



# TRAINING FOR WARRIORS

January 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	31	Jan..1st, 2025	2	3	4	5
	 MAC Cpen 7am-7pm	 MAC Open 12pm-8pm	No 6am class	6:00am JB -S		
			9:30am LEX - EC	9:30am JB -S		
6	7	8	8	10	11	12
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		
13	14	15	16	17	18	19
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		
20	21	22	23	24	25	26
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		
27	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	9:30am JB -S		
		<b>Warrior Challenges (C.O.T.D)</b>			<b>Warrior Sessions Key</b>	
<b>JB</b>	Jeff Biehl	January 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
<b>COBO</b>	Jacobo Fajardo	January 8th	1 min Push up & 1 min Sit up		Metabolic (Energy) Circuits- EC	
<b>LEX</b>	Alexia Hahn	January 15th	1 min Chin UP or TRX Body Row		Strength - S	
		January 22nd	1 minutue Sit OUT		Warrior Restore - WR	
		January 29th	75 REP Challenge			