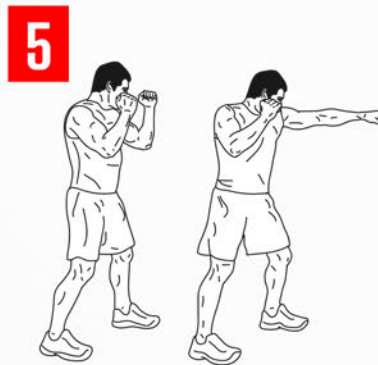
40 turning kicks



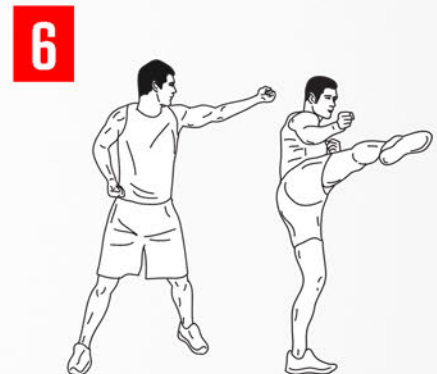
40 front kicks



40 backfist + side kick



60 punches

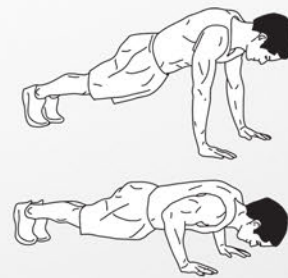


40 backfist + turning kick

filler
between
each exercise



10 double bounce squat



10 push-ups

Day 14

Chuck Norris
Tribute

Fighter's Codex
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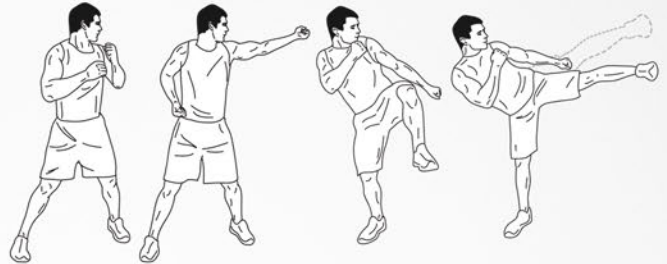
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



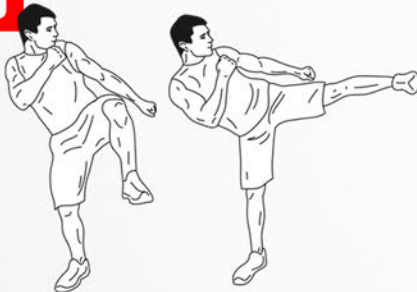
20 jab + jab + cross + double turning kick
(mid-high)

2



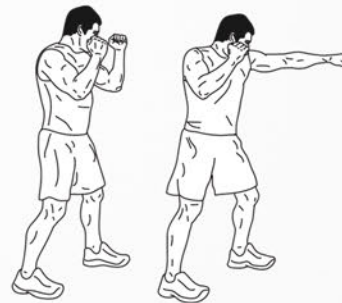
20 backfist + double side kick
(mid-high)

3



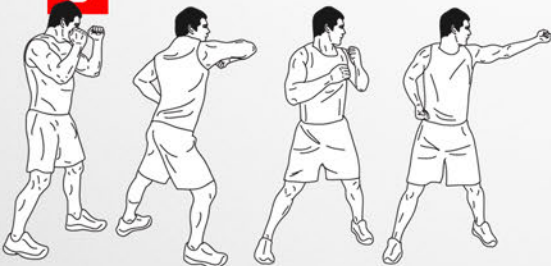
40 double side kick

4



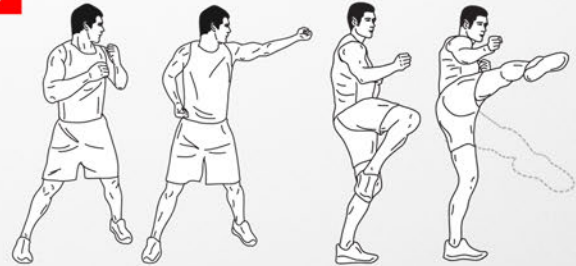
40 jab + cross

5



20 elbow strike + backfist

6



20 backfist + double turning kick (low/mid)

Day 15

Power

Fighter's Codex

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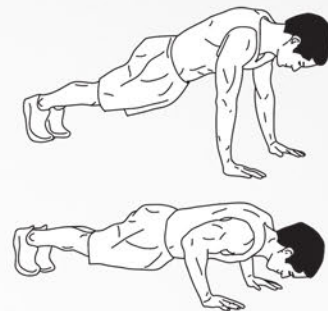
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



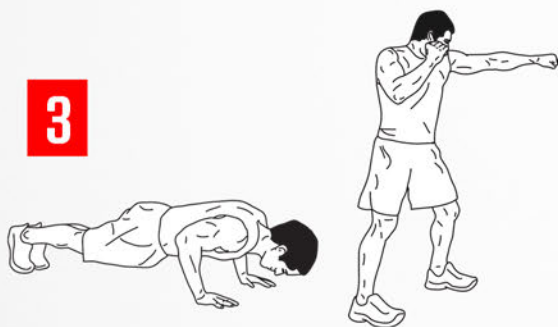
40 squats

2



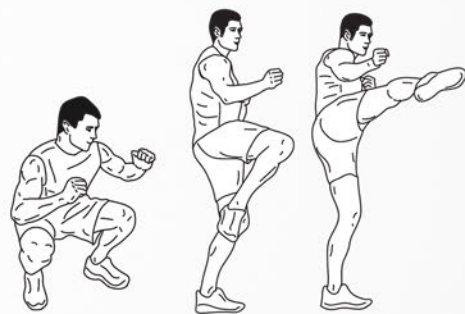
20 push-ups

3



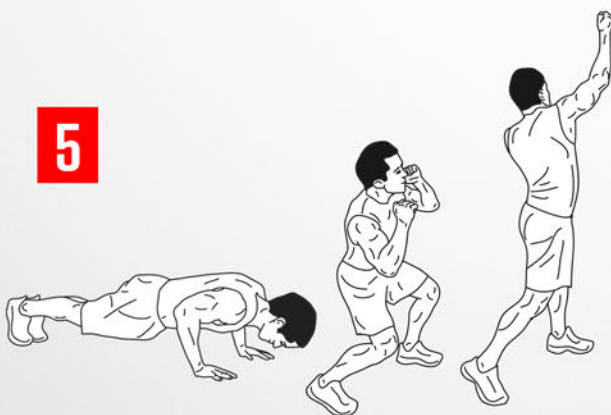
10 push-up + jab + jab + cross

4



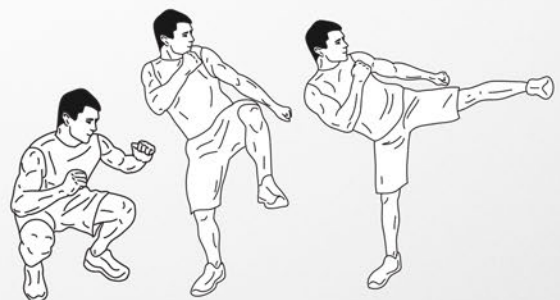
10 squat + turning kick

5



20 push-up + uppercut

6



20 squat + side kick

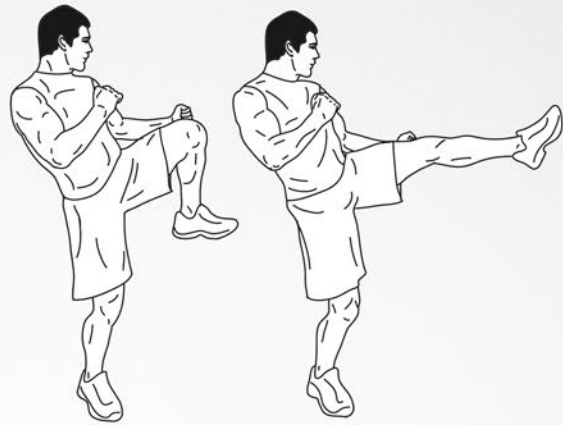
Day 16

Balance

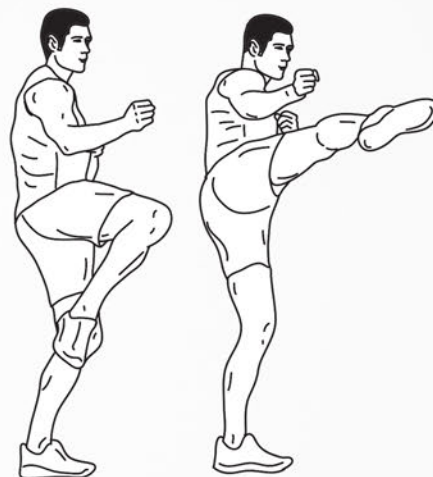
Fighter's Codex

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1 20 slow front kick



2 20 slow turning kicks



FINISH

blindfold

stand on one leg,
arms out to sides
– then close your eyes
(or use blindfold)

60 seconds

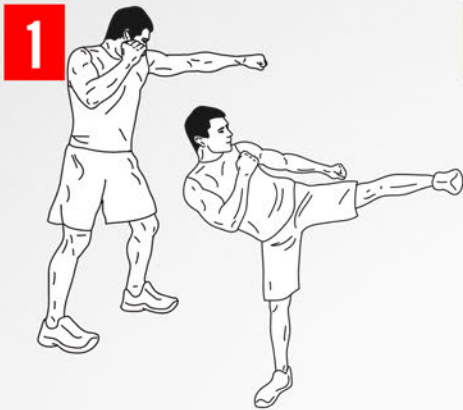


Day 17

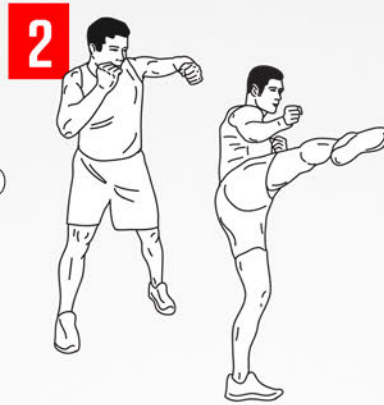
Practice

Fighter's Codex

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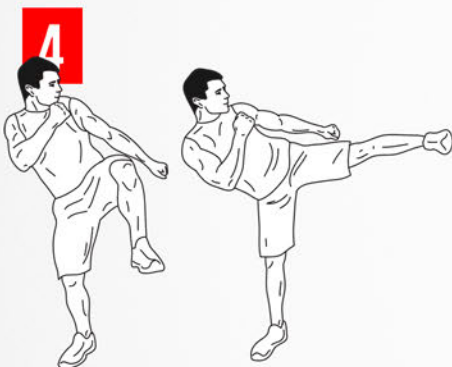
80 jab + jab + side kick



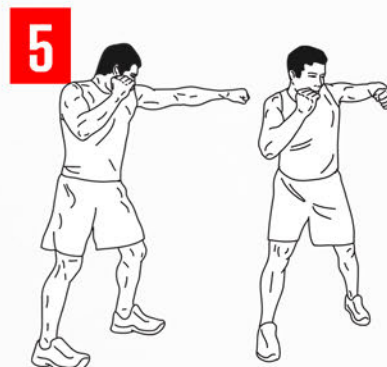
40 hook + turning kick



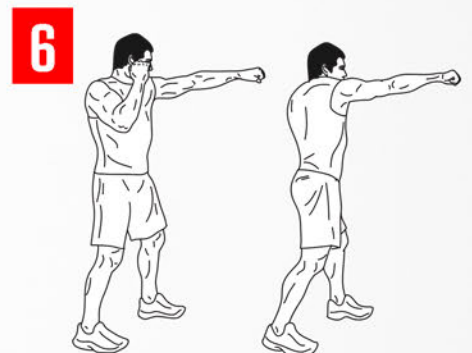
80 backfist + side kick



60 double side kick



80 jab + hook

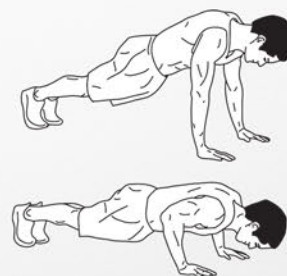


80 jab + cross

filler
between
each exercise



20 high knees



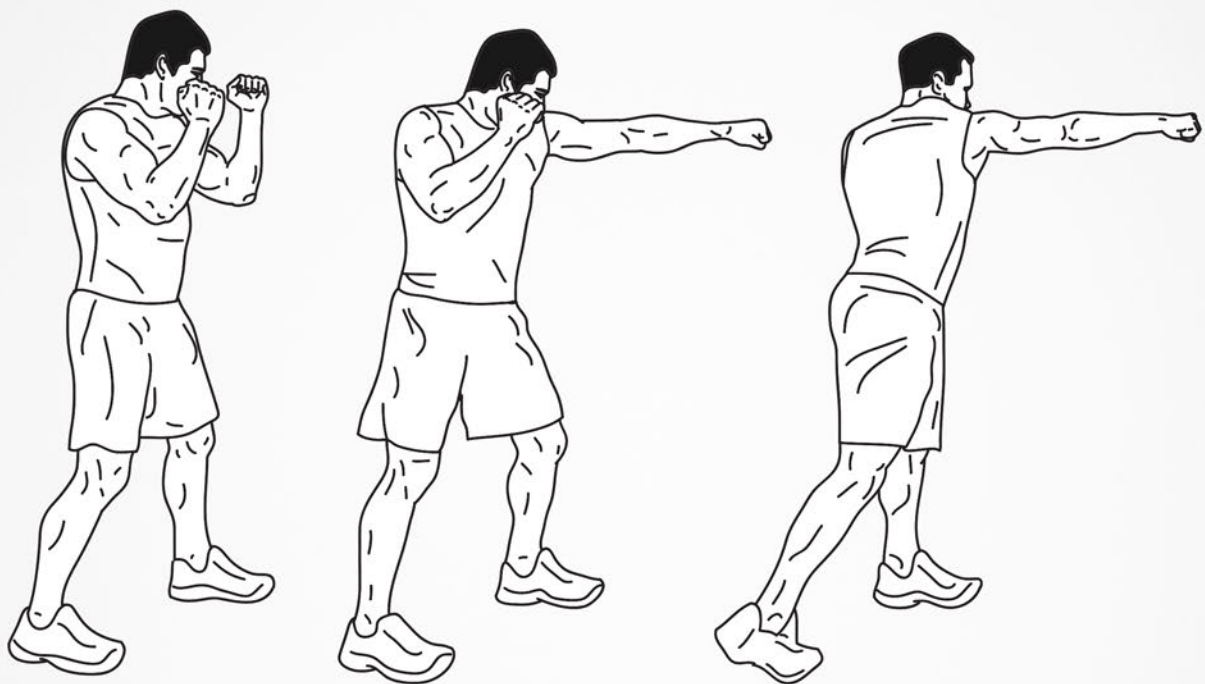
10 push-ups

Day 18

Challenge

Fighter's Codex

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2,000 punches

complete a total of 2,000 punches
by the end of the day

Day 19

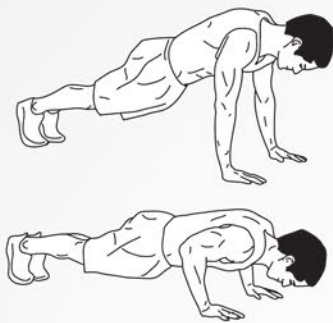
Endurance

Fighter's Codex

© darebee.com

Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



10 push-ups

2



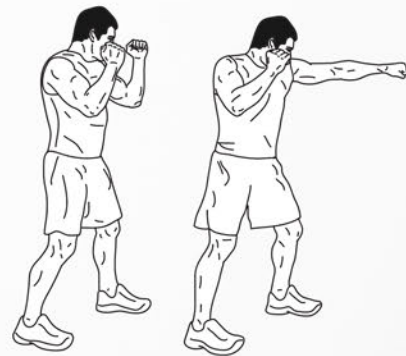
20 side kicks

3



10 squats

4



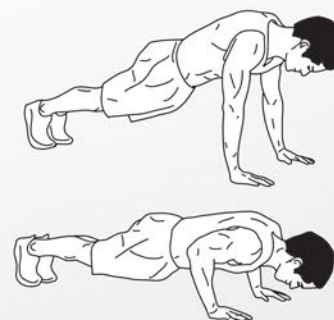
20 punches

5



10 squats

6



10 push-ups

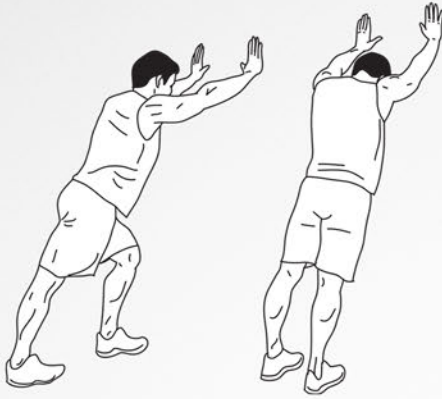
Day 20

Stretching

Fighter's Codex

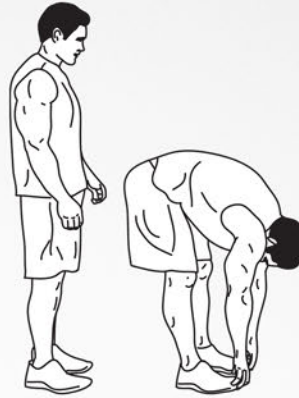
© darebee.com

1



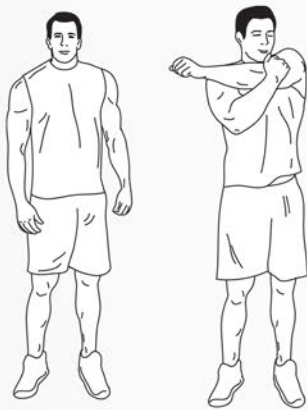
20 calves stretch

2



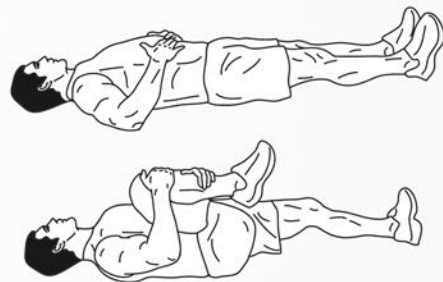
20 standing toe

3



20 shoulder stretch

4



20 knee to chest stretch

FINISH

2 minute
side split
feet as far apart
as possible

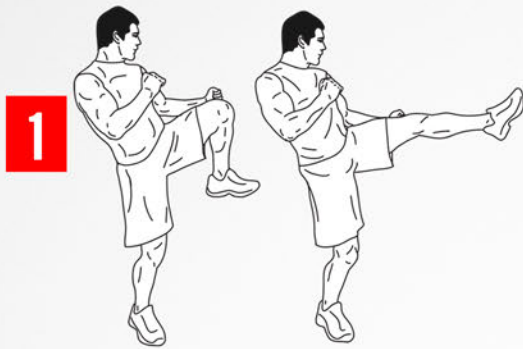


Day 21

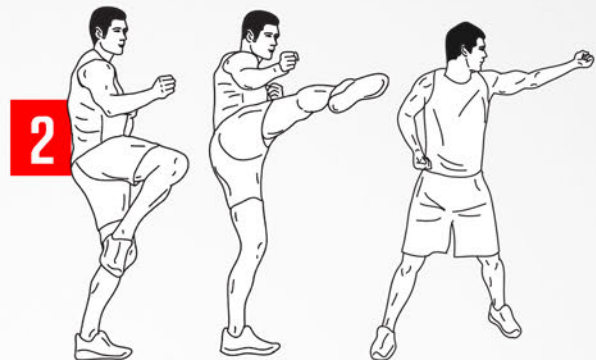
Jackie Chan
Tribute

Fighter's Codex
© darebee.com

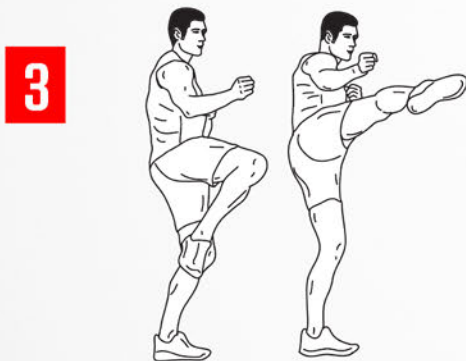
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets



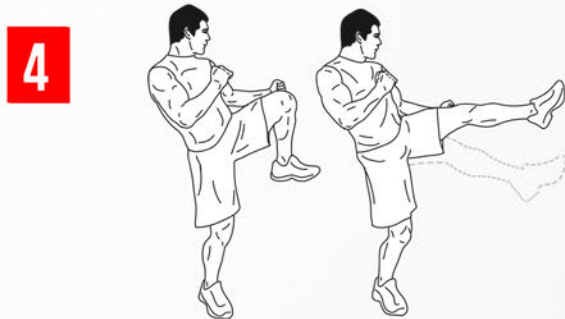
40 front kicks



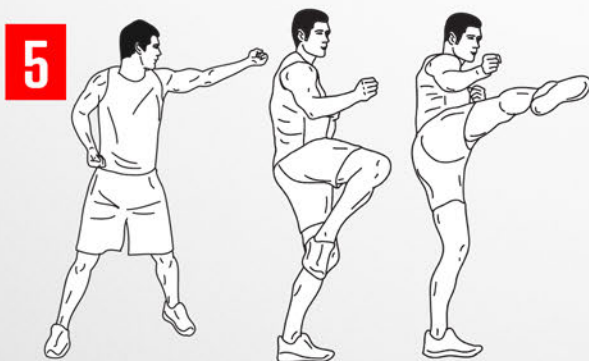
40 low turning kick + backfist



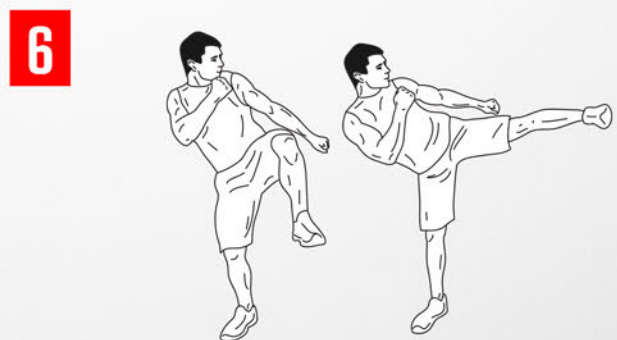
40 double turning kick



40 double front kick (low/high)



20 backfist + turning kick



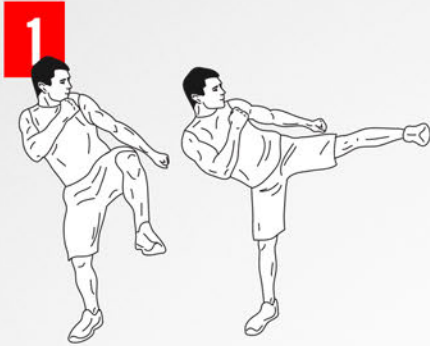
40 side kicks

Day 22

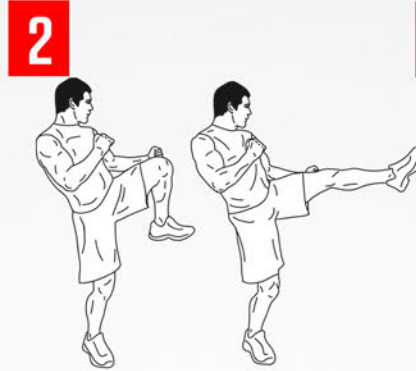
Practice

Fighter's Codex

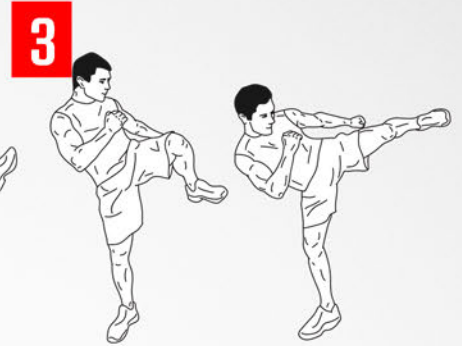
© darebee.com



100 side kicks



80 front kicks



40 hook kicks



60 squat + backfist

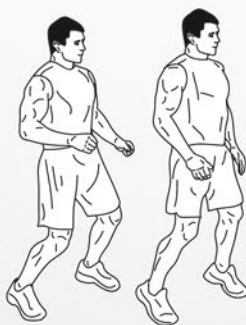


40 squat + side kick

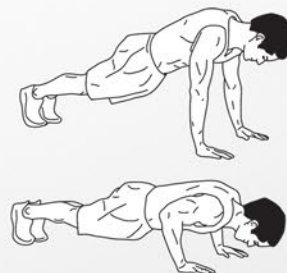


100 turning kicks

filler
between
each exercise



40 bounces



10 push-ups

Day 23

Fists of Fury

Fighter's Codex

© darebee.com

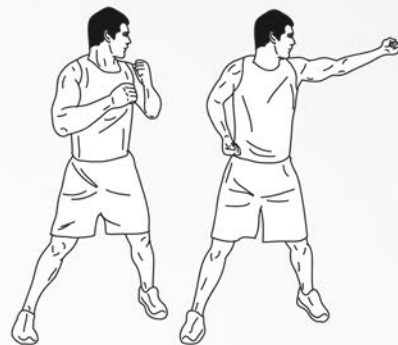
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



100 speed bag punches

2



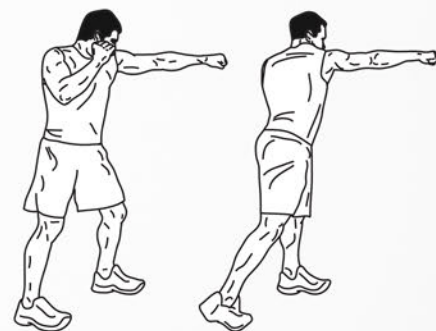
20 backfists

3



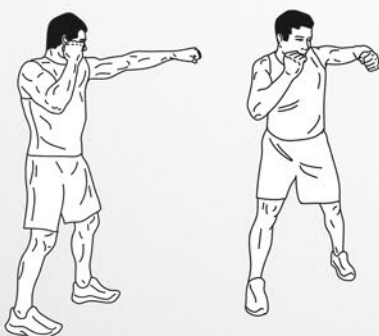
20 push-up + backfist

4



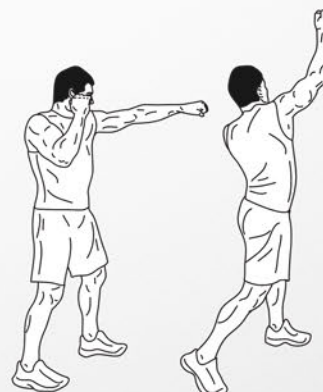
40 jab + jab + cross

5



40 jab + hook

6



40 jab + uppercut

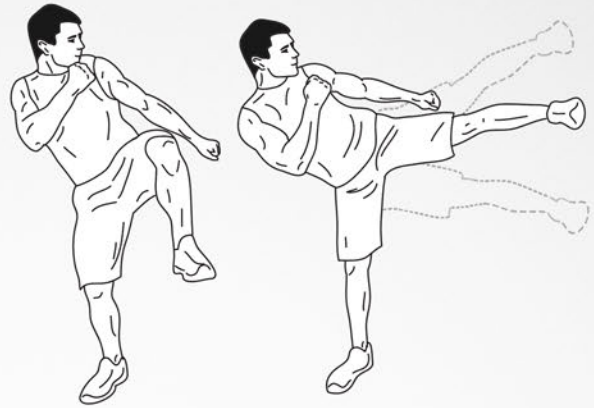
Day 24

Balance

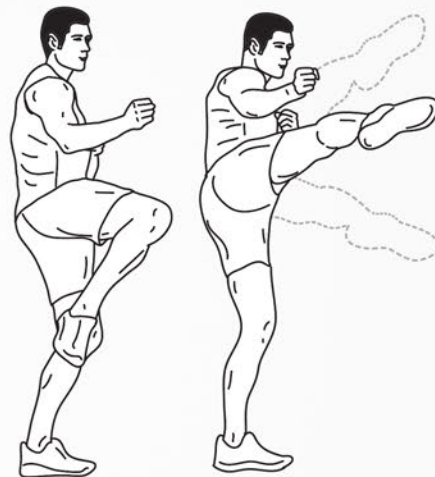
Fighter's Codex

© darebee.com

1 20 slow side kicks
(low/high/low/high)



2 20 slow turning kicks
(low/high/low)



FINISH

blindfold

stand on one leg,
arms out to sides
– then close your eyes
(or use blindfold)

60 seconds

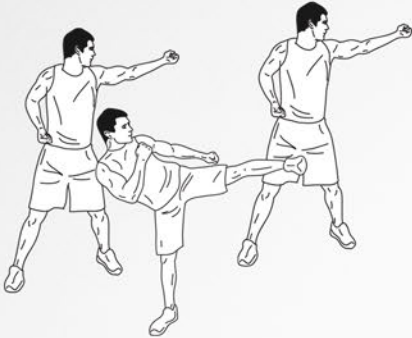


Day 25

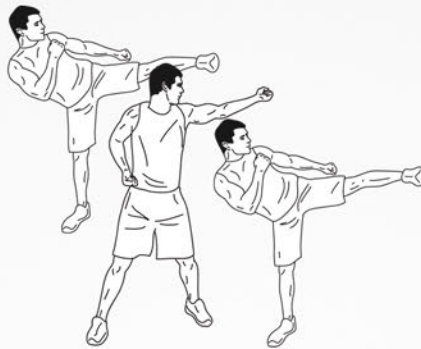
The Great Combo
60 reps each

Fighter's Codex
© darebee.com

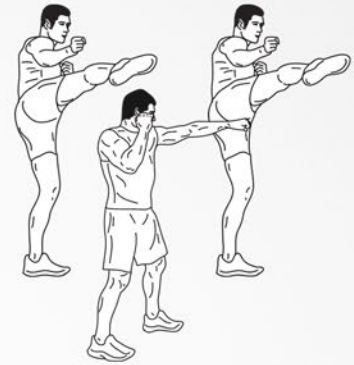
1 backfist +
side kick +
backfist



2 side kick +
backfist +
side kick



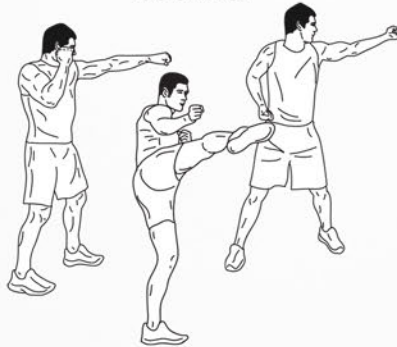
3 turning kick +
jab +
turning kick



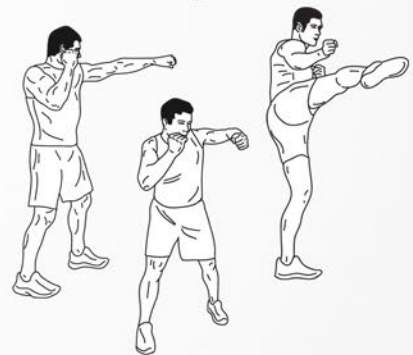
4 front kick +
side kick



5 jab + jab + cross +
turning kick +
backfist



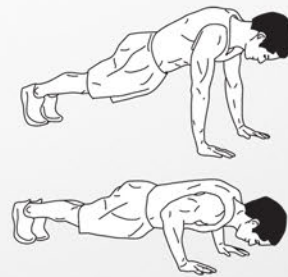
6 jab +
hook +
turning kick



filler
between
each exercise



10 double bounce squats



10 push-ups

Day 26

Speed

Fighter's Codex

© darebee.com

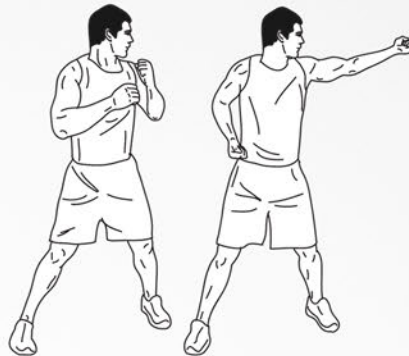
1 minute each | as fast as possible - 1 minute break between exercises

1



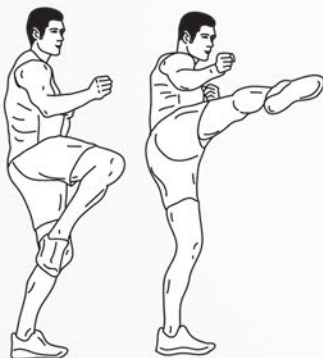
speed bag punches

2



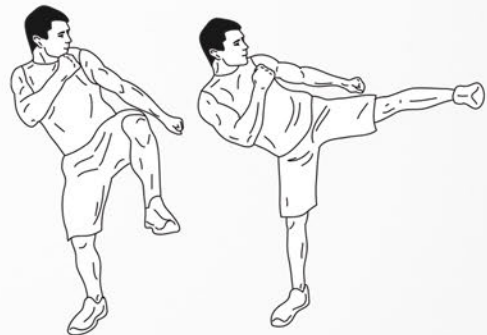
backfists

3



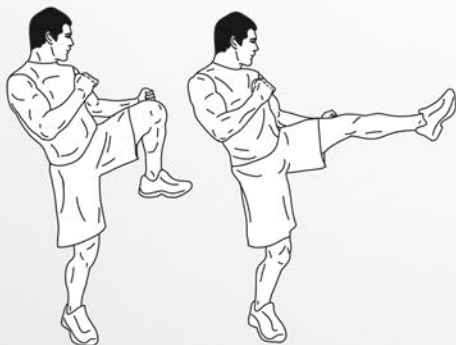
turning kicks

4



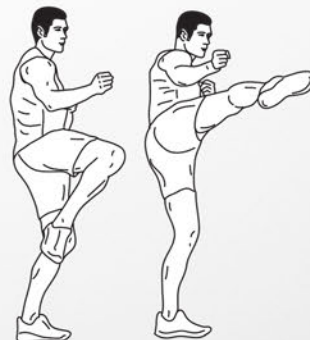
side kicks

5



front kicks

6



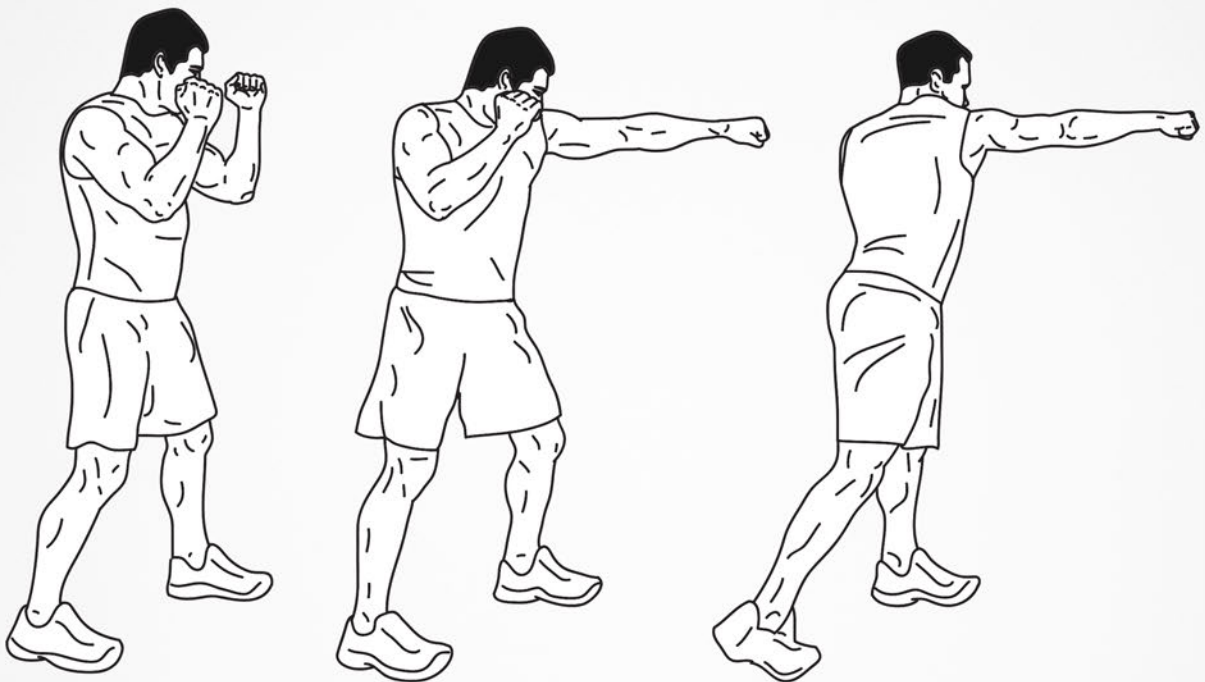
double turning kicks (high/low)

Day 27

Challenge

Fighter's Codex

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3,000 punches

complete a total of 3,000 punches
by the end of the day

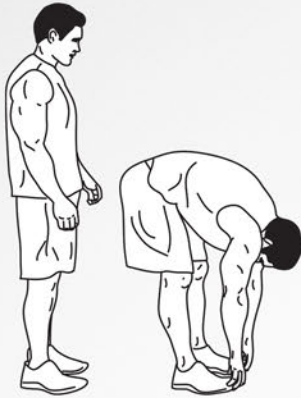
Day 28

Stretching

Fighter's Codex

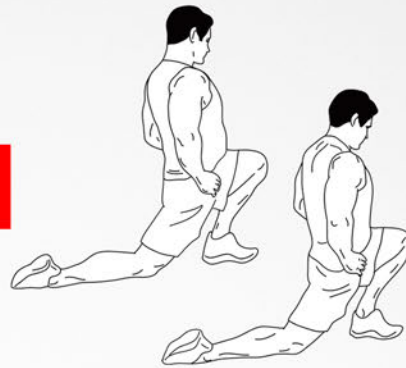
© darebee.com

1



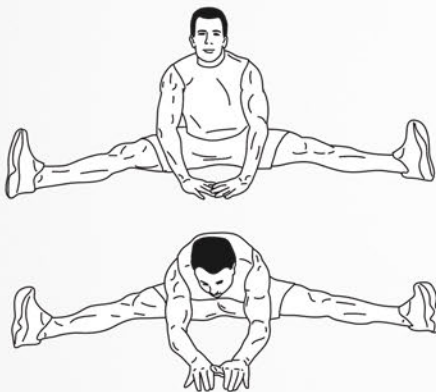
20 standing toes

2



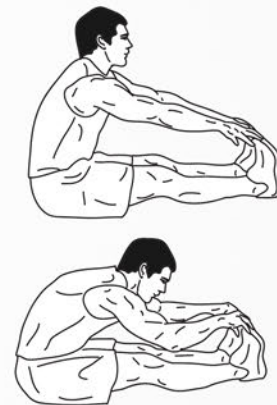
20 deep lunges

3



40 forward bend

4



60 hamstring stretch

FINISH

2 minute
side split
feet as far apart
as possible

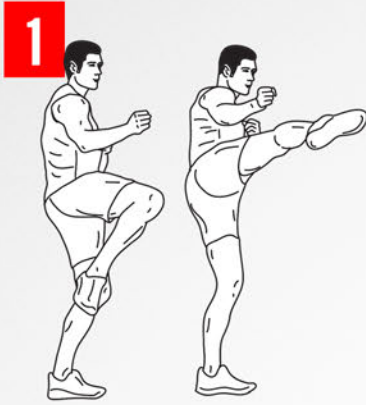


Day 29

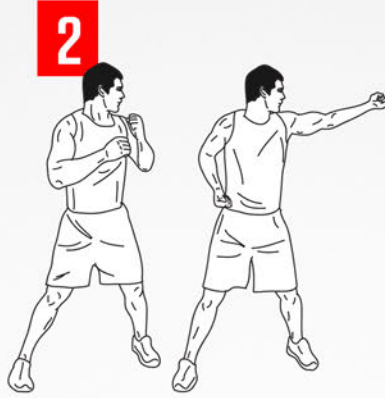
Practice

Fighter's Codex

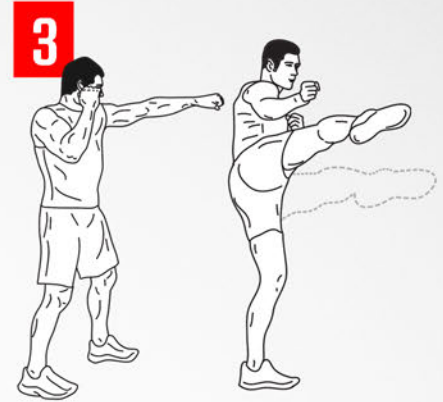
© darebee.com



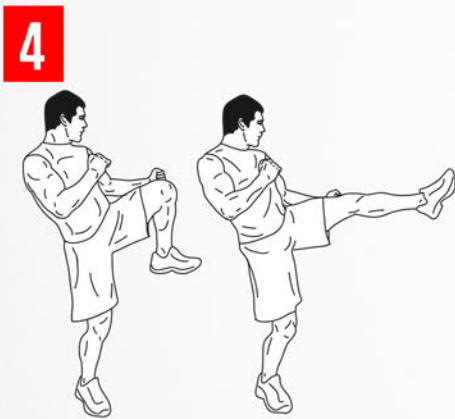
100 double turning kick



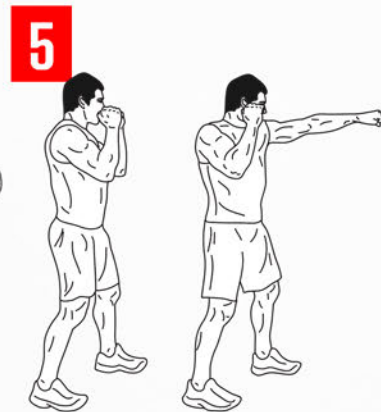
120 backfist



40 jab + jab + cross + double turning kick (low/high)



80 front kicks



100 punches

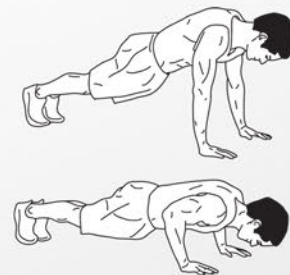


40 squat + side kick

filler
between
each exercise



40 bounce



15 push-ups

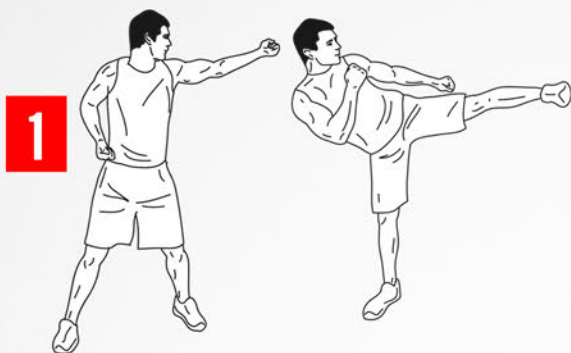
Day 30

Bruce Lee
Tribute

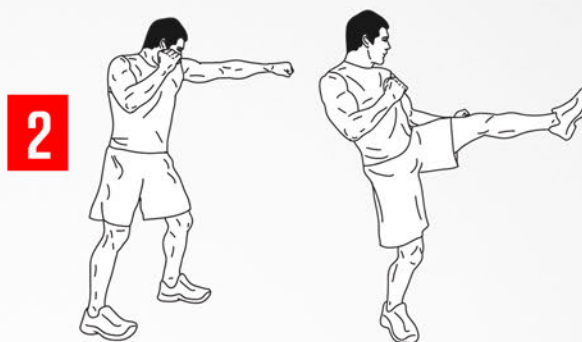
Fighter's Codex

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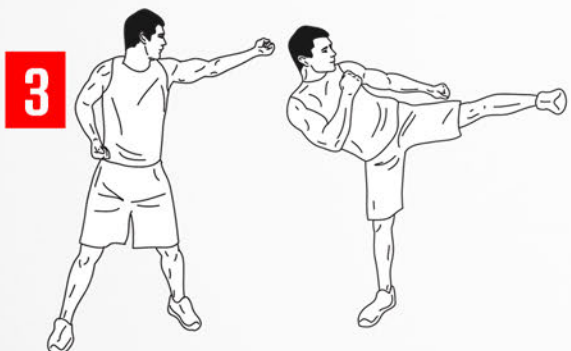
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets



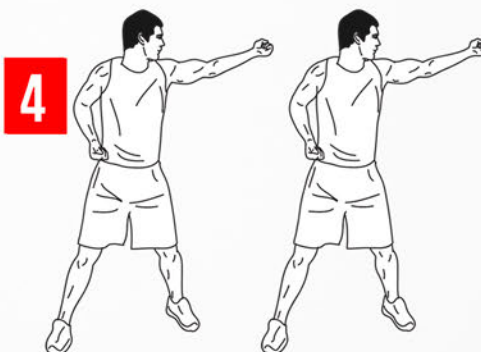
40 backfist + sidekick



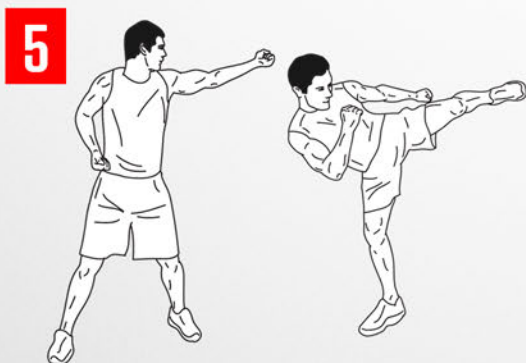
40 jab + cross + front kick



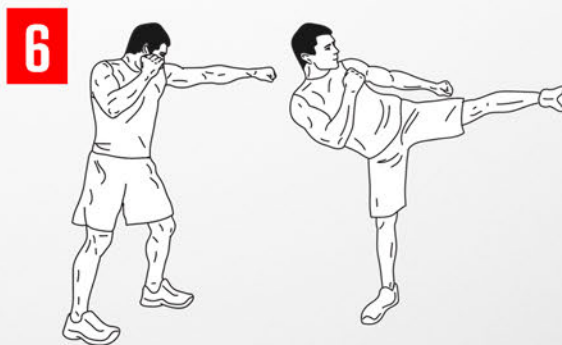
40 backfist + double side kick



40 backfist + backfist



40 backfist + hook kick



40 jab + jab + cross + side kick

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