

Athlete Name:



**University of Wyoming
Wrestling**



Phase I - June 3rd - June 30th, 2007

- Warm Up
- 300 Touchs w/ Jump Rope
 - 20 Counterbalance Squats, 20 scorpions, 20 Low Twists, 20 Back Arches, 20 Push Ups
 - Plate Warm Up - 10 Front, 10 Side, 10 B/O, 10 Curl to Press, 10 Triceps Extensions
 - Manual 4 Way Neck - 15 Each Way

Day 1 - Upper	Week #1	Week #2	Week #3	Week #4	Day 3 - Upper	Week #1	Week #2	Week #3	Week #4
Exercise				Down	Exercise				Down
1) Incline Flys	3 x 10	3 x 10	3 x 10	N/A	1) Push Press	4 x 5	4 x 5	4 x 4	3 x 3
- Incline Press	3 x 10 x 55%	3 x 8 x 60%	3 x 6 x 65%	3 x 5	2) EDT - 10 Min	Select a weight you can perform 10 times, however only perform 5 reps, rotate back an forth between the two exercises, completing as many reps as possible in 10 min			
- 2 Plate Crunch	3 x 12 w/ 25 lb	3 x 15 w/ 25 lb	3 x 10 w/ 35 lb	2 x 10 w/ 35 lb	- DB Bench				
2) Chin Ups (neutral)	3 x 10	3 x 10	3 x 8 add weight	3 x 6	- Rev. Grip Lat Pull	Select a weight you can perform 10 times, however only perform 5 reps, rotate back an forth between the two exercises, completing as many reps as possible in 10 min			
- Wipers	3 x 8 each side	3 x 10 each side	3 x 12 each side	2 x 12 each side	3) EDT - 10 Min				
3) DB Shoulder Press	3 x 10	3 x 8	3 x 6	3 x 5	- Shoulder Press	AB Circuit 1min rest between sets, start with 1 set, work up to 3 sets total by week 4 1) Rollouts x 10 2) Overhead Obliques x 20 3) Hanging Leg Raises x 10			
- Hanging Knee Raise	3 x 10	3 x 12	3 x 15	2 x 8	- B/O Row				
4) 1 Arm DB Row	3 x 8 each arm	3 x 6 each arm	3 x 6 each arm	3 x 5 each arm	For the EDT, your goal is to stay with your same weight, yet increase your reps each week. Ideally, you should aim for 60 - 70 reps for each exercise, if you get more, increase your weight.				
- V-Ups	3 x 8	3 x 10	3 x 12	2 x 15					
5) Arm Circuit Perform all three exercises back to back, resting between sets									
a) Incline DB Curls	3 x 10	3 x 8	3 x 6	2 x 5					
b) Triceps Pushdowns	3 x 10	3 x 8	3 x 6	2 x 5					
c) DB Hammer Curls	3 x 10	3 x 8	3 x 6	2 x 5					
Day 2 - Lower	Week #1	Week #2	Week #3	Week #4	Day 4 - Lower	Week #1	Week #2	Week #3	Week #4
Exercise				Down	Exercise				Down
1) Power Clean	4 x 5 x 65%	4 x 5 x 65 - 70%	4 x 4 x 70%	4 x 2 x 70%	1) Snatch Grip Complex	4 x 5	4 x 5	4 x 4	3 x 3
- Grab and Reach	3 x 10	3 x 12	3 x 15	2 x 15	RDL				
2) Leg Extensions	3 x 10	3 x 10	3 x 8	N/A	Hang Snatch				
- Front Squat	3 x 8	3 x 6	3 x 5	3 x 5	Overhead Squat				
3) Overhead Lunge	3 x 10 each leg	3 x 8 each leg	3 x 8 each leg	3 x 6 each leg	Push Press				
- Russian Twists	3 x 8 each side	3 x 10 each side	3 x 12 each side	2 x 15 each side	- Mangos (10 kg/25 lb)	3 x 8 each side	3 x 10 each side	3 x 12 each side	2 x 12 each side
4) RDL	3 x 10 x 45% +	3 x 8 x 50% +	3 x 8 x 55% +	3 x 5 x 50%	2) Deadlift	20 x 50%	20 x 55%	20 x 60%	10 x 65%
- Leg Raise to Hip Up	3 x 10	3 x 12	3 x 8 w/ DB	2 x 10	3) Step Ups	3 x 10 each leg	3 x 8 each leg	3 x 6 each leg	3 x 6 each leg
5) Back Extensions	2 x 20	2 x 20	2 x 15 w/ weight	2 x 12	- Sit Up w/ 25 lb +	3 x 10	3 x 12	3 x 15	2 x 15
* Perform Supermans if unable to perform back extensions due to equipment					4) G/H Raise/ * Hamstring Curl	4 x 8	4 x 8	4 x 6	3 x 6
					- Rev. Crunch (slow)	3 x 10	3 x 12	3 x 15	2 x 15
					5) Plate Movers	3 x 16 w/ 5 lb	3 x 20 w/ 5 lb	3 x 24 w/ 5 lb	2 x 16 w/ 5 lb
					* Perform if a Glute/Ham machine is not available				

Rest during this phase will be short; 2:00 min should be the longest you should wait between sets.
For your smaller muscle groups the rest should be 1:30 at the most.

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Phase II - July 1st - July 28th, 2007

- Warm Up
- 300 Touchs w/ Jump Rope
 - 20 Counterbalance Squats, 20 scorpions, 20 Low Twists, 20 Back Arches, 20 Push Ups
 - Plate Warm Up - 10 Front, 10 Side, 10 B/O, 10 Curl to Press, 10 Triceps Extensions
 - Manual 4 Way Neck - 15 Each Way

Day 1 - Upper	Week #1	Week #2	Week #3	Week #4	Day 3 - Upper	Week #1	Week #2	Week #3	Week #4
Exercise				Down	Exercise				Down
1) Close Grip Incline	3 x 12 x 50% +	3 x 10 x 55% +	3 x 8 x 60% +	3 x 6 x 60%	1) Push Jerk	4 x 4	4 x 4	4 x 3	4 x 3
- Rev. Crunch w/ MB	3 x 10	3 x 12	3 x 15	2 x 10	2) Chin Ups (reverse)	3 x 8 w/ weight	3 x 6 w/ weight	3 x 5 w/ weight	3 x 5
2) B/O Rows	3 x 8	4 x 6	4 x 5	3 x 5	- SB Pike Pass	3 x 8 each way	3 x 10 each way	3 x 12 each way	2 x 10
- Hanging Leg Raises	3 x 8	3 x 10	3 x 12	2 x 10	3) DB Bench Press	3 x 8	4 x 6	4 x 5	3 x 5
3) 1 Arm DB Shoulder	3 x 8	3 x 6	3 x 5	3 x 5	- Leg Raises	3 x 12	3 x 15	3 x 20	2 x 12
- DB Hammer Curls	3 x 10	3 x 8	3 x 6	3 x 5	4) Incline Row	3 x 8	4 x 6	4 x 5	3 x 5
4) Neutral Grip Lat Pull	3 x 8	3 x 6	3 x 5	3 x 5	- DB Triceps Ext.	3 x 10	3 x 8	3 x 6	3 x 5
- Triceps Pushdowns	3 x 10	3 x 8	3 x 6	3 x 5	5) Shoulder Combo				
					- Lateral Raise	2 x 10	2 x 10	2 x 8	2 x 5
					- B/O Raise	2 x 10	2 x 10	2 x 8	2 x 5
Day 2 - Lower	Week #1	Week #2	Week #3	Week #4	Day 4 - Lower	Week #1	Week #2	Week #3	Week #4
Exercise				Down	Exercise				Down
1) Power Clean	4 x 4 x 70 - 75%	5 x 3 x 75%	5 x 3 x 75 - 80%	4 x 3 x 70%	1) 1 Arm Barbell Snatch	4 x 3	4 x 3	5 x 2	5 x 2
- Rollouts	3 x 10	3 x 12	3 x 15	2 x 12	- Mangos (15 kg/35 lb)	3 x 8	3 x 10	3 x 12	2 x 15
2) Back Squat	3 x 12 x 60% +	3 x 10 x 62.5% +	3 x 10 x 65% +	3 x 6 x 65%	2) Overhead Squat	2 x 15	2 x 12	2 x 10	2 x 8
- SB Crunch w/ 40 lb+	3 x 12	3 x 15	3 x 20	2 x 12	3) Walking Lunges	3 x 8 each leg	3 x 6 each leg	3 x 5 each leg	3 x 5 each leg
3) Lateral Lunge w/ 45	3 x 8 each side	3 x 10 each side	3 x 10 each side	3 x 6 each side	- Landmine Bar Twists	3 x 8 each side	3 x 8 each side	3 x 8 each side	2 x 6 each side
4) Good Morning	3 x 10	3 x 8	3 x 6	3 x 5	4) Single Leg RDL	3 x 8 each leg	3 x 6 each leg	3 x 5 each leg	3 x 5 each leg
- 1 Arm DB Obliques	3 x 10	3 x 8	3 x 6	2 x 6	- Sit Up w/ 35 lb +	3 x 10	3 x 12	3 x 15	2 x 15 no weight
					5) Back Extensions	2 x 15 w/ weight	2 x 12 w/ weight	2 x 10 w/weight	2 x 10

Rest during this phase will be short and similar to previous phase; 2:00 min should be the longest you should wait between sets.
For your smaller muscle groups the rest should be 1:30 at the most.

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Phase III - July 29th - August 25th, 2007

- Warm Up
- 300 Touchs w/ Jump Rope
 - 20 Counterbalance Squats, 20 scorpions, 20 Low Twists, 20 Back Arches, 20 Push Ups
 - Plate Warm Up - 10 Front, 10 Side, 10 B/O, 10 Curl to Press, 10 Triceps Extensions
 - Manual 4 Way Neck - 15 Each Way

Day 1 - Upper	Week #1	Week #2	Week #3	Week #4	Day 3 - Upper	Week #1	Week #2	Week #3	Week #4
Exercise				Down	Exercise				Down
1) Landmine Pull+Press	3 x 6 each side	3 x 5 each side	3 x 5 each side	3 x 3 each side	1) S. Arm Landmine PP	3 x 5 each arm	4 x 4 each arm	5 x 3 each arm	3 x 3 each arm
2) Bench Press	4 x 8 x 70% +	4 x 6 x 72.5% +	5 x 5 x 75% +	3 x 5 x 70%	2) 1 Arm DB Row	3 x 8 each arm	3 x 8 each arm	4 x 6 each arm	3 x 5 each arm
- 2 Plate Crunch	3 x 8 w/ 35 lb	3 x 10 w/ 35 lb	3 x 12 w/ 35 lb	2 x 10 w/ 25 lb	- Leg Raise to Hip Up	3 x 12	3 x 15	3 x 20	2 x 10
3) Chin Ups (overhand)	4 x 6 w/ weight	4 x 5 w/ weight	5 x 4 w/ weight	3 x 5	3) DB Alt. Incline Press	3 x 8 each arm	3 x 8 each arm	4 x 6 each arm	3 x 5 each arm
- Rev. Crunch w/ MB	3 x 12	3 x 15	3 x 20	2 x 10	- SB Crunch w/ 60 lb +	3 x 10	3 x 12	3 x 15	2 x 10
4) Behind the Neck Pr.	3 x 8	3 x 6	4 x 5	3 x 5	4) 1 Arm Lat Pull	3 x 8 each arm	3 x 6 each arm	3 x 5 each arm	2 x 5 each arm
- Inverted Rows	3 x 6	3 x 8	3 x 10	3 x 5	- No Rest between arms, 1 arm then the other, and back and forth				
5) DB Triceps Ext.	3 x 8	3 x 6	4 x 5	2 x 5	5) Straight Bar Curls	3 x 8	3 x 6	3 x 5	2 x 5
6) 1 Arm Farmers walk, start w/ 40 kg or 95 lb, continue to add weight until failure is reached. A min of 3 sets must be completed					6) Plate Walk start with 15 kg plates increase to 20 kg if possible x 3 trips				
Day 2 - Lower	Week #1	Week #2	Week #3	Week #4	Day 4 - Lower	Week #1	Week #2	Week #3	Week #4
Exercise				Down	Exercise				Down
1) Power Clean	5 x 3 x 80%	5 x 2 x 80 - 85%	5 x 2 x 85%	3 x 3 x 75%	1) Hang Snatch	5 x 3	5 x 3	6 x 2	4 x 2
2) Back Squat	4 x 8 x 70% +	4 x 6 x 72.5% +	5 x 5 x 75% +	3 x 5 x 70%	2) Bulgarian Squat	3 x 10 each leg	3 x 8 each leg	3 x 6 each leg	2 x 5 each leg
- Sit Up w/ 50 lb +	3 x 8	3 x 10	3 x 12	2 x 10	- Mangos w/ 20 kg	3 x 6 each side	3 x 8 each side	3 x 10 each side	2 x 8 each side
3) Ovrhd Side Step Up	2 x 10	2 x 8	2 x 6	2 x 5	3) Overhead Squat	2 x 8	3 x 6	3 x 5	2 x 5
- Landmine Bar Twists	2 x 8 each side	2 x 6 each side	2 x 6 each side	2 x 5 each side	4) Single Leg RDL	3 x 5	3 x 4	4 x 3	2 x 5 each leg
4) G/H Raises	4 x 8	4 x 6	4 x 5	3 x 5	- Hanging Leg Raises	3 x 10	3 x 12	3 x 15	2 x 10
					5) Plate Movers w/ 10lb	3 x 6 each way	3 x 8 each way	3 x 10 each way	2 x 8 each way

Rest during this phase should increase compared to previous cycles. For major exercises such as clean, squat and bench, rest should be at least 2 min but no longer than 3. Smaller muscle group lifts should no longer than 2 min at the very most