

NAME: _____

CLASS: 7 8 9 10 5³⁰

Week 42

Week 43

Week 44

Week 45

MON 10/12/2026	MON 10/19/2026	MON 10/26/2026	MON 11/2/2026
4 ROUNDS	GRACE	4 ROUNDS	4 ROUNDS
30X BOX STEP UPS _____ ht	For time:	50X BOX STEP UPS _____ ht	60X BOX STEP UPS _____ ht
20X UB PLATE G20 _____ lbs	30x C&J	20X UB PLATE G20 _____ lbs	20X UB PLATE G20 _____ lbs
20X UB BODY ROWS _____ ht	10' cap	10X UB BODY ROWS _____ ht	5X UB BODY ROWS _____ ht
6x :30 ME HPC		6x :30 ME HPC	6x :30 ME HPC
Rd 1 reps _____ load _____	4 ROUNDS	Rd 1 reps _____ load _____	Rd 1 reps _____ load _____
Rd 2 reps _____ load _____	40X BOX STEP UPS _____ ht	Rd 2 reps _____ load _____	Rd 2 reps _____ load _____
Rd 3 reps _____ load _____	20X UB PLATE G20 _____ lbs	Rd 3 reps _____ load _____	Rd 3 reps _____ load _____
Rd 4 reps _____ load _____	15X UB BODY ROWS _____ ht	Rd 4 reps _____ load _____	Rd 4 reps _____ load _____
Rd 5 reps _____ load _____		Rd 5 reps _____ load _____	Rd 5 reps _____ load _____
WED 10/14/2026	WED 10/21/2026	WED 10/28/2026	WED 11/4/2026
5X LBBS 8x GOB SQ	5X LBBS 8x GOB SQ	5X LBBS 8x GOB SQ	5X LBBS 8x GOB SQ
Set 1 load _____	Set 1 load _____	Set 1 load _____	Set 1 load _____
Set 2 load _____	Set 2 load _____	Set 2 load _____	Set 2 load _____
Set 3 load _____	Set 3 load _____	Set 3 load _____	Set 3 load _____
Set 4 load _____	Set 4 load _____	Set 4 load _____	Set 4 load _____
5X BB PUSH PRESS	5X BB PUSH PRESS	5X BB PUSH PRESS	5X BB PUSH PRESS
Set 1 load _____	Set 1 load _____	Set 1 load _____	Set 1 load _____
Set 2 load _____	Set 2 load _____	Set 2 load _____	Set 2 load _____
Set 3 load _____	Set 3 load _____	Set 3 load _____	Set 3 load _____
Set 4 load _____	Set 4 load _____	Set 4 load _____	Set 4 load _____
5X BB DL 8X DB RDL	5X BB DL X DB RDL	5X BB DL X DB RDL	5X BB DL 8X DB RDL
Set 1 load _____	Set 1 load _____	Set 1 load _____	Set 1 load _____
Set 2 load _____	Set 2 load _____	Set 2 load _____	Set 2 load _____
Set 3 load _____	Set 3 load _____	Set 3 load _____	Set 3 load _____
Set 4 load _____	Set 4 load _____	Set 4 load _____	Set 4 load _____
FRI 10/16/2026	FRI 10/23/2026	FRI 10/30/2026	FRI 11/6/2026
3X BENCH PRESS	3X BENCH PRESS	3X BENCH PRESS	3X BENCH PRESS
Set 1 load _____	Set 1 load _____	Set 1 load _____	Set 1 load _____
Set 2 load _____	Set 2 load _____	Set 2 load _____	Set 2 load _____
Set 3 load _____	Set 3 load _____	Set 3 load _____	Set 3 load _____
Set 4 load _____	Set 4 load _____	Set 4 load _____	Set 4 load _____
Set 5 load _____	Set 5 load _____	Set 5 load _____	Set 5 load _____
CONDITIONING 6 X 3:00	CONDITIONING 6 X 3:00	CONDITIONING 6 X 3:00	CONDITIONING 6 X 3:00
ROW _____ meters	ROW _____ meters	ROW _____ meters	ROW _____ meters
AIR SQUAT _____ reps	AIR SQUAT _____ reps	AIR SQUAT _____ reps	AIR SQUAT _____ reps
JUMP ROPE _____ reps	JUMP ROPE _____ reps	JUMP ROPE _____ reps	JUMP ROPE _____ reps
HEAVY HOLD _____ load	HEAVY HOLD _____ load	HEAVY HOLD _____ load	HEAVY HOLD _____ load
SIT UP/V-UP _____ reps	SIT UP/V-UP _____ reps	SIT UP/V-UP _____ reps	SIT UP/V-UP _____ reps
BURPEE _____ reps	BURPEE _____ reps	BURPEE _____ reps	BURPEE _____ reps