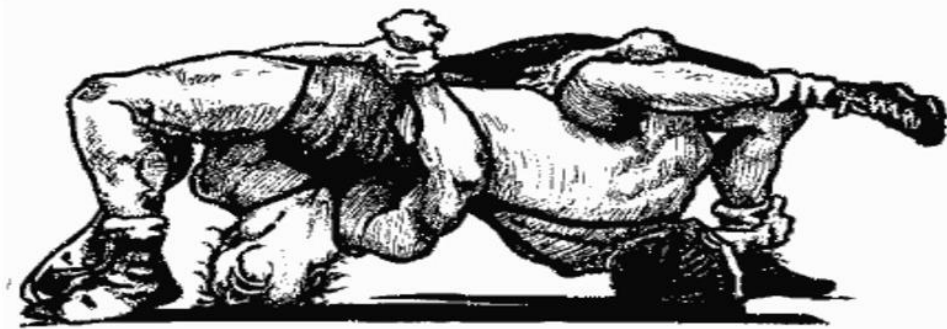


# Strength Training For

# Wrestlers

# All-Access Pass



**In-Season & Out-of-Season  
Programs for:**

**Youth-Middle School-High School**

**By Daryl Weber**

## What You'll Discover in This Manual...

The aim of this manual is to **provide strength training advice to coaches, wrestlers and parents**. No matter what age or experience level you are at or the wrestlers you working with, this manual will provide you with sound advice on properly building strength.

Although I am not certified by any strength training organizations or a certified personal trainer, I have over 30 years of experience strength training and educating myself in training methods. The advice in this manual is based on my experiences as a competitor from ages 10-26 and as a youth & high school coach since 2000.

Inside you will find...

### Strength Programs for:

- Youth Athletes
- Middle School Athletes
- High School Athletes
- Athletes New to Strength Training of Any Age

... and a whole lot more.

There are many ways to strength train and I don't claim to know everything, but the programs in this manual are the best methods I have found to maximize results. With over more than a decade of experience, **specifically with youth and high school wrestlers**, I can proudly say these exercises can help young wrestlers take it to the next level of training

My goal with this manual is to provide any wrestler, coach, or parent direction and confidence in a strength training program that has been proven to produce results in an effective and efficient manner.



Enjoy !

### **Daryl Weber**

Gable Trained NCAA Champ

Hall of Fame High School Wrestling Coach

Head Coach of Christiansburg High School in Virginia



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# Strength Training for Wrestlers – All-Access Pass

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The information in this strength training manual for wrestlers is based off of Daryl Weber's knowledge obtained through coaching wrestling. He is not a certified strength trainer. Anyone using this program realizes this and takes responsibility to follow proper strength training guidelines and realizes the strength training practices in this program should be performed with proper limitations, supervision and instruction. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

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**407 Roanoke St #2**

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**Website:** <http://attackstylewrestling.com>

**E-Mail:** [support@attackstylewrestling.com](mailto:support@attackstylewrestling.com)

## Youth & Beginning Strength Training Programs

**Let's begin with a program that is designed for prepubescent athletes and those that are just beginning strength training.**

### **Beginning Lifters:**

Middle school and high school athletes can start out with this program to build an appropriate base before using weights in their strength training efforts.

This progressive workout can be used to test athletes to determine if they are ready to begin strength training with weights. If I have a middle school or high school age athlete that has never strength trained with us I may test them using this chart and may not let them begin using weights until they can show level four abilities in every testing area.

This program can also be used as a workout as athletes build a base under and prepare for strength training. After a proper warm up an athlete can perform 2-4 max effort sets of each exercise. As they graduate through each level, the exercises would change accordingly.

A big emphasis should be put on the squat and overhead squat. Some athletes may need assistance before they can perform just one proper body weight squat. If this is the case please refer to the **“Squat Progression”** section toward the end of this manual. Oftentimes, young wrestlers may graduate almost every testing level and they may be tempted to begin lifting. However, wrestlers shouldn't push themselves into weight training until they graduate the **“Hips”** category.



## Beginning Lifter Strength Testing Progression

| Level             | 1   | 2   | 3   | 4<br>YOU'RE<br>READY TO<br>LIFT!!   |
|-------------------|---|---|---|---|
| Push A            | Push up from<br>Knees<br>50 Reps  | Push up<br>20 Reps  | Push up<br>50 Reps                                  | Barbell BP  |
| Pull A            | Decline Pull<br>Up<br>10 Reps   | Pull up<br>1 Rep  | Pull Ups<br>(Reverse<br>grip)<br>10 Perfect<br>Form | Pull Ups<br>(Overhand<br>grip)  |
| Push B            | Dip Position<br>on Dip Bar<br>(Full<br>Extension)<br>Hold for 1<br>Minute | Dips on<br>Bench<br>20 Reps   | Dips on Dip<br>Bar<br>20 Reps                       | Dips/Weighted<br>Dips & Ring<br>Dips  |
| Core              | Sit Ups<br>30 reps  | Leg Lift<br>1 Minute  | Hanging<br>Knees to<br>Elbow<br>10 Reps             | Good<br>Mornings  |
| Hips              | Free Squats<br>100 Full<br>Range of<br>motion<br>(Keep knees<br>in)       | Bulgarian<br>Squats<br>20 Each leg<br>4 Count<br>down-2<br>Count up | Box Step Offs<br>Land in Full<br>Squat<br>10 Reps   | Barbell Back<br>Squat<br>Must pass<br>Core and all<br>flexibility<br>requirements |
| Flexibility       |   |   |   |   |
| Overhead<br>Squat | Hold Position<br>30 seconds   | Hold position<br>1:00 minute  | Hold position<br>1:30 minute                        | Weighted<br>OHS   |
| Lunge             | Hold Position<br>30 seconds   | Hold position<br>1:00 minute  | Hold 1:30<br>minutes                                | Box Step offs<br>Jump to<br>Lunge   |



### **Body Weight Exercises, Speed, Agility & Flexibility are King with Youth Athletes**

#### **Youth Strength Training Program**

**Youth Athletes** – In this manual “youth athletes” will be referring to prepubescent athletes. These athletes are typically around 6<sup>th</sup> grade and lower. It will be up to supervising adults to determine if each athlete is prepared physically and mentally to begin serious strength training with weights.

This program can be used to safely develop muscular, tendon and ligament strength in youth athletes. Using weights is not necessary for building strength, speed and agility in youth athletes. A youth athlete may use bars and very light weights to learn proper form and balance, but do not have youth athletes push themselves with auxiliary weights.

Below is a program that youth athletes can use. Setting standards and progressive levels with incentives can help motivate and develop an internal drive in younger athletes. Inexpensive awards and recognitions will help motivate youth athletes to climb the ladder of success and gain special recognition. If they know they are going to get a patch, t shirt or certificate by reaching the next level they may be more likely to become self-motivated and put in extra work to achieve the special recognition.

Remember, there is nothing wrong with teaching young athletes to get fit, strive to be the best they can be, and learn to get ahead of the pack.



## Strength Training for Wrestlers – All-Access Pass

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|               | <b>Level 1:<br/>Dog Pound</b>   | <b>Level 2:<br/>Wolf Pack</b>   | <b>Level 3:<br/>Lion’s Den</b>                                 | <b>Level 4:<br/>Gorilla<br/>Power</b>               |
|---------------|---|---|--|---|
| <b>Push A</b> | <b>Push-ups:<br/>10</b>   | <b>Push-ups:<br/>30</b>   | <b>Push-ups:<br/>40</b>  | <b>Push-ups:<br/>60</b>                             |
| <b>Pull A</b> | <b>Decline Pull<br/>Up<br/>10 Reps</b>  | <b>Pull up<br/>1 Rep</b>  | <b>Pull Ups<br/>(Reverse<br/>grip)<br/>10 Perfect<br/>Form</b> | <b>Pull Ups<br/>(Overhand<br/>grip) 15<br/>Reps</b> |
| <b>Push B</b> | <b>Dip Position<br/>on Dip Bar<br/>(Full<br/>Extension)<br/>Hold for 1<br/>Minute</b> | <b>Dips on<br/>Bench<br/>20 Reps</b>                                      | <b>Dips on Dip<br/>Bar<br/>10 Reps</b>                         | <b>Dips on Dip<br/>Bar<br/>20 Reps</b>              |
| <b>Pull B</b> | <b>Static<br/>Hang:<br/>30 Sec.</b>   | <b>Rope:<br/>1 w/ feet</b>  | <b>Rope:<br/>1 w/out feet</b>                                  | <b>Ropes:<br/>2 no feet</b>                         |
| <b>Hips</b>   | <b>Free<br/>Squats:<br/>50</b>  | <b>Free<br/>Squats:<br/>100</b>   | <b>Pistols:<br/>10 each leg</b>                                | <b>Pistols:<br/>25 each leg</b>                     |
| <b>Push C</b> | <b>Pike<br/>Handstand<br/>Pushup w/<br/>feet on floor<br/>10 Reps</b>                 | <b>Pike<br/>Handstand<br/>Pushup w/<br/>feet on<br/>bench 10<br/>Reps</b> | <b>Handstand<br/>Push up: 10<br/>to floor</b>                  | <b>Handstand<br/>Push up: 10<br/>full range</b>     |

Click these links to download individual pdf’s of the below programs

- [Youth & Beginner Exercise Progressions](#)
- [Youth Strength Standards](#)



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## Speed & Agility:

Below are some basic examples of speed and agility drills and routines. There are more ladder drills toward the back of this manual. Be sure to keep things simple and fun for the athletes. At this age they will soak things up quickly and you may want to find a more in-depth manual for additional speed & agility options for youth athletes.

- Ladder Drills
  - Forward Doubles
  - Icky Shuffle
- Sprint Drills
  - 2-3 10 yard sprints, 1-20, 1-30, 1-40, 1-50, 80-100 yards (4-6 all out sprints with plenty of rest)

## Sample Workout:

Warm Up: (Covered later in packet)

Ladder Drills

Strength Exercises: 2-4 sets of appropriate level exercise. Last set max effort and previous sets perform reps of the level they have already graduated.

- Push A
- Pull A
- Push B
- Pull B
- Hips
- Push C

Rest Periods:

- 30-90 second breaks between each exercise
- 2 minute break between rounds.

Sprint Drills

Core Blaster (can be done at beginning as well.)

**Keep it simple and make it fun!!!**

## Middle School & High School Programs

### **Be Sure They Are Prepared:**

Make sure each athlete can pass the test provided above before they begin working out with weights. If they don't have the proper strength and flexibility base they will be more susceptible to getting injured and their strength gains will be seriously slowed.

### **Many Ways to Skin This Cat:**

I have used and tested many different exercises and strength routines and the system in this manual is the one I always come back to because it produces the best results.

### **The Real Secret:**

Consistency, documentation, and progressive overload are the glue that make any strength program work. I will talk more about how I do this, but when it comes to documenting your workouts don't worry about getting fancy. Just be sure to document in some fashion and stay consistent.

### **Have a Big Picture:**

It is best to break up the year into different seasons or cycles. I like to use Spring, Summer, Pre-Season & In-Season. Determine the goals for each of these phases and build a program around those goals and take into consideration the other types of training you will be doing during that phase. For instance, if you know that you will be going to club practice twice a week and attending Freestyle & Greco tournaments in the Spring, then it would be wise to just say "I am going to lift 4x per week all Spring. Map out the competitions you plan to attend, your practices, and create a Spring program that might rotate between 2, 3 and 4 times per week.

You will also want to recognize your physical goals. Do you want to pack on as much muscle as possible or do you want to stay the same size and try to get stronger. This will help you determine the frequency, intensity, and sets & reps of your strength training sessions. There is a chart later in this document that will help you with this.

# Strength Training for Wrestlers – All-Access Pass

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## Out of Season Weight Training Program

### The Warm up:

I have used a variety of warm-ups with my teams for strength training sessions and the one I feel is the most effective I've outlined below. The gymnastic portion does a great job of warming up the muscles, building athleticism, explosiveness, and flexibility. Incorporating the Cuban Press into the warm up is a great way to make sure the total shoulder is strengthened on a regular basis. I may also work in a ladder drill session for the warm up, but I typically use the gymnastic routine. See warm up handout toward the end of this packet.

- Gymnastic Routine – [Click for Videos](#)
- Cuban Press (Use light Weights and Focus on the form.) Can use dumbbells or barbell

### Frequency:

Wrestlers should be strength training 3-4x per week in the off-season. This will depend on their practice and competition schedule during the off-season. Several examples that we use are below.

**4x per week:** If a wrestler is not practicing or competing then they should be in the weight room 4x per week.

**3-4x per week:** If they are attending wrestling practice or club practices twice a week, then they could be strength training 3-4x that week. A lot will depend on their practice intensity. A coach should be able to advise their athletes on whether a fourth strength training session on top of the mat practices would be beneficial or too much training.

### Things to Consider:

- If they have no competition on the weekend they may want to get a fourth strength training session in over the weekend.
- If the mat practices are very intense they may lift 3x or even back it down to 2x for a very intense week on the mat.

**2-3x per week:** If a wrestler is practicing and has a competition on the weekend they should be strength training 2-3x that week. They may modify the intensity level of the third strength session depending on the training intensity that week and/or the level of competition they are attending.

# Strength Training for Wrestlers – All-Access Pass

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## Factors to consider when setting the frequency of your strength sessions:

- Training intensity (consider mat practices and competitions)
- Fitness and Strength of the Athlete
- Level of competition
- Nutritional Intake of the Athlete

It is always best practice to continue to strength train and lessen the intensity rather than get in the routine of skipping strength training sessions when you might feel a tired.

## Off-Season Strength Program:

Below you will find a sample program that I use regularly with my middle school and high school wrestlers in the off-season.

Each of the exercises is categorized and additional exercises for each category can be found below the sample workout.

## Ideal Off-Season Goals:

During the off-season wrestlers should be striving to **ultimately build explosive muscle mass**. Wrestlers should be preparing for the future and the more functional muscle mass they can develop in the off-season the more prepared they will be for future completions.

Most wrestlers grow substantially throughout their middle school and high school years and muscle growth will **help them compete as they face bigger, older and more mature opponents**. Physical development will also **reduce the risk of injury** throughout their competitive career. If any wrestler has **aspirations of wrestling in college** they will be well served by focusing on maximizing their strength before they graduate high school.



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## Sample Workout:

### Off-Season Strength Training Program

#### Monday

1. (Explosive) Push Press 4x8
2. (Big Lower) Squat 4x8
3. (Big Upper) Bench Press 4x8
4. (Core Auxiliary) Upright Rows ½ BW 30 sec 2x (adjust accordingly)
5. (Body Weight Exercise) Pull ups 30 reps (lead to weighted version-Graduate when completed in one set)

#### Wednesday

1. (Explosive) Power Clean 4x8
2. (Big Lower Dynamic Combo) Box Squat – Squat Jumps (5-5) 4x (Combo Demo)
3. (Big Upper Dynamic Combo) Towel bench – Medicine Ball Pushups (5-5) 4x
4. (Core Auxiliary) Straight Bar Curls ½ BW 30 Sec 2x (adjust accordingly)
5. (Body Weight Exercise) Dips 20 reps (lead to weighted version-Graduate when completed in one set)

#### Friday

**If we have a Saturday Competition:** Typically, when we have a competition, we'll do a Finisher Type Workout on the mat twice a week or more or if there is a competition on the weekend. You can also use the Summer Vacation Workouts listed later in the packet for these days.

#### Examples:

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

# Strength Training for Wrestlers – All-Access Pass

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If we don't have a competition that weekend we do a Friday Upper body and Saturday Lower body workout.

## Upper body

1. (Upper Body Lift) Close Grip Bench Press 4x8
2. (Upper Body Lift) Seated Military 4x8
3. (Upper Body Lift) One Arm Row 4x8
4. (Upper Body Lift) Reverse Fly - 2 Sets, 30-second timed period
5. (Body Weight Exercise) Handstand Pushups 20 Reps

## Saturday/Bonus Lift

## Lower body

1. (Lower Body Lift) Split Squat 3x8
2. (Lower Body Lift) Walking Lunge 3x8
3. (Lower Body Lift) Reaction Jumps 3x8
4. (Lower Body Lift) Good Mornings 3x8
5. (Body Weight Exercise) Pistols 1 Max Set Each Leg

**\*\*\*\*\*Another option for Fridays when you have competitions that we have used. Basically a hybrid of the Friday /Saturday lift (this might be used if it is a smaller tournament):**

1. Close Grip Bench Press 4x8
2. Seated Military 4x8
3. Dead Lift 4x8
4. Handstand Pushups 20 Reps
  - a. Progression (Once you can perform 20 at one level then move to the next)
    - i. Floor Pike
    - ii. Bench Pike
    - iii. Floor Handstand Pushups
    - iv. Bench Handstand Pushups

## **Alternate Exercises:**

1. Explosive:
  - Power Clean
  - Push Press
  - Push Jerk
  - Hang Clean
  - Hang Snatch
2. Big Lower:
  - Squat
  - Box Squat
  - Dead Lift
  - Front Squat
3. Big Upper:
  - Bench Press (Barbell or Dumbbell)
  - Incline Bench Press (Barbell or Dumbbell)
  - Decline Bench Press (Barbell or Dumbbell)
4. Core Auxiliary Lifts
  - Upright Rows
  - Straight Bar Curls
  - Bent Over Rows
  - Standing Dumbbell Presses
  - Lat Pull Downs
  - Standing Reverse Grip Curls
5. Upper Body Lifts
  - One Arm Dumbbell Rows
  - Dumbbell Curls
  - Hammer Curls
  - Standing Reverse Grip Curls
  - Close Grip Bench Press
  - Seated Military Press Barbell Front & Back
  - Seated Military Press Dumbbell
  - Reverse Fly
6. Lower Body Lifts
  - Walking Lunge (Barbell or Dumbbell)
  - Split Squats (Barbell or Dumbbell)
  - Step Ups (Barbell or Dumbbell)
  - Hyperextensions
  - Reverse Hyperextensions



## Strength Training for Wrestlers – All-Access Pass

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- Good Mornings
  - Bulgarian Squats
7. Body Weight Exercises
- Dips
  - Pull Ups
  - Hand Stand Push Ups
  - Push Ups
  - Body Weight Squats
  - Pistols

### Core Blaster:

We like to finish our workouts with a routine designed to work the core muscles.

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

### Workout 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 & Pull ups:** 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, ½ body weight is a good starting point. Use your best judgment as to whether or not 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.

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## Strength Training for Wrestlers – All-Access Pass

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.) This 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 5lbs, 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 BU+20 | Dip Weighted | Pullup BW x 30 | Pullup Weighted | NAME   | Pull up BW x 30 | Pull up Weighted |
|----|-----------|--------------|----------------|-----------------|--------|-----------------|------------------|
|    | 36 ✓      | 35           | ✓              | 20              | Nick   |                 |                  |
| AN | 40 ✓      | 55           | ✓              | 15              | Nick N |                 |                  |
|    | 50 ✓      | 60           | ✓              | 20              | JARED  | 7               |                  |
|    | 44 ✓      |              | ✓              | 20              |        |                 |                  |
|    | 28 ✓      | 10           | ✓              | 5               |        |                 |                  |
|    | 16        | 10           | ✓              |                 |        |                 |                  |
|    | 22 ✓      | 25           | ✓              | 5               |        |                 |                  |
|    | 20        | 5            |                |                 |        |                 |                  |
|    | 30 ✓      | 15           |                |                 |        |                 |                  |
|    | 17        |              |                |                 |        |                 |                  |
|    | 27 ✓      | 45           |                |                 |        |                 |                  |
|    | 16        |              |                |                 |        |                 |                  |
|    | 21 ✓      | 15           | ✓              | 20              |        |                 |                  |
|    | 20 ✓      | 15           | 10             |                 |        |                 |                  |
|    | 25 ✓      | 15           |                |                 |        |                 |                  |
|    | 15        |              |                |                 |        |                 |                  |
|    | 5         |              |                |                 |        |                 |                  |
|    | 14        |              |                |                 |        |                 |                  |

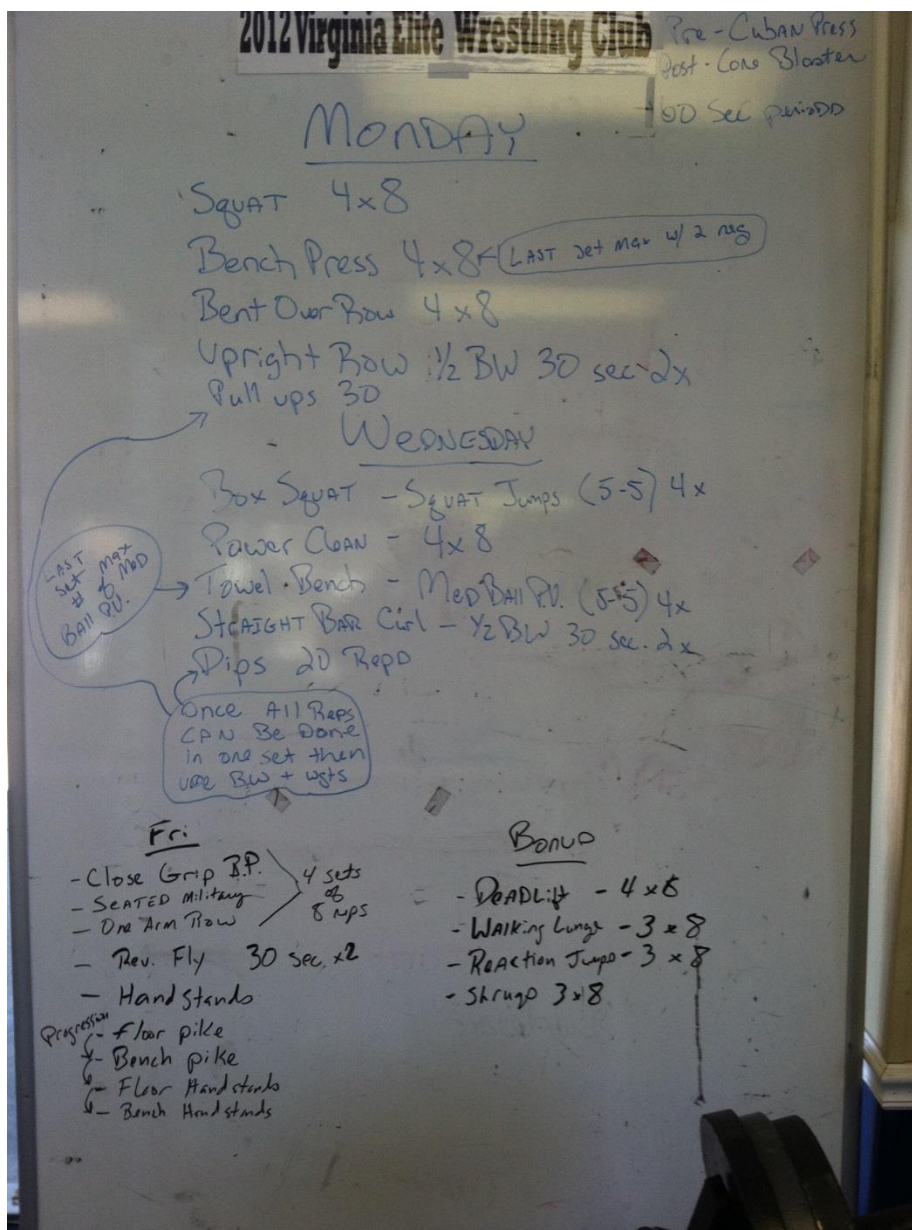


## Strength Training for Wrestlers – All-Access Pass

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 references 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.



## Workout Variations

Strength training programs should be changed up in some fashion every 4-8 weeks. Changing sets, reps and swapping out appropriate exercises are common ways of achieving variation in workouts. Don't get too complicated though. Often times athletes are just beginning to get into a groove and reach maximum weights for prescribed sets and reps and then everything is changed on them. I would suggest changing sets and reps more often than changing entire programs, learning new lifts and discovering max weights for these new exercises.

Use the following chart to determine the sets and reps you would like to use depending on the goals of your strength program at that time.

## Cycle Analysis Load Rep-Sets

### Goal - Strength Gains:

Reps – 2-6

Percentage for 1 Rep max - 85-95%

Type of Exercise: Slow

### Goal - Power:

Reps – 1-5

Percentage for 1 Rep max - 75-90%

Type of Exercise: Quick

### Goal - Hypertrophy:

Reps – 6-12

Percentage for 1 Rep max - 67-85%

Type of Exercise: Slow

### Goal - Endurance:

Reps – 15=<

Percentage for 1 Rep max - <67%

Type of Exercise: Quick

# Strength Training for Wrestlers – All-Access Pass

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## **In-Season Strength Training**

It is important to continue to stick to some sort of strength program during the wrestling season. Even during phases where wrestlers are losing weight (which should be done in the proper manner and be focused on losing body fat) they should be sticking to a strength program.

### **Frequency:**

Typically during the season I would recommend strength training 2x per week.

### **When to Strength Train:**

I have found that it is hard for high school and middle school athletes to regularly train twice a day. This is why I like to do my strength training at the end of practice. I have found that some athletes are motivated and disciplined enough to strength train before school, focus all day at school and then have a good practice after school. These athletes are the exception, but the most wrestlers will perform better by strength training after school. If you have do have a highly-driven athlete that you are confident can handle a two-a-day regimen go for it but keep a close eye on school work, practice room performance, and competition performance.

### **What to do:**

I have had success with having two different types of workouts throughout the week. Early in the week our team will do a slower and heavier lift and later in the week will have one geared more toward a circuit style and heavy on body weight resistance. Early in the week athletes seem to have more energy, can handle bigger lifts with more weight, and later in the week often respond better to the quicker lifts.

### **Example Lifts:**

#### **Early Week Lift:**

Big Upper Body Lift & Big Lower Body Lift – 2-3 Sets of 3-5 reps after 1-3 warm up sets where they work out to the appropriate weight. Use the chart to determine a good weight for the rep count based off one rep maxes.

Pick 1-2 auxiliary lifts or body weight exercises to get a pump with. 2 sets of 10 on these exercises and possibly a max out on a body weight lift for the last set.

This lift shouldn't take more than 20-25 minutes.

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### ***This is what it might look like:***

**Dead Lift:** 2 light sets working up to 75% of 1 rep max for 3 sets of 3 reps

**Bench Press:** 2 light sets working up to 75% of 1 rep max for 3 sets of 3 reps (Rep out the last set)

**Straight Bar Curls:** 2 sets of 10 reps

**Pull ups:** 30 reps in the least amount of sets possible.

### **Wednesday/Thursday Lift:**

This lift is going to be a circuit type. A lot will depend on what you have available. Set up stations so you can put two wrestlers at each station and have them rotate through alternation on each exercise and then move onto the next.

You can increase or decrease the duration and intensity of the workout by changing time periods, number of exercises or resistance.

### ***This is what it might look like:***

30 second periods per station getting as many reps as possible. 2 wrestlers per station. Each does the 30 second period and then they move to the next.

### **Sample Stations:**

- Shots with band
- Pull ups
- Foot Fires
- Cuban Press w/ band
- Kettlebell Push Ups
- Shins to Feet (sitting on haunches and quickly jump to feet)
- Wrist roller
- Curls w/ heavy band
- Thrusters w/ Kettlebells or Dumbbells
- Lateral Raises w/ band
- Clap Pushups
- Burpees

6 minutes total work



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### In-Season Notes:

This is a general guideline but this type of program will allow your wrestlers to continue to lift heavier weights at least once per week and also provide another strength training session later in the week that won't be quite as taxing but still count towards your strength efforts.

Remember these are general programs and they can and should be tweaked for individuals or best situations for your team.

Having two heavier lifts a week can be beneficial some weeks but I wouldn't do too many weeks with two circuits. It is good to continue to handle heavier weights throughout the season as long as you drop the sets and reps. The lighter load will not tear down the athlete too much and the heavier weights will help drastically to keep strength up.

Your competition schedule will also determine when and what lifts might be important. Ideally, you should not do heavy lifting the day before a competition. If you have limited time during a week because of multiple competitions, then you may want to do the circuit type workout twice that week. This workout could be performed the day before a match.



## Assorted Workouts

### Summer Vacation Workouts

I like to give my club wrestlers this workout sheet during the summer. They can take it with them on summer vacations and continue to get workouts in. Often times we are preparing for summer camps and it wouldn't be good for them to take an entire week off. Coach Gable used to tell us to do something every day as well and I think it is good to develop a work ethic outside of practice times. This can make it easy for the athlete. They don't have to think about it, they can just pull a workout from this sheet and go.

## Do one of these each day on vacation

### Workout #1 (The Spartan)

1. 25 Push Ups
2. 25 V-ups
3. 25 Bodyweight Squats
4. 25 Burpees
5. 10 Pull ups (if you can find a place to do them)

-Do 4 rounds of this with 60 second break between each round  
-Finish with Core Blaster

### Workout #2 (The Ninja)

1. 1/4 Mile Run
2. 50 Push-ups
3. 50 Bodyweight Squats
4. 50 V-ups

-Do 4 rounds of this with 60 second break between each round  
-Finish with Core Blaster

### Workout #3 (The Samurai)

1. Run 1 Mile
2. 50 Pull ups or 100 V ups
3. 100 Push ups
4. 200 Bodyweight Squats
5. Run 1 Mile

-Finish with Core Blaster

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## Tabata

This is a high intensity interval workout using just one exercise. Typically, the exercise will be one that incorporates the entire body or the larger muscle groups.

A standard Tabata workout consists of performing as many reps as possible of the prescribed exercise in 20 seconds. Then resting of 10 seconds and repeating. This will be done for a total of 4 minutes. This is the standard for most Tabata workouts but there are many variations.

There is no specific formula for Tabata workouts, but the better shape an athlete is in the longer or more intense they may want to make the workout. If variations of the workout are desired a ratio of 2:1 of work to recovery is usually used. For example if the work period is increased to 30 seconds then the rest would be 15 seconds.

Tabata workouts can last anywhere from 4-30 minutes and can be as intense as you would like to make them. The exercise that is chosen will generally determine the intensity.

### ***For example:***

**High Intensity** – Power Cleans with 60-70 % of 1 rep max

**Medium Intensity** – Body Weight Squats

**Low Intensity** – Jog/Walk



## Strength Standards

Having strength standards or boards in your weight room is nothing new. For decades coaches have used this type of recognition to motivate athletes to continuously improve and develop self motivation. Most boards measure pure horsepower and don't take into account the size of the athlete. Below you will see some standards set for pure power, endurance and pound for pound strength. These will give everyone something to shoot for and nobody left out due to their size.

## [Horse Power Strength Standards Chart](#)

## [Overall Strength Standard Chart](#)

## [Youth Strength Standard Chart](#)

## [Strength Standard Board \(Example\)](#)

# Testing Week

### ***Day One:***

- Front Squat: Sets 8-5-3-1
- Bench Press: Sets 8-5-3-1
- Pull up: Max

### ***Day Two:***

- Power Clean: Sets 8-5-3-1
- Dips: Max
- 400 Meter Timed

### ***Day Three:***

- 800 Meters Timed
- Core (Sit ups, V ups or L Sit): Max
- Handstand Pushups: Max (Timed hold, Partial, Full Range)

**Warm ups, Ladder Drills & Exercise Progressions:**

**Dip Progression**

- 1. Bench Dips (20)**
- 2. Bar Dips (20)**
- 3. Weighted Bar Dips**
- 4. Ring Dips**

**Handstand Pushup Progression**

- 1. Pike Hand Stand Pushups (Feet on Floor)**
- 2. Pike Hand Stand Pushups (Knees on Bench)**
- 3. Pike Hand Stand Pushups (Feet on Bench)**
- 4. Hand Stand Pushup (Feet On Wall)**
- 5. Hand Stand Pushup (Hands on Boxes and Partners holding legs)  
Full Range of Motion, Where Head Dips Between Boxes.**

**Pull up Progression**

- 1. Laying Pull up (Feet Close to Hips)**
- 2. Laying Pull up (Feet Extended Out)**
- 3. Band Assisted Reverse Grip Pull-ups**
- 4. Reverse Grip Pull-ups**
- 5. Front Grip Pull-ups**

### **Squat Progression**

- 1. Hand on the Floor & Full Squat (Don't Worry About Back)**
- 2. Hands on the Floor w/ Stability (Flatten Back)**
- 3. Hands on the Floor w/ No Stability (Flatten Back)**
- 4. Air Squat w/ Hands in Front**
- 5. Air Squat w/ PVC Pipe or Broomstick**
- 6. Overhead Squat w/ PVC Pipe, Broomstick or Band**
- 7. Squat with Bar**

### **One Leg Squat (Pistols) Progression**

- 1. One Leg Squat Rear to Bench**
- 2. Elevated One Leg Squat to Bench (Stand on Weight or Step box)**
- 3. One Leg Squat Standing on Box (Heel Touches Ground)**
- 4. One Leg Squat Standing on Box (Don't Touch Heel)**
- 5. Pistol Squat (Band Assisted or Hold Rack)**
- 6. Pistol Squat**

# Core Blaster



## Exercises

1. Front Plank
2. Right Side Plank
3. Left Side Plank
4. Rear Plank
5. Superman

## Tiers

1. 30 Seconds each pose
2. 45 seconds each pose
3. One Minute each pose
4. One Minute each pose (Add Variations)



# Ladder Drills

## **Series 1**

Single

Double

½ Single – ½ Double (either way)

Lateral (each way)

## **Series 2**

In-Out of Box

Skiing

90 Degree Bounding

Icky Shuffle

# Lifting Warm up



½ Four Way Necks (10 each way)

| <u>Ladder Drills</u>                | <u>Gymnastics (Wed)</u>   |
|-------------------------------------|---|
| 1. Single                           | 1. Forward Roll   |
| 2. Double                           | 2. Split Backward Roll (feet spread outward at the end of the motion) |
| 3. ½ Single – ½ Double (either way) | 3. Backward Roll into a push-up                                       |
| 4. Lateral (each way)               | 4. Worm Pushup (hand planted behind head and back arch over)          |
| 5. In-Out of Box                    | 5. Walking on Hands   |
| 6. Skiing                           | 6. Head Pop (Hand spring with head on mat)                            |
| 7. 90 Degree Bounding               | 7. Hand Spring  |
| 8. Icky Shuffle                     | 8. Cart Wheel   |

Cuban Press (2 Sets of 10)

Overhead Squat & Split Squats (Hold/Reps) Work in from time to time

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## Links to Video Tutorials

[Spotting the Squat](#)

[Cuban Press](#)

[Pull Ups](#)

[Dips](#)

[Close Grip Bench Press](#)

[Bench Press With Negatives](#)

[Towel Bench Press & Medicine Ball Push Up Combo](#)

[Towel Bench Press](#)

[Heavy Shrugs](#)

[Reaction Jumps](#)

[Walking Lunge](#)

[Deadlift](#)

[Reverse Flyes](#)

[Dumbbell Rows](#)

[Seated Military Press](#)

[Straight Bar Curls](#)

[Power Clean](#)

[Upright Row](#)

[Bent Over Row](#)

[Box Squat & Squat Jump Combo](#)

[Squat](#)

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### Updates & Terminology:

I will be doing routine updates and additions to this training system. All current owners will receive updated digital copies as they are released. Please submit any questions to me at [support@attackstylewrestling.com](mailto:support@attackstylewrestling.com) and I will do my best to answer them and include the answers in future updates. Any exercise that you are not sure how to perform and examples are not included in this eBook, try searching them on Google. Video demonstrations of most of the exercises can be found on either Google or YouTube. Please use your best judgment when using any instruction from these sources and AttackStyleWrestling.com or Rage to Master Sports LLC is not responsible for any injuries or accidents from using any video instruction through these sources.