



Week 33

MON 8/10/2026	TUES 8/11/2026	WED 8/12/2026	THUR 8/13/2026	FRI 8/14/2026
WARM UP	WARM UP 10x each Situps Arch ups/superman Ring rows Inch worms (push up or negative)	WARM UP	50 min AMRAP	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) slow 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	400 M row or 25/20 cal A-Bike or 200M farmer carry/plate carry (ABOUT 2:00) in between each: You choose what and in what order – 100x jump rope 50x Dball over shoulder 50x box step up (any height BOX) 50X box step over 50x plate jumps 50x sit-ups 50x air squats 50x KB swing 30x push ups 30x box jumps 30x DB HPC & J/PP 30x ring rows + :30 plank every 10 30x med ball cleans 30x med ball squats 30x Dball OH Throw 30x Plate OH situp 30X Dball clean, jerk, slam 30x burpee 30x V-ups + 1:00 plank every 10 reps 30x supine med ball “sets” 6-8#? 30x med ball plank “up and overs 30x DB Thrusters 30x Dball over 6’+ bars 20 inch worm + airsquat 20 steps banded sidestep each side 20 steps banded cowboy walk fwd/backwd 20x burpee over box 10x 25’ bear crawl 10x 25’ crab walk 200M Sandbag carry 200M front rack carry 200-400M run 1x Tabata Bike 1x Tabata Row 100x single unders Flight sim from 5 to 30 and back (single unders)	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 eccentric only chest to bar pull up (band, or low bar negative) 10x low bar negative body row 30x jumping pull ups (low bars – we’ll move them)	PRIORITY: STRENGTH		PRIORITY: CONDITIONING
LEGS – PC (Even weeks) 3 Rds (all UB), as a superset* 6 x BB DL 12 x ea Sngl Leg DB RDL, (scale to staggered stance) 25 x Glute bridge (wt’d if 25x to full extension UB)	PUSHING 2 rds 10x banded plyo plate pushups 20x medium weight med ball passes to wall (cement) 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 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)	FUN CORE 20-18-16-14-12 PLANK SHOULDER TAP 10-8-6-4-2 VUP	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)