



Week 24

MON 6/8/2026	TUES 6/9/2026	WED 6/10/2026	THUR 6/11/2026	FRI 6/12/2026
		Natty is 64		
<b>WARM UP</b>	Warm up 2 Rds	<b>WARM UP</b>	250M ROW IN BETWEEN (CHOOSE)	<b>WARM UP</b>
Individual Planks 2 Rds (Rd 1 elbows, Rd 2 hands) :30 on/:30 off :45 on/:45 off 1:00 on/1:00 off	<b>7X RR (banded if needed)</b> <b>5x push ups – Rx – negative if not Rx</b> <b>10x air squats</b>  PARTNERS OR TEAM OF 3 (SHADOW) (SAM SPOT PULL UPS ON TEAM OF 3) FOR QUALITY:	Teams of 2, 7' AMRAP Split evenly 12x D Ball slams 25x sit ups or V-ups 1 athlete works at a time	50X PUSH UPS 50X RING ROWS 50X BOX STEP UPS HIGH 50X AIR SQUATS 50X BURPEES 50X2 JUMP ROPE 50X LUNGE STEPS 50X (25EA) LATERAL MED BALL THROW TO CONCRETE WALL 50X JUMPING PULL UPS (SET BAR/BOX) 50X LAT PULL DOWN BAND 50X PISTOL (25EA) BAND OK 50X TRICEPS PUSH DOWN BAND 50X BICEPS CURLS 50X STANDING BANDED LEG PRESS 50X STEP OVER BAND 50X PLATE/BOX JUMP  50X DBL DB FLOOR PRESS 50X DB BENT OVER ROW  50X SANDBAG OVER BAR 50X SANDBAG OVR SHOULDER 50X DBALL SLAM 50X KB SWING  50X MED BALL HANDS TO FEET 50X PLANK OVER DBALL 50X HEAVY MED BALL "SET" IN HOLLOW (TUCK OR EXTENDED) 50X T2B, HANGING KNEE RAISE 50X SITUPS 50X VUPS  200M CARRY 25/50# 200M PARTNER RESISTED WALK (100 EA)	Teams of 2 – 7' AMRAP 12x "diamond push ups (deck/knees or bar (BP BB)) 25x WB passing sit ups
<b>PRIORITY: BODYWEIGHT/STR.</b>		<b>PRIORITY: STRENGTH</b>		<b>PRIORITY: CONDITIONING</b>
3 rounds for quality: 6x Dbl DB Hammer Curl 12x supinated UB body rows 250M row sprint 25x banded face pulls  12' EMOM in teams of 2 Odd Minutes, each athlete will perform (1x): 2x25' heavy farmer carry Even minutes, each athlete will perform 4x25' shuttle run  Athletes rest the remainder of their minute prior to the next	500M ROW (250/2) 30 PULL UPS, PARTNER SPOTTED 40 PUSH UPS, DEFICIT (BALL, BLOCK, DB) 50 AIR SQUATS 500M ROW 20 PULL UPS 30 PUSHUPS 40 AIR SQUATS 500M ROW 10 PULL UPS 20 PUSH UPS 30 AIR SQUATS	3 Rds x 6 reps LBBS  3 Rds x 6 reps BB strict press Superset 12x DB lateral raises (or front if lateral causes shoulder pain)  3 Rds x 6 reps BB DL Superset 25x glute bridge to full HE	50X DBL DB FLOOR PRESS 50X DB BENT OVER ROW  50X SANDBAG OVER BAR 50X SANDBAG OVR SHOULDER 50X DBALL SLAM 50X KB SWING  50X MED BALL HANDS TO FEET 50X PLANK OVER DBALL 50X HEAVY MED BALL "SET" IN HOLLOW (TUCK OR EXTENDED) 50X T2B, HANGING KNEE RAISE 50X SITUPS 50X VUPS  200M CARRY 25/50# 200M PARTNER RESISTED WALK (100 EA)	4 Rds x 6 reps Bench Press – work to a heavy 6. Superset 12x Svend Press (use plates)  14' EMOM, partnering on BB and alternating minutes 3x burpee + 3x PC&J/PP  (7 Rds ea.)