FIGHTER'S
CODEX

fitness
MARTIAL ARTS TRAINING
Day 1 Practice

1. 100 punches
2. 40 side kicks
3. 40 turning kicks
4. 40 backfist + side kick
5. 40 backfist + turning kick
6. 40 jab + jab + side kick

Filler between each exercise
- 10 bounces
- 5 push-ups
Day 2 | Speed

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

1. Punches
2. Turning kicks
3. Hooks
4. Side kicks
5. Uppercuts
6. Front kicks
7. Elbow strikes
8. Knee strikes
9. Jab + Jab + Elbow strike

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Day 3  Power

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

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

1. 120 punches
2. 80 backfist + sidekick
3. 20 push-up + jab + cross
4. 80 sidekick
5. 80 front kicks
6. 80 double turning kick

filler between each exercise

20 half jacks
20 side leg raises
Day 6  Speed

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

1. backfists
2. side kicks
3. front kicks
4. double-turning kicks
5. punches
6. side kick + backfist
7. hooks
8. backfist + turning kick
9. jab + hook
Day 7  Jet Li Tribute

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

1. 20 turning kick + backfist
2. 20 front kick + squat
3. 20 elbow strike + backfist
4. 20 side kick + backfist
5. 20 front kick + turning kick
6. 20 double backfist + hook kick
**Day 8**  
**Balance**

1. **8** each side + 16 in total  
**slow side kicks on one leg**

2. **8** each side + 16 in total  
**slow turning kicks on one leg**

**FINISH**  
**blindfold**  
stand on one leg,  
arms out to sides  
– then close your eyes  
(or use blindfold)  
**60 seconds**
Day 9  Power

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

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1,000 punches

complete a total of 1,000 punches by the end of the day
Day 11 Close Contact

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1. 80 hooks
2. 40 uppercuts
3. 80 knee strikes

4. 40 elbow strikes
5. 80 knee strike + elbow strike
6. 80 knee strike + hook

Filler between each exercise
- 40 bounces
- 40 side leg raises
Day 12  Stretching

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

1. 40 side kicks
2. 40 turning kicks
3. 40 front kicks
4. 40 backfist + side kick
5. 60 punches
6. 40 backfist + turning kick

Filler between each exercise
- 10 double bounce squat
- 10 push-ups
Day 14 Chuck Norris Tribute

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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

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

1. 10 each side + 20 in total slow front kick

2. 10 each side + 20 in total slow turning kicks on one leg (high)

**FINISH**

blindfold
stand on one leg, arms out to sides
– then close your eyes (or use blindfold)
60 seconds
Day 17

Practice

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1. 80 jab + jab + side kick
2. 40 hook + turning kick
3. 80 backfist + side kick
4. 60 double side kick
5. 80 jab + hook
6. 80 jab + cross

filler between each exercise

20 high knees
10 push-ups
Day 18 Challenge

2,000 punches

complete a total of 2,000 punches
by the end of the day
Day 19  Endurance

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

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

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

1. 40 front kicks
2. 40 low turning kick + backfist
3. 40 double turning kick
4. 40 double front kick (low/high)
5. 20 backfist + turning kick
6. 40 side kicks
Day 22 Practice

1. 100 side kicks
2. 80 front kicks
3. 40 hook kicks
4. 60 squat + backfist
5. 40 squat + side kick
6. 100 turning kicks

filler between each exercise
40 bounces
10 push-ups
Day 23  Fists of Fury

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**

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1. **10 each side + 20 in total**
   slow side kicks on one leg
   (low/high/low/high)

2. **10 each side + 20 in total**
   slow turning kicks on one leg
   (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

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

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Day 26 | Speed

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

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3,000 punches

complete a total of 3,000 punches by the end of the day
Day 28  Stretching

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

1. 100 double turning kick
2. 120 backfist
3. 40 jab + jab + cross + double turning kick (low/high)
4. 80 front kicks
5. 100 punches
6. 40 squat + side kick

Filler between each exercise:
- 40 bounce
- 15 push-ups
Day 30  Bruce Lee 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

1. 40 backfist + sidekick
2. 40 jab + cross + front kick
3. 40 backfist + double side kick
4. 40 backfist + backfist
5. 40 backfist + hook kick
6. 40 jab + jab + cross + side kick
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