

Jr. Wolverine
Workout
Monday 11/13/06

Introduction:
Rules/Intro- 5 minutes

All:
Run 7.5 minutes

Stretch 5 minutes
Ropes 5 minutes
Chin Ups 5 Minutes

Beginners:
Stance 10 minutes
Drop Step 10 minutes
Stance-into drop 5 minutes

Advanced:
Drilling 10 minutes
Escapes 7 minutes
Spiral 7 minutes

Talk –
On feet
On bottom
On Top
Points

All:
Double leg 10 minutes

Situation Wrestling:
Cross Face 5 minutes
Float back 5 minutes
Stand up 5 minutes

Takedowns 4 rounds (3.5 minutes each)

Escapes 2 rounds (3 minutes each)

Situation Wrestling Wizard 5 minutes
Sit out 5 minutes
On Leg 5 minutes

Sprints 5 minutes

93.5 minutes