

TRAINING FOR WARRIORS

July 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
6:00am JB - H	6:00am COBO - S	6:00am JB -Decathlon	 4 July No Classes	7:30am JB -S		
9:30am JB-H	9:30am LEX-S	9:30am JB -Decathlon		9:30am JB -S		
8	9	10	11	12	13	14
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		
15	16	17	18	19	20	21
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		
22	23	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		
29	30	31				
6:00am JB - H	6:00am COBO - S	6:00am JB -EC				
9:30am JB-H	9:30am LEX-S	9:30am JB -EC				
		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	JULY 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
COBO	Jacobo Fajardo	JULY 3rd	1 min Knee Grab and 1 min Push up		Metabolic (Energy) Circuits- EC	
JUSTIN	Justin Chiu	JULY 10th	1 min Sit UP & 1 min Plank		Strength - S	
LEX	Alexia Hahn	JULY 17th	Broad jump		Warrior Restore - WR	
		JULY 24th	1 min SIT OUT			
		JULY 31st	75 rep challenge			