## TRAINING FOR WARRIORS

6:00am JB -EC 9:30am JB -EC 6:00am JB -EC 9:30am JB -EC	2 3 6:00am COBO WR 9:30am LEX - EC 9 10 6:00am COBO WR 9:30am LEX - EC	6:00am JB -S 9:30am JB -S	1 12	1
9:30am JB -EC 6:00am JB -EC	9:30am LEX - EC  9 10 6:00am COBO WR	9:30am JB -S 1	1 12	1
6:00am JB -EC	9 10 6:00am COBO WR	1	1 12	1
6:00am JB -EC	6:00am COBO WR	2	1 12	1
6:00am JB -EC	6:00am COBO WR	2	1 12	1
		6:00am JB -S		
9:30am JB -EC	9:30am LEX - EC			
		9:30am JB -S		8
1	<mark>.6</mark> 17	1	8 19	
6:00am JB -EC	6:00am COBO WR	6:00am JB -S		
9:30am JB - EC	9:30am LEX - EC	9:30am JB -S		
			1	
2	24	. 2	5 26	1111
6:00am JB -EC	6:00am COBO WR	6:00am JB -S	100	-83 8
9:30am JB -EC	9:30am LEX - EC	9:30am JB -S		311 1
A STATE OF THE PARTY OF THE PAR			47.00	13 1
3	<mark>60</mark>			11 1
6:00am JB -EC			8	1.1
9:30am JB -EC			11	1
15				1
Warrior Challenges (C.O.T.D)			Warrior Sessions Key  Hurricanes - H  Metabolic (Energy) Circuits- EC	
f Biehl April 1st-8th - Warrior Weigh-in / Measurements				
April 2nd 1 min Push up & 1 min Sit up				
ril 9th	1 min Chin UP or TRX Body Row		Strength - S	
ril 16th	1 minutue Sit OUT		Warrior Restore - WR	
ril 23rd				
	6:00am JB - EC  9:30am JB - EC  2  6:00am JB - EC  9:30am JB - EC  3  6:00am JB - EC  9:30am JB - EC  9:30am JB - EC  11 1st-8th - Warrior Will 2nd  11 9th  11 16th	6:00am JB - EC  9:30am JB - EC  9:30am LEX - EC  23  6:00am JB - EC  9:30am LEX - EC  24  6:00am JB - EC  9:30am LEX - EC  30  6:00am JB - EC  9:30am JB - EC  9:30am JB - EC  9:30am JB - EC  9:30am JB - EC  1 st-8th - Warrior Weigh-in / Measurements  1 late	6:00am JB -EC 9:30am LEX - EC 9:30am JB -S  9:30am JB - EC 9:30am LEX - EC 9:30am JB -S  23 24 2  6:00am JB -EC 6:00am COBO WR 6:00am JB -S  9:30am JB -EC 9:30am LEX - EC 9:30am JB -S  30 6:00am JB -EC 9:30am LEX - EC 9:30am JB -S  Warrior Challenges (C.O.T.D)  Il 1st-8th -Warrior Weigh-in / Measurements  Il 2nd 1 min Push up & 1 min Sit up  Il 9th 1 min Chin UP or TRX Body Row  Il 16th 1 minutue Sit OUT  Il 23rd 1 min Push up & 1 min Plank	6:00am JB -EC 9:30am LEX - EC 9:30am JB -S  9:30am JB - EC 9:30am LEX - EC 9:30am JB -S  23 24 25 26  6:00am JB - EC 6:00am COBO WR 6:00am JB - S  9:30am JB - EC 9:30am LEX - EC 9:30am JB - S  30 6:00am JB - EC 9:30am JB - S  Warrior Challenges (C.O.T.D) Warrior Ses  ### Til 1st-8th - Warrior Weigh-in / Measurements ### In In Push up & 1 min Sit up ### Metabolic (Energy) Cit Strength - S  Warrior Restore - WR  #### Warrior Restore - WR