

Wrestling Strength 2.0



6 Week Comprehensive Program

Daryl Weber



Disclaimer: Information presented in this guide is for education and informational purposes only. There is inherent risk with any physical activity and always consult a licensed professional before making any exercise or health decisions. Please consult your physician before beginning exercise program. Daryl Weber and Rage to Master Sports LLC cannot be held responsible for any injury that may occur while participating in any activity described in this manual.

This workout is a great strength building program. Athletes can also gain mass with this program with the proper nutrition.

The True Gains Come Here:

The **progressive overload theory** is very important in any strength training program. Please visit this article to read more on strength training and for other example workouts.

[Strength Training for Wrestlers - Article](#)

Notes:

Bench Press & Towel Bench: I like to have the athlete's rep out on the last set of each of these exercises and then have their partner help them with two negatives.

Dips & Pullups: Once the prescribed reps can be completed in one set the athletes should start adding weight.

Straight Bar Curls & Upright Rows: The set times can be increased as you progress through the six weeks. Also, $\frac{1}{2}$ body weight is a good starting point. Use your best judgment whether to increase or decrease weight to maintain proper form and resistance. Athletes should be getting as many reps as possible with good form within the prescribed time frame.

Off Season Strength Training Program

Warm up:

Gymnastic Routine – [Click for Videos](#)

Cuban Press – [Click for Video](#)

Monday

1. Squat 4x8
2. Bent Over Row 4x8
3. Bench Press 4x8
4. Upright Rows ½ BW 30 sec 2x (adjust accordingly)
5. Pull ups 30 reps (lead to weighted version-Graduate when completed in one set)

Wednesday

1. Box Squat – Squat Jumps (5-5) 4x
2. Power Clean 4x8
3. Towel bench – Medicine Ball Push ups (5-5) 4x
4. Straight Bar Curls ½ BW 30 Sec 2x (adjust accordingly)
5. Dips 20 reps (lead to weighted version-Graduate when completed in one set)

Friday

If we have a Saturday Competition:-Finisher Type Workout if on the mat twice a week or more or if you have competition on the weekend.

Examples:

2-5 Minutes As many cycles as possible of: <ul style="list-style-type: none">• 3 Medicine Ball Push-Ups• 3 Pull Ups• 5 Box Jumps	Timed (1-3x) <ul style="list-style-type: none">• 30 Power Cleans tp Full Squat 1/2 Body Weight• 30 Pull ups	Timed <ul style="list-style-type: none">• 50 Push Ups• Plate Push 35 Feet/Foot work Drill back• Wall Walks• Foot Work Drill/Plate Push• 20 Pull-Ups	Timed (1-3x) <ul style="list-style-type: none">• 50 Hops (Across Partners Ankles)• 30 Sit-Ups• 25 Push-Up Hops (Across Ankles)
--	--	---	--

If no competition that weekend. We do a Friday Upperbody and Saturday Lowerbody workout.

Upper body

1. Close Grip Bench Press 4x8
2. Seated Military 4x8
3. One Arm Row 4x8
4. Reverse Fly - 2 Sets 30 second timed period
5. Handstand Pushups 20 Reps
 - a. Progression
 - i. Floor Pike
 - ii. Bench Pike
 - iii. Floor Handstand Pushups
 - iv. Bench Handstand Pushups

Saturday/Bonus Lift

Lower body

1. Dead Lift 4x8
2. Walking Lunge 3x8
3. Reaction Jumps 3x8
4. Heavy Shrugs 3x8

*******Another option for Fridays when you have competitions that we have used. Basically a hi-bred of the Friday /Saturday lift:**

1. Close Grip Bench Press 4x8
2. Seated Military 4x8
3. Dead Lift 4x8
4. Handstand Pushups 20 Reps
 - a. Progression
 - i. Floor Pike
 - ii. Bench Pike
 - iii. Floor Handstand Pushups
 - iv. Bench Handstand Pushups
 - v. [Handstand Pushups Progression](#)

Core Blaster at the end of each workout – [Click Here for PDF](#)

Progressive Overload & Documentation Strategies

Progressive Overload: No matter what program you are using you need to be documenting your weights, sets and reps and constantly be striving to raise the bar. [progressive overload](#)

Tracking weights:

When dealing with an entire team this can be a task. Some of your wrestlers will push themselves and some will try to slip through the cracks. Bookkeeping will be poor, if left to the athletes. Your few highly motivated athletes will do a good job but the majority will not keep up correctly and the progressive overload theory will not be in effect.

I have used many ways to document, but I find the dry erase board to be easiest and most effective. This makes it easy for the coach & athlete to keep up with progress. Here is how we are tracking weights now.

Name	Bench	Close-Grip Bench	Squat	SEATED Military	BOTH	DB Row	TOTAL Bench	Power Clean	Power Snatch
KEED	135, 140								
TIAN	155/165	120,	155, 135	75	115-125	65/70	145	165	105
VID	170/190	165,	225/230	100	160-165	70.5-REP	170	180	155
KE	145/160	175,	215/220	85	160-165	70.5-REP	190	205	155
KE	130-135	145,	190/	85	125-130	70	155	170	130
EE	115/120	125,	170/155	75	115-120	65	140	155	120
SH	105-105	105,	115,	70, 75	100-115	45-50	125	140	100
nter	95-105	100,	100/120	55,	85-105	40-45	100	110	95
iel	90-95	85	100/	55	90/95	45	90	95	85
	150/160	155	200/180	100, 105	130-135	70.5	155	175	120
		155	130/135	65,	85-	30	85	75	50
					60-	30-40	115	125	110

When we start our program we have the athletes find their 3 rep max on all the core lifts. We will do this by having them do 4 sets, starting light and working up so the fourth set they have a weight close to their 3 rep max. The last set they get as many as they can with good form and we document the weight and reps.

We then prescribe the weight they should be using the next time they do that exercise. For example, the workout we are doing now calls for 4 sets 8 reps. We want them to be able to do the weight for all the set and reps. We also want it to be the max weight they can do for those sets and reps. With this in mind we calculate a 10 rep max (slightly more than 8 since they are trying to get it for all 4 sets) and that is the number in black. Every time they complete all sets and reps they graduate and report to the coach. They are then prescribed a new weight for the next time they do that exercise. Typically the weight is raised by 5 lbs, unless it looked easy. The new prescribed weight is in red. This makes it easy for the athlete to see what weight they should be using and by leaving the original number in black they can see the progress they are making.

Here is the board we use for body weight exercises

	Dip BW x 20	Dip Weighted	Pull up BW x 30	Pull up Weighted	NAME	Pull up BW x 30	Pull up Weighted
R	36 ✓	35	✓	20	NICK G		
AN	40 ✓	55	✓	15	NICK M		
D	50 ✓	60	✓	20	JARED	7	
e	44 ✓		✓	20			
e	28 ✓	10	✓	5			
E	16	10	✓				
n	22 ✓	25	✓	5			
m							
L	20	5					
M	30 ✓	15					
ON	17						
K	27 ✓	45					
L	16						
	21 ✓	15	✓	20			
GR	20 ✓	15	10				
	25 ✓	15					
	15						
	5						
	14						

In the first column we keep track of how many reps they can get with just their body weight. Once they meet the prescribed number (20 for Dips right now) we put a check next to the number and put a number representing a weight they will attempt to get 20 reps with the next time they perform that exercise. The reps have to be done in 1 set, with good form, in order to graduate. When they graduate we add 5 lbs, write that weight in the cell and then they know what to do next time they do that exercise.

Keep Things Simple:

Here is how I document the workout so the athletes and coaches can make quick reference to it. I also write little notes that may come to mind. Many times I will see minor adjustments that need to be made and I make a quick note on the board.

