**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