

6/14/2021 – 6/18/2021

Warm up

2 rounds of 200 meter jog
10 pushups to downward dog
10 lunges elbow to the floor.

Cool down

3 rounds
10 dead bugs
5 scorpion stretch (each side)
0:30 bottom of the squat hold

6/14/2021

Bodyweight only

5 rounds for time of
10 burpees
25 foot walking lunges
10 sit ups
25 foot walking lunges

MJC weight room

5 rounds for time of
10 burpee pull ups
25 weighted walking lunges
10 GHD sit ups
25 foot weighted walking lunges

6/15/2021

Bodyweight only

8 sets of

400 meter sprint rest as needed between sets

MJC weight room

3 rounds of

800 meter run

21 Kettlebell swings

6/16/2021

Bodyweight only

AMRAP 15 of

10 push ups

15 sit ups

20 chair step ups

MJC weight room

AMRAP 15 of

10 dumbbell bench press

15 toes to bar

20 box jumps

Rest then

3 sets of max reps weighted strict pull ups (rest as needed between sets)

6/17/2021

Bodyweight and MJC weight room

Rest day or YOGA your choice.

6/18/2021

Bodyweight only

For time

21-15-9 reps of Burpees

Run 400 meters before each set

6/18/2021

MJC weight room

For time

21-15-9 reps of overhead squats

Run 400 meters before each set.

Rest then

10 minutes to find one rep max split jerk.