

Metabolic Circuit

| | Week 1 | | | Week 2 | | | Week 3 | | | Week 4 | | |
|----------------------------|--------|----|----|--------|----|----|--------|----|----|--------|----|----|
| | Reps | WT | WT | Reps | WT | WT | Reps | WT | WT | Reps | WT | WT |
| Day 1 | | | | | | | | | | | | |
| Trap Bar Jump | 3x5 | | | 3x5 | | | 3x3 | | | 3x3 | | |
| Box Jumps | 3x5 | | | 3x5 | | | 3x3 | | | 3x3 | | |
| Internal/External Rotatic | 2x10 | | | 2x10 | | | 2x10 | | | 2x10 | | |
| Bench Press | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Lat Pull | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| SB Bench Alternate | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| DB Shoulder Press | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Dips | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| DB Row | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Push Pull | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Pull Ups | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Fat Bar Curl | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Day 2 | | | | | | | | | | | | |
| Hang Clean | 3x5 | | | 3x5 | | | 3x3 | | | 3x3 | | |
| Push Press | 3x5 | | | 3x5 | | | 3x3 | | | 3x3 | | |
| Internal/External Rotatic | 2x10 | | | 2x10 | | | 2x10 | | | 2x10 | | |
| Squat | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| RDL Bar | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Box Jumps | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Explosive Step Ups | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Hamstring Curls | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| SL Squat | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| DB Lunge | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Trap Bar Dead Lift | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| L Box Foot fire Front/Side | 15 sec | | | 15 sec | | | 15 sec | | | 15 sec | | |
| Day 3 | | | | | | | | | | | | |
| Power Clean | 3x5 | | | 3x5 | | | 3x3 | | | 3x3 | | |
| 4 Way Neck | 3x5 | | | 3x5 | | | 3x3 | | | 3x3 | | |
| Forearms | 3 sets | | | 3 sets | | | 3 sets | | | 3 sets | | |
| Bench Press | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Squat | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Lat Pull | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| SL Squat | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| DB Row | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| DB RDL | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Dips | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Lateral Jumps | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |
| Fat Bar Curl | 3x10 | | | 3x10 | | | 3x10 | | | 3x10 | | |

4 day High reps

| | Week 1 | | Week 2 | | Week 3 | | Week 4 | |
|---------------------|-----------|---------|-----------|----|-----------|----|-----------|----|
| | reps | wt | reps | wt | reps | wt | reps | wt |
| MONDAY | | | | | | | | |
| Power Cleans | 4x5 | | 4x5 | | 5x3x2x2 | | 5x3x2x2 | |
| Incline DB Bench | 3x10 | | 3x10 | | 3x8 | | 3x8 | |
| Trap Bar Jump | 4x5 | | 4x5 | | 4x5 | | 4x5 | |
| Push Press | 4x8 | | 4x8 | | 4x6 | | 4x6 | |
| DB Front Raises | 3x10 | | 3x10 | | 3x8 | | 3x8 | |
| Skull Crusher | 4x10 | | 4x10 | | 4x8 | | 4x8 | |
| Narrow Push-Ups | 2xFailure | | 2xFailure | | 2xFailure | | 2xFailure | |
| TUESDAY | | | | | | | | |
| Pull Ups | 4x10 | | 4x10 | | 4x8 | | 4x8 | |
| Renegade Pushup | 3x10 | | 3x10 | | 3x8 | | 3x8 | |
| Shrugs | 3x10 | | 3x10 | | 3x8 | | 3x8 | |
| Fat Bar Curls | 4x10 | | 4x10 | | 4x8 | | 4x8 | |
| Bear Crawl Bands | 4 | | 4 | | 3 | | 3 | |
| Prowler Push | 4 | | 4 | | 3 | | 3 | |
| ABS/Forearms | superset | | | | | | | |
| THURSDAY | | | | | | | | |
| Incline Bench | 4x10 | | 4x10 | | 4x8 | | 4x8 | |
| 1 1/2's Bench | 2x10 | | 2x10 | | 2x8 | | 2x8 | |
| Upright Row | 4x10 | | 4x10 | | 4x8 | | 4x8 | |
| DB Side Raises | 3x10 | | 3x10 | | 3x8 | | 3x8 | |
| Med Ball Snaps | 3x1min | | 3x1min | | 3x1min | | 3x1min | |
| Dips (Failure) | 2xFailure | | 2xFailure | | 2xFailure | | 2xFailure | |
| 1 1/2's DB Military | 2x10 | | 2x10 | | 2x10 | | 2x10 | |
| FRIDAY | | | | | | | | |
| Squats | 4x5 | | 4x5 | | 5x3x2 | | 5x3x2x2 | |
| 1 Arm Rows | 3x10 | | 3x10 | | 3x8 | | 3x8 | |
| DB Curfs Standing | 6x10x10 | No Rest | 6x10x10 | | 6x10x10 | | 6x10x10 | |
| Leg ext/Curfs Sset | 3x10 | | 3x10 | | 3x8 | | 3x8 | |
| Cable Twists | 3x10 | | 3x10 | | 3x8 | | 3x8 | |
| Prowler Push | 3 Sets | | 3 Sets | | 3 Sets | | 3 Sets | |
| ABS/Forearms | superset | | | | | | | |

4 day 8 week progressive

| Weight | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
|-------------------|--------|-------------------|------------------|------------------|------------------|--------------------|--------------------|--------------------|
| Day 1 | | | | | | | | |
| Incline | 3x10 | %40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 45,55,60 3x10 | 40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 |
| CG Bench | 3x10 | %40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 45,55,60 3x10 | 40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 |
| DB Shoulder Press | 3x10 | %40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 45,55,60 3x10 | 40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 |
| Triceps | 3x10 | | | | | | | |
| ABS | | | | | | | | |
| Day 2 | | | | | | | | |
| Hang Clean | 3x5 | %60,65,70 3x5 | 65,70,75 3x5 | 70,75,80 3x5 | 60,65,70 4x4 | 70,75,80,80 4x4 | 75,80,85,85 4x3 | 80,85,90,90 4x3 |
| Squat | 3x10 | %45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 | 50,55,60 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 |
| SL Squat | 3x10 | %45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 | 50,55,60 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 |
| DB RDL | 3x10 | %45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 | 50,55,60 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 |
| Wgtd Pull Ups | 3x10 | | | | | | | |
| Biceps | 3x10 | | | | | | | |
| Day 3 | | | | | | | | |
| Bench | 3x10 | %45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 | 50,55,60 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 |
| DB Incline | 3x10 | %45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 | 50,55,60 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 55,60,65 3x10 |
| Weighted Dips | 3x10 | | | | | | | |
| 3 way Shoulders | 3x10 | | | | | | | |
| ABS | | | | | | | | |
| Day 4 | | | | | | | | |
| Power Clean | 3x5 | %60,65,70 3x5 | 65,70,75 3x5 | 70,75,80 3x5 | 60,65,70 4x4 | 70,75,80,80 4x4 | 75,80,85,85 4x3 | 80,85,90,90 4x3 |
| Squat | 3x10 | %40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 45,55,60 3x10 | 40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 |
| Lunges | 3x10 | %40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 45,55,60 3x10 | 40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 |
| BB RDL | 3x10 | %40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 | 45,55,60 3x10 | 40,45,50 3x10 | 45,50,55 3x10 | 50,55,60 3x10 |
| Lat Pull Downs | 3x10 | | | | | | | |
| Biceps | 3x10 | | | | | | | |

Body Weight Circuit Lift

30 Seconds Between Sets/1-2 minutes Between Exercises

Day 1: 500 Jump Rope

1. Push Ups 4x25

2. Pull Ups/Chin Ups 4x15

3. Dips 4x15

4. Curls 25lbs. 4x25

5. 4 way Shoulders 4x10

6. Back Raises 4x20

7. Farmers Walk 40 yards 3 sets

Day 2: 500 Jump Rope

1. High Box Jumps 4x10

2. Med Ball Snaps 4x1minute

3. Sand Bag Twist 4x5

4. TRX Wing Span Flies 4x15

5. Med Ball Side Toss 4x15

6. Prowler No Weight 10 sprints 40 yards

7. Rope Climb 5 Times

Day 3: 500 Jump Rope

1. Body Squats 4x25

2. Body Lunges 4x10

3. Lunge Jumps 4x10

4. Low Box Jumps 4x15

5. Hand Stands 5x1minute

6. 4 Way Neck 2x10

7. Abs

Body Weight Circuit Lift

30 Seconds Between Sets/1-2 minutes Between Exercises

Day 1: 500 Jump Rope/20 min. Treadmill

1. Push Ups 4x25
2. Pull Ups/Chin Ups 4x15
3. Dips 4x15
4. Stability Ball Hand Fight 3x1min.
5. 4 way Shoulders 4x10
6. Back Raises 4x20
7. Farmers Walk 40 yards 3 sets

Day 2: 500 Jump Rope/20 min. Treadmill

1. Rope Climb 2x3
2. High Box Jumps 4x10
3. Med Ball Snaps 4x1minute
4. Sand Bag Clean&Toss 4x10
5. Med Ball Side Toss 4x15
6. TRX Wing Span Flies 4x15
7. Prowler No Weight 10 sprints 40 yards

Day 3: 500 Jump Rope/20 min. Treadmill

1. Body Squats 4x25
2. Broad Jumps 4x10
3. Lunge Jumps 4x10
4. Low Box Jumps 4x15
5. Hand Stands 5x1minute
6. 4 Way Neck 2x10
7. Abs

Peak Circuit Training

2 times through @ 20 sec.

1. Prowler
2. Push Pull
3. Push Pull
4. DB Curls
5. ABS (Med Ball Throws)
6. Bench
7. Dips
8. Pull Ups
9. Push Press
10. Step Ups

NAME _____

NEBRASKA WRESTLING

Season
3 days

| | | Friday | | | | | | | |
|---------------|----|--------|-----|-----|-----|---|---|---|---|
| Week | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Date | | | | | | | | | |
| Warm Up | | | | | | | | | |
| | WU | | | | | | | | |
| Bench | | 12 | 10 | 8 | 6 | | | | |
| | | 10 | 8 | 6 | 5 | | | | |
| | | 8 | 6 | 4 | 4 | | | | |
| | | 8 | 8 | 6 | 5 | | | | |
| DB Military | | 8 | 8 | 6 | 5 | | | | |
| | | 8 | 8 | 6 | 5 | | | | |
| | | 10 | 10 | 8 | 8 | | | | |
| Leg Extension | | 10 | 10 | 8 | 8 | | | | |
| | | 10 | 10 | 8 | 8 | | | | |
| | | 10 | 10 | 8 | 8 | | | | |
| Leg Curls | | 10 | 10 | 8 | 8 | | | | |
| | | 10 | 10 | 8 | 8 | | | | |
| | | 10 | 10 | 8 | 8 | | | | |
| Front | | 10 | 10 | 10 | 10 | | | | |
| And | | 10 | 10 | 10 | 10 | | | | |
| Side Raises | | 10 | 10 | 10 | 10 | | | | |
| | | max | max | max | max | | | | |
| Pull ups | | max | max | max | max | | | | |
| | | max | max | max | max | | | | |
| ABS | | | | | | | | | |

LIFTING GUIDELINES

- Warm Up:** before lifting complete a full body warm up for 5-10 minutes. Before performing a lift, perform the same lift with a lighter amount of weight than that to be used for the workout.
- Spotters:** when lifting with free weights (dumbbells, squats, bench press) it is best to have 1 or 2 spotters, especially with the squat. Spotters should keep their hands under the bar without touching it and be alert at all times. It is best to squat using a power rack with safety catches.
- Lift through a Full Range of Motion:** execute all lifting movements through their full range of motion. Partial movements are unwise because they will reduce a joint's range of motion, making you less flexible and increases your chances of muscle injury.
- Breathe Properly:** always inhale at the starting position of the exercise, hold your breath until the repetition is nearly complete, at which point you should forcibly exhale.
- Abdominal Flexing:** after taking a deep breath, tighten the abdominal muscles to an extreme degree, similar to what boxers do when taking a punch to the mid-section. **Do not** attempt to tighten the low back by extending the spine with a slight arch.
- Control the Resistance:** when lowering the weight, the bar should be controlled to keep resistance on the muscles. Do not bounce at the bottom, as no tension is built and injury can occur.

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