

NAME:

DATE:

HE WRESTLING-OFF SEASON WORKOUTS

DAY 1: WARM UP EXERCISE- 5-7 MINUTES

EXERCISE	WARM UP 10-12 REPS	SET 1 (10 REPS)	SET 2 (10-8 REPS)	SET 3 (8-6REPS)
Flat Bench	WT.	WT.	WT.	WT.
Squat	WT.	WT.	WT.	WT.
Bent Over Rows	WT.	WT.	WT.	WT.
DB SHOULDER PRESS	WT.	WT.	WT.	WT.
Leg Extension	WT.	WT.	WT.	WT.
OVERHEAD TRICEP PRESS W/ DB	WT.	WT.	WT.	WT.
ABS	(25)	(25)	(25)	(25)

DAY 2: WARM UP EXERCISE – 5-7 MINUTES

EXERCISE	WARM UP 10-12 REPS	SET 1 (10 REPS)	SET 2 (10-8 REPS)	SET 3 (8-6REPS)
PULL UPS				
LAT PULL DOWN	WT.	WT.	WT.	WT.
DEAD LIFTS (USE HEX BAR)	WT.	WT.	WT.	WT.
FRONT DB RAISES	WT.	WT.	WT.	WT.
Dips				
DB STAND CURLS	WT.	WT.	WT.	WT.
PUSH UPS	(25)	(25)elevate feet	(25)	(25)elevate feet

DAY 3:

WARM UP EXERCISE – 5-7 MINUTES

EXERCISE	WARM UP 10-12 REPS	SET 1 (10 REPS)	SET 2 (10-8 REPS)	SET 3 (8-6REPS)
DB INCLINE PRESS	WT.	WT.	WT.	WT.
SEATED ROW	WT.	WT.	WT.	WT.
STRAIGHT BAR CURL	WT.	WT.	WT.	WT.
SIDE DB RAISES	WT.	WT.	WT.	WT.
SEATED LEG PRESS	WT.	WT.	WT.	WT.
BACK EXTENSION	15	15	15	15
ABS	(25)	(25)	(25)	(25)

AB EXERCISES:

SUITCASES	WOOD CHOPS	OPP. ELBOW OPP. KNEE	V UPS	ROLL OUTS (USE BAR)
HANGING KNEE RAISES	ROMAN CHAIR LEG RAISES	PLANK (2 x 30 SECONDS)	FULL SIT UP	FLAT BENCH LEG RAISES

WARM UP EXERCISES:

WALK ON TREADMILL	STATIONARY BIKE	JUMP ROPE	2 LAPS AROUND TRACK	ELLIPTICAL
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- START WITH A 5-7 MINUTE WARM UP
- FOLLOW THE EXERCISES IN ORDER- START AT THE TOP IN WARM UP COLUMN. COMPLETE ALL EXERCISES AND GO BACK UP TO TOP OF SET 1. THEN 2, THEN 3.
- **** LOOK AT REPS FOR EACH SET****
 - **WARM UP-** USE A WEIGHT THAT YOU CAN CONTROL WITH MINIMAL EFFORT FOR 10-12 REPS- FOCUS ON FORM
 - **SET 1** USE A WEIGHT THAT YOU NEED 75-80% EFFORT TO ACHIEVE ALL REPS
 - **SET 2** INCREASE WEIGHT SLIGHTLY SO THAT AT 100% EFFORT YOU LAST 2-3 REPS ARE DIFFICULT TO ACHIEVE BUT STILL CAN
 - **SET 3** INCREASE WEIGHT SLIGHTLY SO THAT AGAIN AT 100% YOU ARE STRUGGLING TO GET 6-8 REPS BUT STILL GETTING.