



Week 17

MON 4/27/2026	TUES 4/28/2026	WED 4/29/2026	THUR 4/30/2026	FRI 5/1/2026
WARM UP		WARM UP		WARM UP
<p>With a partner and a wall ball 5 x :30 on/:30 off Synchronized squats holding WB in front. No boxes or targets – get low.</p>	<p>WARM UP ACTIVATION/PREP 5' 3:00 machine</p> <p>COMPRESSION/HOLLOW CORE – 2 Rds 20X YOGA BLOCK BANDED PUSH (STRADDLE SIT) , ALLOW TO COME BACK SLOW. 20X PARTNER 2-BALL LAT THROW. HOLLOW TUCK WITH BALL ON SHINS + BALL OVERHEAD. THROW OVERHEAD BALL TO PARTNER 10-15X YOGA BLOCK JUMP. HANDS ON FLOOR, YOGA BLOCK BETWEEN HANDS AND FEET. JUMP TO YOGA BLOCK, STEP BACK. THEN JUMP TO YOGA BLOCK AND JUMP BACK. . LEVEL TWO: JUMP OVER YOGA BLOCK 15X INCLINE BENCH TUCK/T2B</p> <p>IN BETWEEN EACH OF THE ABOVE, CHOOSE OF THE FOLLOWING BASICS 10X PULL UP 10X PUSHUP 8 X EA OVERBANDED PISTOL OR 15X SQUAT</p>	<p>With a partner and a bumper or steel plates (each) 6x :30 on :30 off Alt between plate pinch old (thumb and index/middle finger) during the :30. One athlete works at a time.</p>	<p>ANY ORDER, ANY SELECTION 3 RDS 2:00 MACHINE OR WALK AROUND BUILDING 10 SANDBAG/DBALL OVER RIG 10 BURPEES</p> <p>3 RDS 100 SINGLE UNDERS OR WAB 50X PLANK SHOULDER TOUCHES 25X SITUPS OR 15X V UPS</p> <p>3 RDS 2:00 MACHINE OR WAB 25X AIR SQUATS 20X STEP UPS W/ DB</p> <p>2 RDS 2:00 MACHINE OR WAB 30X DB DL 20X BOX/PLATE JUMP 10X BURPEE</p> <p>2 RDS 2:00 MACHINE OR WAB 30X RING ROWS 20X PUSHUPS 10X GOBLET SQUAT</p> <p>2 RDS 30X SANDBAG/DBALL OVER SHOULDER 20X SANDBAG/DBALL SLAM 10X SANDBAG/DBALL SQUAT</p> <p>2 RDS 2:00 MACHINE OR WAB WAB WITH SANDBAG 30X LUNGE STEPS</p> <p>2-3 RDS 2:00 MACHINE 20X DB PP 20X PUSHUPS 20X PLANK OVER DBALL 2-3 RDS (TRISH) 20X STEP UPS 20X EA SINGLE LEG DL 20X EA SINGLE LEG JUMP (RING STRAPS OK)</p> <p>2-3 RDS 20X HVY MED BALL "SET" 15X PUSH UPS ON MED BALL (BAND OK) 10X AIR SQUATS TO MED BALL</p>	<p>Individual warm up 5x :30 on :30 off Inch worms (in place) Immediately followed by 1:30 of HKM</p>
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH		PRIORITY: CONDITIONING
<p>4 Rds for quality 3x rope ascent 5x step up, jump off (12" max) 2x [25' Bear crawl + 25' W lunge]</p> <p>Teams of 2 12' alternating EMOM (6 rds ea) 3x BB C&J Goal: heavier than 2/13 Grace Doesn't have to be UB</p>		<p>4 Rds x 5 reps LBBS (note, x3 on 4/1, 4/8, 4/15 – load will be lighter today)</p> <p>4 Rds Single DB HC&PP/J 20x UB (5x R, 5x L, repeat) Superset 10x UB ring row</p> <p>Climbing BB DL 9-6-3 (+10#) 9-6-3 Compare 4/17</p>		<p>4 Rds 8x each side Single DB DL Superset 35x single underts or 20x DU or jumps</p> <p>Teams of 2 – 25' cap</p> <p>60-45-30 Calorie row 5-10-15 Burpees 1 min rest 60-45-30 KB swing eye level 25-20-15 Body rows</p>