

TRAINING FOR WARRIORS

October 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
			6:00am COBO WR	6:00am JB -S		
	6:00am COBO -S	6:00am JB -EC	9:30am LEX - EC	9:30am JB -S		
	9:30am LEX-S	9:30am JB -EC				
7	8	9	10	11	12	13
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		
14	15	16	17	18	19	20
6:00am JB - H	6:00am COBO -S	6:00am JB -Decathlon	6:00am COBO WR	6:00am JB -S		
9:30am JB-H	9:30am LEX-S	9:30am JB -Decathlon	9:30am LEX - EC	9:30am JB -S		
21	22	23	24	25	26	27
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		
28	29	30	31			
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			
			BOO!			
		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	October 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
COBO	Jacobo Fajardo	October 2nd	1 min Knee Grab and 1 min Push up		Metabolic (Energy) Circuits- EC	
JUSTIN	Justin Chiu	October 9th	1 min Sit OUT		Strength - S	
LEX	Alexia Hahn	October 16th	1 min Chin ups		Warrior Restore - WR	
		October 23th	1 min MB Slam 1 min Plank			
		October 23th	75 rep challenge			

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