



Week 23

MON 6/1/2026	TUES 6/2/2026	WED 6/3/2026	THUR 6/4/2026	FRI 6/4/2026																									
			Doug T is 68	Bill Z is 62, Jan D is 76, Paul T is 74 **Sat 6/6 Bev S is 84, Bud E is 88 Sun 6/7 John D is 84																									
WARM UP	Warm up 2 Rds 7X RR (banded if needed) 5x push ups – Rx – negative if not Rx 10x air squats	WARM UP	GRUNT WORK	WARM UP																									
Individual 5 Rounds 10x Situps or Vups 5x Supermans	3 Rds 8x pull up (partner spotted, partner spotted band, if Rx wide) 8x 3 ct negative push up (no band)	Individual with 2 dumbbells 6 rounds (twice ea movement) :30 on / :30 off Hinge DL, 1 head touches HPC PP/PJ	ANY ORDER, LONGER EFFORTS ON ONE ELEMENT, OK TO REPEAT (E.G. CARDIO) *CARDIO EFFORT AT LEAST EVERY 4 TH EXERCISE CARDIO EFFORT 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	Individual with single DB held in Fr Rack 6 Rds :30 on / :30 off Side lunge L, middle, R, repeat Lunge fwd, middle, back, repeat																									
PRIORITY: BODYWEIGHT/STR.	3 Rds 8x chin up (same spotting/bands) 8x deficit push up (band ok) – DBs, balls, yoga blocks 3 Rds HEAVY 12X DB bent over row 12x DB bench Time permitting 1-3 Rds 20x banded lat pull down 15-20x DB flies (very light)	PRIORITY: STRENGTH		PRIORITY: CONDITIONING																									
4 Rds for quality <ul style="list-style-type: none"> • 2x 25' WL • 20x box or plate step ups • ME plank up to 3 minutes (elbows or hands) • 10x supine rotations (knees side to side –hips flexed, start feet on floor, if comfortable, move to knees flexed and feet off deck. If successful can add WB between knees/feet) <p>Teams of 2 6 Rds ea athlete (12 total) :20 work/:40 rest Heavy Front Rack Hold *load should be heavier than your front squat</p>				With a partner on a barbell, metcon warm up. Approx 20'. 3x BB PC&J/PP climbing Teams of 2, split equally CF Age Group Semi's #2 For time: 60 cal row 21x S2O 60 cal row 15x S2O 60 cal row 9x S2O *Same load for both partners on BB - compromise																									
				<table border="1"> <thead> <tr> <th></th> <th colspan="2">70+</th> <th colspan="2">60-69</th> </tr> <tr> <th></th> <th>M</th> <th>W</th> <th>M</th> <th>W</th> </tr> </thead> <tbody> <tr> <td>21x</td> <td>65</td> <td>45</td> <td>75</td> <td>55</td> </tr> <tr> <td>15x</td> <td>85</td> <td>55</td> <td>105</td> <td>65</td> </tr> <tr> <td>9x</td> <td>105</td> <td>75</td> <td>135</td> <td>85</td> </tr> </tbody> </table>		70+		60-69			M	W	M	W	21x	65	45	75	55	15x	85	55	105	65	9x	105	75	135	85
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