

WRESTLING ACADEMY

WORKOUT OF THE DAY 14

5 - 7 minute stations, 15 reps (1 - 2 minute break)

- 1 **PUSH-UPS** | **SIT-UPS** | **JUMP LUNGES**
- 2 **CURLS** | **MASON TWIST** | **BURPEES**
- 3 **5 - 15 PULL-UPS** | **LEG PUSH DOWNS**
WEIGHTED SQUATS
- 4 **SKULL CRUSHERS** | **TOE TOUCHES** | **MOUNTAIN JUMPS**