

INDIANS BASEBALL

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LAKE CENTRAL HIGH SCHOOL

8400 WICKER AVENUE, ST. JOHN, IN 46373

OBLIQUES

- Single-Arm Farmer's Carry
- Push-Up into T Rotation (hold 3 seconds)
- Bird Dog (hold 5-10 seconds)
- Push-up into Spiderman
- Cross Body Mountain Climber from Push-Up position