

Home Workout #13

Basic			Challenge	
Description	Reps/Time		Description	Reps/Time
Ball Stalk	1 minute		Ball Stalk	2 minute
Stand Ups	30 sec		Stand Ups	1 minute
Hand Release Push Ups	10		Hand Release Push Ups	30
Sit Out & Hip Heist	10		Sit Out & Hip Heist	30
Hand Release Push Ups	10		Hand Release Push Ups	30
Plank	30 sec		Plank	1 minute
Sit ups	10		Sit ups	30
V Ups	10		V Ups	30
REPEAT 3 TIMES			REPEAT 4 TIMES	

With the weather nicer today, try the outside challenge!

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

<https://youtu.be/jDwoBqPH0jk> - sit up

<https://youtu.be/w68NBjC4oa0> - V Ups

<https://youtu.be/bcShaqy6d3A> - ball stalk

Wrestling Video of the Day

<https://www.youtube.com/watch?v=4G33NzNk0FA> - Georgi Ivanov (Bulgaria) vs. Kiril Terziev (Bulgaria)

Technique Video of the Day

https://youtu.be/CipVMr617_4 - Arm Drag Snap Down Hybrid - Wrestling Move by Georgi Ivanov

Fun Video of the Day

<https://www.facebook.com/watch/?v=1120952168285228>

Outside Challenge

Try to do all 3, 3 times, I apologize in advance about the out of focus video!

<https://youtu.be/ADb17-Oc-l8> - Low touch 1 minute, 3 times

<https://youtu.be/zoyqqG2wafk> - Picking Flowers 1 minute, turn face opposite way 1 minute, 3 times

<https://youtu.be/TfXT017A638> - Bear Run 1 minute, 3 times works best if you can find a slight hill!