

Home Workout #35

Another day of push ups!

Wrestling Warm Up - Do these 3 times

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

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

Push up workout - Do these 4 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
Spiderman	10	7:57		Single Leg	20	6:39
Regular	15	1:42		Archer	15	1:55
Explosive	10	7:18		Switching	20	6:22
Switching	10	6:22		Regular	20	1:42
Regular	15	1:42		One Arm	15	4:25
Diamond Face	10	6:02		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/x1ACS64MslI> - 10 Greatest NCAA Wrestling Title Matches

Technique Video of the Day

<https://youtu.be/-a7PHUxMH4s> - Beat the Shin Whizzer with an Inside Shelf

Fun Video of the Day

<https://youtu.be/68ORjuHT1og>