**Wrestling Off-season workouts**

Warm-up – Choose 2 exercises (2 minutes total)

Run

Do core stabilization 5 times a week

Stretch and foam roll after workouts.

See the information on the bulletin board about nutrition

jump rope

dot drills

ladder drills

Y,T,L,W with elastic bands

Workout 1

Squat with overhead press 3 x 8 @ 75%

Lunge with med ball throw 4 x 10 w/ 20lb. med ball

Hang Clean 3 x 8 @ 75%

Pushup with single arm row 3 x 10

Pullups 3 x 10-15

Overhead press 3 x 8 @ 75%

Overhead circles w/ weight plate 2 x 30 seconds CW, 30 seconds CCW

Bicep curls 3 x 8 @ 75%

Medicine ball slam forward x 20

Medicine ball slam sideways x 20

Battle rope 2 x 30 seconds

Front plank 2 x 30-60 seconds

Side plank 2 x 30 -60 seconds

Workout 2

Deadlift 3 x 8 @ 75%

Scissor jumps w/ 20 lb. med ball 4 x 8

Angle bar push press 3 x 8 @ 75%

Bench press 3 x 8 @ 75%

Rows 3 x 8 @ 75%

Dumbbell lateral raises 3 x 8

Dumbbell front raises 3 x 8

Dips 3 x 10-15

Medicine ball rotation throws 2 x 10 each side

Trunk anti-rotation press 2 x 15

Situps 2 x 30 seconds

Farmer bucket carry 2 x length of room with heavy dumbbell

Med ball partner pass 3 x 30 seconds