



Week 34

MON 8/17/2026	TUES 8/18/2026	WED 8/19/2026	THUR 8/20/2026	FRI 8/21/2026
WARM UP	WARM UP 10x each Situps Arch ups/superman Ring rows Inch worms (push up or negative)	WARM UP	Teams of 2 – at your own pace – work/rest due to heat If odd number and individual – halve reps 400M ROW 50X BOX STEP UPS 50X AIR SQUATS 400M ROW 50X PLATE JUMPS 50X DBALL SLAMS	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	WARM UP 10x each Situps Arch ups/superman Ring rows Inch worms (push up or negative)	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	400M ROW 50X PLATE JUMPS 50X DBALL SLAMS	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		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	PULLING/PUSHING COMBO 2 rds 7x chest to bar pull up (low bar negative) 10x banded plyo plate pushups 10x jumping pull ups (Moved some to the end) 10x medium weight med ball chest pass to the floor (moved some to end) 7x negative RR 12x single side deficit pushup (6 ea)-ball, block	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.	400M ROW 30X SANDBAG OVER RIG 50X VUPS 400M ROW 50X SITUPS 50X LUNGE STEPS 400M ROW 50X RING ROWS 25X BURPESS (WELCOME) 400M ROW 100X JUMP ROPE 50X PLANK OVER MED BALL 400M ROW 50X INCH WORMS 50X PLATE G20 BACK TO TOP!	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)	A LITTLE INTENSITY – AFAP, cap: 10' 50x jumping pullups 40x med ball passes to wall 30x incline bench situps 20x regular old pushups	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)