

# FITNESS WRESTLING ACADEMY

## WORKOUT OF THE DAY **4**

Pick one of the following exercises  
and do for 2 min (repept 6 - 10x)

**FOOT DRILLS** | **BOX JUMPS**

**ROCK LIFTS** | **STANCE AND MOTION**

Optional (Require Equipment)

**HACKEY SACK** | **JUMP ROPE**