



Week 25

MON 6/15/2026	TUES 6/16/2026	WED 6/17/2026	THUR 6/18/2026	FRI 6/19/2026
		Dunkin is 79		Pete is 33 tomorrow!
WARM UP	Warm up 2 Rds	WARM UP	250M ROW IN BETWEEN (CHOOSE)	WARM UP
Teams of 2 2500M row (split equal but as desired) 15' cap Comp to 2/9, 2/23, 3/23	7X RR (banded if needed) 5x push ups – Rx – negative if not Rx 10x air squats PARTNERS OR TEAM OF 3 (SHADOW) (SAM SPOT PULL UPS ON TEAM OF 3) FOR QUALITY:	Teams of 2, 5 rounds :40 on/:20 off, with a WB 3x WB FS, chest pass, repeat	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	Teams of 2 – 8' AMRAP Athlete 1: 25x glute bridge Athlete 2: 25x seated banded retractions (band to belly) Switch
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH		PRIORITY: CONDITIONING
4 rounds for quality: 12x heel elevated goblet squat (single KB/DB) 3x rope climb (ascent+descent) 12x KB/DB Russian Twist Teams of 2 12 minutes/6 Rds each 1:00 on/1:00 off (each) Athlete 1: 1 burpee Athlete 2: 8x KB DL + 8x KB swing (R) Athlete 1: 35x single unders/jumps or 20x DU 1:00 rest 1:00 work Next round Athlete 1&2 switch Comp 2/16	500M ROW (250/2) 30 PULL UPS, PARTNER SPOTTED 40 AIR SQUATS 50 RING ROWS (ALAP) 500M ROW 20 CHIN UPS 30 PUSH UPS 40 V-UPS OR SITUPS 500M ROW 10 CHIN UPS 20 PULL UPS 30 RING ROWS 500M ROW 10 PUSH UPS, DEFICIT 20 PUSH UPS, NO DEFICIT 30 DB FLOOR PRESS	3 Rds x 6 reps BB FS superset 3x vertical jumps holding DBs 3 Rds x 12 reps DB incline press (leaning back on Med balls) Superset 12x DB biceps curls (benches on 12" boxes) 9-6-3-3 BB DL climbing	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)	Team up – 3 rounds each athlete 12x BB PP (from rack) Teams of 2 10 rounds or 25' 35x jumps (single/double) 8x light/mod PC 8x burpee *35x jumps can be performed by 1 athlete in a round but athletes must alternate rounds. **PC/Burpees split equally