

Week 37



MON 9/7/2026	TUES 9/8/2026	WED 9/9/2026	THUR 9/10/2026	FRI 9/11/2026
				25 th Anniv 9/11
WARM UP	WARM UP	WARM UP	NOT REALLY FORTITUDE, BUT SORTA-TUDE	WARM UP
LABOR DAY - CLOSED	10x each Situps Arch ups/superman Ring rows Inch worms (push up or negative) In any order, partitioned any way	Teams of 2 on a rower 3 rounds 2:00 on, 2:00 off each (alternating) (12' total) Rig warm up squats during rest	50 minutes EMOM, :15 transition Row Step ups Burpees Situps Dball/Sandbag over shoulder Rest	With a partner 25x burpees, split equally, 1 each alternating 25x push ups (each / individually) on deck only
		PRIORITY: STRENGTH		PRIORITY: CONDITIONING
	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) 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	LBBS 5 Rds x 3 reps, climbing Superset 3x broad jumps DL 5 Rds x 3 reps, climbing Remaining time, about 12-15' Partner up on a bar – alternate 3x PC & J / PP -	Set up rows – follow in order. Individual	Teams of 2 BB front rack holds, 5 Rds each (10 total) :20 hold :40 transition GRACE PARTNER PRACTICE Choose a load less than last grace by approximately 10# and work aerobic capacity 10 minute warm up 16' EMOM, 8 rounds each 1:00= 30 ME PC&J/:30 transition



OPEN GYM WEEK 9/7 DELOAD

MONDAY – DELOAD

FRIDAY DELOAD

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
PUSH PULL 4 RDS 8X STRICT BB PRESS 8X DB BENT OVER ROW (BENCH)	3 RDS 10 X (5 EACH) WEIGHTED STEP UP – USE HEAVIER DB AND GO LOWER ON BOX 10X WALL BALL OR DB GOBLET SQUAT (heels elevated is ok) 20X TOE UPS (OFF PLATE TREE)
CONDITIONING	CONDITIONING
10' AMRAP 20 steps WL (weighted if possible) 20x non weighted box step up 20x air squats	50x KB swing 40x Situps or V ups 30x Dball over shoulder 20x Devil Press (or burpee) (Devil Press is a burpee with DB's) 10x Wall Climb or scale to inch worm