

TRAINING FOR WARRIORS

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6
6:00am COBO -S	6:00am JB -EC	6:00am COBO WR	6:00am JB -S		
9:30am LEX-S	9:30am JB -EC	9:30am LEX - EC	9:30am JB -S		
8	9	10	11	12	13
6:00am COBO -S	6:00am JB -EC	6:00am COBO WR	6:00am JB -S		
9:30am LEX-S	9:30am JB -EC	9:30am LEX - EC	9:30am JB -S		
15	16	17	18	19	20
6:00am COBO -S	6:00am JB -EC	6:00am COBO WR	6:00am JB -S		
9:30am LEX-S	9:30am JB - EC	9:30am LEX - EC	9:30am JB -S		
22	23	24	25	26	27
6:00am COBO -S	6:00am JB -EC	6:00am COBO WR	6:00am JB -S		
9:30am LEX-S	9:30am JB -EC	9:30am LEX - EC	9:30am JB -S		
29	30				
6:00am COBO -S	6:00am JB -EC				
9:30am LEX-S	9:30am JB -EC				
Warrior Challenges (C.O.T.D)			Warrior Sessions Key		
Jeff Biehl	April 1st-8th -Warrior Weigh-in / Measurements		Hurricanes - H		
Jacobo Fajardo	April 2nd	1 min Push up & 1 min Sit up	Metabolic (Energy) Circuits- EC		
Alexia Hahn	April 9th	1 min Chin UP or TRX Body Row	Strength - S		
	April 16th	1 minutue Sit OUT	Warrior Restore - WR		
	April 23rd	1 min Push up & 1 min Plank			
	April 30th	75 REP Challenge			

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