Week 43

MON 10/19/2026	TUES 10/20/2026	MON 10/21/2026	THUR 10/22/2026	FRI 10/23/2026
WARM UP 3 RDS 7X RR OR PULL UP 7X PUSH UP (DECK) 7X AIR SQUAT	WARM UP 2x bear crawl 4x shuttle run 6x burpee 8x push up 10x pull up 12x air squat STRENGTH 3 Rds 5x negatives, using band across rack/step off (low bar) 7x deficit (blocks) push ups 7x (banded) parallel ring row 9x banded plyo push ups 12x banded lat pull down (2 bands)	**WARM UP** 8 MIN CAP 3 RDS 7X RR OR PULL UP 7X PUSH UP (DECK) 7X AIR SQUAT	TEAMS OF 2 (DOUBLE REPS) OR INDIVIDUAL (PACE YOURSELF) 2-3 RDS 20X EACH LATERAL MED BALL THROW INTO WALL (ROTATION) 15X PUSH UPS ON MED BALL (BAND OK) 10X AIR SQUATS TO MED BALL 3 RDS 2:00 MACHINE OR WALK AROUND BUILDING 10 SANDBAG/DBALL OVER RIG 10 BURPEES 3 RDS 100 SINGLE UNDERS OR WAB 50X PLANK SHOULDER TOUCHES 25X SITUPS OR 15X V UPS 3 RDS 2:00 MACHINE OR WAB 20 STEPS WALKING LUNGE 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 BANDED SKI 30X RING ROWS 20X PUSHUPS 10X GOBLET SQUAT 2 RDS 30X SANDBAG/DBALL OVER SHOULDER 20X SANDBAG/DBALL SLAM 10X SANDBAG/DBALL SQUAT 2 RDS 2:00 MACHINE OR BANDED SKI WAB WITH SANDBAG 30X LUNGE STEPS 2-3 RDS 2:00 MACHINE 20X DB PP 10X PUSHUPS 20X PLANK OVER DBALL 2-3 RDS 20X STEP UPS 20X EA SINGLE LEG DL (DB WEIGHTED IF POSS) 20X EA SINGLE LEG JUMP (RING STRAPS OK) OR PISTOL (BANDED)	**WARM UP** 2 RDS (4') :30 ON/:30 OFF INCH WORM PLANK 2 RDS (4') :30 ON/:30 OFF BIRD DOG - R ARM/L LEG BIRD DOG – L ARM/R LEG
PRIORITY: BODYWEIGHT/STR. **GRACE** *Partner up. Athlete #1 will perform Grace. Then transition, then Athlete 2 will go. Athletes count reps and keep score for each other* **For time:** **30x C&J** **10' cap** TIME REMAINING 3-4 RNFT 40X BOX STEP UP (ALT LEGS) - +10 20X UB PLATE G2O 15X UB BODY ROWS -go lower		**PRIORITY: STRENGTH** 4 RDS 5X LBBS (CLIMBING) 8X HEEL ELEVATED GOB SQUAT (ACROSS) PUSH PRESS 4 RDS X 5 REPS CLIMBING 4 RDS 5X BB DL 8X EA SINGLE DB RDL		**PRIORITY: STRENGTH/METCON** BENCH PRESS 5 RDS X 3 REPS CLIMBING CONDITIONING 6 X 3:00 STATIONS, :30 TRANSITION (RX →SCALING) ROW AIR SQUAT → TARGET FOR DEPTH JUMP ROPE → CUT ROPES →TOE UPS HEAVY HOLD SIT UP/V-UP →SEATED KNEE UP ON BOX BURPEE → BLUE MAT GET DOWN/GET UP