

The Warrior

12 Week Summer Strength
and Conditioning Program
for Wrestlers



About Steve Preston

Steve Preston, M.Sc., is a Strength and Conditioning coach in Virginia, author of Ultimate Wrestling Strength, a contributing author to Wrestling USA magazine, and a 16 year Physical Education Specialist with Virginia Beach City Public Schools.

Steve has worked along side some of the best trainers, coaches and strength athletes in the world over a 30 year period. He continues to study the latest training, supplementation, and nutrition research that will help wrestlers and mixed martial artists improve their strength, speed, power and conditioning on the mat or in the ring.

Steve's websites include:

www.UltimateWrestlingStrength.com - A complete year-round training system for wrestlers of all ages. Preseason, In-season and Offseason programs for youth through college wrestlers. This is the number 1 rated program for wrestlers in the world.

www.UltimateWrestlingPower.com - This program is a body weight only program for wrestlers and teams to use. It can be done anywhere with minimal equipment. It's designed to increase strength and power as well as function on the wrestling mat.

www.WrestlingPerformanceKit.com - Everything a wrestler, coach or parent needs to get started on the right path with wrestling training and nutrition. Comes with a training guide of workouts, a cookbook, meal plans and more.

www.WrestlingConfidence.com - A complete mental toughness training course for wrestlers to develop mental strength for wrestling. This program is with Brian Cain, former mental training coach to George "Rush" St. Pierre.

www.WrestlingPerformance.com - Steve's private membership site with hundreds of articles, workouts, meal plans, interviews, videos that can't be seen anywhere else. Plus, Steve will answer all your questions regarding workouts and nutrition in the members-only forum.

www.WorkoutsforWrestlers.com - This is a collection of 12 specialization workouts for wrestlers. Each workout is designed to improve a particular aspect of your wrestling in 4 weeks. There are workouts for grip strength, foot speed, take down speed, take down defense and much more.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for education purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy athletes who have passed all physicals related to sports and activities.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise and training programs pose some inherent risks. The author, editor and publisher recommend that all readers who embark on this program know their physical limitations. Before practicing the exercises and program in this book, be sure your equipment is properly secured, maintained and in working order.

Don't lift heavy weights if you are alone, without sufficient spotting, inexperienced, tired or injured. Be sure to learn proper form on all exercises with the support of a qualified trainer or coach. Always ask for instruction and assistance when lifting. Always warm up prior to each workout and each exercise within your workout.

Consult your physician before starting any exercise or nutrition program. If you are taking any medications, you must consult your physician prior to beginning any exercise program, including any of the workouts in the Workouts for Wrestlers program. If you experience dizziness, shortness of breath, or lightheadedness stop exercising immediately, and consult a physician.

Pre/Post Strength and Conditioning Assessments

Before you begin this 12 week program, you should find your current 1-rep maximum or repetition maximum on the following exercises. After the program is completed, reassess yourself on the following exercises. These are the key exercises to get stronger on for wrestling and MMA athletes.

Exercise	Pretest	Post-test
Trap Bar Deadlift or Squat 1-rep max:	_____	_____
Bench Press 1-rep max:	_____	_____
Reverse Grip Chinups max reps:	_____	_____
Pushups max reps:	_____	_____
Vertical Jump height in inches:	_____	_____
Standing Broad Jump in inches:	_____	_____

* You may perform these on the same day or split into two days. Rest 2-3 days after completing before beginning 12 week program.

How To Use This Training Manual

- Begin by performing the Pre-Test Assessment. You'll find out your current 1-rep max, repetition maximum or maximum inches in the various exercises. These are the key exercises to get stronger at this Summer. Getting stronger on these exercises will carry over to the wrestling mat for much better results.
- There are 3 different training days. Try to train on non-consecutive days such as Monday, Wednesday and Friday.
- Notice there is an exercise list for each of the 3 training days. Choose 1 exercise from each list for the respective training day. You may change exercises as often as you'd like to as long as you use another exercise from the same list. (If you don't know how to perform an exercise Google it or search for it on Youtube. Chances are it's there. If you are still having difficulty contact me at: webmaster@wrestlingperformance.com)
- After completing 12 weeks of the program, reassess yourself on the same exercises you performed for the pre-test.
- Take one week off after the program. You can repeat the program if desired or move towards another wrestling-specific training program.

Day 1 Exercise List

List A (Horizontal Press) 2 sets x 2-5 reps

- Barbell Bench Press
- Thick Bar Bench Press
- Close Grip Bench Press
- Medium Grip Incline Bench Press
- Floor Barbell Press
- Floor Smith Machine Press
- Hammer Strength Bench Press
- Hammer Strength Incline Press
- Hammer Strength Decline Press
- Weighted Dips

List B (Horizontal Press Supplement) 2 sets 20 + reps or 2 sets of Max reps on body weight exercises

- Body Weight Dips
- DB Bench Press (neutral or pronated grip)
- DB Floor Press (neutral grip)
- DB Incline Press (neutral or pronated grip)
- Pushup variations
- TRX Pushups
- Barbell Pushups
- TRX Dips
- Blast Strap Pushups
- Blast Strap Dips
- Medicine Ball Pushups
- Medicine Ball Pushups Off-set

List C (Horizontal Pull) 4 sets of 8-12 reps

- Seated Cable Row with Parallel Grip
- Seated Cable Row with Overhand Grip with Straight Bar
- One Arm DB Row (palms in)
- Underhand Grip Barbell Row
- Front Grip Barbell Row
- Hammer Strength 45 Degree Row
- Hammer Strength Under Hand Grip Row
- Hammer Strength Unilateral Row

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List D (Arm Extension) 4 sets of 8-15

- Straight Bar Pushdowns
- Rope Pushdowns
- 1 Arm Rope Pushdowns
- Seated Pushdown Machine
- Lying Barbell Triceps Extension
- Lying DB Triceps Extension
- Rolling DB Triceps Extension
- Thumbs-together Pushups
- J-Pulldowns with Rope (this works your lats and triceps together)

List E (Trapezius/Posterior Deltoids, Neck) 3 sets of 10-15 reps

- DB Shrugs with 3 second hold at top
- Barbell Shrug
- Barbell Overhead Shrugs
- Fast Shrugs (max reps in 30 seconds)
- Shrugs Behind Back
- Hammer Strength Standing/Seated Shrugs
- DB Scap Trap

List F (Fat Burning and Conditioning) Perform each as described below (s/s means superset... no rest in between the exercises.

- Lateral Push Ups (3 sets of 10 reps) s/s Inverted Row (3 sets of 20 sec AMAP)
- Alternating Lunge (60 sec, 45 sec, 30 sec, 15 sec) s/s Squat Jumps (60 sec, 45 sec, 30 sec, 15 sec)
- Squat Jump (40 sec) s/s Wall Sit 20 sec
- Sprint (5 sets: 50 yards) s/s Squat Jumps (5 sets: 15 reps)
- Bodyweight Squat (:30, :25, :20) s/s Alternating Lunge (:30, :25, :20) s/s Squat Jumps (:30, :25, :20) Rest 1 minute after every round
- 100 Pushups Timed (try to finish with as little rest as possible)
- Kettlebell Swing (20 reps, 15 reps, 10 reps) s/s Squat Jumps (20 reps, 15 reps, 10 reps) s/s Bodyweight Squat (20 reps, 15 reps, 10 reps)
- Alternating Lunge (25/leg, 20/leg, 15/leg) s/s Bodyweight Squat (50 reps, 40 reps, 30 reps) s/s Squat Jumps (20 reps, 15 reps, 10 reps)
- Walking Lunge (3 sets x 100 feet) s/s Sprint (3 sets x 100 feet)
- Squat Jumps (100 reps)
- Squat Jumps (50 reps) s/s Alternating Lunge (25 reps/leg) s/s Wall Sit (1 minute)
- Walking Lunge (100 feet, 75 feet, 50 feet, 25 feet) s/s Sprint (100 feet, 75 feet, 50 feet, 25 feet)
- Walking Lunge (3 sets x 100 feet) s/s Bounds (3 sets x 100 feet) s/s Wall Sit (3 sets x 30 seconds)

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- Lateral Pushups (3 sets x 10 reps) s/s Med Ball Slams (3 sets x 20 reps)
- Barbell Complex (all with same weight): Barbell DL, Barbell Bent Row, Barbell Hang Clean, Barbell Push Press, Barbell Squat: 10 reps of each exercise. Rest 60-90 seconds between sets.

Day 2 Exercise List

List A (Quadriceps/Hip Dominant) 2 sets of 2-5 reps

- Barbell Squat
- Safety Bar Squat
- Barbell Box Squat
- Safety Bar Box Squat
- Trap Bar Dead Lift
- Conventional Barbell Dead Lift
- Sumo Barbell Dead Lift
- Leg Press

List B (Jump Training) 3-5 sets of 1-5 reps

- Standing Broad Jump
- Bounding (multiple Standing Broad Jumps in succession)
- Box Jumps
- Bulgarian Split Squat Jumps
- Squat Jumps
- Split Squat Jumps
- Kneeling Jumps

List C (Posterior Chain) 3-4 sets of 8- 15 reps

- Glute/Ham Raise
- Reverse Hyperextension
- Stability Ball Hamstring Curl
- Supine Hip Thrusts
- One Leg Supine Hip Thrusts
- DB Romanian Dead Lifts
- Sumo Romanian Dead Lifts with Barbell

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- One Leg Romanian Dead Lift with Body Weight or DBs
- Cable Pull-Throughs

List D (Core) 3 sets of 8-15 reps or timed

Plank
Side Plank
Plank Twist-Twist
Plank Shoulder Touches
Plank Pushup
Plank In-and-Outs
Stability Ball Planks
Russian Medicine Ball Twists
Spread Eagle Situps
Weighted Crunches
Airplane Cobra

List E (1 Leg Exercises) 3 sets of 8-15 reps

- Step Ups with bodyweight, DBs or Barbell
- Alternating Lunges
- Reverse Lunge (foot elevated)
- Step Up/Reverse Lunge Combo
- Forward/Reverse Lunge Combo
- Speed Skater Squats
- Bulgarian Split Squat
- Split Squats
- Crossover Stepups

List F (Fat Burning and Conditioning) (s/s means superset... no rest in between the exercises.

- Lateral Push Ups (3 sets of 10 reps) s/s Inverted Row (3 sets of 20 sec AMAP)
- Alternating Lunge (60 sec, 45 sec, 30 sec, 15 sec) s/s Squat Jumps (60 sec, 45 sec, 30 sec, 15 sec)
- Squat Jump (40 sec) s/s Wall Sit 20 sec
- Sprint (5 sets: 50 yards) s/s Squat Jumps (5 sets: 15 reps)
- Bodyweight Squat (:30, :25, :20) s/s Alternating Lunge (:30, :25, :20) s/s Squat Jumps (:30, :25, :20) Rest 1 minute after every round
- 100 Pushups Timed (try to finish with as little rest as possible)

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- Kettlebell Swing (20 reps, 15 reps, 10 reps) s/s Squat Jumps (20 reps, 15 reps, 10 reps) s/s Bodyweight Squat (20 reps, 15 reps, 10 reps)
- Alternating Lunge (25/leg, 20/leg, 15/leg) s/s Bodyweight Squat (50 reps, 40 reps, 30 reps) s/s Squat Jumps (20 reps, 15 reps, 10 reps)
- Walking Lunge (3 sets x 100 feet) s/s Sprint (3 sets x 100 feet)
- Squat Jumps (100 reps)
- Squat Jumps (50 reps) s/s Alternating Lunge (25 reps/leg) s/s Wall Sit (1 minute)
- Walking Lunge (100 feet, 75 feet, 50 feet, 25 feet) s/s Sprint (100 feet, 75 feet, 50 feet, 25 feet)
- Walking Lunge (3 sets x 100 feet) s/s Bounds (3 sets x 100 feet) s/s Wall Sit (3 sets x 30 seconds)
- Lateral Pushups (3 sets x 10 reps) s/s Med Ball Slams (3 sets x 20 reps)
- Barbell Complex (all with same weight): Barbell DL, Barbell Bent Row, Barbell Hang Clean, Barbell Push Press, Barbell Squat: 10 reps of each exercise. Rest 60-90 seconds between sets.

Day 3 Exercise List

List A (Vertical Pull) You must get 50 reps total of whatever exercise you choose from this list. Your goal is to get 50 reps in as few sets as possible.

- Reverse Grip Chinups
- Front Grip Pullups
- Neutral Grip Pullups
- Towel Chinups
- Front Grip Pulldowns (only if chinups/pullups are too hard to do) (2 sets of 5 reps)
- Reverse Grip Pulldowns (only if chinups/pullups are too hard to do) (2 sets of 5 reps)

* It is vitally important to your athletic progress that you get good at chinups. The body control and strength/body mass gained is huge. If they are very difficult you can use a cable Pulldown setup. Just work on the Chinups. Start with a static hold with your chin over the bar. When you master that, do sets where you simply lower yourself as slowly as possible under control. You WILL get there if you want it badly enough.

List B (Vertical Pull Supplement) 2 sets of 20 + reps

- Front Grip Pulldowns
- Neutral Grip Pulldowns
- Reverse Grip Pulldowns
- DB Pullover across bench
- Nautilus Pullover Machine

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- Hammer Strength Front Pulldowns
- Hammer Strength Reverse Grip Pulldowns

List C (Vertical Press) 2 sets of 15-20 reps

- Standing DB Press (palms forward)
- Standing DB Press (palms facing each other)
- Shoulder 6-Way Series
- Arnold Press
- Shoulder Shocker
- Seated DB Modified Arnold Press
- Standing DB Modified Arnold Press
- Bradford Press
- EZ Bar Underhand Press

List D (Deltoid Supplement) 3-4 sets of 8-15 reps

- DB Lateral Raise
- DB Upright Row with elbows flared to sides
- 1-Arm Cable Rear Delt Flyes
- Reverse Pec Deck Machine
- Hammer Strength Rear Delt Machine
- Bent Lateral Raise
- Cable Face Pull

List E (Arm Flexion) 3-4 sets of 8-15 reps

- Barbell Curls
- Thick Bar Curls
- Standing Alternate DB Curls
- Standing DB Hammer Curls (same time)
- Zottman Curls
- Incline DB Curls
- Cable Curls
- Rope Hammer Curls

List F (Core Circuit)

- A) Bicycles x 30
- B) Toe Touches x 15 each side
- C) Side Plank x 30 seconds each side

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- A) Alternating Pike Toe Touches x 15 each side
- B) V-Ups x 15
- C) Hip Ups x 15

- A) Spread Eagle Situps x 15
- B) Seated Russian Twist 20 each side
- C) Toe Touches x 20

- A) Crunches x 20
- B) Plank Twist-Twist x 10 each side
- C) Russian Twist x 20 each side
- D) Side Forearm Plank x 30 seconds each side

List G (Fat Burning and Conditioning) (s/s means superset... no rest in between the exercises.

- Lateral Push Ups (3 sets of 10 reps) s/s Inverted Row (3 sets of 20 sec AMAP)
- Alternating Lunge (60 sec, 45 sec, 30 sec, 15 sec) s/s Squat Jumps (60 sec, 45 sec, 30 sec, 15 sec)
- Squat Jump (40 sec) s/s Wall Sit 20 sec
- Sprint (5 sets: 50 yards) s/s Squat Jumps (5 sets: 15 reps)
- Bodyweight Squat (:30, :25, :20) s/s Alternating Lunge (:30, :25, :20) s/s Squat Jumps (:30, :25, :20) Rest 1 minute after every round
- 100 Pushups Timed (try to finish with as little rest as possible)
- Kettlebell Swing (20 reps, 15 reps, 10 reps) s/s Squat Jumps (20 reps, 15 reps, 10 reps) s/s Bodyweight Squat (20 reps, 15 reps, 10 reps)
- Alternating Lunge (25/leg, 20/leg, 15/leg) s/s Bodyweight Squat (50 reps, 40 reps, 30 reps) s/s Squat Jumps (20 reps, 15 reps, 10 reps)
- Walking Lunge (3 sets x 100 feet) s/s Sprint (3 sets x 100 feet)
- Squat Jumps (100 reps)
- Squat Jumps (50 reps) s/s Alternating Lunge (25 reps/leg) s/s Wall Sit (1 minute)
- Walking Lunge (100 feet, 75 feet, 50 feet, 25 feet) s/s Sprint (100 feet, 75 feet, 50 feet, 25 feet)
- Walking Lunge (3 sets x 100 feet) s/s Bounds (3 sets x 100 feet) s/s Wall Sit (3 sets x 30 seconds)
- Lateral Pushups (3 sets x 10 reps) s/s Med Ball Slams (3 sets x 20 reps)
- Barbell Complex (all with same weight): Barbell DL, Barbell Bent Row, Barbell Hang Clean, Barbell Push Press, Barbell Squat: 10 reps of each exercise. Rest 60-90 seconds between sets.

The 12 Week Complete Athlete Blueprint

Week 1

Day 1

- 1) Bench Press - 2 sets of 5 reps
- 2) DB Floor Press - 2 sets of 20-25 reps
- 3 A) Seated Cable Row with Parallel Grip - 4 sets of 12 reps
- 3 B) Straight Bar Pushdowns - 4 sets of 12 reps
- 4 A) DB Shrug with 3 Second Hold - 3 sets of 12 reps
- 4 B) DB Scap Trap - 3 sets of 12 reps
- 5) Lateral Push Ups (3 sets of 10 reps) s/s Inverted Row (3 sets of 20 sec AMAP)

Day 2

- 1) Trap Bar Deadlift - 2 sets of 5 reps
- 2) Standing Broad Jump - 4 sets of 3 reps in succession (rest 2 minutes between sets)
- 3A) Glute/Ham Raise - 4 sets of 12 reps
- 3B) Plank In-and-Outs - 4 sets of 10 reps
- 4) Step-Ups - 3 sets of 10 reps
- 5) Sprint (5 sets: 50 yards) s/s Squat Jumps (5 sets: 15 reps)

Day 3

- 1) Reverse Grip Chinups - 50 reps in as few sets as possible
- 2A) Hammer Strength Front Pulldown - 2 sets of 20-25 reps
- 2B) EZ Bar Underhand Press - 3 sets of 8 reps
- 3) Bent Lateral Raise - 3 sets of 12 reps
- 4) DB Standing Hammer Curls - 4 sets of 12 reps
- 5) Core Series: 2 times through
 - A) Bicycles x 30
 - B) Toe Touches x 15 each side
 - C) Side Plank x 30 seconds each side
- 6) 100 Pushups (as little time as possible)

Week 2

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Day 1

- 1) Bench Press - 2 sets of 4 reps
- 2) DB Floor Press - 2 sets of 20-25 reps (same weight as last week)
- 3 A) Seated Cable Row with Parallel Grip - 4 sets of 10 reps
- 3 B) Straight Bar Pushdowns - 4 sets of 10 reps
- 4 A) DB Shrug with 3 Second Hold - 3 sets of 10 reps
- 4 B) DB Scap Trap - 3 sets of 10 reps
- 5) Lateral Push Ups (3 sets of 10 reps) s/s Inverted Row (3 sets of 20 sec AMAP)

Day 2

- 1) Trap Bar Deadlift - 2 sets of 4 reps
- 2) Standing Broad Jump - 4 sets of 4 reps in succession (rest 2 minutes between sets)
- 3A) Glute/Ham Raise - 4 sets of 10 reps
- 3B) Plank In-and-Outs - 4 sets of 12 reps
- 4) Step-Ups - 3 sets of 8 reps
- 5) Sprint (5 sets: 50 yards) s/s Squat Jumps (5 sets: 15 reps)

Day 3

- 1) Reverse Grip Chinups - 50 reps in as few sets as possible
- 2A) Hammer Strength Front Pulldown - 2 sets of 20-25 reps (same weight as last week)
- 2B) EZ Bar Underhand Press - 4 sets of 8 reps
- 3) Bent Lateral Raise - 4 sets of 12 reps
- 4) DB Standing Hammer Curls - 4 sets of 10 reps
- 5) Core Series: 2 times through
 - A) Bicycles x 30
 - B) Toe Touches x 15 each side
 - C) Side Plank x 30 seconds each side
- 6) 100 Pushups (timed)

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Week 3

Day 1

- 1) Bench Press - 2 sets of 3 reps
- 2) Dips with body weight - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) Reverse Grip Barbell Row - 4 sets of 10 reps
- 3 B) Lying Triceps Extensions - 4 sets of 10 reps
- 4 A) Barbell Shrug with 3 Second Hold - 3 sets of 10 reps
- 4 B) DB Scap Trap - 3 sets of 10 reps
- 5) Lateral Push Ups (3 sets of 10 reps) s/s Inverted Row (3 sets of 20 sec AMAP)

Day 2

- 1) Trap Bar Deadlift - 2 sets of 3 reps
- 2) Bulgarian Split Squat Jump - 5 sets of 5 reps
- 3A) Reverse Hyperextensions - 4 sets of 10 reps
- 3B) Spread Eagle Situp - 4 sets of 12 reps
- 4) Step-Ups/Reverse Lunge Combo - 3 sets of 8 reps
- 5) Sprint (5 sets: 50 yards) s/s Squat Jumps (5 sets: 15 reps)

Day 3

- 1) Reverse Grip Chinups - 50 reps in as few sets as possible
- 2A) Pullovers across Bench - 2 sets of 20-25 reps (same weight as last week)
- 2B) Bradford Press - 4 sets of 8 reps
- 3) 1 Arm Cable Bent Laterals - 4 sets of 10 reps
- 4) Thick Bar Curls - 4 sets of 8 reps
- 5) Core Series: 2 times through
 - A) Alternating Pike Toe Touches x 15 each side
 - B) V-Ups x 15
 - C) Hip Ups x 15
- 6) 100 Pushups (timed)

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Week 4

Day 1

- 1) Bench Press - 2 sets of 5 reps with 50 lbs less than Week 1
- 2) Dips with body weight - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) Reverse Grip Barbell Row - 4 sets of 8 reps
- 3 B) Lying Triceps Extensions - 4 sets of 8 reps
- 4 A) Barbell Shrug with 3 Second Hold - 3 sets of 8 reps
- 4 B) DB Scap Trap - 3 sets of 8 reps
- 5) Barbell Complex (all with same weight): Barbell DL, Barbell Bent Row, Barbell Hang Clean, Barbell Push Press, Barbell Squat: 10 reps of each exercise. Rest 60-90 seconds between sets. Do 3 sets total.

Day 2

- 1) Trap Bar Deadlift - 2 sets of 3 reps
- 2) Bulgarian Split Squat Jump - 5 sets of 5 reps
- 3A) Reverse Hyperextensions - 4 sets of 10 reps
- 3B) Spread Eagle Situp - 4 sets of 12 reps
- 4) Step-Ups/Reverse Lunge Combo - 3 sets of 8 reps
- 5) Squat Jumps (100 reps)

Day 3

- 1) Reverse Grip Chinups - 50 reps in as few sets as possible
- 2A) Pullovers across Bench - 2 sets of 20-25 reps (same weight as last week)
- 2B) Bradford Press - 5 sets of 8 reps
- 3) 1 Arm Cable Bent Laterals - 5 sets of 10 reps
- 4) Thick Bar Curls - 5 sets of 5 reps
- 5) Core Series: 2 times through
 - A) Alternating Pike Toe Touches x 15 each side
 - B) V-Ups x 15
 - C) Hip Ups x 15
- 6) Lateral Pushups (3 sets x 10 reps) s/s Med Ball Slams (3 sets x 20 reps)

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Week 5

Day 1

- 1) Floor Press - 2 sets of 5 reps
- 2) Incline DB Press - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) 1 Arm DB Row - 4 sets of 10 reps
- 3 B) Rope Pushdowns - 4 sets of 10 reps
- 4 A) Fast Shrugs - 3 sets x 30 seconds
- 4 B) Reverse Pec Deck - 3 sets of 10 reps
- 5) Barbell Complex (all with same weight): Barbell DL, Barbell Bent Row, Barbell Hang Clean, Barbell Push Press, Barbell Squat: 10 reps of each exercise. Rest 60-90 seconds between sets. 4 sets total

Day 2

- 4) DB Jumping Squats - 4 sets of 6 reps
- 5) Box Squats - 2 sets of 5 reps
- 3A) Cable Pull-Throughs - 4 sets of 10 reps
- 3B) Weighted Crunches - 4 sets of 12 reps
- 4) Front/Back Lunges - 3 sets of 10 reps
- 5) Squat Jumps (100 reps)

Day 3

- 1) Front Grip Pullups - 50 reps in as few sets as possible
- 2A) Pullovers across Bench - 2 sets of 20-25 reps (same weight as last week)
- 2B) Standing DB Press (with palms facing in) - 2 sets of 15-20 reps
- 3) 1 Arm Cable Bent Laterals - 5 sets of 10 reps
- 4) Thick Bar Curls - 5 sets of 5 reps
- 5) Core Series: 2 times through
 - A) Spread Eagle Situps x 15
 - B) Seated Russian Twist 20 seach side
 - C) Toe Touches x 20
- 6) Lateral Pushups (3 sets x 10 reps) s/s Med Ball Slams (3 sets x 20 reps)

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Week 6

Day 1

- 1) Floor Press - 2 sets of 4 reps
- 2) Incline DB Press - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) 1 Arm DB Row - 4 sets of 8 reps
- 3 B) Rope Pushdowns - 4 sets of 8 reps
- 4 A) Fast Shrugs - 4 sets x 30 seconds
- 4 B) Seated Lateral Raise - 4 sets of 10 reps
- 5) Barbell Complex (all with same weight): Barbell DL, Barbell Bent Row, Barbell Hang Clean, Barbell Push Press, Barbell Squat: 10 reps of each exercise. Rest 60-90 seconds between sets. 5 sets total

Day 2

- 1) DB Jumping Squat - 5 sets of 5 reps
- 2) Box Squats - 2 sets of 4 reps
- 3A) Cable Pull-Throughs - 4 sets of 10 reps
- 3B) Weighted Crunches - 4 sets of 12 reps
- 4) Front/Back Lunge Combo - 3 sets of 8 reps
- 5) Squat Jumps (100 reps)

Day 3

- 1) Front Grip Pullups - 50 reps in as few sets as possible
- 2A) Neutral Grip Pulldowns - 2 sets of 20-25 reps (same weight as last week)
- 2B) Seated Modified Arnold Press - 2 sets of 8 reps
- 3) Cable Face Pull - 4 sets of 10 reps
- 4) Barbell Curls with Rest Pause - 6-8 reps, rest 20 seconds, 3-4 reps, rest 20 more seconds, then a final 1-2 reps
- 5) Core Series: 2 times through
 - A) Crunches x 20
 - B) Plank Twist-Twist x 10 each side
 - C) Russian Twist x 20 each side
 - D) Side Forearm Plank x 30 seconds each side
- 6) Lateral Pushups (3 sets x 10 reps) s/s Med Ball Slams (3 sets x 20 reps)

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Week 7

Day 1

- 1) Floor Press - 2 sets of 3 reps
- 2) Med Ball Pushups - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) Hammer Strength 45 Degree Row - 3 sets of 10 reps
- 3 B) Thumbs Together Pushups - 3 sets of max reps
- 4 A) Shrugs Behind Back - 3 sets x 10 reps
- 4 B) Seated Lateral Raise - 3 sets of 10 reps
- 5) Lateral Pushups (3 sets x 10 reps) s/s Med Ball Slams (3 sets x 20 reps)

Day 2

- 5) Alternate Split Squat Jump - 4 sets of 6 reps each side
- 6) Box Squats - 2 sets of 4 reps
- 3A) Stability Ball Hamstring Curl (hips up) - 3 sets of 15 reps
- 3B) Russian Twists with Med Ball - 4 sets of 15 reps each side
- 4) Speed Skater Squats - 3 sets of 8 reps
- 5) Walking Lunge (100 feet, 75 feet, 50 feet, 25 feet) s/s Sprint (100 feet, 75 feet, 50 feet, 25 feet)

Day 3

- 1) Front Grip Pullups - 50 reps in as few sets as possible
- 2A) Neutral Grip Pulldowns - 2 sets of 20-25 reps (same weight as last week)
- 2B) Seated Modified Arnold Press - 2 sets of 8 reps
- 3) Cable Face Pull - 4 sets of 10 reps
- 4) Barbell Curls with Rest Pause - 6-8 reps, rest 20 seconds, 3-4 reps, rest 20 more seconds, then a final 1-2 reps
- 5) Core Series: 2 times through
 - A) Crunches x 20
 - B) Plank Twist-Twist x 10 each side
 - C) Toe Touches x 20 each side
 - D) Side Forearm Plank x 30 seconds each side
- 6) Squat Jump (40 sec) s/s Wall Sit 20 sec

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Week 8

Day 1

- 1) Floor Press - 2 sets of 5 reps with 50 lbs less than week 5
- 2) Med Ball Pushups - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) Hammer Strength 45 Degree Row - 3 sets of 8 reps
- 3 B) Thumbs Together Pushups - 3 sets of max reps
- 4 A) Shrugs Behind Back - 3 sets x 10 reps
- 4 B) Seated Lateral Raise - 3 sets of 10 reps
- 5) Lateral Pushups (3 sets x 10 reps) s/s Med Ball Slams (3 sets x 20 reps)

Day 2

- 5) Alternate Split Squat Jump - 5 sets of 5 reps
- 6) Box Squats - 2 sets of 5 reps with 50 lbs less than week 5
- 3A) Stability Ball Hamstring Curl - 3 sets of 15 reps
- 3B) Russian Twists with Med Ball - 4 sets of 20 reps
- 4) Speed Skater Squats - 3 sets of 8 reps
- 5) Walking Lunge (100 feet, 75 feet, 50 feet, 25 feet) s/s Sprint (100 feet, 75 feet, 50 feet, 25 feet)

Day 3

- 1) Front Grip Pullups - 50 reps in as few sets as possible
- 2A) Reverse Grip Pulldowns - 1 Rest Pause Set: 8-10 reps to failure followed by 20 seconds rest, 3-4 more reps to failure followed by 20 seconds rest, and finally 1-2 reps to failure
- 2B) Shoulder Blast - 2 sets of 8 reps (plate raise x 8 reps, db laterals x 8 reps, db clean and press x 8 reps)
- 3) Barbell Curls with 21's (7 reps from top to halfway down, 7 reps from bottom to half way up, 7 full reps)
- 2) Core Series: 2 times through
 - A) Spread Eagle Situps x 15
 - B) Seated Russian Twist 20 seach side
 - C) Toe Touches x 20
- 6) Squat Jump (40 sec) s/s Wall Sit 20 sec

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Week 9

Day 1

- 1) Medium Grip Incline Barbell Press - 2 sets of 5 reps
- 2) Blast Strap Pushups - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) Hammer Strength Reverse Row - 3 sets of 10 reps
- 3 B) DB Lying Triceps Extension - 3 sets of 10 reps
- 4 A) Barbell Overhead Shrugs - 3 sets x 12 reps
- 4 B) Hammer Strength Rear Delt Machine - 3 sets of 12 reps
- 5) Lateral Pushups (3 sets x 10 reps) s/s Med Ball Slams (3 sets x 20 reps)

Day 2

- 1) Sumo Dead Lifts - 2 sets of 5 reps
- 2) Kneeling Jumps (with body weight or holding weight) - 5 sets of 5 reps
- 3A) 1 Leg Supine Hip Extension - 4 sets of 10 reps
- 3B) Stability Ball Plank - 4 sets of 45 seconds
- 4) Alternating Lunge - 3 sets of 8 reps
- 5) Walking Lunge (100 feet, 75 feet, 50 feet, 25 feet) s/s Sprint (100 feet, 75 feet, 50 feet, 25 feet)

Day 3

- 1) Neutral Grip Pullups - 50 reps in as few sets as possible
- 2) 1 Arm Pulldown with Cable - 2 sets of 20 - 25 reps each side
- 3) Shoulder Blast - 2 sets of 8 reps (plate raise x 8 reps, db laterals x 8 reps, db clean and press x 8 reps)
- 4) Barbell Curls with 21's (7 reps from top to halfway down, 7 reps from bottom to half way up, 7 full reps)
- 5) Core Series: 2 times through
 - A) Bicycles x 30
 - B) Toe Touches x 15 each side
 - C) Side Plank x 30 seconds each side
- 6) Tabata Jump Rope: 20 seconds fast followed by 10 seconds slow. 8-10 times

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Week 10

Day 1

- 1) Medium Grip Incline Barbell Press - 2 sets of 4 reps
- 2) Blast Strap Pushups - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) Hammer Strength Reverse Row - 3 sets of 8 reps
- 3 B) DB Lying Triceps Extension - 3 sets of 8 reps
- 4 A) Barbell Overhead Shrugs - 3 sets x 10 reps
- 4 B) Hammer Strength Rear Delt Machine - 3 sets of 10 reps
- 5) Kettlebell Swing (20 reps, 15 reps, 10 reps) s/s Squat Jumps (20 reps, 15 reps, 10 reps) s/s Bodyweight Squat (20 reps, 15 reps, 10 reps)

Day 2

- 1) Sumo Dead Lifts - 2 sets of 4 reps
- 2) Kneeling Jumps (with body weight or holding weight) - 4 sets of 6 reps
- 3A) 1 Leg Supine Hip Extension - 4 sets of 10 reps
- 3B) Stability Ball Plank - 4 sets of 60 seconds
- 4) Alternating Lunge - 4 sets of 10 reps
- 5) Walking Lunge (3 sets x 100 feet) s/s Bounds (3 sets x 100 feet) s/s Wall Sit (3 sets x 30 seconds)

Day 3

- 1) Neutral Grip Pullups - 50 reps in as few sets as possible
- 2) 1 Arm Pulldown with Cable - 2 sets of 20 - 25 reps each side
- 3) EZ Bar Underhand Press - 2 sets of 15-20 reps
- 4) DB Incline Curls - 4 sets of 10 reps
- 5) Core Series: 2 times through
 - A) Spread Eagle Situps x 15
 - B) Seated Russian Twist 20 seach side
 - C) Toe Touches x 20
- 6) Tabata Jump Rope: 20 seconds fast followed by 10 seconds slow. 8-10 times

Week 11

Day 1

- 1) Medium Grip Incline Barbell Press - 2 sets of 3 reps
- 2) Barbell Pushups - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) Seated Cable Row with Overhand Grip - 3 sets of 10 reps
- 3 B) 1 Arm Rope Pushdowns - 3 sets of 10 reps
- 4 A) DB Shrug with 3 second hold on top - 3 sets x 10 reps
- 4 B) Scap Trap Shrugs - 3 sets of 10 reps
- 5) Kettlebell Swing (20 reps, 15 reps, 10 reps) s/s Squat Jumps (20 reps, 15 reps, 10 reps) s/s Bodyweight Squat (20 reps, 15 reps, 10 reps)

Day 2

- 1) Sumo Dead Lifts - 2 sets of 3 reps
- 2) Box Jumps - 5 sets of 2 reps
- 3A) 1 Leg Romanian Dead Lift - 4 sets of 10 each side
- 3B) Plank Twist-Twist - 4 sets of 12 reps each side
- 4) Reverse Lunge - 4 sets of 10 reps each side
- 5) Walking Lunge (3 sets x 100 feet) s/s Bounds (3 sets x 100 feet) s/s Wall Sit (3 sets x 30 seconds)

Day 3

- 1) Neutral Grip Pullups - 50 reps in as few sets as possible
- 2) Reverse Pulldowns - 2 sets of 20 - 25 reps each side
- 3) Standing DB Press with palms facing forward - 2 sets of 15-20 reps
- 4) Rope Hammer Curls - 4 sets of 8 reps
- 5) Core Series: 2 times through
 - A) Alternating Pike Toe Touches x 15 each side
 - B) V-Ups x 15
 - C) Hip Ups x 15
- 6) Tabata Jump Rope: 20 seconds fast followed by 10 seconds slow. 8-10 times

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Week 12

Day 1

- 1) Medium Grip Incline Barbell Press - 2 sets of 5 reps with 50 lbs less than week 9
- 2) Barbell Pushups - 2 sets x max reps (rest 2 minutes between sets)
- 3 A) Seated Cable Row with Overhand Grip - 3 sets of 8 reps
- 3 B) 1 Arm Rope Pushdowns - 3 sets of 8 reps
- 4 A) DB Shrug with 3 second hold on top - 3 sets x 8 reps
- 4 B) Scap Trap Shrugs - 3 sets of 8 reps
- 5) Kettlebell Swing (20 reps, 15 reps, 10 reps) s/s Squat Jumps (20 reps, 15 reps, 10 reps) s/s Bodyweight Squat (20 reps, 15 reps, 10 reps)

Day 2

- 1) Sumo Dead Lifts - 2 sets of 5 reps with 50 lbs less than week 9
- 2) Box Jumps - 4 sets of 3 reps
- 3A) 1 Leg Romanian Dead Lift - 4 sets of 12 each side
- 3B) Plank Twist-Twist - 4 sets of 12 reps each side
- 4) Reverse Lunge - 4 sets of 8 reps each side
- 5) Walking Lunge (3 sets x 100 feet) s/s Bounds (3 sets x 100 feet) s/s Wall Sit (3 sets x 30 seconds)

Day 3

- 1) Neutral Grip Pullups - 50 reps in as few sets as possible
- 2) Reverse Pulldowns - 2 sets of 20 - 25 reps each side
- 3) Standing DB Press with palms facing forward - 2 sets of 15-20 reps
- 4) Rope Hammer Curls - 5 sets of 8 reps
- 5) Core Series: 2 times through
 - A) Alternating Pike Toe Touches x 15 each side
 - B) V-Ups x 15
 - C) Hip Ups x 15
- 6) Tabata Jump Rope: 20 seconds fast followed by 10 seconds slow. 8-10 times

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