

Home Workout #20

So today is one of our push up days this week, the work out starts with a wrestling warm up and then onto push ups. If you are not sure what the different push ups are, watch the push up video it will demonstrate. The number under video time, is the time where the type of push up is demonstrated. Try to complete all of the push ups, even though you might really struggle with some of them. The goal is to work your arm muscles in different ways to develop all around strength and balance with your arms and upper body.

Wrestling Warm Up - Repeat 3 times

Basic			Challenge	
Description	Reps/Time		Description	Reps/Time
Stand Ups	10		Stand Ups	30
Sit Our Hip Heist	10		Sit Our Hip Heist	30
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
Single Leg	10	6:39		Switching	20	6:22
Regular	15	1:42		Archer	15	1:55
Explosive	10	7:18		Incline	20	2:15
Spiderman	10	7:57		Regular	20	1:42
Regular	15	1:42		Tiger Bend	15	3:02
Diamond Face	10	6:02		Diamond Face	20	6:02
Switching	10	6:22		Single Leg	20	6:39
Regular	15	1:42		Clapping	15	3:36

https://youtu.be/FU_5LPjtjus - 50 different push ups - WE WILL GET BETTER AT PUSH UPS!!!

Wrestling Video of the Day

<https://youtu.be/oVT3-wbL8HU> - Rulon Gardner (USA) vs Aleksandr Karelin (RUS)

Technique Video of the Day

<https://youtu.be/PJTxi-7P-fE> - Jordan Burroughs technique changing levels to set up

Fun Video of the Day

<https://youtu.be/i8KXTMGphFo>