

# OFF-SEASON WEIGHT LIFTING

MONDAY		WEDNESDAY		FRIDAY	
BENCH	1x10 3x6	POWER CLEAN	1x10 2x8	INCLINE BENCH	1x10 3x8
STANDING PRESS	3x10	SQUAT	1x10 3x8	PULL-DOWNS	3x10
PULL-UPS	3x MAX	LUNGES	3x10	DUMBBELL MILITARY PRESS	3x10
LAT PULL-DOWN	2x10			BICEP CURLS	3x10
DIPS	2xMAX	LEG EXTENSION	3x10	LAT ROWS	3x10
LAT ROWS	3x10	LEG CURLS	3x10	DIPS	2x MAX
BICEP CURLS	3x10	SIT-UPS	2X MAX	TRICEP EXTENSION	3x10

GO INTO EACH WORKOUT WITH THE MIND SET THAT, "TODAY I'M GOING TO GET STRONGER AND MORE POWERFUL FOR THE SPORT OF WRESTLING." DO EACH SET WITH A WEIGHT THAT IS HEAVY ENOUGH THAT YOU CAN ONLY GET THE NUMBER OF REPS WRITTEN OR LESS. NO LIGHT WEIGHTS

THE **MAX** REST TIME BETWEEN SETS IS 45 SECONDS