

Home Workout #28

Today is a good mix and a great way to end the week! I hope you all have been mentally focusing on your goals.

Stretches do these twice then do the wrestling warm up

Description	Reps	Video of Exercise
Groin Rock Backs	10 R/L	https://youtu.be/t85pXJxlvFo
Forearm Rock Backs	10	https://youtu.be/MQi4uQ1Oa_Q
Table Top Stretch	10	https://youtu.be/L7ZxpEI3VI4
Floor Chest Stretch	10 R/L	https://youtu.be/zr6VOwfdIRk
Stomach Reptile Slides	10 R/L	https://www.youtube.com/watch?v=IQ5w41T88sM
Reverse Table Walks	1 min	https://youtu.be/00dwiGXPz80
Lunge to Overhead Reach	10 R/L	https://youtu.be/6X7E7NlppoU
Cube Hops	1 min	https://youtu.be/l83LdINKOmU

Wrestling Warm Up - Do these twice 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

Hand Release Push Ups	10		Hand Release Push Ups	30
Plank	30 sec		Plank	1 min
Sit ups	10		Sit ups	30
Hand Release Push Ups	10		Hand Release Push Ups	30
Plank	30 sec		Plank	1 min
Dead Bugs	30 sec		Dead Bugs	1 min

Dead Bugs - https://www.youtube.com/watch?v=y4WGoxalYQ0&list=PLJmxEc1D_McOrcnC5PUN6q34lujhK8dfK&index=10&t=0s

Everyone does this 10 min HIIT Workout

https://youtu.be/_vEgwLEFJXU - 10 MIN HOME HIIT WORKOUT

Wrestling Video of the Day

<https://youtu.be/oRblbh-8JfE> - 77 Kg Final 2020 European Greco Finals

Technique Video of the Day

<https://youtu.be/sw215ERFgRE> - Tilt series

Fun Video of the Day

<https://youtu.be/4MHn9Q5NtdY>