



# 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:

- ¼ mile run
- 25 pull-ups (3 sets)
- 50 push-ups (3 sets)
- 75 squats (3 sets)
- ½ mile run

or

- 25 pull-ups (1 set)
- 50 push-ups (1 set)
- 75 squats (1 set)
- ¼ mile run

or

### 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

### SQUATS:

- leg lifts

# TRAINING SCHEDULE

4 WEEKS • 3 DAYS A WEEK



## WEEK 1

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### 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

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### 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

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### 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

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### 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