



Week 38

MON 9/14/2026	TUES 9/15/2026	WED 9/16/2026	THUR 9/17/2026	FRI 9/18/2026
WARM UP	Variation of #2	WARM UP	Like Mikko's Triangle (2009)	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 500M Row 15x RR or 10x pull up 10x pushup 10x air squat 4 Rds 15x Ring pull ups (band around knees?)/sub pull up 15x Banded push ups	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	10 ROUNDS MIN 1 - BIKE MIN 2 - ROW MIN 3 - SKI MIN 4-REST ½ OF CLASS 6 ROUNDS – 20' MIN 1 - ROW MIN 2 - BIKE MIN 3 – RESISTANCE BAND SKI SUB MIN 4 – REST	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 – 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)	4 Rds 22x jumping pull ups 15x HR push up 4 Rds 22.5x jumping pull ups 15x ring push ups Extra credit 4 Rds 20x situps 10x T2B/ knees up lean back kick	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.	RECOVER – ROTATE TO SECOND ½ (SWITCH) ½ OF CLASS 6 RDS MIN 1 - ROW MIN 2 – BOX STEP UP MIN 3 – SANDBAG/DBALL OVER SHOULDER MIN 4 - REST	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)	Jean red push ups, green blue pull Trish red pull Sharon blue yellow push, red blk pull Libby red push black pull Carolyn blk red pull, red blue push Bill blue pull	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)



OPEN GYM WEEK 9/14

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
POWER CLEAN EMOM X 15' 2X PC, CLIMBING IF POSSIBLE. ONCE YOU TAP OUT, REDUCE WEIGHT TO SUCCESSFUL LOAD AND CONTINUE AT THE SAME LOAD. HANG POWER CLEAN & JERK/PP Lighten the bar, start light and climb in load as the reps down down 10-8-6-4-2 reps	LBBS – start lighter than week of 8/31 – higher reps – more endurance 15-12-9 reps, climbing Superset each with 5x box or plate jumps as high as possible
CONDITIONING	CONDITIONING
5 RDS 10 CAL ROW 10 CAL BIKE 10X BURPEES	Chipper <i>Work through as fast as possible</i> 30x KB swings 25x KB goblet squat (doesn't have to be same load) 20 calorie row 15x ring row 10x burpee 5x KB shoulder to overhead (press/push press) each side.