




TRAINING FOR WARRIORS

December 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	Jan..1st, 2025				1
6:00am JB - H	 MAC Open 7am-7pm	 MAC Open 12pm-8pm				
9:30am JB-H						
2	3	4	5	6	7	8
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		
9	10	11	12	13	14	15
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		
16	17	18	19	20	21	22
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		
23	24	25	26	27	28	29
6:00am JB - H	Christmas EVE MAC Open 7am-3pm		No 6am Class	6:00am JB -S		
9:30am JB-H			9:30am LEX - EC	9:30am JB -S		
		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	December 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
COBO	Jacobo Fajardo	December 4th	2 min Push up		Metabolic (Energy) Circuits- EC	
LEX	Alexia Hahn	December 11th	1 min Sit UP 1 min Plank		Strength - S	
		December 18th	75 REP Challenge		Warrior Restore - WR	