

WRESTLING ACADEMY

WORKOUT OF THE DAY **20**

BW = Body Weight

ES = Each Side

BENCH PRESS (75% BW) | BOX JUMPS (2-3 FT. HIGH)

MASON TWISTS (ES) | SHOULDER PRESS (1/3 BW)

JUMP LUNGES (20 ES) | SIT-UPS

UPRIGHT ROW (1/3 BW) | FLUTTER KICKS (4 COUNT)

STRAIGHT LEG DEADLIFT (1/2 BW)

SKULL CRUSHERS (1/4 BW)