



Week 20

MON 5/11/2026	TUES 5/13/2026	WED 5/14/2026	THUR 5/15/2026	FRI 5/16/2026
WARM UP	WARM UP 30' BEAR CRAWL PUSHING HEAVY MED BALL 10X V-UP 20X (NOT UB) KIPPING SWING	WARM UP	NOT REALLY FORTITUDE, BUT SORTA-TUDE 20 minutes EMOM, :15 transition O: Row/cals E: #Burpees Choose reps and stick with this number throughout. Row: 15, 13, 11, 9, 7, 5 Burpees: 15, 13, 11, 9, 7, 5 BREAK 5' 20 MINUTES OR REMAINDER	WARM UP
Teams of 2 8 minutes 5x pull up/RR 10x push ups (ground) 15x squats Alt every minute, athlete 1 picks up where athlete 2 leaves off	15-20x straddle sit feet on rig, push block fwd 10x push up 15-20x partner 2x med ball hollow tuck and throw 10x pull up *5x pull/5x chin" 15-20x floor press – jump to /over yoga block *block vs. heavier obj to enhance soft landing/greater control 5x air squat 5" hold at bottom or 10x banded pistol 15x incline bench tuck, SL DOWN	Teams of 2 3 Rds or 9 minutes Athletes work at same time 1:00 ME push ups on the ground Rest :30 1:00 ME Partner WB sit ups (pass back and forth) Rest :30	A. 5 Rds 200 M Row 7x burpees B. 5 Rds 10 cal bike 10x plate jumps 10x air squats C. 5 Rds 10x Dball over shoulder 10x Dball Slam D. 5 Rds 10x KB swing 10x KB front rack lunge E. 5 Rds 20x situps 5x step back burpees F. 5 Rds 15 steps WL 30x jump rope 30x toe ups G. 5 Rds 10x push ups 7x inch worms (no burpee) 3x burpees H. 2 Rds 200M farmer carry 200M OH plate carry	Individual warm up w/ PVC/Light BB 5 Rds :40 on/ :20 off 5x DL 5x HPC 5x PP/PJ
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH	I. 3 Rds 20x plate G20 30x jump rope 40x low box step ups J. 5 Rds 10x ball chest pass to wall or rig (may have to use front /concrete wall) 30' bear crawl 10x serratus push ups K. 5 Rds Dbl DB Complex 7x DL 7x HPC 7x PP L. 5 Rds 10x step ups (higher box) 10x step back lunge 10x banded side step (ea) M. 5 Rds 100M Row 10 cal bike 30x jump rope N. 5 Rds 200M Row 15 air squats 10 push ups 5 RR O. 3 Rds 200M Row or 10 cal bike 20x sandbag over rig P. 5 Rds 10x burpee 20x sandbag/dball over shoulder 30x dball slam	PRIORITY: CONDITIONING
4 Rds for quality :30 odd object hug/hold (sand bag, dball) 20x UB plate G20 25x sit ups or 15x v up 75x single unders or supported jumps, 35x double unders or 25x attempts Teams of 2 12 minute EMOM Alternating every minute 3x power cleans (essentially 6 Rds x 3 reps) Not necessarily UB Climbing Work to heavy set of 3		FS/BS 4 Rds x 3x FS+ 6x LBBS reps Climbing BB PR/PP/PJ 4 Rds x 3x STRICT PRESS + 6X PP/PJ Climbing BB DL 4 Rds x 3 reps (see 4/8) Superset 8x ea single DB single leg DL		Teams of 2 Alternate sets on the BB (20') UB complex, climbing 5x DL 3x HPC 1x PP/PJ Teams of 2 10' AMRAP 500M Row 22 KB swings (eye level) 44 air squats 1 athlete works at a time Scored