



Week 30

MON 7/27/2026	TUES 7/28/2026	WED 7/29/2026	THUR 7/30/2026	FRI 7/31/2026
WARM UP	WARM UP 10x each Situps Arch ups/superman Ring rows Inch worms (push up or negative)	WARM UP	NEW	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	COMPRESSION/T2B/PRESSING 2 rds 10x floor straddle pike foot drag (progressing forward) 5x wall walk 15x DECLINE curl up (bench on box, legs hanging over high end, curl up – weighted if poss) Several attempts: pike or wall HS hold	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	SPLIT INTO 4 GROUPS. PARTNERS IF YOU WANT (DOUBLE REPS) GROUP HELEN AMRAP 12 250M ROW 21X KB SWINGS 12X RR	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.	PULLING 2 rds 7x chest to bar pull up (band, or low bar negative) 10x double banded “W” pull downs (seated?) 30x jumping pull ups (low bars – we’ll move them)	PRIORITY: STRENGTH	GROUP KELLY AMRAP 12 50X PLATE JUMPS 15X BOX STEP UP 15X GOBLET SQUAT GROUP GRUNT WORK AMRAP 12 10X SANDBAG OVER RIG 15X SANDBAG OVER SHOULDER 20X LUNGE STEPS GROUP AMRAP 12 10 X SHUTTLE RUNS 15X HANGING KNEE RAISE/T2B (V-UP SUB) 20X PLANK SHOULDER TOUCHES (OR :30 FRONT RACK HOLD)	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	PUSHING 2 rds 10x banded plyo plate pushups 20x medium weight med ball “sets” 12x single side deficit pushup (6 ea)- ball, block Short rest	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.		BACK 3 Rds (all UB), as a superset* 6 ea x DB Bent over row (bench) 12 x DB pull over (floor) 25 x L-Sit (floor), banded retractions
SHOULDERS 3 Rds (all UB), as a superset* 6 x Seated (box/bench/floor) DB strict press 12 x BB PP-rack 25 x DB lateral raise (banded upright row for substitution)	FUN CORE 10-8-6-4-2 PUSHUP SITUP	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		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)