



MEMORIAL DAY CHALLENGE 2025



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

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