



Week 26

MON 6/22/2026	TUES 6/23/2026	WED 6/24/2026	THUR 6/25/2026	FRI 6/26/2026
WARM UP	TEST	WARM UP	TEAMS OF 2 (DOUBLE REPS) OR INDIVIDUAL (PACE YOURSELF)	WARM UP
Individual EMOM x 6 minutes 12x DB/KB Russian Twist 25x Glute Bridges	Pull up: Best effort (band/Rx & #) Push up: Best effort (band/Rx & #) V-ups: 1 set ME NEW: PULL: Rope, (overbanded) pull up or chin up w/slow negative focusing on hollow body and elbows in front – Rx can work BMU negative PUSH: HSPU (or BW pressing at an angle) +push up CORE: T2B, PRESS/COMPRESSION Circuit: 3x Rope Footwork/climb 5-7x HSPU progression (5" riser max, box pike, tripod floor, add band) 5-7 T2B – strict-ish – on bar curl up (active) or continue on benches. Progress not perfection 5-7x pull up or chin up – overbanded for form, slow negative 7x push up, most difficult progression 7-10x pressing drill jumping to blocks or 12" box	Teams of 2 6 Rds :40 on/:20 off (3 Rds ea mvmnt) • Air squat • Floor wipers knees bent or straight)	3 RDS 2:00 MACHINE OR WALK AROUND BUILDING 10 SANDBAG/DBALL OVER RIG 10 BURPEES 3 RDS 100 SINGLE UNDERS OR WAB 50X PLANK SHOULDER TOUCHES 25X SITUPS OR 15X V UPS 3 RDS 2:00 MACHINE OR WAB 25X AIR SQUATS 20X STEP UPS W/ DB 2 RDS 2:00 MACHINE OR WAB 30X DB DL 20X BOX/PLATE JUMP 10X BURPEE 2 RDS 2:00 MACHINE OR WAB 30X RING ROWS 20X PUSHUPS 10X GOBLET SQUAT 2 RDS 30X SANDBAG/DBALL OVER SHOULDER 20X SANDBAG/DBALL SLAM 10X SANDBAG/DBALL SQUAT 2 RDS 2:00 MACHINE OR WAB WAB WITH SANDBAG 30X LUNGE STEPS 2-3 RDS 2:00 MACHINE 20X DB PP 20X PUSHUPS 20X PLANK OVER DBALL 2-3 RDS (TRISH) 20X STEP UPS 20X EA SINGLE LEG DL 20X EA SINGLE LEG JUMP (RING STRAPS OK) 2-3 RDS 20X HVY MED BALL "SET" 15X PUSH UPS ON MED BALL (BAND OK) 10X AIR SQUATS TO MED BALL	Teams of 2 w/ a WB 2x :30 on/:30 off 4x :40 on/:20 off 1:00 on 3x WB DL + under-hand roll (ea partner) then 6x chest pass, back to DL/roll, back to chest pass
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH		PRIORITY: CONDITIONING
3 rounds for quality 12x heel elevated goblet squats 25x WL steps 500M row (cap 2:30) 1 min UB diamond (hand position) plank (or accumulate 1') Teams of 2 EMOM x 10 mins 2x25'single DB/KB farmer carry (25'L/25'R) (both partners complete the carry within the minute)		BB FS 4 Rds x 6 reps Superset 3x broad jump *climb to a hard 6 rep (1-2 reps in reserve) *note distance on broad jump BB PP 3 Rds x 12 reps Superset 12x UB RR As a superset 6-6-6-6 Dbl DB RDL (UB) 10-8-6-4 UB BB DL, climbing		3 Rds 6x plate hold/hug GM (object in front) 12x DB pull over (bench/floor) 25x long sit banded retractions Teams of 2 41-30-18 Power Clean Body Row <i>*Do the work – not for time. Go heavier – don't watch the clock.</i> <i>*You have 18'</i> <i>*1 athlete works at a time.</i>