

Home Workout #2

Basic			Challenge	
<u>Description</u>	<u>Reps/Time</u>		<u>Description</u>	<u>Reps/Time</u>
Push Ups	10		Push Ups	25
Plank	30 sec		Plank	1 min
Push Ups	10		Push Ups	25
Left Side Plank	30 sec		Left Side Plank	1 min
Push Ups	10		Push Ups	25
Right Side Plank	30 sec		Right Side Plank	1 min
REPEAT 3 TIMES			REPEAT 5 TIMES	

<https://youtu.be/i9sTjhN4Z3M> - hand release push up

<https://youtu.be/AvC7OyOny4I> - push up & planks

Wrestling Video of the Day

<https://youtu.be/JUDp9CzZj54> - Burroughs v. Martinez, 1 of 3, Final X Lincoln Freestyle match from last summer

Technique Video of the Day

https://youtu.be/UgT6ouO6_Uc - downblock

Fun Video of the Day

<https://youtu.be/zKQ6KtkxfqY>