



Week 39

MON 9/21/2026	TUES 9/22/2026	WED 9/23/2026	THUR 9/24/2026	FRI 9/25/2026
WARM UP	2nd variation of #2	WARM UP	Average age of the gym: 74	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 10x push up 10x air squat REPS TENTATIVE PULL UP (54X) On the clock, every :10 x 1:00 1x pull up – remain hanging all 6 pulls Rest :30 (off hang) Repeat 8 more times If fail, skip/rest not in the hang through on :10 cycle and restart with group. Rest/Set up for push ups PUSH UP (54X) On the clock, every :10 x 9:00 1x push up If fail, skip one :10 cycle and restart with group Rest/Set up for Jumping Pull up JUMPING PULL UP (100x) On the clock, every :30 x 5:00 10x jumping pull up If fail, need rest, rest one :30 cycle – or bring reps to 7. Rest/Set up for Banded pull ups BANDED PUSH UPS (54x) On the clock, every :10 x 1:00 1x push up – remain in the banded plank all 6 pushes Rest :30 (standing, out of plank) Repeat 8 more times If fail, skip/rest out of the plank an extra cycle then restart with group	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 PRIORITY: STRENGTH 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. 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 TIME PERMITTING – CORE 3 x150' ea side carry – farmer or lateral rack 3x 20 sit ups	Teams of 2 50' to work through: 74 calorie row 74x air squats 74x each – jump rope 74x inch worms (no pushups) 74x Dball HPC and J to partner 74x situps 74 calorie row 74x box step ups 74x KB swing 74x burpees (eek!) 74x lunge steps 74x plate G2O 74 calorie row Individual: 37 reps of each	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: CONDITIONING 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 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 sit-ups 3 x 12 weighted sit-ups (plate overhead)



OPEN GYM WEEK 9/21

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
POWER CLEAN EMOM X 15' 3X PC, climbing if possible. Once you tap out, reduce weight to successful load and continue at the same load. Same as last week, but x3 vs. x2 HANG POWER CLEAN & JERK/PP Lighten the bar, start light and climb in load as the reps go down 12-10-8-6-4 reps	DL 7-5-3-3-5-7 Try to beat your first 7-5-3 on the second round, way back up In between each set 3x plate or box jump – as high as possible
CONDITIONING	CONDITIONING
AMRAP 20' 21 calorie row 15x BB DL (same load as your 12 rep HPC&J above) 9x BB HPC 6x PP/PJ	Move through swiftly 2 Rds 50x Jump rope 40x calorie row 30x plate jump 20x box step ups 10x burpees