

Question: *What is the difference between TACFIT Commando and TACFIT Warrior?*

Answer: Commando and Warrior have similar physique outcomes: fat-melting, muscle-chiseling, power-generating virtue only martial arts masters have been privy to. However, where Commando focuses primarily on the basics of tactical fitness, Warrior concentrates on “cross-hemispheric” (or “smart”) exercise, which develops both sides of the brain and nervous system.

Warrior also includes the most critical aspect of athletic development, the topic most neglected in sports and fitness: the mental aspect. If the physical is the warrior’s shield, the mental is the sword. Never before this course has a seamlessly integrated fitness program developed the physical and mental simultaneously.

Question: *Why is the mental component so important? What will it mean to my practice?*

Answer: Without focus, concentration, clarity, alertness and the specific strategies for goal-setting, the physical aspect can remain impossibly inaccessible. Some rare athletes can do this intuitively, but ALL **must** develop the mental component in order to achieve greatness in their physique, goals and disciplines. In your Warrior practice, you will be provided easy-to-follow, turn-key workbooks for your workouts. Fill in the blanks, add sweat, and surpass your goals each and every session.

The brain child of two of the world’s most successful coaches, Scott Sonnon and Steven Barnes, Warrior perfectly integrates physical excellence with mental prowess. Scott used these strategies to mentally rehearse his fighting techniques and tactics so that he could bring home the gold from World Championships versus opponents half his age and 100lbs heavier. Steven used these strategies to ready his body and energy so that he could become a nationally best-selling author.

Question: *I make resolutions and break them, every year. Can TACFIT Warrior help me? Why?*

Answer: Most people have the intelligence and dedication to keep resolutions. People break resolutions not due to weaknesses, but due to lack of systematic tracking of progress. If it isn’t quantifiable, it isn’t trackable.

Warrior provides an absolutely unique, trademarked formula for progressing both in the physical and mental aspects of your personal development. Simply entering in the requested information in the daily worksheets for each session, you create a quit-proof fortress for your personal triumphs.

Question: *Can you really help me deal with fear? How?*

Answer: Fear is healthy. It generates alertness, improves focus and concentration, and enhances awareness and attention to detail. So, the real question is how to use the gift of fear without the adverse effects which seem to come with fear. Many people become

crippled with the fear of the overwhelming volume of changes needed in their lives to get from where they are, to who they want to become.

Whenever you need to get from point A to point B and the road is unlit, the confusing unknown of the journey can feel crushing. Some people through rearing, education and experience rise to the challenge and fight their way through. Others seem to move with graceful efficiency. Many others shrink away from the challenge due to the weight of the risks involved.

Warrior provides you with a GPS to your development, and if you've ever driven down a dark road in a foreign country trying to find a small town you've never visited in a country where you don't speak the language... a GPS is a God-send.

Question: *I'm almost 80 pounds overweight, haven't exercised in years, and my doctor thinks I need to make a serious change. Can I do this?*

Answer: Yes, you can make a serious change. Yes, if you're cleared by your doc for Warrior, it's the right program for you, since we've include a LITE program for those who are just in your very situation. You will progress. You will get 100% of the benefits from the beginning. Just follow the workbook, fill in the blanks, add sweat, and you're golden.

Question: *I'm in terrific shape, maxed out Commando. What can Warrior do for someone like me?*

Answer: Firstly, congratulations. We haven't personally met you yet, despite working with professional UFC fighters, Special Operations Soldiers and Secret Service Agents. ;) Even Elite athletes (especially you), need to balance your physique and performance in a periodized format that prevents strain to your connective tissue, and converts the positive stress that you've generated in your training into growth and development.

Moreover, if you're arriving at Commando level, then you're absolutely needing to effectively integrate your mental toughness training systematically into your daily exercise. No course in history before Warrior specifically interweaves mental toughness coaching psychology seamlessly into a conditioning protocol.

Question: *I have been doing TACFIT Commando. Can I incorporate TACFIT Warrior in my training?*

Answer: Commando and Warrior are allies. The format is parallel and the two can be interwoven efficiently. Warrior has several layers: not only does it include five stand-alone fitness programs, but it also involves a template which can be overlaid to enhance your focus, concentration, alertness, awareness and attention during any TACFIT program, including Commando.

Question: *Can I use TACFIT Warrior with my other training routines?*

Answer: Absolutely.

Question: How much time should I devote to TACFIT Warrior?

Answer: As little as 2 hours per week, and as much as every breath you are awake (and asleep for that matter!) Being a Warrior is both a rite of passage, in following the turn-key workbook entries and developing the daily discipline, and an attitude of applying the principles to all aspects of your life, personal and professional.

Begin with just the strain prevention, stress conversion and one of the 5 conditioning workouts. Start filling in the blanks of the workbook, and allow yourself to grow into the ethos of the Warrior, throughout all arenas of your impending success.