



Week 10

MON 3/2/2026	TUES 3/3/2026	WED 3/4/2026	THUR 3/5/2026	FRI 3/6/2026
	Andrea C 3/3 77	Gene S 86		
WARM UP	WK 7 WARM UP 10'	WARM UP	NOT REALLY FORTITUDE, BUT SORTA-TUDE	WARM UP
Teams of 2, 8 min Alt EMOM 1 athlete works at a time 5x RR/pull up 10x pushups (ground) 15x squat @ top of minute, athlete 2 starts where athlete 1 ended, working for full minute	10x PVC pass through :30 each side green or black banded lat stretch :20 dbl band shoulder stretch (chest through) :30 seated pec stretch w/ crab 10x chin ups - easier 10x push up - easier 5x air squat :20 active inverted hold: floor pike, box pike, wall hold	Teams of 2, OTM x 5 mins Each athlete performs the following within the minute (1 at a time) Min 1 - 8x Body Row Min 2 - 9x Body Row Min 3 - 10x Body Row Min 4 - 11 x Body Row Min 5 - 12x Body Row	40 minutes EMOM, :15 transition O: Row/cals E: ROTATE #Burpees 1:00 Plank 1:00 Hang from bar	TBD
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH		PRIORITY: CONDITIONING
4 Rds for quality 3:00 Row - min 1 Paced, Min 2 moderate, Min 3 sprint 20x box step ups - priority: height 2:00 HKM holding 2 DB's in front rack 12 min Teams 6 Rds :40 on/:20 off Plank Pat a cakes Individual 6 Rds 5x V ups 5x supermans 10x situps	3 RDS 20' 20x inverted plate steps 7x chin ups 7x ring push ups 3x ea side ME high knee hold (rig support) (hip flex) PRACTICE • T2B Stalder drill - knee tuck or T2B • HS kick up on wall (partner) - spot, pull away from wall, or pike off higher box (partner) lifting one leg • LATS: seated T2B press down on bar (lats) toes to bar • Seated rope climb (biceps/pull)	4 Rds 5x Single DB Squat Clean Rt, 5x Single DB Squat Clean Lft Superset with 35x single unders/umps or 20x DU 5 Rds x 3 reps BB PP/PJ, climbing Superset 1:00 plank 12-8-6-4 DL, climbing Burpee	Choose reps and stick with this number throughout. Row: 15, 13, 11, 9, 7, 5 Burpees: 15, 13, 11, 9, 7, 5 2 ppl / rower 10 rowers if everyone shows	TBD