



Week 6

MON 2/2/2026	TUES 2/3/2026	WED 2/4/2026	THUR 2/5/2026	FRI 2/6/2026
<b>WARM UP</b>  Burpee Training - Individual 8' AMRAP :40 work, :20 rest (8 Rds) Rd 1-6 a version of step back plank burpee, alternating legs to step back with Rds 7&8 are kick back plank burpees or "sprawl burpees" (dropping hips/knees)  *for athletes who can't reach the ground with two hands, stack bumper plates	<b>WEEK 3 CHANGES IN FOCUS 4-6 weeks</b> <ul style="list-style-type: none"><li>Chin ups (underhand grip)</li><li>Active Inversion, holds and shifts</li><li>Negatives</li><li>Hollow body (deck)</li><li>Shoulder extension to open pecs in arch swing</li><li>Arch/hollow swing holds with box</li><li>Toes to bar drills</li></ul> <b>FOUNDATIONS</b> <ul style="list-style-type: none"><li>Jumping Pull ups &amp; Floor Negatives will replace bands for those not progressing or above green to black.</li></ul> <b>WARM UP 10'</b> – same as last week 10x PVC pass through 30' Travelling inch worms with negative push up/worm up 30' crab walk or crab hold :20 10x underhanded ring rows working to box 10x push up – scaled if needed 5x pausing bottom of the squat hold (10 squats w/ hold) + quad stretch after set of 5 :20 active inverted hold: floor pike, box pike, wall hold  <b>1<sup>st</sup> CIRCUIT (POST MONDAY!) 8:45-9:05</b> 16x inverted wt shifts to fingertips or step ups on a plate, using active shoulder to push away from the deck 30x V-up or progression :30 each side green or black banded lat stretch 1:00 seated pec stretch 15x best pike compression (floor, bar, bilat (not unilat))  <b>2<sup>nd</sup> CIRCUIT 9:05-15 (10')</b> 10x hollow body hold :05 - box 10x arch body hold :05 - box 10x bench scaled dragon flag 5 x attempting backward walk down wall (hyperextension)  <b>INTENSITY 9:20-9:30</b> 2 GROUPS - 4 RDS TABATA EA (5') JUMPING PULL UPS OVERBANDED PLYO PUSHUPS (PLATES)	<b>Sam is 57</b>  <b>WARM UP</b> 6 Rds :30 on :30 off  Odd: Squats and :03 holds at bottom; use rig when needed.  Even: HKM	18 ppl – 2 Lanes of 9 2:00 stations – :15 transition  1. ROW 2. BURPEE 3. BIKE RT LEG 4. SANDBAG CLEAN, PUSH PRESS OR JERK, DROP 5. ROW 6. 20X MT CLIMBER + 20X PLANK JACKS + PLANK REMAINING TIME (ELEVATE FOR SCALED) 7. BIKE L LEG 8. BACKWARDS JUMP ROPE, SPEED ROPE 9. AMRAP 10x BANDED SIDESTEPS L, 10X BANDED AIRSQUAT, 10X BANDED SIDESTEPS R, 10X BANDED AIRSQUAT	<b>WARM UP</b>  Individual with a PVC or light BB 5 Rds :40 on / :20 off 5xDL 5xHPC 5xPP/PJ Restart each round at 5x DL
<b>PRIORITY: BODYWEIGHT/STR.</b>  Teams of 2 or 3 Reps split equally 1 athlete works at a time 40' cap  100x pulls Rx pull ups, body rows. No RRs today 200 push ups Rx ground, banded blue or less, bars (bars stay at same height as body rows) 300 air squats Rx standards, targets if needed or Progressing toward Rx depth  If teams complete the above within 40', cash out with 2000M row split equally  If teams complete the above plus the row within the 40' cap, cash out again with heavy farmers carry 2x 40' alternating with partner.	  <b>PRIORITY: STRENGTH</b> 4 Rds 3 x FS immediately into 3x Thrusters Climbing  3 Rds 5 x Bench/Box Seated DB Press Heavy  DL 12 – 9 – 6 12 – 9 – 6 %'s 60%, 70%, 80%, same loads both rounds	  <b>PRIORITY: CONDITIONING</b> Box Step Ups Teams of 2, 1 athlete works at a time 5 Rds :30 work, :30 rest *Focus on height  <b>Spin off from CF Open 20.4</b> 10' warm up Partners on bar – alternating/warming up on bar and increasing load 3x PC & PP/Jk <b>DECIDE ON YOUR LOADS -WORKSHEET</b>  Same partners WORK FOR 20' (NOT FOR TIME, FOR WORK/CONDITIONING)	  <b>30x box step ups</b>   <b>30x box step ups</b> <b>16x C&amp;J wt 1</b>   <b>10x C&amp;J wt 6</b>  <b>30x box step ups</b>   <b>30x box step ups</b> <b>16x C&amp;J wt 2</b>   <b>8x C&amp;J wt 7</b> <b>30x box step ups</b>   <b>30x box step ups</b> <b>12x C&amp;J wt 3</b>   <b>8x C&amp;J wt 8</b> <b>30x box step ups</b>   <b>30x box step ups</b> <b>12x C&amp;J wt 4</b>   <b>6x C&amp;J wt 9</b> <b>30x box step ups</b>   <b>30x box step ups</b> <b>10x C&amp;J wt 5</b>   <b>6x C&amp;J wt 10</b>	