

# TRAINING FOR WARRIORS

**May 2022**

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 JB -S		Happy Mothers Day
9:30am JB-H	9:30am KM-S	9:30am JB -EC	9:30am KM-S	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 JB -S		
9:30am JB-H	9:30am KM-S	9:30am JB -EC	9:30am KM-S	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 JB -S		
9:30am JB-H	9:30am KM-S	9:30am JB -EC	9:30am KM-S	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 JB -S		
9:30am JB-H	9:30am KM-S	9:30am JB -EC	9:30am KM-S	9:30am JB -S		
30	31					
6:00am JB - H	6:00am COBO -S					
9:30am JB-H	9:30am KM-S					

Coaches		Warrior Challenges (WC)		Warrior Sessions Key	
<b>JB</b>	Jeff Biehl	<b>May 1st-8th</b> -Warrior Weigh-in / Measurements		Hurricanes - H	
<b>CF</b>	Cobo Fajardo	<b>May 4th</b>	1 min Knee Grab and 1 min plank	Metabolic (Energy) Circuits- EC	
<b>KM</b>	Kyla McCulley	<b>May 11th</b>	1 min Burpee and 1 min plank	Strength - S	
		<b>May 18th</b>	1 min Push up and 1 min MB Slam		
		<b>May 25th</b>	75 rep challenge		