

training with powerhouse gym



Wrestling with Success

Build Strength, Coordination and Endurance

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Photography by Leo W. Davenport

Competitive wrestling is one of the most demanding of all sports. Wrestling requires strength, conditioning, flexibility, balance, endurance and coordination.

Strength is an important component to being a successful wrestler. If two opponents' skill levels are the same, it is a safe assumption that the stronger of the two will prevail. To enable yourself to have the best chance at wrestling success, you must build your strength.

The key to building real strength is a balanced program of weight training and calisthenics which target all parts of the body. It is critical not to neglect any parts of the body because wrestling is one of the true all-body sports. Calisthenics are especially important to build endurance and flexibility. Push-ups, sit-ups, pull-ups rope-climbing and jumping rope are particularly effective calisthenic exercises.

Good balance can be achieved by jumping rope and practicing certain wrestling moves. Repetitive practice on the wrestling mat is the best way to advance your wrestling technique.



This exercise routine will enable you to gain strength, coordination, endurance and balance, all elements of a physically well-rounded wrestler.



In order to achieve the optimum wrestler's body, I have developed the following exercise regimen.

Warm-up

15 minutes on the stationary bike

Abdomen

Super sets (no rest in between)
Hanging leg lifts (2 sets of 15 reps)
Kick Frogs (2 sets of 20 reps)
Crunches (2 sets of 25 reps)
Leg lifts (2 sets of 30 reps)
Victor sit-ups (2 sets of reps)

Neck

Bridges with a weight plate on top of your head
Four angles: front, back, right and left

Legs

Walking lunges (2 sets of 40 reps)
Stair climbing with dumbbells (2 sets of 20 steps)
Deadlifts (2 sets of 12 reps)

Shoulders

Power cleans (3 set of 8 to 10 reps)
One-arm dumbbell presses (2 sets of 15 reps)

Back

Pull-ups up to 50 count
Barbell rows (2 sets of 15 and 10 reps)

Chest

Incline bench press (2 sets of 15 and 10 reps)
Dips up to 50 count

Arms

Biceps, barbell curls (2 sets of 20 and 15 reps)
Triceps, close-grip bench press (2 sets of 10 and 6 reps)

Calves

Dumbbell calf raise. Start with 20 lbs. and continue until you reach 50 lbs. Complete as many reps as you can, and then stretch your calves.

Jump Rope

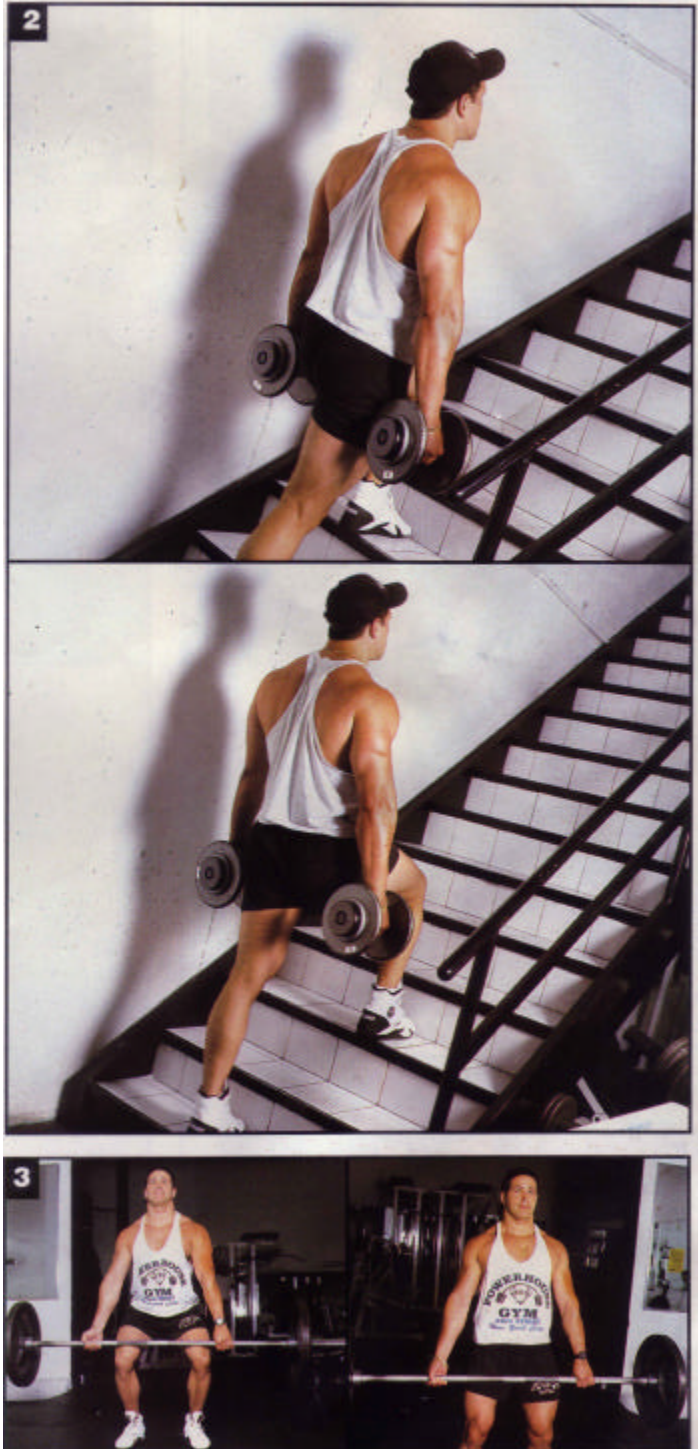
15 minutes





Legs

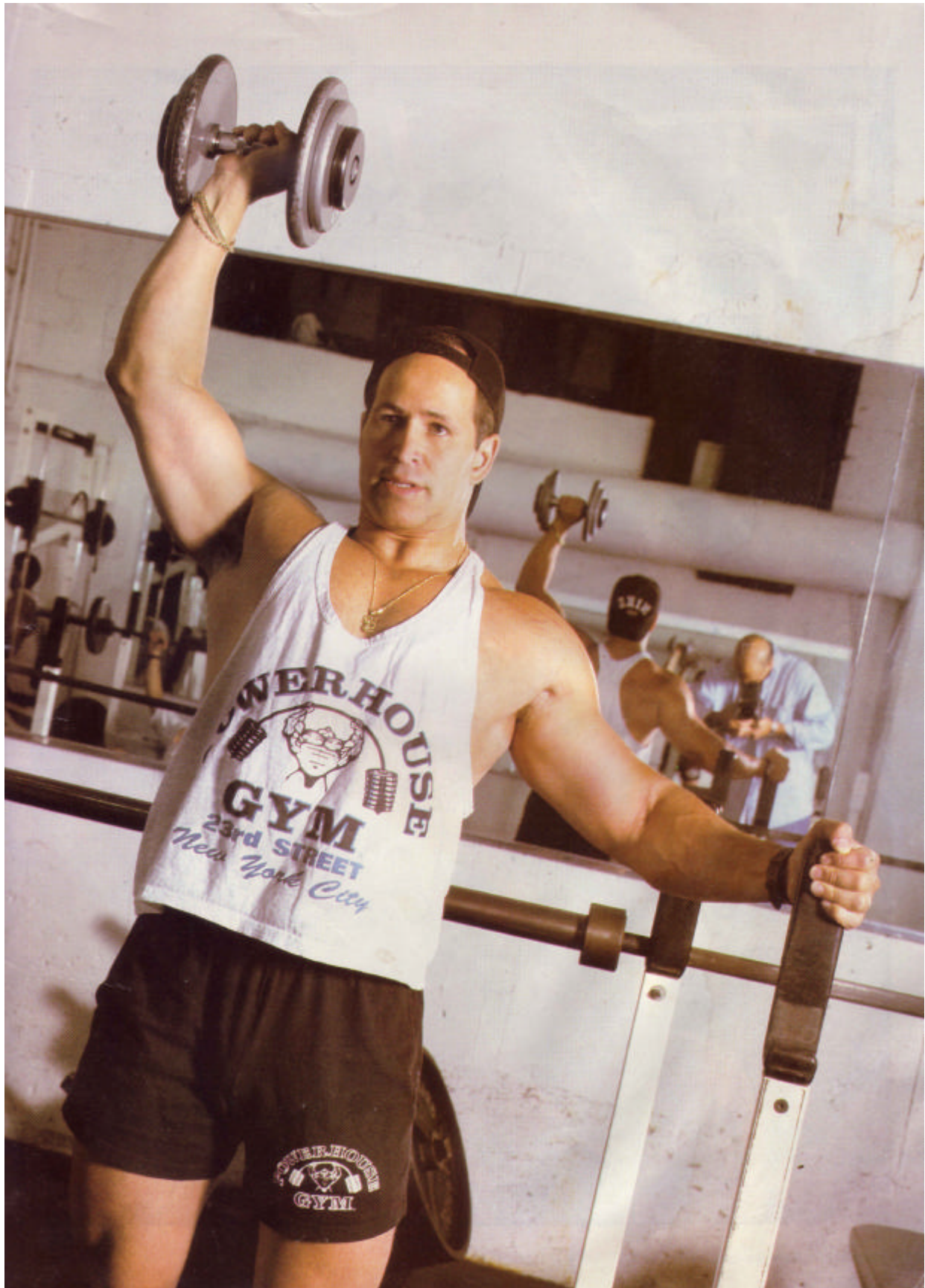
1. Walking lunges (2 sets of 40 reps)
2. Stair climbing with dumbbells (2 sets of 20 steps)
3. Deadlifts (2 sets of 12 reps)





Shoulders

1. Power cleans (3 sets of 8 to 10 reps)
2. One-arm dumbbell presses (2 sets of 15 reps)





Chest

1. Incline bench press (2 sets of 15 and 10 reps)
2. Dips up to 50 count





Arms

Triceps, close-grip bench press
(2 sets of 10 and 6 reps)