



Week 7

MON 2/9/2026	TUES 2/10/2026	WED 2/11/2026	THUR 2/12/2026	FRI 2/13/2026
Bob F, Peggy C, Steve D	Moana			Julie H
WARM UP	WARM UP 10' – same as last week	WARM UP	Rotate in lane every 2:00, :20 transition 4 lanes No rest station – pull off one interval if need to rest.	WARM UP
Teams of 2 2500M row, split equally 11 min cap Start together as a class	10x PVC pass through :30 each side green or black banded lat stretch 1:00 seated pec stretch 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	Teams of 2 6 minute AMRAP, split equally 10x body rows or Rx pull ups 10x air squats Once finished, 120x Rx or elevated/bar pushups (60 ea) 4 min cap	1. Row 2. Step back burpee 3. Dball over rope (head high) 4. Jump rope/Bike 5. AMRAP 10x situp, 5x push up (knee ok)	Teams of 2 – score cards – GRACE review With a PVC or light bar, 6 Rds :30 on /:30 off Rd 1&2: DL/hinge Rd 3&4 PC below the knee Rd 5&6 PC&PP/J
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH	4 lanes = 20 athletes	PRIORITY: CONDITIONING
4 Rds for quality 5x single DB HPC&PP/J R, then 5x L 10x burpee over DB 1 minute plank on heavy WB (20-25-30#) 12 min EMOM Teams of 2 for motivation 6 Rds each athlete 6x Dbl DB UB thrusters within the minute Comp to 1/12 1 min work/1 min rest	1st CIRCUIT 16x inverted wt shifts to fingertips or step ups (working toward step ups this week) on a plate, using active shoulder to push away from the deck 20x pike compressions (working forward) (floor, bar, bilat (not unilat) 30x jumping pull ups, large UB sets 2nd CIRCUIT 10x hollow body hold :05 - box 10x arch body hold :05- box 5 x backward walk down wall (hyperextension) 2x wall walk INTENSITY 3 quick rounds, rest after HSPU :15 underhand hold, right into 10x chin ups 7x HSPU (wall, box pike, floor pike)	BB Squat Clean 4 Rds x 4 reps Not UB Climbing (12-15') Teams of 2, start together 5 Rds ea athlete, 1:00 on, :30 off/transition (alternating rounds) Athlete 1: 10x UB KB or DB DL, then ME shuttle runs Athlete 1: rest Alternate minutes. Time permitting 4 Rounds 20x sit ups 5x V ups		2026 Test 4 of 5 Grace For time: 30x C&J 2 heats, count reps/time for each other 10 minute cap 2-3 Rds 10x Dbl DB bicep curl each arm (hammer or supinated) 10x banded tricep extension 10x split or Bulgarian split squats (5 ea) 50x single unders/jumps of 30x double unders @ 10 minutes to end of the class Tabata air squats 8 Rds :20 on / :10 off.