



Week 41

MON 10/5/2026	TUES 10/6/2026	WED 10/7/2026	THUR 10/8/2026	FRI 10/9/2026
		CharChar		Bruce on the 11 th - Sunday
WARM UP		WARM UP		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		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		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 – 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 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 DB/KB Russian Twist 3x 20 sit ups		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		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 10/5

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 & Conditioning	STRENGTH
For load GRACE PRACTICE FOR 10/19 Warm up – empty barbell – 15 or 35...make it at least 15# less than your go load. 10x C&J – work on cycling. Reload bar 7x C&J at 10# less than your go load. Not fast – just perfectd. Reload bar 5x C&J at 5# less than your go load. Get a drink, ask someone to set the clock or grab a stopwatch...3.2.1.GO! 30x C&J for time. Find a strategy for Grace (in two weeks) – pacing is key! e.g. 1 rep every :15-:20 seconds. Play with your strategy. Have fun!	Heel Elevated Squat – front rack a DB or KB 3 Rds x 5 reps Superset each with Wall Balls x 10
	CONDITIONING
	3 Rds 500M row 100x plate jumps 10x 25' shuttle runs (down and back is 1 – eek!) :30 Rest