**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