

TRAINING FOR WARRIORS

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
				6:00am JB -S		
			9:30am KM-S	9:30am JB -S		
5	6	7	8	9	10	11
LABOR DAY	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		
Mac open 7am-7pm						
12	13	14	15	16	17	18
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		
19	20	21	22	23	24	25
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		
26	27	28	29	30		
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		
Coaches		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	September 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
CF	Cobo Fajardo	September 7th 1 min Push up and 1 min plank			Metabolic (Energy) Circuits- EC	
KM	Kyla McCulley	September 14th 1 min Burpee and 1 min plank			Strength - S	
		September 21st 1 min Knee Grab and 1 min MB Slam				
		September 28th 75 rep challenge				