

Home Workout #36

Another day of push ups! Don't forget your goals!

Wrestling Warm Up - Repeat 3 times

Basic			Challenge	
Description	Reps/Time		Description	Reps/Time
Stand Ups	10		Stand Ups	30
Ball Stalk	30 sec		Ball Stalk	1 min
Stance & Motion	30 sec		Stance & Motion	1 min

Push up workout - Repeat 3 times

Basic				Challenge		
Description	Reps	Video Time		Description	Reps	Video Time
Regular	15	1:42		Regular	20	1:42
Explosive Knee	10	7:26		Explosive	15	7:18
Diamond Face	10	6:02		Single Leg	20	6:39
Spiderman	10	7:57		Archer	15	1:55
Explosive	10	7:18		Switching	20	6:22
Regular	15	1:42		Regular	20	1:42
Switching	10	6:22		One Arm	15	4:25
Single Leg	20	6:39		Diamond Face	20	6:02
Side to side	10	6:30		Dive Bomber	15	8:28
Regular	15	1:42		Clapping	15	3:36

https://youtu.be/FU_5LPjtjus - 50 different push ups

Wrestling Videos of the Day

<https://youtu.be/RoxUrIfsPog> - Burroughs Wins Men's Wrestling Freestyle 74kg Gold - London 2012 Olympics

Technique Video of the Day

<https://youtu.be/WFGBJJtsSBc> - Misdirection Single

Fun Video of the Day

<https://youtu.be/Mg2X8W2xBn8>