

## New Ulm Eagles 12 Month Strength and Conditioning Program

### Core Strength Training Exercises

Pushing Exercises  
Bench Press  
Incline Bench Press  
Shoulder Press  
Isolated Tricep Extensions  
Chest Flys  
Back Extension  
Leg Extensions  
Squats/Leg Press  
Calf Raises

Pulling Exercises  
Seated Cable Rows  
Lat Pulldowns (to the front)  
Pull-ups  
Isolated Bicep Curls  
Upright Rows  
Sit-ups/Crunches  
Leg Curls  
4-Way Neck Isometrics (with a partner)

NOTE: Muscle balance comes from creating a workout that trains both the pushing and pulling muscles. In wrestling, pulling exercises should be done slightly more than pushing exercises. Exercises like squats/leg press and calf raises work both actions of the muscle group.

### Other Core Conditioning Exercises

Long Distance Running  
3-5 miles, 3-4 days a week is recommended. Excessive long distance running will have a negative affect on your strength training.  
Sprint Training  
Works the same muscles as weight workouts for the legs. It can be used with these workouts or in place of them.  
Plyometric (Power Training)  
Commonly called jump training, plyometrics pre-load the muscle group and then forcefully springs out of that position (like in jumping). These exercises also include jumping rope and medicine ball throw and catch exercises for the upper body.  
They are all intended to develop power in the muscles you are working.

NOTE: Any, or all of these exercises can replace a regular strength training routine and will help to break up your regular program so you don't get too bored.

### Sport Specific Training

Live Drilling  
Drilling a core of basic techniques with different set-ups/finishes and different partners will dramatically increase your wrestling skills.  
Live Wrestling  
There is no better conditioning exercise for wrestling other than wrestling itself. However, live wrestling should be balanced with live drilling and instruction, so you are not simply reinforcing bad habits every time you step on the practice mat.  
Camps and Clinics  
Wrestlers who want to become better need to commit to some sort of off-season instructional camp and/or clinic.  
To become the best, the off-season instruction should come through a training camp or a club with instruction and open mat time.

## New Ulm Eagles 12 Month Strength and Conditioning Program

Post-Season Workout (March and April)

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Comments</u>
Bench Press	1	12	Warm-up set (80% of regular starting weight)
	1	12	Maximum weight you can lift 12 times with help from a p
	1	10	Can be done with dumbbells 1 day per week
	1	8	
Seated Cable Rows	1	12	Bent over barbell or dumbbell pulls can replace seated ca
	1	10	
	1	8	
Incline Bench Press	1	12	Can be done with dumbbells
	1	10	Can alternate shoulder press on opposite days
Lat Pull-downs (to the front)	1	12	Going behind the neck can strain your shoulder joint ca
	1	10	Can also do pull-ups on alternating days.
	1	8	
Tricep Push-downs	1	12	Can do close grip bench press instead.
	1	10	
Seated Dumbbell Arm Curis	1	12	Can do seated or standing barbell curls instead.
	1	10	
Power Cleans or Back Extensions	2	15	
Sit-ups or Crunches	2	15	
Leg Press or Squats	1	12	A sprint workout can replace the leg routine and should
	1	10	50 yd. full sprints x 6
	1	8	30 yd. quick sprints x 8
	1	12	20 yd. sprint starts x 10
	1	10	Note: 20 second rest between sp
Leg Curis	1	8	
Leg Extensions	1	10	Fully extend leg while pointing toe up and out.
	1	8	
Calf Raises or 5 Minute Jumprope	3	15	
4 Way Neck Iso's with a Partner	3	10	10 repetitions each direction

NOTE: This workout has 34 sets and should be completed in 45 minutes or less. Power cleans and squats should only be done 2 days a week. Tricep push-downs and bicep curls can be eliminated to shorten the workout.

Other: Long distance running and wrestling can be done on days when you are not going to strength train.

## New Ulm Eagles 12 Month Strength and Conditioning Program

Off-Season Workout (May, June, July, and August)

### Cycle 1 (4-6 weeks)

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Comments</u>
Bench Press	1	12	Warm-up set (80% of regular starting weight) Maximum weight you can lift 6 times with help from a pa
	1	6	
	1	8	
	1	10	
Seated Cable Rows	1	6	Bent over barbell or dumbbell pulls can replace seated ca
	1	8	
	1	10	
Seated Shoulder Press	1	8	Can alternate incline bench press on opposite days
	1	10	
Pull-ups (to the front of the chest)	3	To Failure	Can alternate lat-pulldowns to the front 1 day per week
Close Grip Bench Press	1	8	
	1	10	
Standing Barbell Curls	3	12	Can do seated dumbbell curls 1 day per week.
Power Cleans	3	12	
Sit-ups or Crunches	2	15	
Leg Press or Squats	1	6	A sprint workout can replace the leg routine and should
	1	8	50 yd. full sprints x 10
	1	10	30 yd. quick sprints x 12
	1	8	20 yd. sprint starts x 14
Leg Curls	1	10	Note: 20 second rest between sp
	1	12	
Leg Extensions	1	8	Fully extend leg while pointing toe up and out.
	1	10	
Weighted Calf Raises	3	15	
4 Way Neck Iso's with a Partner	3	10	10 repetitions each direction

**NOTE:** This workout has 36 sets and should be completed in 45 minutes. By the end of the 6 week cycle it should be done in 30 minutes.

This is a 3 day per week program. It can be changed to 5 days by doing the upper body exercises on Monday, Wednesday and Friday and the leg exercises on Tuesday and Thursday. Or, it can be a 6 day per week program by doing pushing exercises on Monday, pulling exercises on Tuesday, and leg exercises on Wednesday. Then you repeat the cycle Thursday, Friday and Saturday and take Sunday off. If other exercises are added, make sure that you are balancing the added pushing exercises with pulling exercises.

## New Ulm Eagles 12 Month Strength and Conditioning Program

Off-Season Workout (May, June, July, and August)

### Cycle 2 (4-6 weeks)

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Comments</u>
Dumbbell Bench Press	1	12	Warm-up set (80% of regular starting weight)
	1	6	Maximum weight you can lift 6 times with help from a partner
	1	8	Regular bench press should be done one workout per week
	1	10	
Bent Over Dumbbell Pulls	1	6	Regular Seated Cable Rows should be done once a week
	1	8	
	1	10	
Incline Bench Press	1	8	
	1	10	
Lat Pull-downs (to the front)	1	8	
	1	10	
	1	12	
Tricep Extensions	2	12	
Preacher Bench Curls	3	12	
Weighted Back Extensions	2	15	
Sit-ups or Crunches	2	15	
Squats	1	6	A sprint workout can replace the leg routine and should include: 50 yd. full sprints x 10 30 yd. quick sprints x 12 20 yd. sprint starts x 14
Leg Curls	1	8	Note: 20 second rest between sets
	1	10	
	1	12	
Leg Extensions	1	8	Fully extend leg while pointing toe up and out.
	1	10	
Weighted Calf Raises	3	15	
4 Way Neck Iso's with a Partner	3	10	10 repetitions each direction

NOTE: This workout has 34 sets and should be completed in 40 minutes. By the end of the 6 week cycle it should be done in 30 minutes.

A week should be taken off between each cycle to let your body recover. There should be no more than 3 cycles in the 4 month off-season.

## New Ulm Eagles 12 Month Strength and Conditioning Program

Off-Season Workout (May, June July, and August)

### Cycle 3 (4-6 weeks)

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Comments</u>
Bench Press	1	12	Warm-up set (80% of regular starting weight)
	1	10	Maximum weight you can lift 6 times with help from a pa
	1	8	
	1	6	
Seated Cable Rows	1	10	Bent over barbell or dumbbell pulls can replace seated ca
	1	8	
	1	6	
Seated Shoulder Press	1	10	Can alternate incline bench press on opposite days
	1	8	Can alternate lat-pulldowns to the front 1 day per week
Pull-ups (to the front of the chest)	3	To Failure	
Close Grip Bench Press	1	10	
	1	8	
Standing Barbell Curls	3	12	Can do seated dumbbell curls 1 day per week.
Power Cleans	3	12	To Failure with a partner
Sit-ups or Crunches	2	15	
Leg Press or Squats	1	10	A sprint workout can replace the leg routine and should
	1	8	50 yd. full sprints x 10
	1	6	30 yd. quick sprints x 12
	1	12	20 yd. sprint starts x 14
Leg Curls	1	10	Note: 20 second rest between sp
	1	8	
Leg Extensions	1	10	Fully extend leg while pointing toe up and out.
	1	8	
Weighted Calf Raises or Jumprope (5 min.)	3	15	
4 Way Neck Iso's with a Partner	3	10	10 repetitions each direction

NOTE: This workout has 36 sets and should be completed in 45 minutes. By the end of the 6 week cycle it should be done in 30 minutes.

## New Ulm Eagles 12 Month Strength and Conditioning Program

Pre-Season Workout (September and October)

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Comments</u>
Bench Press	1	12	Warm-up set (80% of regular starting weight)
	1	10	Maximum weight you can lift 6 times with help from a partner
	1	8	
	1	6	
Seated Cable Rows	1	10	
	1	8	
	1	6	
Incline Bench Press	1	10	
	1	8	
	1	12	
Lat Pull-downs	1	10	
	1	8	
	1	10	
Tricep Extensions	1	8	
	1	10	
	1	8	
Seated Dumbbell Curls	1	10	
	1	8	
Power Cleans	3	10	To Failure with a partner
Sit-ups or Crunches	2	15	
Leg Press or Squats	1	12	A sprint workout can replace the leg routine and should
	1	10	50 yd. full sprints x 10
	1	8	30 yd. quick sprints x 12
	1	12	20 yd. sprint starts x 14
	1	10	Note: 20 second rest between sprints
Leg Curls	1	8	
	1	10	
Leg Extensions	1	10	Fully extend leg while pointing toe up and out.
	1	8	
Weighted Calf Raises	3	15	
4 Way Neck Iso's with a Partner	3	10	10 repetitions each direction

NOTE: This workout has 35 sets and should be completed in 45 minutes. By the end of the 6 week cycle it should be done in less than 30 minutes.

Pre-season drilling and wrestling should be limited to no more than 3 times per week.

Long distance running for weight control, or sprint workouts for power can also be incorporated 2-3 times per week.