

# FITNESS WRESTLING ACADEMY

## WORKOUT OF THE DAY **11**

Example exercises are listed on the other graphic.

**2 MIN STEP - REPEAT 4-5 X**

**2 MIN BODY WEIGHT - REPEAT 4-5 X**

**10 MIN STRETCH (MANDATORY)**

# FITNESS WRESTLING ACADEMY

Step

**FORWARD HOPS** | **LATERAL HOPS** | **SCISSORS**

**DOUBLE STEP** | **JUMP OVERS** | **STEP OVERS**

**JUMPING JACKS**

Body Weight

**HIGH KNEES** | **HIGH HEELS** | **JUMPING JACKS**

**AIR SQUATS** | **LUNGES** | **FAST FEET**

**STANCE & MOTION** | **JUMP ROPE**