

# FITNESS WRESTLING ACADEMY

## WORKOUT OF THE DAY 10

10 - 15 reps per exercise, repeat as many times as possible in 5 - 7 min.

Set 1  
5 - 7min

**CURLS** | **UPRIGHT ROW** | **SKULL CRUSHERS**

Set 2  
5 - 7min

**SQUAT TO CALF RAISE** | **LUNGES**  
**STRAIGHT LEG DEADLIFT**

Set 3  
5 - 7min

**MASON OR BAR TWIST** | **LEG PUSH DOWNS**  
**SIT-UPS - WEIGHTED OR REGULAR**