



# HONOR CHALLENGE PREP PROGRAM

No Equipment

## WEEK 1-2

### Day 1

20-min EMOM

1. 10 Jump Squats
2. 10 Push-Ups
3. 10 Reverse Lunges (each leg)
4. 8 Burpees
5. Rest / 45s Plank Hold

### Day 2

24-min EMOM  
alternate every minute

#### Odd Minutes:

200m run (or high knee jog in place)

#### Even Minutes:

Min 2: 15 air squats + 5 pushups

Min 4: 8 Burpees

Min 6: 20 mountain Climbers (each leg)

Repeat

### Day 3

Every 90 seconds x 6 rounds (27 mins)

- 10 Glute bridges
- 10 Supermans
- 10 Jump Lunges (5/leg)
- 20s Hollow Hold

## WEEK 3-4

### Day 1

25-min EMOM

1. 8 Burpees
2. 12 Walking Lunges (6/leg)
3. 10 Push-Ups + 10 Squats
4. 20s Wall Sit + 20s Plank
5. 15 Jumping Jacks + 10 High Knees
6. Rest

### Day 2

30-min EMOM

1. 30s Bear Crawl Forward & Backward
2. 30s Wall Sit Marches
3. 10 Broad Jumps + Jog Back
4. 200m Run or 1 min of shuttle runs
5. 20 Jumping Jacks
6. 20 Walking Lunges
7. Repeat x5

### Day 3

30-min alternating EMOM

#### Odd Minutes:

6 Burpee Broad jumps

#### Even Minutes:

15 V-Ups + 30s Side Plank (alternate sides each round)

## WEEK 5-6

### Day 1

30-min EMOM

1. 200m Run
2. 10 Burpees
3. 15 Jump Squats
4. 20 Walking Lunges
5. 20 Mountain Climbers
6. 1 min Wall Sit
7. 10 Push-Ups + 10 Sit-Ups
8. Bear Crawl 30s
9. 30 Jumping Jacks
10. Rest
11. Repeat 2x

### Day 2

Every 2 mins x 6 rounds (24 min)  
Complete each round as fast as possible, rest for remainder of 2 mins:

- 12 Burpees
  - 15 Air Squats
  - 20 Mountain Climbers (each leg)
- Track how long it takes each round.

### Day 3

20-min EMOM

1. 8 Burpees (smooth pace)
2. 12 Air Squats
3. 200m Jog or High Knees
4. 30s Wall Sit
5. Rest



brought to you by  
beyond the call

[www.beyondthecallwfd.com](http://www.beyondthecallwfd.com)

| [www.911honorchallenge.com](http://www.911honorchallenge.com)