

FITNESS WRESTLING ACADEMY

WORKOUT OF THE DAY 19

Exercises must have perfect form; all the way down; all the way up!
2 minute break between sets. Add up total #s and comment.

3 SETS PULL-UPS OR STRAIGHT ARM HANG

2 SETS PUSH-UPS

AS MANY SIT-UPS AS POSSIBLE IN 5 MINUTES

Records to beat: **57 Pull-ups, 110 Push-ups, 180 Sit-ups**