

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