

Lowell Wrestlers - We are going to start a workout challenge that will last 4 weeks. The wrestler that completes the most rounds will win a Lowell Wrestling prize. Here are the rules:

1. We are using the honors system so you have to be completely honest about your reps and workouts.
2. You will be expected to keep track of your workouts and reps and then send in your final numbers at the conclusion of the challenge.
3. Watch all of the videos of each exercise so you know how to do the correct workout. We have to be consistent if we are going to find a real winner.
4. Time: 30 Minutes
 - a. Each workout is 30 minutes in length
 - b. Progress from one workout to the next, when you finish the four workouts that is 1 round.
 - c. Complete as many rounds as you can in 30 minutes
 - d. No partial rounds will be counted. If you are at 5 rounds and you do not finish the 4th workout in that round you cannot count that round.
5. Start Date: May 6th
6. End Date: June 3rd
7. Send all questions and reps to lowellwrestlingclub@gmail.com

Workout 1 - Monday's

1. 10 - Pushups - Chest must touch the ground on every rep and you must fully extend your arms.
2. 20 - [V-Ups](#)
3. 10 - [Plank Press](#)
4. 10 - [Windshield Wiper](#)

Workout 2 - Wednesday's

1. 15 - [Jump Squats](#)
2. 10 - [Leg Raises](#)
3. 10 - [Jump Lunges](#)
4. 10 - [Straight Leg Sit Ups](#)

Workout 3 - Friday's

1. 10 - Burpee - Check touches the ground and you must jump off the ground
2. 10 - [Plank Body Saw](#)
3. 10 - [Donkey Kicks](#)
4. 20 - [Plank Jacks](#)