

## Dear Practice Week Participant,

The **Online Practice Week via Google Drive** is designed specifically for you to immerse yourself in the Warrior Training method. It offers dedicated, intensive online practice with Scott and Jorina, fully accessible from the comfort of your home.

This paid option allows you to **download all videos for unlimited offline use—no ads, no platform restrictions, for life.**

The videos provided in the Google Drive folder are for **personal use only**. We kindly ask that you do not share them with others or use them for commercial purposes. Thank you in advance for your cooperation.

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## Program Details

**Practice two Warrior Training classes per day for seven consecutive days.**

- You may practice the two daily classes back-to-back or split them between morning and evening—choose whatever works best for you.
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## Before You Begin

👉 **Request access to the Practice Week Google Drive:**

- Email your Google email address to [talkto@ji-training.com](mailto:talkto@ji-training.com)

👉 **Send payment via one of the following methods:**

- **Bank Transfer** – €97.50 total / €7.50 per video (details below)
- **PayPal** – €102.50 (€97.50 + €5 PayPal transaction fee)
- **Credit Card** – €102.50 (€97.50 + €5 Credit Card transaction fee)

### Bank Transfer Details:

Name: *Anna Jorina Innocent*

IBAN: *BE58 9676 5386 8979*

SWIFT/BIC: *TRWIBEB1XXX*

Bank Name & Address: *Wise, Rue du Trône 100, 3rd floor, Brussels, 1050, Belgium*

**Notes:** Payment and Google Drive access are handled by Anna Jorina Innocent, Co-Creator of Warrior Teacher Training, as she recorded, edited, and produced all Practice Week online content. A Google (Gmail) or Google Workspace email address is required to access the Google Drive folder.

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## Once We Receive Your Google Email Address and Payment

You will be **notified by email** and **granted access** to the Practice Week Google Drive.

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## Schedule

Inside the Google Drive folder, you will find seven subfolders organized by day. Each folder contains your two assigned classes. We highly recommend following the folder structure and completing each class in order, as shown in the schedule below.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Class 1	Foundation Class 75	Full Body Balance 95	Foundation 2024 75	Foundation Class 75	Wobble It Up 90	Holy Hips 90	Foundation Class 75
Class 2	Classic 60	Foundation Class 60	Asymmetric Strength 60	Extra Arms 75	Physical Therapy 75	Warrior Burn 75	2:1:1:2 Asymmetric 60

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Happy practicing!

Scott & Jorina 😊😊

Warrior Training™

[warriortt.com](http://warriortt.com)

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