

Strength / Endurance**WRESTLING IN SEASON****DAY 1 FOR (171-285 WEIGHT CLASSES)**

SUPERSET ALL EXERCISES	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
DB BENCH PRESS	4	8	50% OF BODY WEIGHT	60 SEC	GOOD ASSISTED SPOT AT WRISTS
CALF RAISES	4	15	N/A	15 SEC	BREAK THE PLANE WITH YOUR HEEL
LEG EXTENSIONS	3	12	N/A	30 SEC	LOCK OUT AT TOP FOR A SPLIT SECOND
UPRIGHT ROW	3	10	N/A	30 SEC	HANDS SHOULD BE THUMBS WIDTH APART
HAMMER JAMMER	3	10,8,6	N/A	60 SEC	LOW STANCE, GOOD EXPLOSION
SEATED TRICEP PRES	3	12	N/A	30 SEC	BREAK 90 DEGREES EACH REP
CABLE CROSSOVERS	3	12	N/A	15 SEC	SLIGHT BEND IN ARMS, CONTROLLED MOVEMENTS
FULL RANGE CRUNCHES	3	33	N/A	15 SEC	FULL RANGE OF MOTION

DAY 1 FOR (140-160 WEIGHT CLASSES)

SUPERSET ALL EXERCISES	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
POWER CLEAN	4	10,9,8,7	65,60,55,50	60 SEC	GOOD ASSISTED SPOT
AB MACHINE	4	25	N/A	15 SEC	FINGERS ON YOUR TEMPLES
LEG CURLS	3	10	N/A	30 SEC	TOUCH BUTT AT TOP
MILITARY PRESS	3	10	N/A	30 SEC	HOLD AT TOP FOR A SPLIT SECOND
HAMMER CURLS	3	10	N/A	30 SEC	DO NOT SWING THE WEIGH
PULL OVERS	3	10	N/A	15 SEC	LOCK ELBOWS THROUGHOUT MOTION
DIPS	3	12	N/A	30 SEC	BREAK 90 DEGREES ON EACH REP
WIDE GRIP LAT PULL	3	12,10,8	N/A	60 SEC	SLIGHT LEAN BACKWARDS, TOUCH CHEST

DAY 1 FOR (103-135 WEIGHT CLASSES)

SUPERSET ALL EXERCISES	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
SPEED SQUATS	4	12	50	60 SEC	TOUCH BUTT TO BENCH
REV. PECK DECK	4	12	N/A	15 SEC	ELBOWS TIGHT TO BODY
PUSH PRESS	3	10	60	60 SEC	EXPLODE WITH LEGS / USE A BELT
BUTTERFLIES	3	12	N/A	30 SEC	HOLD IN MIDDLE FOR SPLIT SECOND
BENT OVER ROWS	3	10	N/A	30 SEC	HEAD UP, USE A BELT
DB LATER RAISES	3	10	N/A	15 SEC	SLIGHT BEND AT ELBOW
INCLINE HAMMER PRESS	3	10	75	30 SEC	FULL RANGE OF MOTION
HANGING ABS	3	20	N/A	30 SEC	DO NOT SWING YOUR BODY