**Practice Plan**

1. **Warm Up 5**

* light jog
* Stance
* Agilities

1. **Stretch 5**

* Necks
* Arms
* Shoulders
* Backs
* Legs

1. **Cardio 5**

* Burpees
* Mountain Climb
* Push Ups
* Situps
* Hit Its

1. **Instruction and Drilling –Bottom 30**

* Hand Control
* Change Over High Turn
* Change Over Back Out
* Change Over Peterson Roll
* Stand Up
* Switch
* Second Level Granby
* Leg Counters

1. **Round Robin Live Wrestling 30**
2. **Conditioning 20**

* Pushups
* Situps
* Plyometrics
* Sprints

1. **Talk 5**

* Weights
* Character
* Leadership
* Hygiene

1. **Weights 25**

* Bench
* Flys
* Curls
* Lateral Pulldowns
* Dips

1. **Interval Conditioning 20**

90-85-80-75-70-65-60-55-50-45

1. **Locker Room 30**

* Check Weight
* Hygiene
* Laundry

**Attendance**

* **Jared Beckett**
* **Jared Guest**
* **Justin Wanner**
* **Angel Torres**
* **Sean Moyer**
* **Danny Silverio**
* **Kenny Rosario**
* **Andrew Espinal**
* **Jake Hess**
* **Matt Snyder**
* **Blailin Baker**
* **Aaron Lightcap**
* **Ramon Perez**
* **Kyle Pogue**
* **Colton Moyer**
* **Diego Rodriguez**
* **James Sweitzer**
* **Dan Swope**
* **Diego Rodriguez**