

# New Oxford Wrestling

**“Think Big. Work Hard. Have a Dream.”**

**HOMEWORK FOR 12/23, 12/24, & 12/26.**

Perform each day

- **Run 2 miles, jump rope 30 min, ride a bike for 30min, or run in place 30min.**
- **100 Pushups-** set a goal 20-20-20-20-20 or 25-25-25-25.
- **200 crunches:** same as push ups
- **50 squats**
- **50 lunges**
- **50 Jumping Jacks**
- **50 Stand ups**
- **Electric Chair- 5 min**
- Have a Parent sign off that this has been completed.

X \_\_\_\_\_ Wrestler

X \_\_\_\_\_ Parent