



Week 15

MON 4/6/2026	TUES 4/7/2026	WED 4/8/2026	THUR 4/9/2026	FRI 4/10/2026
4/5 Vince 72, 4/7 Suzette 74				Kathy Mc 70
WARM UP	WARM UP ACTIVATION/PREP 5' Lat pull down W pull down Lt pull over	WARM UP	50 min AMRAP	WARM UP
Teams of 2, 5 alternating rounds each :20 BB front rack hold (from rack) Athl 1 :20 transition/load change? Repeat alternating Athl 2, Rd 2...	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, then fold, compress	3 stations, 3 rounds/station, 9 rounds total. Divide class into 3 equal groups :30 on/:30 off Station 1: In a row (front to back), walk on toes down a tape line and back Station 2: Stand beside a crack in floor mats (or tape line) and hop back and forth across line Station 3: Practice unloaded single leg DL (rig for support)	300 M row or 25/20 cal A-Bike or 200M farmer carry/plate carry (ABOUT 2:00) in between each: You choose what and in what order – 100x jump rope 50x Dball over shoulder 50x box step up (any height BOX) 50X box step over 50x plate jumps 50x sit-ups 50x air squats 50x KB swing 30x push ups 30x box jumps 30x DB HPC & J/PP 30x ring rows + :30 plank every 10 30x med ball cleans 30x med ball squats 30x Dball OH Throw 30x Plate OH situp 30X Dball clean, jerk, slam 30x burpee 30x V-ups + 1:00 plank every 10 reps 30x supine med ball "sets" 6-8#? 30x med ball plank "up and overs 30x DB Thrusters 30x Dball over 6'+ bars 20 inch worm + airsquat 20 steps banded sidestep each side 20 steps banded cowboy walk fwd/backwd 20x burpee over box 10x 25' bear crawl 10x 25' crab walk 200M Sandbag carry 200M front rack carry 200-400M run	Teams of 2 with a WB 5 Rds :30 on / :30 off Underhanded roll back and forth
PRIORITY: BODYWEIGHT/STR.	*Can step out to, can tap, can grab	PRIORITY: STRENGTH		PRIORITY: CONDITIONING
4 Rds for quality 15 cal row 20 x toe ups (plate tree, mobile rack or 45# plate) for deficit 4 Rds of in place lunge steps (like 3/16): Rt step fwd, back in place. Lft step fwd, back in place. Rt step bkwd, fwd in place. Lft step bkwd, fwd in place. EMOM x 10' "Cindy EMOM Relay" Min 1 – AMRAP athlete 1 5x RR/Pull up 10x push up 15x air squats Min 2 – Athlete 2 Repeat 5 Rds each	COMPRESSION – 2 Rds A or B: A) 20x (10ea) Seated straddle, hands on bar (chest height...or we lower it this week), foot over object (DB/Yoga block), OR B) 20x (10ea) Seated lean fwd, finger tips on floor, alt leg lifts (hollow body) C) 1:00 Option a) LSit on blocks, pushing hips back (feet on foam roller) and forward (like rolling shoot throughs)	LBBS 4 Rds x 3 reps Superset: 10x plate or up to 12" box jump up, step off BB PP?PJ 4 Rds x 5 reps BB DL 4 Rds x 3 reps Superset 8x each side single leg DL (single DB). DB in hand opposite working leg.		A) 12' EMOM :30 on/:30 off – Rotate stations every 3:00 x 4 stations, no transition time – gotta boogey! Stn 1: :30 L/:30 R, no rest. Standing, single leg banded leg press Stn 2: Toe ups off deficit, work :30, rest :30, repeat Stn 3: Med Ball lateral throw against cement wall :30 left, :30 right each, repeat Stn 4: Banded chest press :30 on/:30 off, repeat B) HERO ZACHARY TELLIER 30' cap, Teams of 2 10x Burpee 10x Burpee 25x Push up 10x Burpee 25x Push up 50x Lunge steps 10x Burpee 25x Push up 50x Lunge steps 75x Body Rows 10x Burpee 25x Push up 50x Lunge steps 75x Body Rows 100x air squats <i>*subbing body rows for sit ups as Murph prep</i>



COMPRESSION –HANDS/FEET

PIKE/T2B – 2-3 Rds

- A) **20x banded compressions (pike sit/fold over) start w/ red – 20x UB**
- B) **15x incline bench T2B – raise bench**
- C) *10x feet on plate, down slow (attempts) – advanced* (pike press to HS start) – use hips band*
- D) **7-10x mobile bar with pool noodle against back, hands on bar, pressing T2B**

1x Tabata Bike
1x Tabata Row
100x single unders
Flight sim from 5 to 30 and back
(single unders)