

WARRIOR CLASS

THE FITNESS AND CONDITIONING COURSE

Course Handout

Presented by:

Steve Curran, CSCS

Warrior Class Fitness

www.warriorclassfitness.com

Introduction

Warrior Class - The Fitness and Conditioning Course in Dripping Springs, TX was born out of request from someone that overheard me talking about the morning workouts I teach in Austin. I have put together this course using the same philosophy that I was taught and which I used while attending and instructing the Get Off Your Duf! classes developed by Matt Dufner, and the Navy SEAL Conditioning Course developed by Tom Mixon. Both of which are the finest fitness programs in Austin that I have seen.

The name Warrior Class is intended to instill a desire in you to personify the distinctive traits that make a warrior. Those traits include discipline, sacrifice, cohesion, strength and authority. On the battlefield they translate to "Mission First," "Never Quit," "Never Accept Defeat," and "Never Leave A Comrade Behind." If we apply these traits to everyday life, we might be able to see how no task is too daunting. When you show up for a workout, I challenge you to put on the Warrior Ethos, even if only for one hour.

About Me

My name is Steve Curran. I served in the U.S. Air Force and in the U.S. Air Force Reserves for a total of 12 years. I have a Bachelor's degree in Electrical Engineering from the University of Texas at Austin. In my professional life, I am a Patent Agent. I am also an NCAA Division I Baseball Umpire. In addition, I have a passion for fitness. That passion is the reason I decided in 2005 to become a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA). I enjoy helping people get fit. I stay current in the S&C field through continuing education. I love talking about exercise physiology. I am adult CPR/AED certified. I have a wonderful family that includes my amazing wife Susan, and two awesome children, Emily and Ellie.

The Course

If you attend all the workouts in the course, eat nutritionally sound meals, and follow the Warrior Ethos, by the end of a month-long class, your body will begin to change. You will begin to see a decrease in your body fat and an increase in muscle tone. Your confidence should improve, and you will experience a sense of accomplishment.

This course is intended for those individuals that want more from a workout that simply going to the gym can provide. It can be for beginners that have never exercised, but I suggest you be able to walk/run one mile in about 12 minutes. It is also intended for those that need a kick-start to get an old routine going again, or for those that want a new way, a more fun way, to get in shape and stay there. I have also found that my workouts can challenge even those that are already in great shape, and just need something more.

The workouts are designed to take you out of your comfort zone. There are no typical workouts as I try to make each one different in some way so that through variety, you continually stimulate your body and your mind. Then your body will continue to be stimulated and your brain won't get bored.

The workouts will include varying combinations of running, calisthenics, plyometrics, individual and team challenges, obstacle courses, and confidence courses. The workouts are challenging and each is designed with specific goals. For example, some workouts are strength workouts and some are muscular endurance workouts, and they may target specific muscle groups or they may be whole body workouts. In addition, different workouts may target specific energy systems. The exercise selection tends to emphasize functional strength over individual muscle definition. However, you will see muscular development in some way.

Be aware....This is an ALL-WEATHER class. Unless the instructor cannot physically get to the designated meeting location, class will be held in the rain, in the cold, in whatever mother nature can throw at us...

This means you may get wet, cold, hot, sweaty and/or dirty.

Supplies

You are required to bring:

Running shoes

Workout clothing that is appropriate for the conditions and that you can get dirty

Good attitude

Towel or seat cover for your vehicle

You may bring:

Water

Workout gloves

NO YOGA MATS! EVER!

My general nutritional recommendations:

Do not eat much of anything before a workout

Do not drink fruit juices before a workout

After you get in a few workouts, you might try eating a small banana at least 30-45 minutes before we start

Do Drink 8-12oz. of water at least 30-45 minutes before we start

Do Drink water the evening before a workout

Do NOT drink a lot of alcohol the night before we workout, I can guarantee you will hate yourself if you do

After a workout, drink lots of water; at least 16 oz. immediately after, and then 8oz. every hour for several hours - NO need for sports drinks after a one hour workout. If you sweat profusely (all clothing is entirely soaked through) during the workout, you may need to replace some electrolytes. A large orange juice or grapefruit juice will replace potassium. Since we eat far more sodium than we need, on average, the juice and the water should be fine.

Also, a great recovery meal immediately after the workout is a banana and a cup of low fat yogurt. It has a good combination of carbohydrate and protein to replenish lost carbs, and provide protein for metabolism and synthesis.

Eat a healthy combination of nutrient dense foods and eat plenty of fiber and you will perform and feel better.

Health Issues

If you have not had a physical performed by a physician in over a year, I highly recommend that you do before starting the course. Ask for a blood workup that includes CBC and lipid profile. For men, also include a PSA test. It wouldn't even hurt to have them include a liver and kidney panel. Tell your doctor that you are about to begin a moderately intense exercise program and to make sure you are in generally good health.

If you notice anything out of the ordinary during class (e.g., dizziness, pain anywhere, nausea), **STOP** what you are doing, and notify me, or any instructor immediately. If you sustain an injury, during class, even a cut or abrasion, notify me as soon as it happens. I carry a First Aid kit in my vehicle.

Conclusion

In closing, there are relatively few who are willing to stand tall out there at 0530 in all conditions. I am honored to be at your service to help shape you into whatever you want to become. HAVE FUN out there. Work hard, Never Quit, Always give 100% and ...

Change your life.

Steve Curran, CSCS
Instructor
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