



The  
Ultimate Guide to  
**WEIGHT  
TRAINING**  
for  
**WRESTLING**

*second edition*



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**Part I**



# **Wrestling Specific Training**



*With Weight Training, Knowledge is the  
Key to Success*

## **INTRODUCTION**

By opening *The Ultimate Guide to Weight Training for Wrestling*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round wrestling-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

Wrestlers today train with weights much more frequently than wrestlers of previous generations. Because of this, wrestlers are stronger and quicker on average than they have ever been in the history of the sport. Undisciplined weight training, however, will not help wrestlers on the mats. Improper training can cause wrestlers to become too bulky and stiff to remain quick and effective. Wrestling-specific weight training is the only way to get the results you are looking for, and this book provides you with exactly that.

The true importance of this book lies in the wrestling-specific programs found later in this section. They were created for one reason and one reason only; to improve your wrestling potential. They do this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for wrestling. Each program has been synergistically created to supply you with the advantage you will need to beat out your teammates and to outperform your opponents. By following the programs, you will build your muscles with size and strength as well as explosion, power, and agility. When the season begins, you will be physically prepared and mentally ready to compete at the highest of your potential.

## OFF-SEASON TRAINING

The off-season is the time in any sport to build up your muscles, become stronger, and more powerful. The off-season program consists of four different four-week routines cycled together to build both absolute strength and explosive power. The first and third routines are designed for you to put on size and strength while the second and fourth programs are designed for power and explosion.



*After following the first two 4-week off-season programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs.*

Variation is one of the keys to a great workout program. The most important reason to vary your routines is so you can continue making progress and gains. Your body will eventually adapt to any routine it's on, so it is very important to change routines once your gains have stopped and your strength has peaked. Four weeks is the most effective time period to follow any one routine. For more information on the importance of variation to weight training, see the section *The Declaration of Variation*.

It cannot be stressed enough that during the off-season, you must supplement your weight-training activities with some sort of wrestling-specific activities to keep your body in proper shape. You must continue to practice your skills throughout the off-season to help keep your body loose and ready to compete during the next season.

## STRENGTH TRAINING

The stronger the vital areas of your body are, the better off you will be. Although some muscles are more important than others, every muscle in your body needs to be well trained.

Five important aspects to strength training that the book provides:

# WRESTLING QUICKNESS/POWER DRILLS

*The following article has been written by Jayson Hunter, Rd, CSCS*

This program is designed to work on your reaction time and defensive power. These exercises can be done throughout your workouts and some may require a partner. Some of the exercises will have you working on your bottom position and getting to your feet. They will be very specific to what you do in a match because some of the best ways to train is to complete the moves you may have weaknesses in and that way you will specifically strengthen those moves.

The power exercises should be done about every 2 -3 days. Just take at least a day off in between workouts or put them with your strength training or power day. The power development exercises should be done with explosiveness and speed. The reaction drills can be done every other day. Some of these drills are you reacting from the partner's first movement. This will help you with reacting to the whistle but more importantly help you with defending any movement initiated by the challenger. Rest about 1-2 minutes between sets with all power exercises.

The reaction drills only need about 30 seconds between sets. Stay fresh and focus on quality with all exercises:

## Reaction Drills

Two point stance drill 3 sets x 10 reps

Tennis Ball Drop 3 sets x 10 reps

Wrestlers Get Up 6 sets

Turnovers 3 sets x 10 reps

Hand-Eye Ball Drops 3 sets x 10 reps

Take Downs 3 sets x 10 reps

Power Drills Wrestlers Get-Ups with resistance 3 sets x 6 reps

Underhand Throw with medicine ball 3 sets x 5 reps

Chest Pass with medicine ball 3 sets x 8 reps

Backward Throw with med. ball 3 sets x 8 reps

Power Drop with med. ball 3 sets x 8 reps

Three point stance with hurdle jump 3 sets x 5 reps

Take Downs with resistance cord 2 sets x 5 reps

## Exercise Descriptions

**Wrestlers Two-point Stance Drill** 1. Assume a standing defensive position with your hands in front of you. 2. Have partner or trainer stand 5 feet away with a tennis ball. Toss ball at the athlete's legs or waist. React to the ball and at least block it with a hand or catch it before it hits you. The partner can throw the ball harder and quicker if the athlete can catch it comfortably. 3. Repeat according to prescribed repetitions.

**Tennis Ball Drop** 1. Have partner or trainer stand 10 feet away holding a tennis ball in each hand out to the sides at shoulder height. 2. You stand with one foot in front of the other in the "ready" position. 3. Partner will drop one of the tennis balls (his or her choice). You must sprint towards the ball before it bounces twice. 4. Return to start point and repeat according to prescribed repetitions. 5. Remember to drive on the first step and not Astutter step@ to reduce reaction time.