



Week 29

MON 7/13/2026	TUES 7/14/2026	WED 7/15/2026	THUR 7/16/2026	FRI 7/17/2026
WARM UP	Teams of 2 – at your own pace – work/rest due to heat	WARM UP	Week 3 – minor changes	WARM UP
2:00 machine 3 Rds 7x RR/Rx Pull up 7x push up (Rx, bar, band>=blue, knee) 7x air squat 8:00 cap	400M ROW 50X BOX STEP UPS 50X AIR SQUATS 400M ROW 50X DBALL LATERAL PASSES (25L/25R) 50X DBALL SLAMS 400M ROW 30X SANDBAG OVER RIG 50X VUPS – OR MED BALL HANDS TO FEET	2:00 banded leg press 3 Rds 7x RR/Rx Pull up 7x push up (Rx, bar, band>=blue, knee) 7x air squat 8:00 cap	Easy warm up 1 slow round 30' bear crawl 30' crab walk or 2x :15 hold 7x each pull up, push up, squat 7x feet secured weighted curl up to sit up (working hollow) 3 parts – any order (choose one part and work through)	2:00 jump rope/jumping jacks 3 Rds 7x RR/Rx Pull up 7x push up (Rx, bar, band>=blue, knee) 7x air squat 8:00 cap
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH	PRESSING 2 Rds 7x Pressing drill (working to one foot take off – ok against wall...working on “floating” up) OR back to the wall, jump/pressing to a 12” box (attempting to float) OR WW to HS with spotter, OR Kick up to HS hold with spotter 10x HSPU or progression (5” wall riser, Box pike, tripod, banded tripod)	PRIORITY: CONDITIONING
LEGS – AC (Odd weeks) 3 Rds (all UB), as a superset* 6 x BB FS 12 x Heel elevated goblet squat (single DB/KB) 25 x WL steps- If UB, ok to load	400M ROW 50X SITUPS – WEIGHTED IF POSS 50X 12” BOX STEP UP/KNEE UP, LUNGE BACKWARD 400M ROW 50X RING ROWS 25X BURPEES	CHEST 3 Rds (all UB), as a superset* 6 x BP (same load across, coaches spot) 12 x DB incline press/fly (floor -wall ball) 25 x push-ups – full plank, no knees. For regressions: blue band or less, bar for scaling. Deficit on yoga blocks, DB’s, balls for progressions.	PULL/PUSH/CORE 2 Rds 7x Pull up – 2” hold, slower eccentric 7x push up 7x feet secured weighted curl up to sit up (working hollow) 70% ME VUPS (Bill banded x 8, Trish14, Jean13, Carolyn13, Libby11, Sharon11, EB11, Mickey10)	BACK 3 Rds (all UB), as a superset* 6 ea x DB Bent over row 12 x DB pull over (bench/floor) 25 x L-Sit (floor), banded retractions
SHOULDERS 3 Rds (all UB), as a superset* 6 x Seated (box/bench) DB strict press 12 x BB PP 25 x DB lateral raise (banded upright row for substitution)	400M ROW 100X JUMP ROPE 50X PLANK OVER MED BALL OR 45# BUMPER PLATE 400M ROW 50X INCH WORMS W/ PUSH UP (OR 25X INCH WORMS/25X PUSHUPS 50X PLATE G20 BACK TO TOP!	BICEPS 3 Rds (all UB), as a superset* 6 x rope pull 12 x incline DB bicep curl (benches on 12” boxes) 25 x banded biceps curls	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 10x seated, banded compression (Lsit with band on rig above and behind you – PVC maybe)	TRICEPS 3 Rds (all UB), as a superset* 6 x DB triceps extension/skull crusher (bench) 12 x Diamond pushups (full plank, blue band or less, or bar) 25 x Banded triceps extension
TIME PERMITTING – CORE 3 x 12 DB/KB Russian Twist 3x 20 sit ups		TIME PERMITTING – CORE 3 x150’ ea side carry – farmer or lateral rack 3x 20 sit ups		TIME PERMITTING – CORE 3 x 12 sit-ups 3 x 12 weighted sit-ups (plate overhead)