

Week of July 6

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Ab Wheel Prog. (5x8)					
b. Box Squat (3x5)					
b. Cable Row w/ Hold (3x8)					
c. Arched Back Good Morning (3x8)					
c. Seated DB Overhead Press (3x8)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Kneeling Jump Prog. (6x5)					
a. Back Ext. Prog (5x8)					
b. Jump Deadlift (4x5 @ 50)					
b. Wtd. Chinup (3x5)					
c. Reverse Lunge (3x8ea)					
c. Floor/Bench Press (3x5)					

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Hanging Leg Raise (5x8)					
b. Deadlift (3x5)					
b. DB Row (3x8ea)					
c. Split Squat (3x8ea)					
c. Wtd. Dip (3x8)					

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5
a. KB/DB Vert Jump (6x5)					
a. Back Ext. or GHR Prog. (5x8)					
b. Pause Front Squat (3x8)					
b. Pulldown/Wtd. Chinup w/ Hold (3x8)					
c. DB RDL (3x8)					
c. DB Floor/Bench Press (3x8)					

Bench Horizontal Jump- <http://www.wrestler-power.com/box-squat-horizontal-jump/>

Ab Wheel Prog.- <http://www.wrestler-power.com/wrestling-training-7/>

Box Squat- <http://www.wrestler-power.com/strength-training-for-wrestling/>

Cable Row w/ Hold- <http://www.wrestler-power.com/quick-adjustment-takedowns/>

Arched Back Good Morning- <http://www.wrestler-power.com/exercises-finish-single-legs-part-2>

Seated DB Overhead Press- <https://www.youtube.com/watch?v=bYGFQLgsT-E>

Kneeling Jump Prog.- <http://www.wrestler-power.com/hip-power-for-wrestling/>

Back Extension Prog.- <http://www.wrestler-power.com/a-new-approach-to-developing-your-hips/> or if

you have a 45-degree <http://www.wrestler-power.com/the-foundation-for-core-training/>

Jump Deadlift- <http://www.wrestler-power.com/maximizing-your-power-output/>

Wtd. Chinup- <http://www.wrestler-power.com/a-valuable-lesson-from-bodybuilders/>

Reverse Lunge- <https://www.youtube.com/watch?v=uPvhIMex7y8>

Floor Press- https://www.youtube.com/watch?v=dfGUHK_qU_0

Bench Press- <http://www.wrestler-power.com/tricep-strength-for-shoulder-health/>

Hanging Leg Raise Prog.- <http://www.wrestler-power.com/a-must-have-core-exercise/>

Deadlift- you pick trap bar, straight bar (conventional stance or sumo stance) <http://www.wrestler-power.com/trap-bar-deadlift/>

DB Row- <http://www.wrestler-power.com/a-valuable-lesson-from-bodybuilders/>
Split Squat- <https://www.youtube.com/watch?v=hr7WnoQDIo4>
Wtd. Dip- <https://www.youtube.com/watch?v=H0gUZzdbRAM> (no additional weight shown in video, use a weight belt, weight vest, chains, etc.)
KB/DB Vert Jump- <https://www.youtube.com/watch?v=s5cpVz0lNag>
GHR Prog.- <http://www.wrestler-power.com/glute-ham-raise/>
Pause Front Squat- <http://www.ironworksgymbinghamton.com/new-way-front-squat/> (hold bottom position for 1-2 seconds)
Pull-down w/ Hold (always use close grip)- <http://www.wrestler-power.com/close-grip-pulldown/> (1-2 second hold, not shown in video)
DB RDL- <http://www.wrestler-power.com/romanian-deadlift/>
DB Floor Press- <https://www.youtube.com/watch?v=i5fznOF9CDw>
DB Bench- <https://www.youtube.com/watch?v=PD1ksRD3Fqs>

How to read program- <http://wrestler-power.com/program/>

General Notes:

For the other exercises (not the first 2 on either day), those sets and reps are only with a working weight. So, perform warm-up sets as needed until you get to a challenging weight. Then perform your sets. The 3 sets don't all need to be at the same weight, but should probably end up within 10-20 pounds of your heaviest set. Sets don't need to be done to failure, however, for a set to count you should have no more than 2 more reps in the tank when you finish. You'll get better at gauging this as your familiarity with the exercises increases.

Additionally, you should still strive for, what's called "linear progression." All that means is that, for the most part, every session and every week you should be able to add at least a little weight to each exercise, or perform it with greater control or at a more difficult progression or range of motion (as in the case of the Ab Wheel). If you're not confident with adding weight, or your feel your form/technique will breakdown with the addition of more weight, try to hit more sets at the heaviest weight you did the week before. For instance, say you did 100 pounds in the Box Squat in week 1, but only did 1 set and the other 2 you did were at 90. In week 2 you don't feel like you'll be able to move up to 105 and get 5 reps, or if you do get 5 reps it'll be to failure and your form will potentially breakdown. Then, simply try to get 2 or more sets at 100. That will still be progress in that you did more sets with your peak weight, and therefore, the total amount of weight lifted (total volume). Obviously this won't always be the case depending on practice intensity, etc. but it's the essence of getting stronger that's unfortunately oftentimes overlooked by many lifters.

There won't be any volume (sets/reps) manipulation these 5 weeks. This will give your body the chance to adapt to the increasing intensity in the wrestling room and also, with a lower total volume, give you a chance to really focus on increasing your weights as regularly as possible.

Read all of the posts, especially ones with progressions. This will give you info on how to make exercises more difficult as you get stronger, rather than continuing to perform an exercise(s) that no longer are providing adequate stimulus.

Additionally, Days 1 and 2 are interchangeable as are Days 3 and 4. What I mean by that is half the team can perform Day 1 on Monday and the other half can perform Day 2 on Monday. Then on Tuesday switch the order. That way there are minimal time inefficiencies.

Specific Notes:

The Bench Horizontal Jump is one of the top exercises associated with shot speed and power. So, as with anything, but especially this, keep a close eye on the distance you're covering per jump and strive to increase the distance you're covering regularly.

For the Jump Deadlift (on Day 2) you'll use 50% of your heaviest 5 rep set (or the weight you used for all 3 sets of 5 on Day 3. For the first week, just use between 135-225 depending on your estimated deadlift. Don't know what you deadlift? Just keep in mind that the focus is on being as explosive as possible. So, if you're using 225 and you're barely jumping off the ground and moving slowly prior to leaving the ground, lower the weight.

On Day 4 I have a choice between Pulldown and Wtd. Chinups with Holds. If you're not strong enough for bodyweight chinups on Day 2, perform Pulldowns for the time being. Then get serious about your lift and make yourself get strong enough to perform chinups.

For Floor/Bench Press and DB Floor/Bench Press- you pick what you want to do. If your shoulders are banged up I'd suggest Floor Presses.

If you have any questions on anything, shoot me an email- dickiewhite2@gmail.com

Week of July 13

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Ab Wheel Prog. (5x8)					
b. Box Squat (3x5)					
b. Cable Row w/ Hold (3x8)					
c. Arched Back Good Morning (3x8)					
c. Seated DB Overhead Press (3x8)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Kneeling Jump Prog. (6x5)					
a. Back Ext. Prog (5x8)					
b. Jump Deadlift (4x5 @ 50)					
b. Wtd. Chinup (3x5)					
c. Reverse Lunge (3x8ea)					
c. Floor/Bench Press (3x5)					

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Hanging Leg Raise (5x8)					
b. Deadlift (3x5)					
b. DB Row (3x8ea)					
c. Split Squat (3x8ea)					
c. Wtd. Dip (3x8)					

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5
a. KB/DB Vert Jump (6x5)					
a. Back Ext. or GHR Prog. (5x8)					
b. Pause Front Squat (3x8)					
b. Pulldown/Wtd. Chinup w/ Hold (3x8)					
c. DB RDL (3x8)					
c. DB Floor/Bench Press (3x8)					

Week of July 20

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Ab Wheel Prog. (5x8)					
b. Box Squat (3x5)					
b. Cable Row w/ Hold (3x8)					
c. Arched Back Good Morning (3x8)					
c. Seated DB Overhead Press (3x8)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Kneeling Jump Prog. (6x5)					
a. Back Ext. Prog (5x8)					
b. Jump Deadlift (4x5 @ 50)					
b. Wtd. Chinup (3x5)					
c. Reverse Lunge (3x8ea)					
c. Floor/Bench Press (3x5)					

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Hanging Leg Raise (5x8)					
b. Deadlift (3x5)					
b. DB Row (3x8ea)					
c. Split Squat (3x8ea)					
c. Wtd. Dip (3x8)					

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a. KB/DB Vert Jump (6x5)					
a. Back Ext. or GHR Prog. (5x8)					
b. Pause Front Squat (3x8)					
b. Pulldown/Wtd. Chinup w/ Hold (3x8)					
c. DB RDL (3x8)					
c. DB Floor/Bench Press (3x8)					

Week of July 27

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Ab Wheel Prog. (5x8)					
b. Box Squat (3x5)					
b. Cable Row w/ Hold (3x8)					
c. Arched Back Good Morning (3x8)					
c. Seated DB Overhead Press (3x8)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Kneeling Jump Prog. (6x5)					
a. Back Ext. Prog (5x8)					
b. Jump Deadlift (4x5 @ 50)					
b. Wtd. Chinup (3x5)					
c. Reverse Lunge (3x8ea)					
c. Floor/Bench Press (3x5)					

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Hanging Leg Raise (5x8)					
b. Deadlift (3x5)					
b. DB Row (3x8ea)					
c. Split Squat (3x8ea)					
c. Wtd. Dip (3x8)					

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5
a. KB/DB Vert Jump (6x5)					
a. Back Ext. or GHR Prog. (5x8)					
b. Pause Front Squat (3x8)					
b. Pulldown/Wtd. Chinup w/ Hold (3x8)					
c. DB RDL (3x8)					
c. DB Floor/Bench Press (3x8)					

Week of August 3

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Ab Wheel Prog. (5x8)					
b. Box Squat (3x5)					
b. Cable Row w/ Hold (3x8)					
c. Arched Back Good Morning (3x8)					
c. Seated DB Overhead Press (3x8)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Kneeling Jump Prog. (6x5)					
a. Back Ext. Prog (5x8)					
b. Jump Deadlift (4x5 @ 50)					
b. Wtd. Chinup (3x5)					
c. Reverse Lunge (3x8ea)					
c. Floor/Bench Press (3x5)					

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
a. Bench Horizontal Jump (6x5)					
a. Hanging Leg Raise (5x8)					
b. Deadlift (3x5)					
b. DB Row (3x8ea)					
c. Split Squat (3x8ea)					
c. Wtd. Dip (3x8)					

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5
a. KB/DB Vert Jump (6x5)					
a. Back Ext. or GHR Prog. (5x8)					
b. Pause Front Squat (3x8)					
b. Pulldown/Wtd. Chinup w/ Hold (3x8)					
c. DB RDL (3x8)					
c. DB Floor/Bench Press (3x8)					