



HONOR CHALLENGE PREP PROGRAM

With Equipment

WEEK 1-2

Day 1

20-min EMOM

Rotate every minute

1. 12 Wall Balls (20/14 lb)
2. 10 Burpee Broad Jumps (6-8 ft each)
3. 250m Row
4. 12 Alt. DB Walking Lunges (2x25/15 lb)
5. Rest or mobility (optional plank hold 45 sec)

Day 2

24-min EMOM

alternate every minute

Odd Minutes:

300m Run (or .2 mi treadmill)

Even Minutes:

Min 1: 10 Air Squats + 10 Push-Ups
Min 3: 10 Box Step-Overs (2x DBs)
Min 5: 10 Sit-ups + 10 Mountain Climbers (ea leg)
(Repeat this 3x)

Day 3

Every 90 seconds x 6 rounds (27 mins)

- 10 Cal SkiErg or Assault Bike
- 8 Slam Balls (30/20 lb)
- 5 Burpee Broad Jumps

WEEK 3-4

Day 1

25-min EMOM

1. 10 Wall Balls
2. 12 Alternating Lunges with Med Ball (hold overhead)
3. 12/10 Cal Row
4. 10 Burpee Broad Jumps
5. 10 Slam Balls (heavy)
6. 45-sec Plank
7. Rest (Active jog in place)

Day 2

30-min EMOM

1. Min 1: 20m Heavy Sled Push
2. Min 2: 20m Heavy Sled Pull
3. Min 3: 10 Air Squats + 10 Push-ups
4. Min 4: 250m Run
5. Min 5: Rest
6. Repeat 6x

Day 3

30-min alternating EMOM

Odd Minutes:

12 Cal SkiErg or Row

Even Minutes:

10 Wall Balls + 10 Sit-Ups

WEEK 5-6

Day 1

30-min EMOM

1. 250m Run
2. 10 Wall Balls
3. 10 Burpee Broad Jumps
4. 10 Cal SkiErg
5. 12 DB Alt. Lunges
6. 250m Row
7. 10 Push-ups + 10 Air Squats
8. 20m Sled Push
9. 20m Sled Pull
10. Rest
11. 2 Rounds

Day 2

Every 2 mins x 6 rounds (24 min)

- 10 Cal Bike
- 10 Slam Balls
- 10 Wall Balls
- Max burpees in remaining time

Day 3

20-min EMOM

1. 10 Wall Balls
2. 200m Easy Jog
3. 8 Cal Row
4. 8 Burpee Broad Jumps
5. Rest



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