

FIT WRESTLING ACADEMY

WORKOUT OF THE DAY **17**

2 - 10 MIN EMOM WORKOUTS

Every Minute On the Minute, at the top of every minute complete:

3 REPS

6 REPS

9 REPS

Choose 3 different exercises, starting with the most challenging for 3 reps, another for 6 reps, and the last for 9 reps.