

School Closure workout!

	Daily Activities (Note: This is on top of workout)	Strength/specific	Cardio
Monday 3/16/2020	8,000+ Walking Steps 15 Minutes Stretching	100 Push-ups 50 Pull-ups	500 sit-ups 1 mile run
Tuesday 3/17/2020	8,000+ Walking Steps Re-Write your goals on goal packet online	2 X 50 Lunges 3 1-minute planks	500 Squats 5 sets RB Heart rate warm-up
Wednesday 3/18/2020	8,000+ Walking Steps 15 Minutes Stretching	Lift heavy things	SPEED CLEANING
Thursday 3/19/2020	8,000+ Walking Steps Watch 3 matches on Flo or you tube	100 Push-ups 50 Pull-ups	500 sit-ups 15 Interval Sprints
Friday 3/20/2020	8,000+ Walking Steps 15 Minutes Stretching	2 X 50 Lunges 3 1-minute planks	500 Squats 20 Minutes of stance work
Saturday 3/21/2020	8,000+ Walking Steps Family Educate and quality time	Lift heavy things	1 mile run
Sunday 3/22/2020	8,000+ Walking Steps 15 Minutes Stretching	100 Push-ups 50 Pull-ups	500 sit-ups 5 sets RB Heart rate warm-up
Monday 3/23/2020	8,000+ Walking Steps Watch 3 technique videos	2 X 50 Lunges 3 1-minute planks	500 Squats SPEED CLEANING
Tuesday 3/24/2020	8,000+ Walking Steps 15 Minutes Stretching	Lift heavy things	15 Interval Sprints
Wednesday 3/25/2020	8,000+ Walking Steps Oragnize everything unorganized	125 Push-ups 60 Pull-ups	550 sit-ups 20 Minutes of stance work
Thursday 3/26/2020	8,000+ Walking Steps 15 Minutes Stretching	2 X 75 Lunges 4 1-minute planks	550 Squats 1 mile run
Friday 3/27/2020	8,000+ Walking Steps Watch 4 of your matches from this season	Lift heavy things	5 sets RB Heart rate warm-up
Saturday 3/28/2020	8,000+ Walking Steps 15 Minutes Stretching	125 Push-ups 60 Pull-ups	550 sit-ups SPEED CLEANING
Sunday 3/29/2020	8,000+ Walking Steps Write a paragraph on the kind of wrestler you want to be known as	2 X 75 Lunges 4 1-minute planks	550 Squats 15 Interval Sprints
Monday 3/30/2020	8,000+ Walking Steps 15 Minutes Stretching	Lift heavy things	20 Minutes of stance work
Tuesday 3/31/2020	8,000+ Walking Steps Watch 3 matches on Flo or you tube	125 Push-ups 60 Pull-ups	550 sit-ups 1 mile run
Wednesday 4/1/2020	8,000+ Walking Steps 15 Minutes Stretching	2 X 75 Lunges 4 1-minute planks	550 Squats 5 sets RB Heart rate warm-up
Thursday 4/2/2020	8,000+ Walking Steps Letter of Gratitude	Lift heavy things	SPEED CLEANING
Friday 4/3/2020	8,000+ Walking Steps 15 Minutes Stretching	125 Push-ups 60 Pull-ups	550 sit-ups 15 Interval Sprints
Saturday 4/4/2020	8,000+ Walking Steps Great teammate	2 X 75 Lunges 4 1-minute planks	550 Squats 20 Minutes of stance work
Sunday 4/5/2020	8,000+ Walking Steps 15 Minutes Stretching	REST	1 mile run

Notes:

- 8000 + Steps**
- 15 Min Stretching**
- Re-write Goals**
- 3 tech. videos**
- 4 of your matches**
- Paragraph**
- Family ED and QT**
- Oragnize**
- Letter**
- Great teammate**
- 1 Mile Run**
- Speed Cleaning**
- RB HR warm-up**
- Sprints**
- Stance work**
- 100+ Push-ups**
- 50+ pull-ups**
- 500+ Sit-ups**
- 2 X 50+ Lunges**
- Planks**
- 500+ Squats**
- Lift heavy things**

Goal is to walk over 8000 steps per day. Keep track of this on your phone. (Does not include workouts i.e mile run)
 Stretch and hold stretches for 20 second per stretch (Should break a sweat and should be warmed up before)
 The goal packet is online at www.rbwrestling.org Re-visit this and finish or re look at and write down goals
 There are a lot of resources online. Fine 3 technique videos and analyze them to a T. So you can teach them to the team
 Watch 4 of your matches if you can find them (IF not someone elses) Analyze what went well and what are areas of growth
 Write a paragraph on what type of wrestler you want to be known for and why? How will you be remembered? (Take this seriously)
 Take time to spend time with your family and explain to them why you like wrestling or how they can help you. Make it quality time!
 Take time to organize things that ,ay get in the way of you doing all you need todo. (I.e Bedroom, Closet, desk, Car, Backpack, Bathroom. Dresser etc..)
 Write a letter to a person who admire or look upto. Let them know why you look upto them and thanlk them
 Write down what you think a great teammate is in wrestling. Are you this and how can you be better at this. Then share with a teammate
 Run a mile in as fast as you can. Goal is to beat that mile every time
 You will clean the items of your parents choice for 1 hour straight (No breaks) (Can be yard work, wash car, etc)
 The warm-up we do pre-match. 5 sets in a row! (Foot fire, Burpee, Squat jump, split jump, Push-up, Crunch all 25 reps)
 Interval sprints for 60-80 Yards with a recovery. Street work!
 20 Minutes. Every time you leave your stance the clock is stopped and 5 seconds added on. Be honest with yourself.
 Complete 100 push-ups. Take as many sets as needed. But, keep track of time and sets it took to complete
 Complete 50 Pull-ups. Take as many sets as needed. But, keep track of time and sets it took to complete
 Complete 500 sit-ups. Take as many sets as needed. But, keep track of time and sets it took to complete
 Walking lunges equaling a total of 100. Take breaks but complete them all!
 Hold the plan the entire time
 Complete 500 Body Weight Squats. Take as many sets as needed. But, keep track of time and sets it took to complete
 At your home find something heave and lift it repeatably. (Good form always) This can be helping your parents re-arrange, boulders, etc

