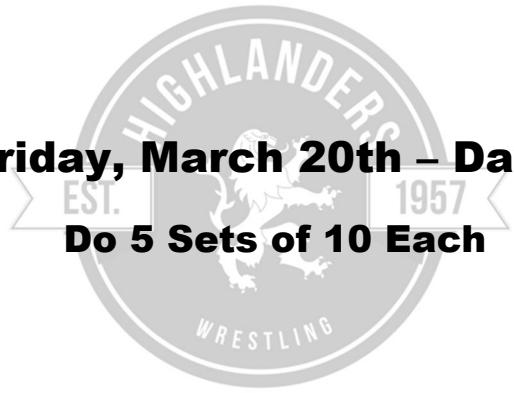


Friday, March 20th – Day 4
Do 5 Sets of 10 Each



1. Stand Ups (video demo)

<https://www.youtube.com/watch?v=b0AJnnYUh4A>



4. Knee Slide

<https://www.youtube.com/watch?v=2Q9E4v9IzLY>



2. Sprawls (video demo)

https://www.youtube.com/watch?v=i_oUCpGOWU&t=17s



5. Shadow Wrestling

(3 sets for 30 seconds)

https://www.youtube.com/watch?v=AdU9T_YIdUA



3. Hip Heist (video demo)

<https://www.youtube.com/watch?v=csQ9uDHSsmM>

