



Week 35

MON 8/24/2026	TUES 8/25/2026	WED 8/26/2026	THUR 8/27/2026	FRI 8/28/2026
WARM UP	REPEAT-ISH WARM UP	WARM UP	REPEAT-ISH	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	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	Teams of 2 – at your own pace – work/rest due to heat If odd number and individual – halve reps 400M ROW 50X BOX STEP OVERS 50X AIR SQUATS OR COSSACK SQUATS (SUPPORT OK) 400M ROW 50X PLATE JUMPS OR STEPS (FAST) 50X DBALL SLAMS (1-1) 400M ROW 30X SANDBAG/DBALL OVER RIG 50X VUPS/SITUPS 400M ROW 50X SANDBAG/DBALL DL (PICK UP, DROP) 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, travelling, 1 each partner, remain in position (down down up up) 50X PLATE G20, OR DB SNATCH BACK TO TOP!	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.	WARM UP	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)	REPEAT-ISH WARM UP 10x each Situps Arch ups/superman Ring rows Inch worms (push up or negative)	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)	PULLING/PUSHING COMBO 2 rds 7x chest to bar pull up (low bar negative) OR SPOTTER 10x banded plyo BALL pushups 15x jumping pull ups (Moved some to the end) 10x medium weight med ball chest pass to the floor (moved some to end) – TAPE – FURTHER FROM WALL EVEN IF LESSER BALL 7x negative RR - 5 COUNT 12x CHANGE UP: RING PUSH UPS...LET'S INCLINE THE RINGS UNTIL YOU DON'T NEED A BAND.	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	A LITTLE INTENSITY – AFAP, cap: 10' 50x jumping pullups 40x (20 each) lateral med ball passes to the wall 30x lat pull downs 20x V-ups 10X deficit pushups	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)



OPEN GYM WEEK 8/24

MONDAY – LEGS PC
WEDNESDAY – CHEST BICEPS
FRIDAY LEGS TRICEPS

EVERY DAY WARM UP – FUNDAMENTALS – THE ONLY WAY TO MASTER THE BASICS IS TO DO THEM...A LOT

2:00 MACHINE, JUMP ROPE OR RUN

2-3 ROUNDS, 7-10 REPS EACH

INTEGRITY IN THE MOVEMENTS, NOT UNBROKEN...BREAK THEM UP IF NEEDED

MOVEMENT	RX+	RX	SCALED B	SCALED A
PUSH	TRUE PUSHUP/HSPU	PUSH UP	BANDED PUSH UP	ELEVATED PUSHUP
PULL	CHEST TO BAR	PULL UP	BANDED PULL UP	RING ROW
SQUAT	PISTOL/OHS	AIR SQUAT	BANDED/TO TARGET SQUAT	←
HINGE	GHD GHR	GHD HIP EXT	GHD HIP EXT	GOOD MORNING (BB)
CORE	GHD SITUP	GHD SITUP	GHD SIT UP-PARALLEL	ABMAT SITUPS
PUSH 2	RING DIP	BAR DIP	BANDED BAR DIP	BENCH DIP

TUESDAY	THURSDAY
STRENGTH	STRENGTH
A) POWER CLEAN 5-4-3-2-1 (work to a heavy single in the end) A) PC&J (like Grace) 5 Rds of 6 reps, unbroken or without a break Rest 1:00 between sets	A1) LBBS 10-8-6-4-2 climbing A2) Banded lat pull down 20-16-12-8-4
CONDITIONING	CONDITIONING
2 rounds 250M row 15x push ups (banded, on rings (higher- can use band to tether them together, or on bar) 250M row 15x ring rows	Not for time – for completion: 40x air squats 30 cal bike or row 20x air squats 10 cal bike or row