**Oct 31st Morning Practice**

4 min as many times as possible

Partner A (plank Hold)

Partner B (10 sit ups, 31 squats)

Switch after 4 minutes

4 min as many times as possible

Partner A (wall sit or squat hold)

Partner B (10 push ups, 31 lunges)

Switch after 4 minutes

**Nov 1st 4th period**

3 min of work, 2 min rest

30 squats (95/65 lbs) 30 push press (75/45 lbs) 30 bench press (95/65)

Push ups sit ups pull ups

**Nov 7th 4th period**

Frisbee

**Nov 8th Morning Practice**

4 stations, switch stations every minute

Push ups

Sit ups

Squats

Rest

\*minute 1 = 1 rep, minute 2 = 2 reps, minute 3 = 3 reps, etc. to 30 minutes\*

**Nov 14th 4th Period**

10 min cap of21-15-9

Thrusters

Pull ups

**Nov 17th morning practice**

Yoga