

Each day you will receive 3 things:

1. The “**Word of the Day**,” which will determine your workout. Each letter will have a corresponding exercise (see below for more details).
2. “**Skill of the Day**,” which will usually be in the form of a Youtube Video.
3. At the beginning of the week you will receive a stickwork routine, which should be done EVERY DAY. The “challenge” will change weekly.

**Please make sure to warm-up for AT LEAST 5 minutes before each workout.**

- A- 20 mountain climbers (each leg)
- B- 30 bodyweight squats
- C- 20 Russian twists (each side)
- D- 10 tricep pushups (can be on yours knees)
- E- 15 half burpees
- F- 30 second plank
- G- 20 crunches
- H- 15 tricep dips
- I- 15 v-sit ups
- J- 20 pushups
- K- 20 bicycle crunches
- L- 15 curtsey lunges (each side)
- M- 20 sumo squats
- N- 1 minute bridge
- O- 20 jumping jacks
- P- 45 seconds high knees
- Q- 15 tricep dips
- R- 45 second wall sit
- S- 1 minute plank
- T- 15 plank hip dips (each side)
- U- 25 flutter kicks
- V- 15 burpees
- W- 30 second side plank (each side)
- X- 15 leg raises
- Y- 10 side lunges
- Z- 20 jump squats

**Stickwork for the Week (3/23)**

Reps	Exercise	Hand	Explanation
50	Strong Hand	Dominant	Dominant hand
50	Weak Hand	Non-dominant	Non-dominant hand
50	Switch Hands	R->L L->R	Change foot position
25	One Hand	Right	1/2 way down shaft
25	One Hand	Left	1/2 way down shaft
<b>Challenge</b>			
25	Switch Hands in Air	R->L	Throw R catch L
25	Switch Hands in Air	L->R	Throw L catch R
25	BTB Strong	Dominant	Behind the back
25	BTB Weak	Non-dominant	Behind the back
25	Weak Hand	Non-dominant	Non-dominant hand

Monday, March 23rd **“Word of the Day”**      Q-U-A-R-A-  
N-T-I-N-E                      Complete x2

Skill of the Day

Ground Balls: <https://www.youtube.com/watch?v=en1hmBw-3k>