



Week 36

MON 8/31/2026	TUES 9/1/2026	WED 9/2/2026	THUR 9/3/2026	FRI 9/4/2026
WARM UP	REPEAT-ISH WARM UP	WARM UP	50 mis. 3 Rds solo, 5 Rds teams.	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	A. 3-5 Rds 200 M Row 7x burpees	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
			I. 3-5 Rds 20x plate G2O 30x jump rope 40x low box step ups	
PRIORITY: BODYWEIGHT/STR.	In any order, partitioned any way	PRIORITY: STRENGTH	B. 3-5 Rds 10 cal bike 10x plate jumps 10x air squats	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	75x jumping pull ups 50x push ups, hand release 50x pull ups 100x situps or 50x V ups 25x each MB pass to wall F/L/R 50x ring push ups (like last week) 30x hanging T2B (partner, spot legs up)	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.	J. 3-5 Rds 10x ball chest pass to wall or rig (may have to use front /concrete wall) 30' bear crawl 10x serratus push ups	
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)	Time permitting 15x Banded PVC “bar pull down” to chest to bar – pause 5” at chest 3x wall climb to highest point able 20x shoulder taps from best HS position	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	C. 3-5 Rds 10x Dball over shoulder 10x Dball over rig	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
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	D. 3-5 Rds 10x KB swing 10x KB front rack lunge	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
			E. 3-5 Rds 20x situps 5x step back burpees	
			F. 3-5 Rds 15 steps WL 30x jump rope 30x toe ups	
			G. 3-5 Rds 10x push ups 7x inch worms (no burpee) 3x burpees	
			H. 3-2 Rds 200M farmer carry 200M OH plate carry	
			M. 3-5 Rds 100M Row 10 cal bike 30x jump rope	
			N. 3-5 Rds 200M Row 15 air squats 10 push ups 5 RR	
			O. 3-5 Rds 200M Row or 10 cal bike 20x sandbag over rig	
			P. 3-5 Rds 10x burpee 20x sandbag/dball over shoulder 30x dball slam	
				TIME PERMITTING – CORE 3 x 12 sit-ups 3 x 12 weighted sit-ups (plate overhead)



OPEN GYM WEEK 8/31

MONDAY – LEGS AC SHOULDERS
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
DL 5X3 BJ 5X5 HPC 5X7 *Use 2 BB's. Set up DL, box and empty BB to start the HPC. Run as a circuit: 5 Rds, 3x DL (climbing), 5x BJ, 7x HPC	LBBS 10-8-6-4-2 climbing – try to increase load each set by 5 pounds (up from week of 8/24) Super set each set of squats with 10-8-6-4-2 pull ups or RR (hardest progression)
CONDITIONING	CONDITIONING
KB Complex (single KB) 21-15-9 DL (single, both hands on KB, in front) HPC – each side (15x ea, alternating) PP/PJ – if KB hurts wrist, have same load DB on hand for this.	5 rounds 10 cal row 10x situps 10x pushups