

HURRICANE WEEK

HURRICANE CATEGORY 1

SPRINTS WILL BE REPEATED IF NOT PERFORMED AT 100%

- 1) Sprint 20 Yards: 3x
- 2) Knee Raise Planks: 20 Seconds
- 3) Single Leg Burpees: 20 Seconds Each Side
- 4) Sprint 20 Yards: 3x
- 5) Plate Push Press: 20 Seconds
- 6) Plate Center Rows: 20 Seconds
- 7) Sprint 20 Yards: 3x
- 8) Rolling T's: 20 Seconds
- 9) Trunk Twist: 20 Seconds
- 10) Sprint 20 Yards: 3x
- 11) Lying Leg Raise + Hip Lift: 20 Seconds
- 12) Ground Touch Jumps: 20 Seconds
- 13) Sprint 20 Yards: 3x
- 14) Plank/Squat Hold/ Front Leaning Rest Hold: 3 Minute Mix
- 15) Sprint: 1:00

HURRICANE CATEGORY 1 COMPLETE!

HURRICANCE CATEGORY 2

SETS WILL BE REPEATED IF NOT PERFORMED AT 100%

- 1) Plate Push: 2x20 Yards
- 2) DB Floor Press: 30 Seconds
- 3) Med Ball Chest Pass and Catch: 30 Seconds
- 4) Plate Push: 2x20 Yards
- 5) DB Uppercut: 30 Seconds
- 6) DB Protract-Retract Rows: 30 Seconds
- 7) Plate Push: 2x20 Yards
- 8) DB Hang High Pull: 30 Seconds
- 9) DB Arnold Press: 30 Seconds
- 10) Plate Push: 2x20 Yards
- 11) Sit up and Plate Push: 1:00
- 12) Australian Pull-up Parade: 5:00
- 13) Plate Push: 2x20 Yards
- 14) Overhead Carry Matrix (Regular, Neutral, Front Rack, 1 Arm, 1 Up/1 Down): 4:00 Mix
- 15) 25 Reverse OH Med Ball Throws

HURRICANE CATEGORY 2 COMPLETE

HURRICANE CATEGORY 3

SETS WILL BE REPEATED IF NOT PERFORMED AT 100%

- 1) Sled Push Relay: 1 x 20 Yards, Each Person
- 2) Body weight Squat: 20
- 3) Walking Lunge: 2 x 20 Yards
- 4) Sled Push: 1 x 20 Yards, Each Person
- 5) Goblet Squat: 15 Reps
- 6) Reverse Lunges: 2 x 20 Yards
- 7) Sled Push: 1 x 20 Yards, Each Person
- 8) Barbell Squat: 10 Reps
- 9) Step-ups: 15 Each Side
- 10) Sled Drag Relay: 2 x 20 Yards, Each Person
- 11) Front Squat: 10 Reps
- 12) California Split Squat: 15 Reps Each Side
- 13) Sled Drag Relay: 2 x 20 Yards, Each Person
- 14) Body weight Squat Jumps: 20 Reps
- 15) Sprint Matrix: Sprint, Backpedal, Lateral Shuffle L, Lateral Shuffle R for 4:00
- 16) Crawls: Dragon Walk, Bear Crawl, Leopard Crawl for 3:00
- 17) Kettlebell Swing Ladder: 5-10-15-20-25-30-25-20-15-10-5

HURRICANE CATEGORY 3 COMPLETE