

2012 FALL PRE SEASON 5 WEEK SEP 1 – OCT 1

MONDAY WARM UP	TUESDAY WARM UP	THURSDAY WARM UP	FRIDAY WARM UP
		Recovery	
Inch worm	Inch worm	20min light run	Inch worm
Atlas	Lunge w/twist	10min stretch	Heel up/ grab
High knee grab	Heel up/grab		Foot to hip
Foot to hip	RDL walk		Swing kicks
H/knees	Butt kicks		Butt kicks
Leg swing skip	H/knee carioca		Leg swing skip
BWD reach run	H/knee open hip		H/knee carioca
shuffle to sprint	Wall glides		Lean, fall, run
Foot Quicks	Foot Quicks	Foot Quicks	Foot Quicks
Lines 6x8sec	Dots 4x8sec	Ladders 4x	Ropes 4x30sec
Stabilization	Med balls	Linear (to be completed after lifts)	Med balls
Single leg clocks 1x	40 thows	Sled pulls 2 FWDx2min	40 rotational throws
L-jumps 2x		1 BWDx2min	
Standing band walks 2x			
CORE	CORE	CORE	CORE
-Knee to Heal 2 x 25	-Side Crunches 2 x 15	-Knee to Heal 2 x 25	-Side Crunches 2 x 15
-Side Crunches 2 x 15	-Pendulums 2 x 15	-Partner Leg Raises 2 x 15	-Pendulums 2 x 15
-Roman Chair 2 x 15	-T-Rotations 2 x 8	-Roman Chair 2 x 15	-T-Rotations 2 x 8
-Back Extensions 2 X 10			
STRENGTH	STRENGTH	STRENGTH	STRENGTH
Hang Clean 3 X 5 (_____)	-Speed Complex 2 x 8	-Speed Complex 2 x 8	-Speed Complex 2 x 8
Box Jumps (3 X10)			-Push Press 3 x 10
Back Squat (3X10)	-Incline Bench 3 x 10	-Front Squat 3 x 10	
Front Squat (3X10)			-Flat Bench 3 x 12



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Explosive Leg Press (3 X10)	-Pronated Pull Ups 3 x 8	-RDL 3 x 8	
Leg Curls (3X10)	-Flat DB Press 3 x 8	-Split Squat 3 x 8	-Incline DB Press 3 x 8
	-DB Rows 3 x 8	-Band Adduction 3x8	-Seated Cable Rows 3 x 8
-Calf Raise Choice 3 x 8	-DB hammer 3 x 8	-Calf Raise Choice 3 x 8	-Shoulder Complex 3 x 8
Speed complex is hang snatch to overhead squat for 8 reps and back squat to push press for 8 reps.	-Tricep Choice 3 x 8		-Rack Rows 3 x 8
	-Band hand walks 2x1 min		-Band hand walks 2x1 min
			Shoulder Complex is front, side, and rear delt raises in order with no rest.
POST WORK	POST WORK	POST WORK	POST WORK
A-A/S-C	K-B	K-D/S-D	A-C



ONLINE WRESTLING TRAINING 24/7