

Home Workout #3

This workout is focused on flexibility, you do not need weights, if you want to use something you can use a can of food for slight resistance. Also instead of mats you can use a couch, chair, bed or cushions to help you with some of the stretches.

Description	Reps/ Time	Video of Exercise
<i>Timed Stretches - do this group 3 times then move to next group</i>		
Undergrip Stick Stretch	30 sec	https://youtu.be/13O-8qFSP78
Table Top Stretch	30 sec	https://youtu.be/L7ZxpEI3VI4
True Quad Stretch	30 sec	https://youtu.be/yzC0yr5fFFs
Groin Rock Backs	30 sec	https://youtu.be/t85pXJxlvFo
Dead Bugs	30 sec	https://www.youtube.com/watch?v=y4WGoxaIYO0&list=PLJmxEc1D_McOrcnC5PUN6q34laihK8dfK&index=10&t=0s
Ball Stalk	1 min	https://youtu.be/bcSha9y6d3A
<i>Repetition Stretches - do this group 3 times for basic 5 times for challenge</i>		
Leg Lowers	10 R/L	https://www.youtube.com/watch?v=YIsIRuxOrHM
Stomach Reptile Slides	10 R/L	https://www.youtube.com/watch?v=IQ5w41T88sM
Single Leg Hip Lift	10 R/L	https://youtu.be/13Nybh-aLjA
Split Squat	10 R/L	https://www.youtube.com/watch?v=1C2f6z0q3ik
Weight Plank Drag Throughs	20 total	https://www.youtube.com/watch?v=25AOMReTspQ

Wrestling Video of the Day

<https://youtu.be/vNS36avyI5E> - Spencer Lee vs Nick Piccininni February 2020

Technique Video of the Day

<https://youtu.be/rTbNIHfesrs> - Georgi Ivanov - 2 on 1 video

Fun Video of the Day

<https://youtu.be/YoB8t0B4jx4>