

# TRAINING FOR WARRIORS

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