

Dear Practice Week Participant,

The **Online Practice Week via YouTube** 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 option is free (€0.00) and includes ads.

Note: Our YouTube channel is not monetized. Ads, including ad frequency, are controlled solely by YouTube. If you prefer an ad-free experience, [please click here to access the Google Drive option](#), where you can download all videos for unlimited offline use—no ads and no platform restrictions.

Practice Week 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.
 - Practicing in a heated room is optional.
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Before You Begin

👉 [Subscribe to the Warrior Training YouTube Channel](#)

👉 [View the Practice Week Playlist on YouTube](#)

For Each Class

👉 **Like** the video

👉 **Comment** on the video (an emoji, word, or brief reflection)

Schedule

Here is the Practice Week schedule—we highly recommend completing each class in order on the assigned day:

	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

Happy practicing!

Scott & Jorina 😊😊

Warrior Training™

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