



Week 40

MON 9/28/2026	TUES 9/29/2026	WED 9/30/2026	THUR 10/1/2026	FRI 10/2/2026
		Chip 79		Marcelle 72
WARM UP	WARM UP 500M Row 15x RR 10x push up 10x air squat	WARM UP	TEAMS OF 2 (DOUBLE REPS) OR INDIVIDUAL (PACE YOURSELF)	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	TEST - #/most difficult progression – min x 2 Push ups Pull ups Parallel RR	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	3 RDS 2:00 MACHINE OR WALK AROUND BUILDING (WAB) 10 SANDBAG/DBALL OVER RIG 10 BURPEES OVER BOX 3 RDS 100 SINGLE UNDERS OR WAB 50X PLANK SHOULDER TOUCHES 25X SITUPS OR 15X V UPS 3 RDS 2:00 MACHINE OR WAB 25X AIR SQUATS 20X STEP UPS W/ DB 2 RDS 2:00 MACHINE OR WAB 30X DB DL 20X BOX/PLATE JUMP 10X BURPEE 2 RDS 2:00 MACHINE OR WAB 30X RING ROWS OR PULL UPS (BLUE OR LESS OR PARTNER) 20X PUSHUPS (BLUE OR LESS) 10X GOBLET SQUAT 2 RDS 2:00 MACHINE OR WAB WAB WITH SANDBAG 30X LUNGE STEPS 2-3 RDS 2:00 MACHINE 20X DB PP 20X PUSHUPS 20X PLANK OVER DBALL 2-3 RDS (TRISH) 20X STEP UPS 20X EA SINGLE LEG DL 20X EA SINGLE LEG JUMP (RING STRAPS OK) 2-3 RDS 20X HVY MED BALL "SET" 15X PUSH UPS ON MED BALL (BAND OK) 10X AIR SQUATS TO MED BALL	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)	PULLING CIRCUIT 3 Rds ME Pull ups – 1, -2, -3* ME in 1 set jumping pull ups 10 x Banded (seated/kneeling) pull down (@tempo) Rest CORE CIRCUIT 2-3 Rds 10-15x beat swing (for technique and grip – can set up bands to push weak side (front back)) 10x supine hollow banded pull down (also a pull) 5-10x kipping pull ups (tight!) or attempts if swing is solid, or weighted beat swings (ball btw feet, slow down kip) – skill.	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		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
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 – CORE 3 x 12 sit-ups 3 x 12 weighted sit-ups (plate overhead)
TIME PERMITTING – CORE 3 x 12 DB/KB Russian Twist 3x 20 sit ups	INVERSION CIRCUIT 3 Rds ME (up to :30) HS hold – FS, btw bands, wall or box. 2:00 kick up/hold practice →kick up to FS (spotter) 3x WW AFAP → to wall facing HS	TIME PERMITTING – CORE 3 x150' ea side carry – farmer or lateral rack 3x 20 sit ups		



OPEN GYM WEEK 9/28

MONDAY – LEGS PC 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
For load Work to a heavy Power Clean & Jerk/PP then 30 reps (NFT but within 10 mins (3/min) @55-65% of heaviest load above	Combo BB BS/FS Back to back – no rest between – same load – FS determines your load 3 Rds 6x BS + 3x FS 6x Box or plate jump 6x ea side box step up (AHAP)
CONDITIONING	CONDITIONING
15' AMRAP (Grace practice) 250M Row 21x BB DL 65/45 or lower 15x BB PC 9x BB PP/PJ	3 Rds 2:00 Row 1:30 Jump rope 1:00 Burpee :30 Rest