

TRAINING FOR WARRIORS

August 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			6:00am COBO WR	6:00am JB -S		
			9:30am LEX - EC	9:30am JB -S		
5	6	7	8	9	10	11
6:00am JB - H	6:00am COBO -S	6:00am JB -EC	6:00am COBO WR	6:00am JB -S		
9:30am JB-H	9:30am LEX-S	9:30am JB -EC	9:30am LEX - EC	9:30am JB -S		
12	13	14	15	16	17	18
6:00am JB - H	6:00am COBO -S	6:00am JB -Decathlon	6:00am COBO WR	6:00am JB -S		
9:30am JB-H	9:30am LEX-S	9:30am JB -Decathlon	9:30am LEX - EC	9:30am JB -S		
19	20	21	22	23	24	25
6:00am JB - H	6:00am COBO -S	6:00am JB -EC	6:00am COBO WR	6:00am JB -S		
9:30am JB-H	9:30am LEX-S	9:30am JB -EC	9:30am NO CLASS	9:30am JB -S		
26	27	28	29	30	31	
6:00am JB - H	6:00am COBO -S	6:00am JB -EC	6:00am COBO WR	6:00am JB -S		
9:30am JB-H	9:30am LEX-S	9:30am JB -EC	9:30am LEX - EC	9:30am JB -S		
Warrior Challenges (C.O.T.D)				Warrior Sessions Key		
JB	Jeff Biehl	August 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
COBO	Jacobo Fajardo	August 7th	1 min Knee Grab and 1 min Push up		Metabolic (Energy) Circuits- EC	
JUSTIN	Justin Chiu	August 14th	1 min MB Slam		Strength - S	
LEX	Alexia Hahn	August 21st	1 min Chin ups		Warrior Restore - WR	
		August 28th	75 rep challenge			