

TRAINING FOR WARRIORS

March 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	5
6:00am JB - H						
9:30am JB-H						
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 -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		
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	29	30
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		
		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	March 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
COBO	Jacobo Fajardo	March 5th	1 min Push up & 1 min Sit up		Metabolic (Energy) Circuits- EC	
LEX	Alexia Hahn	March 12th	1 min Chin UP or TRX Body Row		Strength - S	
		March 19nd	1 minutue Sit OUT		Warrior Restore - WR	
		March 26th	75 REP Challenge			