

FITNESS WRESTLING ACADEMY

WORKOUT OF THE DAY **13**

Ages 12 & under: 20 - 15 - 10 reps

Ages 13+: 10 - 8 - 6 reps

BENCH & PUSH-UPS | **25 OBLIQUE V-UPS**

SKULL CRUSHERS & CHAIR DIPS | **50 SANDBAG SIT-UPS**

25 BAR/MASON TWIST | **SQUAT OR CALF RAISE**

STRAIGHT LEG DEAD LIFT TO HANG CLEAN | **50 SIT-UPS**