**Nov 21st Morning practice**

10 minutes

Each round, you increase 1 rep.

 Push up

 Jack push up

 V push up

 Ball push up

 Spider man push up

 Lap run

**Nov 22nd 4th period**

50 reps each of

 Deadlift

 Push press

 Bench press

 Squats

 Pull ups

 Toes 2 bar

 Dumbbell row

 Back rack lunges

**Nov 28th Morning Practice**

15 minutes partner workout

 1 partner works, other partner holds a position.. switch whenever

150 overhead squats – plank hold

150 kb (plate) swings – wall sit

150 push press - handstand hold

**Dec 6 Morning Practice**

\* Last dry land\*

Fun relays