

# **Jackson Polar Bear Wrestling**



## **2011 Summer Strength and Conditioning Program**

*The 1st period is won by the best technician. The 2nd period is won by the kid in the best shape. The 3rd period is won by the kid with the biggest heart.*

*Dan Gable*

# Goal Sheet

*"The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move." -- John Wooden*

## Team Goals

- 1.
- 2.
- 3.

## Individual Wrestling Goals

- 1.
- 2.
- 3.

## Summer Strength Goals

- 1.
- 2.

*"I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline... I firmly believe that any man's finest hour - this greatest fulfillment to all he holds dear is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle, victorious." -- Vince Lombardi*

## Important Dates

**\*Kent State Camp:** June 12-15, 2011

**\*Mount Union Camp:** July 1-2, 2011

### Other Events

July 15 ASICS/ Vaughan National Championships Freestyle/ Greco Fargo, ND

### Club Workouts:

Mon. and Wed. From 4- 5:30.

Starting June 20th- Mon. and Wed. From 6:00-7:30

## Conditioning Test

Starting the first week of the season, in order to examine your physical condition and to ensure that you are in shape we will be conducting a conditioning test. Every wrestler will complete this test every day during the first week until they successfully pass it.

3 sets of 5 wall-wall sprints.

106-182 Completed in less than **1 minute**.

195- heavy weight **1:05**.

***1:30 rest between each set.***

# COMPLETE BEFORE EVERY WORKOUT

## **Dynamic Warm-up**

1. 10 squat jumps
  2. 10 push ups
  3. 10 lunges
  4. 20 crunches
  5. 10 body weight squats
- repeat-**

# **Strength Program**

## **Week 1-12**

- **This program is meant to increase speed and build strength.**
- **It is set up like a wrestling match. Good wrestlers will work hard for three periods. Champions win in Overtime.**
- **The overtime workout is optional, It is a more wrestling sports specific workout.**

### **Several rules while you are working out.**

- 1. Lift with a purpose and attitude.**
- 2. Move the weight as quickly and violently as possible while maintaining perfect form.**
- 3. Always use clips and a spotters while performing heavy lifts.**
- 4. Always remember that your opponents are working too. Will you out work them or settle for average?**

# Jackson Strength Training

## Week 1

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 10-10-10 Pair w/ Box jumps 4x 6	Bench 12-8-5 warm 10-10-10 pair w/ Marine push ups 4x6	Power Clean 2x4 warm 3-3-3 Pair w/ split squat jumps
DB Lunges 3x8 each pair w/ chin ups 3x10	DB Alternating Bench Press 3x 8 each pair w/ shrugs 3x15	Front squat 2 sets warmup 3x10 increasing weight pair w/ pull ups 3x8
Reverse Hyper 3x10 pair w/ calfs 2x20	Tricep skull crushers 3x12 pair w/ hammer curls 3x10 each	Lawn mower pulls 3x8 each arm pair w/ DB squat swings
Neck (sides)3 x15 Stretch	Neck (front and back)3x15 stretch	Neck (all sides)13x10 stretch

### Overtime

Randy Couture grappling workout  
complete the following out without setting the bar down.  
Recommended weight- 65-95 lbs.

*\*complete 3-5 rounds depending on your conditioning. Rest for one minute in between each round. Make sure you properly warm up before starting this workout.*



#### **1 round**

bent over rows x 10  
upright rows x 10  
over head press x 10  
split squat 6 each leg  
good mornings x8  
**squat and press x 8**

# Jackson Strength Training

## Week 2

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 10-10-10 Pair w/ Box jumps(speed) 4x6	Bench 12-8-5 warm 10-10-10 pair w/ Tricep push ups 3x6	Power Clean 2x4 warm 3-3-3 Pair w/ split squat jumps 4x6
Clean/ front squat and press 3x6 light weight pair w/ chin ups 3x10	3 way bench push up 3x fail pair w/ shrugs 3x15	Front squat 2 sets warmup 3x10 increasing weight pair w/ pull ups 3x8
Single leg squat 3x9 each pair w/ Lat pull downs 3x12	Tricep push downs 3x12 pair w/ bar bell curls 3x12	Medicine Ball slams 3x8 pair w/ DB clean and press 3x6 each arm
Neck (sides)3 x15 <b>Stretch!!</b>	Neck (front and back) 3x15 <b>Stretch!!</b>	Neck (all sides) 3 x10 <b>Stretch!!</b>

### Overtime

Ohio State Workout  
upper body grappling workout  
with light weight (45-65 lbs, just the bar), do not put the bar down!

#### 1 round

10 bench

10 upright row

10 shrugs

10 curl

-repeat

complete 3 rounds



# Jackson Strength Training

## Week 3

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 8-8-8 Pair w/ Box jumps 4x 6	Bench 12-8-5 warm 8-8-8 pair w/ Marine push ups 4x6	Power Clean 2x4 warm 2-2-2 Pair w/ split squat jumps
DB Lunges 3x8 each pair w/ chin ups 3x12	DB Alternating Bench Press 3x 8 each pair w/ shrugs 3x12 heavy	Front squat 2 sets warmup 8-8-8 increasing weight pair w/ pull ups 3x10
Reverse Hyper 3x10 pair w/ calfs 2x20	Tricep skull crushers 3x12 pair w/ hammer curls 3x10 each	Lawn mower pulls 3x8 each arm pair w/ DB squat swings 3x10 each
Neck (sides)3 x15 Stretch	Neck (front and back)3x15 stretch	Neck (all sides)13x10 stretch

### Overtime

#### ***Brock Lesnar grappling workout***

*3 rounds 5 minutes each*

*switch exercise every 60 seconds.*

#### **1 round**



push ups x 60 secs

burpees x 60 secs

crunches x 60 secs

shadow wrestling or boxing x 60 secs

body weight squats x 60 secs

rest 60 secs

***repeat 3 times***

# Jackson Strength Training

## Week 4

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 8-8-6 Pair w/ Box jumps(speed) 4x6	Bench 12-8-5 warm 8-8-8 pair w/ Tricep push ups 3x6	Power Clean 2x4 warm 2-2-2 Pair w/ split squat jumps 4x6
Clean/ front squat and press 3x4 focus on speed and light weight pair w/ chin ups 3x10	3 way bench push up 3x fail pair w/ shrugs 3x15	Front squat 2 sets warmup 8-6-4 increasing weight pair w/ pull ups 3x8
Single leg squat 3x9 each pair w/ Lat pull downs 3x12	Tricep push downs 3x12 pair w/ bar bell curls 3x12	Medicine Ball slams 3x8 pair w/ DB clean and press 3x7 each arm
Neck (sides)3 x15 <b>Stretch!!</b>	Neck (front and back) 3x15 <b>Stretch!!</b>	Neck (all sides) 3 x10 <b>Stretch!!</b>

### Overtime



### **Iron man Leg Medley** *Complete three sets*

#### 1 set

*Without stopping complete the following exerices*  
*30 seconds body weight squats*  
*30 seconds body weight lunges*  
*30 seconds squat holds*

#### **5 sets**

# Jackson Strength Training

## Week 5

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 6-6-6-6 Pair w/ Box jumps 4x 6	Bench 12-8-5 warm 6-6-6 pair w/ Marine push ups 4x6	Power Clean 2x4 warm 2-2-2 Pair w/ split squat jumps
DB Lunges 3x8 each pair w/ chin ups 3x12	DB Alternating Bench Press 3x 8 each pair w/ shrugs 3x12 heavy	Front squat 2 sets warmup 6-6-6 increasing weight pair w/ pull ups 3x12
Reverse Hyper 3x10 pair w/ calfs 2x20	Tricep skull crushers 3x12 pair w/ hammer curls 3x10 each	Lawn mower pulls 3x8 each arm pair w/ DB squat swings 3x10 each
Neck (sides)3 x15 Stretch	Neck (front and back)3x15 stretch	Neck (all sides)13x10 stretch

### Overtime

Randy Couture grappling workout  
complete the following out without setting the bar down.

Recommended weight- 65-95 lbs.

***\*complete 3-5 rounds depending on your conditioning. Rest for one minute in between each round. Make sure you properly warm up before starting this workout.***

#### 1 round

bent over rows x 10

upright rows x 10



over head press x 10

split squat 6 each leg

good mornings x8

***squat and press x 8***

# Jackson Strength Training

## Week 6

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 6-5-5-10(light) Pair w/ Box jumps(speed) 4x6	Bench 12-8-5 warm 6-6-6 pair w/ Tricep push ups 3x6	Power Clean 2x4 warm 3-2-2 Pair w/ split squat jumps 4x6
Clean/ front squat and press 3x5 focus on speed and light weight pair w/ chin ups 3x10	3 way bench push up 3x fail pair w/ shrugs 3x15	Front squat 2 sets warmup 8-6-4 increasing weight pair w/ pull ups 3x12
Single leg squat 3x9 each pair w/ Lat pull downs 3x12	Tricep push downs 3x12 pair w/ bar bell curls 3x12	Medicine Ball slams 3x8 pair w/ DB clean and press 3x7 each arm
Neck (sides)3 x15 <b>Stretch!!</b>	Neck (front and back) 3x15 <b>Stretch!!</b>	Neck (all sides) 3 x10 <b>Stretch!!</b>

### Overtime



Ohio State Workout  
upper body grappling workout  
with light weight (45-65 lbs, just the bar), do not put the bar down!

#### 1 round

10 bench

10 upright row

10 shrugs

10 curl

-repeat

**complete 3 rounds**

# Jackson Strength Training

## Week 7

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 6-4-3-3 Pair w/ Box jumps 4x 6	Bench 12-8-5 warm 8-5 (135,185, or 225) rep out pair w/ Marine push ups	Power Clean 2x4 warm 3-3-3 Pair w/ split squat jumps 3x6
DB Lunges 3x8 each pair w/ chin ups 3x12	DB Alternating Bench Press 3x 8 each pair w/ shrugs 3x12 heavy	Front squat 2 sets warmup 6-4-4 increasing weight pair w/ pull ups 3x10
Reverse Hyper 3x10 pair w/ calfs 2x20	Tricep skull crushers 3x12 pair w/ hammer curls 3x10 each	Lawn mower pulls 3x8 each arm pair w/ DB squat swings 3x10 each
Neck (sides)3 x15 Stretch	Neck (front and back)3x15 stretch	Neck (all sides)13x10 stretch

### Overtime

#### ***Brock Lesnar grappling workout***

*3 rounds 5 minutes each  
switch exercise every 60 seconds.*



#### **1 round**

push ups x 60 secs  
burpees x 60 secs  
crunches x 60 secs  
shadow wrestling or boxing x 60 secs  
body weight squats x 60 secs  
rest 60 secs  
**repeat 3 times**

# Jackson Strength Training

## Week 8

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 5-5-5-5 Pair w/ Box jumps(speed) 4x6	Bench 12-8-5 warm 5-5-5 pair w/ Tricep push ups 3x6	Power Clean 2x4 warm 2-2-2 Pair w/ split squat jumps 4x6
Clean/ front squat and press 3x5 focus on speed and light weight pair w/ chin ups 3x10	3 way bench push up 3x fail pair w/ shrugs 3x15	Front squat 2 sets warmup 4-3-3-3 increasing weight pair w/ pull ups 3x12
Single leg squat 3x9 each pair w/ Lat pull downs 3x12	Tricep push downs 3x12 pair w/ bar bell curls 3x12	Medicine Ball slams 3x8 pair w/ DB clean and press 3x7 each arm
Neck (sides)3 x15 <b>Stretch!!</b>	Neck (front and back) 3x15 <b>Stretch!!</b>	Neck (all sides) 3 x10 <b>Stretch!!</b>

### Overtime



### **Iron man Leg Medley** *Complete three sets*

#### 1 set

*Without stopping complete the following exerices*  
*30 seconds body weight squats*  
*30 seconds body weight lunges*  
*30 seconds squat holds*

#### **5 sets**

# Jackson Strength Training

## Week 9

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 4-4-4-10 Pair w/ Box jumps 4x 6	Bench 12-8-5 warm 3-2-2 pair w/ Marine push ups	Power Clean 2x4 warm 2-2-1 Pair w/ split squat jumps 3x6
DB Lunges 3x8 each pair w/ chin ups 3x12	DB Alternating Bench Press 3x 8 each pair w/ shrugs 3x12 heavy	Front squat 2 sets warmup 3-3-3 increasing weight pair w/ pull ups 3x12
Reverse Hyper 3x10 pair w/ calfs 2x20	Tricep skull crushers 3x12 pair w/ hammer curls 3x10 each	Lawn mower pulls 3x8 each arm pair w/ DB squat swings 3x10 each
Neck (sides)3 x15 Stretch	Neck (front and back)3x15 stretch	Neck (all sides)3x10 stretch

### Overtime

Randy Couture grappling workout  
complete the following out without setting the bar down.  
Recommended weight- 65-95 lbs.

*\*complete 3-5 rounds depending on your conditioning. Rest for one minute in between each round. Make sure you properly warm up before starting this workout.*

#### 1 round

bent over rows x 10  
upright rows x 10



over head press x 10  
split squat 6 each leg  
good mornings x8  
**squat and press x 8**

# Jackson Strength Training

## Week 10

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 3-2-1 Pair w/ Box jumps(speed) 4x6	Bench 12-8-5 warm 2-2-2 pair w/ Tricep push ups 3x6	Power Clean 2x4 warm 2-1-1 Pair w/ split squat jumps 4x6
Clean/ front squat and press 3x5 focus on speed and light weight pair w/ chin ups 3x10	3 way bench push up 3x fail pair w/ shrugs 3x15	Front squat 2 sets warmup 2-2-2-2 increasing weight pair w/ pull ups 3x8
Single leg squat 3x9 each pair w/ Lat pull downs 3x12	Tricep push downs 3x12 pair w/ bar bell curls 3x12	Medicine Ball slams 3x8 pair w/ DB clean and press 3x7 each arm
Neck (sides)3 x15 <b>Stretch!!</b>	Neck (front and back) 3x15 <b>Stretch!!</b>	Neck (all sides) 3 x10 <b>Stretch!!</b>

### Overtime

Ohio State Workout  
upper body grappling workout  
with light weight (45-65 lbs, just the bar), do not put the bar down!

#### 1 round

10 bench  
10 upright row  
10 shrugs  
10 curl  
-repeat  
complete 3 rounds



# Jackson Strength Training

## Week 11

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 2-2-2 Pair w/ Box jumps 4x 6	Bench 12-8-5 warm 2-1-1 pair w/ Marine push ups	Power Clean 2x4 warm 2-2-1-1 Pair w/ split squat jumps 3x6
DB Lunges 3x8 each pair w/ chin ups 3x12	DB Alternating Bench Press 3x 8 each pair w/ shrugs 3x12 heavy	Front squat 2 sets warmup 6-4-2-1 increasing weight pair w/ pull ups 3x12
Reverse Hyper 3x10 pair w/ calfs 2x20	Tricep skull crushers 3x12 pair w/ hammer curls 3x10 each	Lawn mower pulls 3x8 each arm pair w/ DB squat swings 3x10 each
Neck (sides)3 x15 Stretch	Neck (front and back)3x15 stretch	Neck (all sides)3x10 stretch

### Overtime

***Brock Lesnar grappling workout***  
*3 rounds 5 minutes each*  
*switch exercise every 60 seconds.*



#### **1 round**

push ups x 60 secs  
 burpees x 60 secs  
 crunches x 60 secs  
 shadow wrestling or boxing x 60 secs  
 body weight squats x 60 secs  
 rest 60 secs  
***repeat 3 times***

# Jackson Strength Training

## Week 12

1 <sup>st</sup> Period	2 <sup>nd</sup> period	3 <sup>rd</sup> Period
Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any	Dynamic Warmup Abs 5x25 Any
Squat 10-8 warm 8-6-4 Pair w/ Box jumps(speed) 4x6	Bench 12-8-5 warm 8-8-8 pair w/ Tricep push ups 3x6	Power Clean 2x4 warm 2-2-2 Pair w/ split squat jumps 4x6
Clean/ front squat and press 3x5 focus on speed and light weight pair w/ chin ups 3x10	3 way bench push up 3x fail pair w/ shrugs 3x15	Front squat 2 sets warmup 8-8-8 increasing weight pair w/ pull ups 3x8
Single leg squat 3x9 each pair w/ Lat pull downs 3x12	Tricep push downs 3x12 pair w/ bar bell curls 3x12	Medicine Ball slams 3x8 pair w/ DB clean and press 3x7 each arm
Neck (sides)3 x15 <b>Stretch!!</b>	Neck (front and back) 3x15 <b>Stretch!!</b>	Neck (all sides) 3 x10 <b>Stretch!!</b>

### Overtime



#### **Iron man Leg Medley**

*Complete three sets*

#### 1 set

*Without stopping complete the following excercises*

*30 seconds body weight squats*

*30 seconds body weight lunges*

*30 seconds squat holds*

#### **5 sets**