



Week 9

MON 2/23/2026	TUES 2/24/2026	WED 2/25/2026	THUR 2/26/2026	FRI 2/27/2026																																																										
Carolyn is 69, Cara is 48 on 2/24	Cara is 48	Sybil is 71, Kurt 77, Lina N 64 on 2/26	Kurt and Linda																																																											
WARM UP	WEEK 6 WARM UP 10'	WARM UP	PICK 1 FROM A AND 1 FROM B – highlight are different	WARM UP																																																										
Compare to 2/9 Teams of 2 2500M Row Split evenly 15' cap	10x PVC pass through :30 each side green or black banded lat stretch 1:00 seated pec stretch OR 30' crab walk 10x chin ups - easier 10x push up – easier 5x air squat :20 active inverted hold: floor pike, box pike, wall hold	Teams of 2 3:00 ME body rows or Rx pull ups (max 5 reps per turn) :30 rest 3:00 ME push ups (ground only)	<table border="1"> <thead> <tr> <th>A 2:00</th> <th>B</th> </tr> </thead> <tbody> <tr> <td>500M ROW</td> <td>15X BURPEES</td> </tr> <tr> <td>20 CAL BIKE</td> <td>60X BOX STEP UPS HIGHER</td> </tr> <tr> <td>200M FAST WALK</td> <td>30X EA SINGLE LEGGED JUMPS (UP ON BOX OR HOLDING ONTO RING STRAPS)</td> </tr> <tr> <td>200M FARMER CARRY</td> <td>25X RR OR PULL UP</td> </tr> <tr> <td>200X SINGLE UNDERS</td> <td>35X PUSH UP</td> </tr> <tr> <td>30-50-100X DU</td> <td>75X SITUPS</td> </tr> <tr> <td>60X LOW WT'D BOX STEP UPS</td> <td>45X V UPS</td> </tr> <tr> <td>20X SHUTTLE (IN LANE) (DB=1)</td> <td>30X MEDBALL HANDS FEET (VUP/SITUP)</td> </tr> <tr> <td></td> <td>1:00 EACH SIDE PLANK</td> </tr> <tr> <td></td> <td>30X RED BALL AIR SQUAT</td> </tr> <tr> <td></td> <td>30X HANGING KNEE UPS</td> </tr> <tr> <td></td> <td>SLR OR T2B STRICT</td> </tr> <tr> <td></td> <td>2X 1:00 LONG PLANK</td> </tr> <tr> <td></td> <td>20X INCH WORMS</td> </tr> <tr> <td></td> <td>2X – 20X BANDED SIDESTEP EA WAY/F/B</td> </tr> <tr> <td></td> <td>100X SPEED ROPE</td> </tr> <tr> <td></td> <td>30X PLANK HANDS TO ELBOWS</td> </tr> <tr> <td></td> <td>30X PLANK OVER MEDBALL</td> </tr> <tr> <td></td> <td>30X DBALL SLAMS</td> </tr> <tr> <td></td> <td>30X DBALL OVER SHOULDER</td> </tr> <tr> <td></td> <td>30X MED BALL OR SANDBAG CLEANS</td> </tr> <tr> <td></td> <td>30X PLATE G20</td> </tr> <tr> <td></td> <td>30X DB PP</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td>30X DB DL</td> </tr> <tr> <td></td> <td>30X DEVIL PRESS</td> </tr> <tr> <td></td> <td>30X KB SWING, RUSSIAN</td> </tr> <tr> <td></td> <td>30X KB SWING, AMER</td> </tr> </tbody> </table>	A 2:00	B	500M ROW	15X BURPEES	20 CAL BIKE	60X BOX STEP UPS HIGHER	200M FAST WALK	30X EA SINGLE LEGGED JUMPS (UP ON BOX OR HOLDING ONTO RING STRAPS)	200M FARMER CARRY	25X RR OR PULL UP	200X SINGLE UNDERS	35X PUSH UP	30-50-100X DU	75X SITUPS	60X LOW WT'D BOX STEP UPS	45X V UPS	20X SHUTTLE (IN LANE) (DB=1)	30X MEDBALL HANDS FEET (VUP/SITUP)		1:00 EACH SIDE PLANK		30X RED BALL AIR SQUAT		30X HANGING KNEE UPS		SLR OR T2B STRICT		2X 1:00 LONG PLANK		20X INCH WORMS		2X – 20X BANDED SIDESTEP EA WAY/F/B		100X SPEED ROPE		30X PLANK HANDS TO ELBOWS		30X PLANK OVER MEDBALL		30X DBALL SLAMS		30X DBALL OVER SHOULDER		30X MED BALL OR SANDBAG CLEANS		30X PLATE G20		30X DB PP				30X DB DL		30X DEVIL PRESS		30X KB SWING, RUSSIAN		30X KB SWING, AMER	Following the CF Open Announcement on Thursday, we will update this for Friday workout.
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4 Rds 10x jumping pull ups 8x UB KB DL + 6x UB KB DL + 4x UB KB DL (increasing load each set) 10x single DB front squat Teams of 2 (15') 5 Rds of each movement :20 ME Ring Row :30 transition :20 ME inch worm (only Rx pushups, no “sag”) Athletes alternate movements each round	3 RDS 20' 20x inverted plate step ups (10-25-35-45#) OR 5x WW 10-20x pike (seated) legs over DB/Yoga Block (L=1, R=1) 10x chin ups - :02 hold ½ way down, slower eccentric, band ok, 1 less, start chin over bar. 10x push ups EMOM X 16, :20 TRANSITION (4 RDS) 1. 30X JUMPING PULL UPS 2. ME T2B OR PROGRESSION 3. WW or scaled WW (or piked plate steps) 4. ME CHIN UPS	Team up on BB 8 Rds BB complex: Clean Pull Power Clean Squat Clean Goal: speed/technique Alternate athletes on bar. No clock, not for time. Individual: 60x situps or 30x Vups BB DL 4 Rds 6 reps at 70% 2RM DL Superset with 35x single underts or jumps, or 20x DU Comp to 2/4 DL x 9 at 70%																																																												