

# HILLS EAST Wrestling

## OFF SEASON WORKOUTS

### Weight Room 101

Interested in learning more about the weight room? Want to know what exercises work best for wrestlers? Come to weight room 101 and learn your way around the weight room. Learn the terminology, correct technique, and improve your strength!

WEIGHT ROOM WILL BE ON THESE SELECT DATES/TIMES AT HIGH SCHOOL EAST WEIGHT ROOM

DATE	4/6	5/4	5/11	5/18	6/1
TIME	10:30AM - 12PM	10:30AM - 12PM	10:30AM - 12PM	10:30AM - 12PM	10:30AM - 12PM

\*\* check team homepage for 3 day workout plan- scroll to bottom on homepage\*\*

### Wrestling Spring Nights -TUESDAYS 6:00-7:30PM

We will be hosting workouts on select nights during the spring and summer months. These workouts are open to all HHH Wrestlers.

\*\* Additional night could be added based on attendance\*\*

#### DATES OF SPRING WORKOUTS ARE:

3/26, 4/2, 4/9 4/16, 4/30,

5/7, 5/14, 5/21, 5/28, 6/4, & 6/11

### Wrestling Summer Nights -TUESDAYS 6:00-7:30PM

#### DATES OF SUMMER WORKOUTS ARE:

7/2, 7/9, 7/16, 7/30, 8/6, 8/13, & 8/20

TNT TEAM CAMP - JULY 21ST - 24th @ Kutztown University  
MORE INFO - [WWW.HILLSEASTWRESTLINGTEAM.COM](http://WWW.HILLSEASTWRESTLINGTEAM.COM)