

Home Workout #29

Before you start today, set a goal for the week and start thinking of a goal for the month of May. You can use a [goal sheet](#) to help you. After you have your goal start the workout.

Wrestling Warm Up - Do these three times then on to the drills

Basic			Challenge	
Description	Reps/Time		Description	Reps/Time
Ball Stalk	30 sec		Ball Stalk	1 Min
Scramble Drill	30 Sec		Scramble Drill	1 Min
Stance & Motion	30 sec		Stance & Motion	1 Min
Stand Ups	30 Sec		Stand Ups	1 Min

https://youtu.be/ZMdmVkg_QAc - scramble drill

Drills - do these twice then end with the HIIT workout

Basic			Challenge	
Description	Reps/Time		Description	Reps/Time
Hand Release Push Ups	10		Hand Release Push Ups	30
Plank	30 sec		Plank	1 min
V Ups	10		V Ups	30
Pike Leg Lifts	10		Hand Release Push Ups	30
Left Side Plank	30 sec		Plank	1 min
Sit ups	10		Sit ups	30
Diamond Push Ups	10		Hand Release Push Ups	30
Right Side Plank	30 sec		Plank	1 min

<https://youtu.be/sBhQxMfpuJU> - pike leg lift

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

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

Wrestling Video of the Day

<https://youtu.be/k7TKTrU80K4> - SFU Women's Wrestling vs. GHC

Technique Video of the Day

<https://youtu.be/iYFF5GFPufU> - Fireman's Carry Head To Chest by Georgi Ivanov

Fun Video of the Day

<https://youtu.be/nC4NeFukpns>