

Wrestling Workout for Youth Wrestlers

Beginner Phase

Weeks 1, 2

| Day 1 | Set 1 | Set 2 |
|-------------------------------------|-------|-------|
| a. Box Squat Progression (2x8) | | |
| a. Chinup Progression (2x8) | | |
| b. Back Extension Progression (2x8) | | |
| b. Bar Pushup (2x8) | | |
| c. Cable Row w/ Hold (2x8) | | |
| c. Plate Pinch (2x20sec) | | |
| c. Side Plank (2x20sec ea) | | |

| Day 2 | Set 1 | Set 2 |
|-------------------------------------|-------|-------|
| a. KB Deadlift/Deadlift Prog. (2x8) | | |
| a. BW Row Progression (2x8) | | |
| b. Step Up (2x8ea) | | |
| b. Dip Progression (2x8) | | |
| c. Single Arm DB Overhead (2x8ea) | | |
| c. Towel Hang (2x20sec) | | |
| c. Hanging Leg Raise Prog. (2x8) | | |

Weeks 3, 4

| Day 1 | Set 1 | Set 2 |
|-------------------------------------|-------|-------|
| a. Box Squat Progression (3x8) | | |
| a. Chinup Progression (3x8) | | |
| b. Back Extension Progression (3x8) | | |
| b. Bar Pushup (3x8) | | |
| c. Cable Row w/ Hold (3x8) | | |
| c. Plate Pinch (3x20sec) | | |
| c. Side Plank (3x20sec ea) | | |

| Day 2 | Set 1 | Set 2 |
|-------------------------------------|-------|-------|
| a. KB Deadlift/Deadlift Prog. (3x8) | | |
| a. BW Row Progression (3x8) | | |
| b. Step Up (3x8ea) | | |
| b. Dip Progression (3x8) | | |
| c. Single Arm DB Overhead (3x8ea) | | |
| c. Towel Hang (3x20sec) | | |
| c. Hanging Leg Raise Prog. (3x8) | | |

Weeks 5, 6

| Day 1 | Set 1 | Set 2 | Set 3 | Set 4 |
|-------------------------------------|-------|-------|-------|-------|
| a. Box Squat Progression (4x8) | | | | |
| a. Chinup Progression (4x8) | | | | |
| b. Back Extension Progression (4x8) | | | | |
| b. Bar Pushup (4x8) | | | | |
| c. Cable Row w/ Hold (4x8) | | | | |
| c. Plate Pinch (4x20sec) | | | | |
| c. Side Plank (4x20sec ea) | | | | |

| Day 2 | Set 1 | Set 2 | Set 3 | Set 4 |
|-------------------------------------|-------|-------|-------|-------|
| a. KB Deadlift/Deadlift Prog. (4x8) | | | | |
| a. BW Row Progression (4x8) | | | | |
| b. Step Up (4x8ea) | | | | |
| b. Dip Progression (4x8) | | | | |
| c. Single Arm DB Overhead (4x8ea) | | | | |
| c. Towel Hang (4x20sec) | | | | |
| c. Hanging Leg Raise Prog. (4x8) | | | | |

Week 7, 8

| Day 1 | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------------------------------------|-------|-------|-------|-------|-------|
| a. Box Squat Progression (5x8) | | | | | |
| a. Chinup Progression (5x8) | | | | | |
| b. Back Extension Progression (5x8) | | | | | |
| b. Bar Pushup (5x8) | | | | | |
| c. Cable Row w/ Hold (5x8) | | | | | |
| c. Plate Pinch (5x20sec) | | | | | |
| c. Side Plank (5x20sec ea) | | | | | |

| Day 2 | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------------------------------------|-------|-------|-------|-------|-------|
| a. KB Deadlift/Deadlift Prog. (5x8) | | | | | |
| a. BW Row Progression (5x8) | | | | | |
| b. Step Up (5x8ea) | | | | | |
| b. Dip Progression (5x8) | | | | | |
| c. Single Arm DB Overhead (5x8ea) | | | | | |
| c. Towel Hang (5x20sec) | | | | | |
| c. Hanging Leg Raise Prog. (5x8) | | | | | |

Weeks 1,2 of Intermediate Program

| Day 1 | Set 1 | Set 2 |
|-------------------------------------|-------|-------|
| a. Box Squat Progression (2x8) | | |
| a. Chinup Progression (2x8) | | |
| b. Back Extension Progression (2x8) | | |
| b. Med Ball Pushup (2x8) | | |
| c. DB Row w/ Hold (2x8ea) | | |
| c. Farmers Walk (2x) | | |
| c. Cable Lift (2x8ea) | | |

| Day 2 | Set 1 | Set 2 |
|----------------------------------|-------|-------|
| a. Trap Bar Deadlift (2x8) | | |
| a. BW Row Progression (2x8) | | |
| b. Split Squat (2x8ea) | | |
| b. Dip Progression (2x8) | | |
| c. Seated DB Overhead (2x8) | | |
| c. Grip Chinup (2x8) | | |
| c. Hanging Leg Raise Prog. (2x8) | | |

Weeks 1,2 of Advanced Program

| Day 1 | Set 1 | Set 2 |
|-------------------------------------|-------|-------|
| a. Box Squat Progression (2x8) | | |
| a. Chinup Progression (2x8) | | |
| b. Back Extension Progression (2x8) | | |
| b. DB Floor Press (2x8) | | |
| c. Unbraced DB Row w/ Hold (2x8ea) | | |
| c. Farmers Walk (2x) | | |
| c. Grappler (2x8ea) | | |

| Day 2 | Set 1 | Set 2 |
|----------------------------------|-------|-------|
| a. Trap Bar Deadlift (2x8) | | |
| a. BW Row Progression (2x8) | | |
| b. Reverse Lunge (2x8ea) | | |
| b. Dip Progression (2x8) | | |
| c. SA Seated DB Overhead (2x8) | | |
| c. Grip Chinup (2x8) | | |
| c. Hanging Leg Raise Prog. (2x8) | | |

| Day 3 | Set 1 | Set 2 |
|-------------------------------------|-------|-------|
| a. Free Squat (2x8) | | |
| a. Chinup Progression (2x8) | | |
| b. DB RDL (2x8) | | |
| b. Bench Press (2x8) | | |
| c. Fat Grip Cable Row w/ Hold (2x8) | | |
| c. Bodyweight JM Press (2x8) | | |
| c. Ball Rollout (2x8) | | |

The sets and reps for both the Intermediate and Advanced program would progress linearly as shown in the Beginner Program above.

Program Details/Notes:

First, here is a copy and paste I include in all programs now:

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 for, in most cases, 8-12 reps. Then perform your sets. The sets don't all need to be at the same weight, but should probably end up within 10-20 pounds of your heaviest weight used. 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 experience increases, so don't worry if you're unsure what should and should not count initially.

Additionally, you should 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 you 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 Squat in week 1, but only did 1 set and the other sets you did were at 90. In week 2 you don't feel like you'll be able to move up to 105 and get X reps, or if you do get X 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) in the Squat variation will be more than the previous week. Is this going to happen every week? No. If it did, we'd all be 1,000-pound squatters in no time. But it's something to strive to do, because that's what getting stronger is all about.

Now, as far as the program and progression. You can progress the exercises from week to week based on where you think you're at (or where you think your youth wrestler is at). What do I mean? Say, for instance, your youth wrestler is demonstrating perfect technique on the Bodyweight Box Squat and they say it's easy. Then, it would be time to progress it to the DB/KB Box Squat. However, perhaps they're having trouble with Dips and have to use band assistance to get the 8 reps. That would indicate they're not ready to move to the next progression (bodyweight, or even just a lighter band that provides less assistance).

Does this give you an idea of how progression occurs within a program based on the youth wrestler's needs? This is one of the big benefits of working directly with me (if you live in or around Binghamton, NY). Over the last 10+ years, I've gained a pretty good understanding of how and when to progress wrestlers. Unfortunately, a large percentage of the people who read my blog and [follow my programs](#) don't get a chance to work with me personally. So, for that reason, I do my best to communicate the importance of progression, so that the wrestler is able to make progress as efficiently and safely as possible.

Progressions:

I'm sorry that I don't have posts and videos for everything below. Email me with any questions-
dickie@wrestler-power.com

[Box Squat Progression](#) (for more on the Box Squat [read this post](#))

[Chinup Progression](#)

[Back Extension Progression](#)

[Bar Pushup](#) -> [Med Ball Pushup](#) -> [DB Floor Press](#)

[Cable Row w/ Hold](#) -> [DB Row w/ Hold](#) -> [Unbraced DB Row w/ Hold](#)

[Plate Pinch](#) -> [Farmers Walk](#)

[Side Plank](#) -> [Cable Lift](#) -> [Grappler](#)

[KB Deadlift](#) -> [Trap Bar Deadlift](#)

[BW Row Progression](#) -> [Single Arm BW Row](#)

[Step Up](#) -> [Split Squat](#) -> [Reverse Lunge](#)

[Dip Progression](#)

[Single Arm DB Overhead Press](#) -> [Seated DB Overhead Press](#) -> [Single Arm Seated DB Overhead Press](#)

Towel Hang (just hang from a towel or rope, start with straight arms, progress to holding the top of a chinup/pullup with your chin above your hands) -> [Grip Chinup](#)

[Hanging Leg Progression](#)

[Free Squat](#)

[DB RDL](#)

[Bench Press](#)

Fat Grip Cable Row w/ Hold- same as Cable Row w/ Hold above, just with a thicker grip

[Bodyweight JM Press](#)

[Ball Rollout](#)