



Week 27

MON 6/29/2026	TUES 6/30/2026	WED 7/1/2026	THUR 7/2/2026	FRI 7/3/2026
Jose is 69 tomorrow (6/30)				
WARM UP	Build from how we did on 6/23	WARM UP	7 LANES – TEAMS OF 2 SPLIT AND WORK THOUGH STEADILY – REST AS NEEDED	WARM UP
3 Rds 7x RR or RX pull ups 7x push ups (Rx, knee, bar, band blue or less) 7x air squat	Easy warm up 1 slow round 30' bear crawl 30' crab walk or 2x :15 hold 7x each pull up, push up, squat 3 parts – any order (choose one part and work through	Individual With a light DB 2 Rds 12x ea Sngl DB single leg RDL + :30 ea leg banded leg press	500M ROW 30 DBALL OVER RIG 50 SITUPS 500M ROW 50 AIR SQUAT 20 BURPEES 500M ROW 50 STEP UPS 30 PUSH UPS 500M ROW 30 RING ROWS 30 DBALL SLAMS 500M ROW 50 LUNGE STEPS 50 STEP OVER BANDS 500M ROW 30 BANDED STANDING LEG PRESS 50 CALF RAISES (PLATE TREES) 500M ROW 30 INCH WORMS 50 PLATE GROUND TO OVERHEAD 500M ROW 50X MED BALL SETS 30X PLANK SHOULDER TAPS 500M ROW 30X DBALL BACKWARD THROW 30X DBALL OVER SHOULDER	CLOSED FOR THE 4TH OF JULY
PRIORITY: BODYWEIGHT/STR.	PRESSING 2 Rds 7X Pressing drill (working to one foot take off – ok against wall) 10x HSPU or progression (5" wall riser, Box pike, tripod, banded tripod)	PRIORITY: STRENGTH Squat 4 Rds 3x FS + 6x LBBS Climbing BB HPC & PP/PJ 5 Rds x 3 reps Superset :20 ME DB PP BB DL 5 Rds x 5 reps Rds 1,2,3 climbing Rds 4,5 across Compare 6/3		
4 Rds for quality 12x DB/KB Russian twist 6x bicep rope climb 12x DB/KB Russian twist 25x banded tricep extension Teams of 2 Repeat from 6/1 Heavy front rack BB holds 6 Rds each athlete or 12 total :20 hold :40 rest/transition	PULL/PUSH/CORE 2 Rds 7x Pull up – 2" hold, slower eccentric 7x push up 70% ME VUPS (Bill work with Sam, Trish12, Jean11, Carolyn11, Libby9, Sharon9, EB9, Mickey8) PULL/CORE 2 RDS 3x full rope climb, or 5-7 efforts footwork, or 12x pull for biceps with rope 10x T2B (attempts) – bar or benches under mobile bars IF YOU GET THROUGH ALL 6 RDS, RETURN TO YOUR WEAKEST PART AND HIT A THIRD ROUND OF THAT ONE.			