



Week 19

MON 5/4/2026	TUES 5/5/2026	WED 5/6/2026	THUR 5/7/2026	FRI 5/8/2026
		Linda Hurn is 63, JoJo is 91 tomorrow!		Freddie is 82
<b>WARM UP</b>	WARM UP 30' BEAR CRAWL PUSHING HEAVY MED BALL 10X V-UP 20X (NOT UB) KIPPING SWING	<b>WARM UP</b>	GRUNT WORK	<b>WARM UP</b>
3 Rds Plank Pat – a – cakes :10 on/:10 off :20 on/:20 off :30 on/:30 off (three whole rounds of :10/:20/:30)	<b>15-20x straddle sit feet on rig, push block fwd</b> 10x push up <b>15-20x partner 2x med ball hollow tuck and throw</b> 10x pull up *5x pull/5x chin"	Individual, 4 Rds :20 on/:20 off (8') Alternating movements, It BB/PVC <ul style="list-style-type: none"> <li>• Hinge DL</li> <li>• HPC&amp;PP/J</li> <li>• BS</li> </ul>	ANY ORDER, LONGER EFFORTS ON ONE ELEMENT, OK TO REPEAT (E.G. CARDIO) *CARDIO EFFORT AT LEAST EVERY 4 <sup>TH</sup> EXERCISE  <b>CARDIO EFFORT</b> 1000M ROW 2000M BIKE (OR 40 CALS) 4:00 JUMP ROPE – 1:00 SINGLE UNDERS, 1:00 SPEED ROPE, 1:00 SINGLE UNDERS, 1:00 YOU CHOOSE 400 METER WALK/JOG AROUND BUILDING 2X 50X BURPEES 50X AIR SQUATS 400 M (200X2) HEAVY CARRY AROUND BUILDING  100X BOX STEP UPS LOW  50X PUSH UPS 50X RING ROWS 50X BOX STEP UPS HIGH 50X SITUPS 50X LUNGE STEPS 50X (25EA) LATERAL MED BALL THROW TO CONCRETE WALL 50X T2B, HANGING KNEE RAISE 50X JUMPING PULL UPS (SET BAR/BOX) 50X LAT PULL DOWN BAND  30X SANDBAG OVER BAR 30X MED BALL HANDS TO FEET 30X PLANK OVER DBALL 30X HEAVY MED BALL "SET" 30X PISTOL (15EA) BAND OK 30X TRICEPS PUSH DOWN BAND 30X BICEPS CURL 30X DBL DB FLOOR PRESS	Partners w/ moderate WB 8 Rds :40 on/:20 off Alternate between underhanded roll and simple chest pass. Maintain hinged position.
<b>PRIORITY: BODYWEIGHT/STR.</b>	<b>15-20x floor press – jump to /over yoga block</b> <b>*block vs. heavier obj to enhance soft landing/greater control</b> 5x air squat 5" hold at bottom or 10x banded pistol 15x incline bench tuck, SL DOWN	<b>PRIORITY: STRENGTH</b>		<b>PRIORITY: CONDITIONING</b>
4 Rds 10x banded wood chop (goal: half kneel) 5x step up, jump off & up (max 15" (12"+45#). Goal: minimize contact time with ground. Quick "spring off deck" 5-5 UB WB, :20 rest between (add one rep every round – e.g. Rd 2=6+6, Rd 3=7+7 Rd 4=8+8)  Teams of 2, with a heavy DB/KB Relay style 12' AMRAP 30' single arm carry, 3x DL, 30' single arm carry (opposite arm), 3x DL (opposite arm)		LBBS 4 Rds x 5 reps  BB Strict Press 4 Rds x 5 reps Superset Dbl DB :30 ME PP/PJ  BB DL 4 Rds x 5 reps		Test (last 1/9/26) For time: 500M Row  Bench Press 2 Warm up sets (look at 6 rep 4/17) 4 Rds x 5 reps ACROSS (Across = no increase in load)  3 Rds :30 UB jumps (single, double, supported) 25x sit ups or 10x V ups