

# TRAINING FOR WARRIORS

<b>February 2024</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			6:00am COBO	6:00am JB -S		
			9:30am COBO	9:30am JB -S		
5	6	7	8	9	10	11
6:00am JB - H	6:00am COBO -S	6:00am JB -EC	6:00am COBO	6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am COBO	9:30am JB -S		
12	13	14	15	16	17	18
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 JUSTIN-S	9:30am JB -EC	9:30am COBO - EC	9:30am JB -S		
19	20	21	22	23	24	25
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 JUSTIN-S	9:30am JB -EC	9:30am COBO - EC	9:30am JB -S		
26	27	28	29			
6:00am JB - H	6:00am COBO -S	6:00am JB -EC	6:00am COBO WR			
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am COBO - EC			
<b>Warrior Challenges (C.O.T.D)</b>					<b>Warrior Sessions Key</b>	
<b>JB</b>	Jeff Biehl	<b>February 1st-8th</b> -Warrior Weigh-in / Measurements			Hurricanes - H	
<b>COBO</b>	Jacobo Fajardo	<b>February 7th</b>	1 min Knee Grab and 1 min plank		Metabolic (Energy) Circuits- EC	
<b>JUSTIN</b>	Justin Chiu	<b>February 14th</b>	1 min Push up and 1 min MB Slam		Strength - S	
		<b>February 21th</b>	Broad jump		Warrior Restore - WR	
		<b>February 28th</b>	75 rep challenge			