

MEMORIAL DAY CHALLENGE 2024

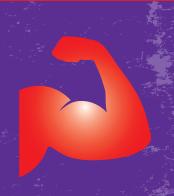


FULL WARRIOR CHALLENGE

(with a 20lb weighted vest)



1 mile run
100 pull-ups
200 push-ups
300 body weight squats
1 mile run





MODIFICATIONS

Modifications to the challenge can be as follows:

or

1/4 mile run

25 pull-ups (3 sets)

50 push-ups (3 sets)

75 squats
(3 sets)

½ mile run

25 pull-ups (1 set)

50 push-ups (1 set)

> 75 squats (1 set)

1/4 mile run

PULL UPS:

- Row machine or dead rows with a bar
- Assisted pull ups with the counter weight
- Pull up on the cable machine
- Use a band looped on the pull up area in the center of the cable machine

PUSH UPS:

chest presses

SOUATS:

• leg lifts

TRAINING SCHEDULE

4 WEEKS • 3 DAYS A WEEK

WEEK 1

DAY 1 (4 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 2 (4 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 3 (4 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

WEEK 3

DAY 1 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 2 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 3 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

WEEK 2

DAY 1 (6 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 2 (6 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 3 (6 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

WEEK 4

DAY 1 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 2 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 3 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats