



Week 13

MON 3/23/2026	TUES 3/24/2026	WED 3/25/2026	THUR 3/26/2026	FRI 3/27/2026
	Mike Lisi is 44			Sunday 3/29 Eileen M is 40
<b>WARM UP</b>	<b>NEW CYCLE</b> WARM UP ACTIVATION/PREP 5' Lat pull down W pull down Lt pull over	<b>WARM UP</b>	50' of work Lanes 1:30 on, :15 transition	<b>WARM UP</b>
Teams of 2 2500M Row, split equally. 1 athlete works at a time  Compare to 2/9 and 2/23	WARM UP/TENSION 10' 1- (low bars) Plank walk (outs) to bar* 2- (low bars) Supine compression, tuck, toes to bar, hands on bar 3-(low bars) toes tucked under bar, long hollow body, lift as high as possible 4-(same as above), curl, fold, compress	Individual 2 Rounds of :30 on/:30 off • HTHO (10 fingers) • PVC :15 HPC, :15 PP/PJ • PVC Hinge DL	STN 1: ROW STN 2: CORE – PLANK BANDED MT CLIMB, OR KB/DB PULL THROUGH STN 3:ROW STN 4:LAT BOX STEP OVER STN 5: ROW STN 6: AMRAP 10X FALSE GRIP RR, :20 ATTEMPT “POST ON RINGS” (BAND)	8 minute EMOM, 1 athlete works at a time 5x RR/Pull up 10x push up (on ground) 15x air squat  Athlete 2 picks up where athlete 1 leaves off, and vice versa
<b>PRIORITY: BODYWEIGHT/STR.</b>	*Can step out to, can tap, can grab	<b>PRIORITY: STRENGTH</b>		<b>PRIORITY: CONDITIONING</b>
4 Rds for Quality 10x eat side banded wood chop in kneeling/half kneeling position  15x plate jumps (10, 25, 3,5, 45 or stack plates up to a 12" target (jumps only)  8x UB odd object PP/PJ – sandbags, Dballs, med balls  12 EMOM Teams of 2 Athlete 1: 2x25' Dbl DB Farmer Carry WHEN ATHLETE 1 RETURNS, Athlete 2: 5x WB squat , THEN Athlete 1 carries again... EMOM rotate positions.	COMPRESSION – 3 LEVELS FROM SEATED - 2 Rds A) 20x (10ea) Seated straddle, hands on bar (chest height), foot over object (DB/Yoga block) B) 20x (10ea) Seated lean fwd, finger tips on floor, alt leg lifts (hollow body) C) 1:00 LSit on blocks, pushing hips back (feet on foam roller) and forward (like rolling shoot throughs)  PULLING/PULLING 2 Rds A) 10X HSPU – a) banded pike floor, b) pike box, c) wall (rx) B) 10X Towel pull ups(banded, bar/feet deck, Rx)  COMPRESSION –HANDS/FEET PIKE/T2B – 2-3 Rds A) 10x feet on plate, down slow (attempts) – advanced* B) 20x banded compressions (pike sit/fold over) start w/ red – 20x UB C) 15x incline bench T2B	4 Rds x5 Reps Dbl DB Cluster (Devil Press w/ Thruster) *athletes with mobility problems will use box w/ yoga mat on top to keep DB's from slipping  4 Rds x 5 reps 4x HPC+1x HPC&PP/PJ Superset w/ 10x banded lat pull downs  4 Rds x 3 reps BB DL	Start by H:30 – 30' cap  Filthy Fifty – Teams of 2 For time: (staggered start) 50x plate jumps 45# 50x jumping pull ups 50x KB swings eye level 50x WL steps 50x V-ups or situps (scale LL/SKU) 50x Plate GM 25/10 50x WB 20/10 to 9', 14/10 to 9' 65+ 50x Burpees 50x Single Unders *Split evenly  Comp 11/3/2023	