

12/30/13

Talk
-Staying Positive
-This Weekend

Warm up
-Standard

Quick Drills
-Bottom > Knee Slide
Neutral Drill
Spar

Technique

Near Wrist
Crossface
Block All Point

Live

Conditioning
-Lift
Dead Lift - 4 Sets of 4 (last two sets we close to 4 rep max, first two were used as a warm up)
Put half body weight on bar (heavy weights put 25-35 on each side of bar)
20 Seconds on 10 seconds off
Thruster – Upright Row – Push Press – Curl – Hang Clean (get as many reps as possible in 20 seconds.)
30 Pull- ups

Notes: