

TRAINING FOR WARRIORS

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan. 1st 2018				1	2	3
MAC hrs 12pm-7pm				6:00am JB - S		
No classes				9:30am JB - S	8:00am JZ - EC	
				6:00pm JZ - EC		
4	5	6	7	8	9	10
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
11	12	13	14	15	16	17
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
18	19	20	21	22	23	24
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
25	26	27	28	29	30	31
Merry Christmas	6:00am JZ - S	6:00am JB - EC	6:00am JZ - EC	6:00am JB - S		
MAC is closed	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
JB	Jeff Biehl	December 1st-8th -Warrior Weigh-in / Measurements & Choose one / Lose one (2018 5 goals)			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
JZ	Julian Jimenez	December 6th 3 min Knee Grab				
KM	Kyla McCulley	December 13th 3 min Push Up				
		December 20th 1 min Sit OUT				
		December 27th 75 rep Challenge - 5 major goals 2018				
		4 Wks. Front Squat & Bench Press			Circuit Style	