

# TRAINING FOR WARRIORS

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