

FITNESS WRESTLING ACADEMY

WORKOUT OF THE DAY 9

Max Rep Day. All exercises must have perfect form; all the way down; all the way up! **2 minute break between each set.**

3 SETS PULL-UPS OR STRAIGHT ARM HANG

2 SETS PUSH-UPS

AS MANY SIT-UPS AS POSSIBLE IN 5 MINUTES

Add up total #s or total time for straight arm hang and comment.