

# TRAINING FOR WARRIORS

<b>February 2025</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	5
3	4	5	6	7	8	9
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		
10	11	12	13	14	15	16
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		
17	18	19	20	21	22	23
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		
24	25	26	27	28		
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		
		<b>Warrior Challenges (C.O.T.D)</b>			<b>Warrior Sessions Key</b>	
<b>JB</b>	Jeff Biehl	February 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
<b>COBO</b>	Jacobo Fajardo	February 5th	1 min Push up & 1 min Sit up		Metabolic (Energy) Circuits- EC	
<b>LEX</b>	Alexia Hahn	February 12th	1 min Chin UP or TRX Body Row		Strength - S	
		February 19nd	1 minutue Sit OUT		Warrior Restore - WR	
		February 26th	75 REP Challenge			