

Workout Planner

The Importance of Physical Strength for the Warrior Archetype

Physical strength is more than muscle—it's the foundation of your warrior energy. The warrior archetype embodies focused action, discipline, and resilience. Building physical power trains your mind and body to face challenges with courage and clarity. Strength fuels your ability to protect what matters, to stand firm in adversity, and to act decisively when called upon.

Robert Moore's teachings highlight that the warrior is not about reckless violence but about controlled, purposeful power. Your workouts are your training ground to develop this sacred energy. Each lift, sprint, or stretch is a step toward mastering your inner warrior—building stamina, sharpening focus, and cultivating the endurance to carry your commitments through.

Age-Specific Tips

- Under 40:** Focus on building strength and endurance with a mix of heavy lifting and high-intensity cardio.
40-60: Prioritize joint health, mobility, and balanced strength training. Include more warm-ups and cool-downs.
60+: Emphasize low-impact exercises, flexibility, and maintaining functional strength. Listen closely to your body.

Filling in Your Weekly Workout Schedule

- Plan your workouts by day:** Include strength training, cardio, mobility, and flexibility exercises.
Set clear goals: Use the space provided to write your personal fitness goals for the week or month.
Track your progress: Note reps, sets, weights, or distances to measure improvement.

Tips for Rest Days

Rest days are essential for recovery and growth. Use them to stretch, hydrate, and focus on nutrition. Active recovery like walking or light yoga helps maintain momentum without overtaxing your body.

Types of Exercises to Include

- Strength:** Weightlifting, bodyweight exercises (push-ups, pull-ups, squats)
Cardio: Running, cycling, swimming, interval training
Mobility & Flexibility: Yoga, dynamic stretching, foam rolling

Personal Fitness Goals

- Use this space to write down your specific goals. Examples:
- Increase deadlift by 20 lbs
 - Run 5K in under 25 minutes
 - Improve flexibility to touch toes comfortably

My Goals



WORKOUT PLANNER

“I hated every minute of training,
but I said, ‘**Don’t quit.**’ Suffer now and live the
rest of your life as a
champion.”

- Muhammad Ali

SUNDAY

MORNING

EVENING

MONDAY

MORNING

EVENING

TUESDAY

MORNING

EVENING

WEDNESDAY

MORNING

EVENING

THURSDAY

MORNING

EVENING

FRIDAY

MORNING

EVENING

SATURDAY

MORNING

EVENING