



HAOS

PHYSICAL FITNESS

OPTIMIZING COMPONENTS OF ATHLETIC SKILL

TIME

15 MINUTES

MODULE OVERVIEW

Physical fitness is vital for HAOS practitioners as it directly impacts their performance and progress in mastering the art. Being in good physical condition enhances endurance, strength, speed, and flexibility, allowing individuals to execute techniques with precision and power. Improved cardiovascular fitness ensures sustained energy levels during HAOS practices. Moreover, physical fitness aids in injury prevention and faster recovery, supporting continuous growth and training. Beyond the physical benefits, fitness boosts confidence, mental focus, and overall discipline, fostering a harmonious mind-body connection within the HAOS philosophy. In HAOS, physical fitness is a cornerstone for achieving self-mastery and personal growth.

*Disclaimer: You should always consult a physician before undertaking any type of fitness routine. Participating in this exercise program could result in injury and you agree to do so at your own risk. HAOS martial arts will not be held responsible for any damages, personal injuries or accidents.

**"VIALE ROADS ARE FOUND BY
THOSE WHO LOOK TO CONQUER
MOUNTAINS."**

VLADIMIR ALEXANDRU

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PART I - MOBILITY

FRONT BACK

REPETITIONS: 10



90 90 SWITCH

REPETITIONS: 6-10

Both legs form 90° at the knee.



TABLE BRIDGE

REPETITIONS: 3

HOLD: 3 Seconds



DO ALL THREE EXERCISES IN A ROW.

TAKE A THIRTY SECONDS BREAK.

REPEAT TWO TIMES.

PART II - ENDURANCE

PUSH UPS

REPETITIONS: 5-10



SQUATS

REPETITIONS: 10-20



SIT-UPS

REPETITIONS: 6-12



SUPERMAN

REPETITIONS: 6-12



PLANK

TIME: 30-60 SECONDS



DO ALL FIVE EXERCISES IN A ROW.

TAKE A SIXTY SECONDS BREAK.

REPEAT FIVE TIMES.

PART III - CARDIO



SPRAWLS

REPETITIONS: MAX

DO SPRAWLS FOR THIRTY SECONDS.

TAKE A TEN SECOND BREAK.

REPEAT FIVE TIMES.