



# Greco Roman Dummy Throw & Gymnastics Workout

1. Arm throw = 10-15 reps
2. Bridging over the back and crawl thru = 10 reps
3. Shoulder throw = 10-15 reps
4. Flip over on the mat = 10 reps
5. Hip lock = 10-15 reps
6. Jump from the knees to a squat = 10 reps
7. Headlock = 10-15 reps
8. Hand stand flip over on the dummy = 10 reps
9. Body lock = 10-15 reps
10. Jump from the knees to a squat with a 180 degree turn = 10 reps
11. Double under hook throw = 10-15 reps
12. Head stand flip on the dummy = 10 reps
13. Double under hook throw with dummy on the right side and throw over the left shoulder = 10-15 reps
14. Hand stand on the dummy = hold 2-3 seconds = 5-8 reps
15. Double under hook throw with dummy on the left side and throw over the right shoulder = 10-15 reps
16. Handstand walking on the wall = 3-5 feet