STEVE PRESTON’S

4 WEEK BODY WEIGHT WORKOUT FOR WRESTLERS

Manual
4 Week Body Weight Workout for Wrestlers!

Please... email this workout to anyone who could benefit from it.

Disclaimer

The 4 Week Workout is challenging. You must have a full Physical from a Physician and clearance before attempting this, or any fitness program. Begin this program at your own risk. Steve Preston and Wrestling Performance LLC are in no way liable for injury or illness that may occur from performing this workout. Please consult a qualified fitness professional for questions regarding exercise.
About Steve Preston and Ultimate Wrestling Power

My name is Steve Preston. I’m a Sports Performance Specialist located in the Southeastern, Virginia area. For the past 30 years I’ve been involved in serious strength training, both for myself and athletes that I’ve trained.

I practice what I preach, with Powerlifting “personal bests” of:

- 630 lb Squat
- 500 lb Bench Press
- 610 lb Deadlift
(All performed at a 189 lb body weight)

With 6 years of higher-education under my belt, thousands and thousands of hours of one on one personal training, conferences, clinics, studies and more, I’ve developed unique training methods for wrestlers seeking improved mat performance. You can see some of my articles in Wrestling USA magazine.

My original Strength and Conditioning program for wrestlers is Ultimate Wrestling Strength - A complete strength and conditioning system for wrestlers and MMA Athletes. This has sold thousands of copies to wrestlers, coaches and parents from all parts of the World! The reviews have been stellar! In fact, that program has been responsible for increasing the strength, speed and overall conditioning for more wrestlers than any other program...

Ultimate Wrestling Power is the body weight training version of the original Ultimate Wrestling Strength. Tap into YOUR hidden strength and ultimate potential on the wrestling mat!

Steve’s websites include:

www.WrestlingPerformance.com – Steve’s new Wrestling Performance Membership site featuring a forum where you can get your training/meal plan questions answered, videos, workouts, training programs and access to all of Steve’s unique training/nutrition systems for wrestlers.

www.UltimateWrestlingPower.com - A complete “body weight” strength and conditioning program for wrestlers, with year-round workouts that don’t require a gym membership and can be performed anywhere.

www.UltimateWrestlingStrength.com - This is the original ‘gym-based’ strength and conditioning program for wrestlers. It is the #1 program for wrestlers seeking improved strength, conditioning and speed in the entire world!

**www.EasyWeightCutting.com** - A video training program where Steve teaches you exactly how to cut weight for wrestling without having to starve, dehydrate, run in plastics, sit in saunas or spit. Learn how to eat ‘nutritionally-dense” foods to keep your strength and energy while still making weight each week.

**www.UltimateWrestlingStrength.com/blog** - This is Steve’s blog where you can get tons of free training and nutrition tips via articles, posts and video. Be sure to stop by each week to keep updated.

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[www.wrestlingperformance.com](http://www.wrestlingperformance.com)
How To Get 20% Stronger, Faster and Conditioned for Wrestling In 4 Weeks... With ONLY Your Body Weight!

Every year I get hundreds of emails from wrestlers, coaches and parents inquiring about effective methods for getting their wrestlers stronger, faster and better-conditioned...

Many of these emails are from guys who don't have a lot of equipment to work with and can’t afford a gym membership... if there’s even a gym available.

Don’t worry, you can use body weight training in place of weight training and still get diesel-strong for wrestling fast! It has to do with 3 things:

Choose the Best Exercises Since wrestling is a unique sport, you must train for it differently than other sports. Wrestling is the ultimate, body weight workout if you really think about it. The body weight exercises for wrestling should take into account the need for Strength, Balance, Power, Speed and Conditioning.

Train More Frequently Wrestling-specific weight training is a MUST for complete wrestling strength and conditioning. But sometimes you joints are sore, or you don’t have as much time to go to a gym, or you just need a change. This is when you will benefit from Body Weight Strength Training. Body Weight Strength Training should be done more frequently than weight training programs... but only slightly. Ex. Instead of 3 workouts per week, you will train 4 times.)

Train With Intensity One of the best techniques (for SOME exercises) when strength training for wrestling is Rest Pause. You do a set of an exercise until you can’t perform another repetition with good form, then you rest for 20 seconds. You then try to crank out a few more repetitions until failure again, followed by 20 more seconds. You then attempt a couple of last repetitions. Sounds like the needs of a wrestling match, doesn’t it? All-out intensity followed by short rest periods. With body weight strength training we’ll use Rest Pause frequently to get you as strong as possible in the least amount of time.

Take 3 Steps Forward and 1 Step Back When I was 15 years old I used to train at a Gym where former New York Giants player Jim Bert trained. He was huge, strong and physically imposing. But I wasn’t scared:) In fact, I used to talk with him all the time, and ask him all sorts of training questions. He was really cool about it and gave me lots of tips that I used in my own training as well as the programs that I've developed ever since. The biggest and best tip he gave me was to take 3 steps forward and 1 step back for better strength progress. That means you train hard for 3 weeks followed by a
back-off week where you don’t train as hard. Here’s why: The first week that you start a new program you’re body goes through a new neuro-muscular pattern. The second week you get stronger from your body getting re-introduced to the pattern. The third week you get an actual strength gain from your body adapting to the stimulus from the previous weeks. The fourth week you back off in order to allow for more recovery. This translates to more strength. After you’ve completed the fourth week you then start a new phase of training and use the ‘3 Steps Forward and 1 Step Back’ method. (In both my Ultimate Wrestling Strength and Ultimate Wrestling Power programs you use 4 week phases)

Ok... let’s get down to it. The following 4 week body weight training program will give you a super-charge of strength and conditioning fast. After you complete it, be sure to start another 4 week training phase of whatever program you choose.

Be sure to email me and let me know about your progress and results!

Steve Preston
4 Week Wrestling-Specific Body Weight Strength and Conditioning Program

Guidelines

• Perform for 4 weeks. Upon completion, repeat program or start another 4 week program.
• Strength train 4 days per week.
• Train interval cardio 2 days per week on non-strength training days.
• You will take 1 day per week for complete rest.
• Some Exercises are performed in Super-set fashion:
  - Ex. In each super-set do one set of the first exercise (A1), rest 60 seconds, then perform the second exercise (A2). Rest 2 minutes then repeat.

• Some exercises are not supersetted with other exercises. These exercises are represented with their own letter ie. (C) 1-Leg Squats

• Use a 2-1-1 lifting and lowering tempo for each exercise (except the holding exercises like Planks or Grip Exercises where it is just a static hold).
  - Ex. (3 x Max Reps ) 2-1-1 means 3 sets for as many reps as possible at a 2-1-1 tempo (2 seconds to lower, 1 second pause, 1 second to lift).

• Finish each workout with Static Stretching. Stretch the muscle groups where you are especially tight. Be sure to stretch the hips and shoulders at the very least.)

• Warm up with light cardio or wrestling drills before beginning the program.
# 4 Week Body Weight Strength and Conditioning Program Training Schedule

<table>
<thead>
<tr>
<th></th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>Rest</td>
<td>Day 1 Strength Training</td>
<td>Day 2 Strength Training</td>
<td>Conditioining</td>
<td>Day 3 Strength Training</td>
<td>Conditioining</td>
<td>Day 4 Strength Training</td>
</tr>
<tr>
<td><strong>Week 2</strong></td>
<td>Rest</td>
<td>Day 1 Strength Training</td>
<td>Day 2 Strength Training</td>
<td>Conditioining</td>
<td>Day 3 Strength Training</td>
<td>Conditioining</td>
<td>Day 4 Strength Training</td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td>Rest</td>
<td>Day 1 Strength Training</td>
<td>Day 2 Strength Training</td>
<td>Conditioining</td>
<td>Day 3 Strength Training</td>
<td>Conditioining</td>
<td>Day 4 Strength Training</td>
</tr>
<tr>
<td><strong>Week 4</strong></td>
<td>Rest</td>
<td>Day 1 Strength Training</td>
<td>Day 2 Strength Training</td>
<td>Conditioining</td>
<td>Day 3 Strength Training</td>
<td>Conditioining</td>
<td>Day 4 Strength Training</td>
</tr>
</tbody>
</table>
4 Week Conditioning

**Conditioning** - Choose from one of the following for each workout

1. **Sprints**
   - Week 1: 4 x 100 m
   - Week 2: 6 x 100 m
   - Week 3: 8 x 100 m
   - Week 4: 4 x 100 m

2. **Jump Rope**
   - Week 1: 6 minutes (1 minute fast followed by 30 sec rest)
   - Week 2: 8 minutes (1 minute fast followed by 30 sec rest)
   - Week 3: 10 minutes (1 minute fast followed by 30 sec rest)
   - Week 4: 6 minutes (1 minute fast followed by 30 sec rest)

3. **Stadium Stairs** (Run up the stairs, walk down)
   - Week 1: 3 rounds x 3 minutes
   - Week 2: 4 rounds x 4 minutes
   - Week 3: 5 rounds x 5 minutes
   - Week 4: 3 rounds x 3 minutes
# Strength Training Workouts

## Day 1 - Monday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed Training (if possible)</td>
<td>Speed Training (if possible)</td>
<td>Speed Training (if possible)</td>
<td>Speed Training (if possible)</td>
<td>Speed Training (if possible)</td>
</tr>
<tr>
<td>(A1) Pushup with Feet on Stability Ball (Use 1 leg to make harder)</td>
<td>3 sets x max reps</td>
<td>4 sets x max reps</td>
<td>5 sets x max reps</td>
<td>3 sets x max reps</td>
</tr>
<tr>
<td>(A2) Inverted Towel Row</td>
<td>3 sets x max reps</td>
<td>4 sets x max reps</td>
<td>5 sets x max reps</td>
<td>3 sets x max reps</td>
</tr>
<tr>
<td>(B) Pushup with Hands on Medicine Ball</td>
<td>Rest Pause (2 Rounds)</td>
<td>Rest Pause (3 Rounds)</td>
<td>Rest Pause (4 Rounds)</td>
<td>Rest Pause (2 Rounds)</td>
</tr>
<tr>
<td>(C) Wide Grip Chin to Hand Pullup</td>
<td>Rest Pause (2 Rounds)</td>
<td>Rest Pause (3 Rounds)</td>
<td>Rest Pause (4 Rounds)</td>
<td>Rest Pause (2 Rounds)</td>
</tr>
<tr>
<td>(D1) Plate Pinch</td>
<td>2 sets x 20 second holds each hand</td>
<td>3 sets x 20 second holds each hand</td>
<td>4 sets x 20 second holds each hand</td>
<td>3 sets x 20 second holds each hand</td>
</tr>
<tr>
<td>(D1) Front/Back Bridge</td>
<td>2 sets x 20 second holds each direction</td>
<td>3 sets x 20 second holds each direction</td>
<td>4 sets x 20 second holds each direction</td>
<td>2 sets x 20 second holds each direction</td>
</tr>
</tbody>
</table>

- Begin with speed training if desired.
- Alternate Pushups with Feet on Stability Ball with Inverted Towel Row. Rest 60 seconds between sets.
- Pushups with hands on Medicine Ball are done with Rest Pause (as many as possible for 3 mini-sets with 20 seconds rest between mini-sets). Rest 60 seconds between rounds.
• Wide Grip Chin to Hand Pullup is done with Rest Pause. Rest 60 seconds between rounds.

• Alternate Plate Pinch and Front/Back Bridge with 60 seconds between exercises

**Day 2 - Tuesday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1) 1 - Leg Squat</td>
<td>2 sets x max reps each leg</td>
<td>3 sets x max reps each leg</td>
<td>4 sets x max reps each leg</td>
<td>2 sets x max reps each leg</td>
</tr>
<tr>
<td>A2) 1 - Leg Physio Ball Ham Curl</td>
<td>2 sets x max reps each leg</td>
<td>3 sets x max reps each leg</td>
<td>4 sets x max reps each leg</td>
<td>2 sets x max reps each leg</td>
</tr>
<tr>
<td>B1) Crossover Stepup</td>
<td>2 sets x max reps each leg</td>
<td>3 sets x max reps each leg</td>
<td>4 sets x max reps each leg</td>
<td>2 sets x max reps each leg</td>
</tr>
<tr>
<td>B2) Partner Pike Up</td>
<td>3 sets x 10-15 reps</td>
<td>4 sets x 10-15 reps</td>
<td>5 sets x 10-15 reps</td>
<td>3 sets x 10-15 reps</td>
</tr>
<tr>
<td>C1) Plank (Use 1 Leg to make harder)</td>
<td>2 sets x 45 seconds each</td>
<td>3 sets x 60 seconds each</td>
<td>4 sets x 75 seconds each</td>
<td>2 sets x 45 seconds each</td>
</tr>
<tr>
<td>D) Partner Standing Calf Raise or One Leg Calf Raise with bodyweight</td>
<td>2 sets x max reps each leg</td>
<td>3 sets x max reps each leg</td>
<td>4 sets x max reps each leg</td>
<td>2 sets x max reps each leg</td>
</tr>
</tbody>
</table>

• Alternate 1-Leg Squat and 1-Leg Physio Ball Ham Curl. Rest 60 seconds between exercises. Rest 20 seconds between legs on each exercise.

• Alternate Crossover Stepup and Partner Pike Press. Rest 60 seconds between exercises. Rest 20 seconds between legs on the Crossover Stepup

• Rest 60 seconds between each set of the Plank. Use one leg to make it harder.

• Perform as many reps as possible for 1-Leg Burpee. Rest 20 seconds before switching legs. Rest 60 seconds between sets.
Day 3 - Thursday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>(A1) Medicine Ball 2 Hand Pushup with 1 Leg</td>
<td>3 sets x max reps</td>
<td>4 sets x max reps</td>
<td>5 sets x max reps</td>
<td>3 sets x max reps</td>
</tr>
<tr>
<td>(A2) Twisting Turtle with Partner or Sandbag</td>
<td>3 sets x 60 seconds</td>
<td>4 sets x 60 seconds</td>
<td>5 sets x 60 seconds</td>
<td>3 sets x 60 seconds</td>
</tr>
<tr>
<td>(B1) Wheel Barrow Pushup</td>
<td>3 sets x max reps</td>
<td>4 sets x max reps</td>
<td>5 sets x max reps</td>
<td>3 sets x max reps</td>
</tr>
<tr>
<td>(B2) Close Grip Chinup</td>
<td>3 sets x max reps</td>
<td>4 sets x max reps</td>
<td>5 sets x max reps</td>
<td>3 sets x max reps</td>
</tr>
<tr>
<td>(C1) Towel Chinup (Pistol Grip or Cross Grip)</td>
<td>2 sets x max reps</td>
<td>3 sets x max reps</td>
<td>4 sets x max reps</td>
<td>2 sets x max reps</td>
</tr>
<tr>
<td>(C2) Band Neck Training</td>
<td>2 sets x 5 reps</td>
<td>3 sets x 5 reps</td>
<td>4 sets x 5 reps</td>
<td>2 sets x 5 reps</td>
</tr>
</tbody>
</table>

- Alternate Medicine Ball 2 Hand Pushup with 1 Leg and Twisting Turtle (you can use a partner or a sandbag for the Twisting Turtle). Rest 60 seconds between exercises. Be sure to switch legs on the Medicine Ball Pushup.

- Alternate the Wheel Barrow Pushup and the Close Grip Chinup. Rest 60 seconds between exercises.

- Alternate between the Towel Chinup and Band Neck Training. Rest 60 seconds between exercises.
Day 4 - Saturday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) 1 Leg Burpee</td>
<td>3 sets x max reps</td>
<td>4 sets x max reps</td>
<td>5 sets x max reps</td>
<td>3 sets x max reps</td>
</tr>
<tr>
<td>B) Burpee / Jumping Squats</td>
<td>3 sets x max reps</td>
<td>4 sets x max reps</td>
<td>5 sets x max reps</td>
<td>3 sets x max reps</td>
</tr>
<tr>
<td>C) Alligator Crawl</td>
<td>3 sets x 10 yards</td>
<td>4 sets x 10 yards</td>
<td>5 sets x 10 yards</td>
<td>3 sets x 10 yards</td>
</tr>
<tr>
<td>D1) Physio Ball Hip Twist</td>
<td>2 sets x max reps</td>
<td>3 sets x max reps</td>
<td>4 sets x max reps</td>
<td>2 sets x max reps</td>
</tr>
<tr>
<td>D2) Medicine Ball Single Leg</td>
<td>2 sets x max reps each leg</td>
<td>3 sets x max reps each leg</td>
<td>4 sets x max reps each leg</td>
<td>2 sets x max reps each leg</td>
</tr>
<tr>
<td>Toe Touch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E) Scramble to Balance with</td>
<td>2 sets x 8-10 reps each side</td>
<td>3 sets x 8-10 reps each side</td>
<td>4 sets x 8-10 reps each side</td>
<td>2 sets x 8-10 reps each side</td>
</tr>
<tr>
<td>Arms Up</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Perform 1-Leg Burpees for max reps on each leg. Rest 20 seconds between sides. Rest 60 seconds upon completing both sides before repeating sequence.

- Rest 60 seconds between sets on Burpee/Jumping Squats

- Rest 60 seconds between sets on Alligator Crawls

- Alternate Physio-Ball Hip Twist with Medicine Ball Single Leg Toe Touch. Rest 60 seconds between exercises. Rest 20 seconds between sides on the Medicine Ball Single Leg Toe Touch.

- Rest 20 seconds between sides on the Scramble to Balance with Arms Up. After completing both sides, rest 60 seconds before repeating sequence.
Exercises

Pushups with Feet on Ball

Balance feet on top of a Physio-Ball and hands on floor. Lower yourself into a Pushup position. Push back up to starting position and repeat for recommended repetitions. If you find this move too easy, raise one leg off the ball and perform Pushups with one leg and two hands.

Inverted Towel Row

Wrap 2 hand towels around a bar that is slightly out of reach if you were lying on the floor. Keep your heels planted against the floor. Pull yourself up so your chin reaches the same level as your hands. Lower under control and repeat.
**Medicine Ball 2-Hand Pushup with One Leg**

Place both hands on top of a Medicine Ball. Lift one of your feet off the floor and hold. Lower yourself into a Pushup position. Push back up to starting position and repeat for recommended repetitions.

![Medicine Ball 2-Hand Pushup with One Leg](image1)

**Wide Grip Chin to Hand Pullup**

Grasp a chinning bar with a wider than shoulder width grip. Pull yourself up so your chin reaches one of your hands. Lower yourself to the stretch position. Repeat to the other side.

![Wide Grip Chin to Hand Pullup](image2)
**Plate Pinch**

Place 2 round plates against each other. Pinch them between your thumb and fingers. Hold for recommended time. Rest and repeat.

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**Front/Back Neck Bridges**

This is simply a Wrestler’s Bridge, both front and back. With both versions, hold the Bridge position for recommended time, then switch.
1-Leg (Pistol) Squat

Stand on one foot with arms outstretched in front of you. Squat down on one leg as low as possible while maintaining your balance. Stand back up and repeat for recommended repetitions. Position a bench underneath you if you need a spot.

Physio-Ball 1-Leg Ham Curl

Lie on floor with palms flat against floor. Raise hips off floor and begin pulling the Ball with one of your feet on top of the ball. As you pull the ball towards you, consciously squeeze your hamstrings on that leg. Return leg to straight position and repeat for recommended repetitions. Repeat on opposite leg.
Crossover Stepup

Begin by standing sideways to a Bench or Box. Raise the outside foot across your body and place it on top of the Bench. Press the foot against the top of the box and stand on top of the box. Keep the foot against the bench as you lower yourself again. Keep the foot across the body and finish the recommended repetitions on that side. Repeat on opposite side.

Partner Pickup

Stand opposite your partner. Half squat down and wrap your arms behind your partner’s knees. Your head should be around one side of your partner’s waist. Pick your partner up so you are standing upright. Lower partner under control to starting position, and repeat. Alternate placement of your head from side to side with each repetition.
Plank

Raise up on your forearms and toes, rounding your back as you consciously pull your navel in towards your spine. Keep the abdominal muscles tight throughout the set. Hold for recommended amount of time.

Partner Standing Calf Raise

Hold partner on your back in a piggy-back position. Brace your hands against the wall. Keep your feet slightly behind your head. Raise up high on the big toe and pause for 2 full seconds. Lower under control and repeat.
Medicine Ball Pushup with 2 Hands and 1 Leg

Place your hands on top of a Medicine Ball. Raise one leg off the floor. Lower your
Chest to the ball while keeping your body straight. Push back up to start position.
Repeat for recommended repetitions. Switch legs with successive sets.

Twisting Turtle

Begin with your partner on forearms and knees in a tucked position on the floor. They
should keep this position throughout the exercise. Clasp your partner under the Chest
to one side of your body. Lift your partner up in the air and rotate them to your opposite
side and set them back down on the floor. Repeat in opposite direction. Continue
alternating sides for recommended repetitions.
Wheel Barrow Pushup

Begin with partner holding your ankles while you’re in a Pushup position. Walk your hands 5 paces across the floor, then perform a Pushup. Repeat 5 more paces followed by a Pushup. Continue for recommended number of repetitions.

Chinup

Grasp a bar with an underhand grip about 6-9 inches apart. Begin with a dead hang, arms stretched, and ankles clasped with the knees bent. Using the mid-back muscles, pull yourself up so your chin reaches the bar. Lower under control to a stretch. Repeat.
**Towel Chinup (Cross Grip)**

Wrap one hand towel around a chinning bar. Cross your hands and grasp the towel. Pull your chin up to your hands using the hands, forearms and biceps. Lower yourself under control to hanging position and repeat.

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**Band Neck Training**

Sit down with an elastic therapy band. Position the band behind your head while you look at the floor. Be sure you are stretching the back of the neck. Keeping tension on the neck, pull your head back and up. Pause in this position. Lower to starting position and repeat for recommended repetitions.
**Single Leg Burpee**

Begin in a standing position. Crouch down on one leg with the other leg raised off the floor. Shoot the leg your weight is on back until straight. Bring it back so your knee is under your chest again. Finish in standing position. This exercise should be done fast and explosively.

**Burpees/Jumping Squats**

This is a 4-part move:
- Squat down
- Legs straight back while in pushup position
- Leg back under you in a crouch position with hands on floor
- Explode off the floor as high as you can. Land and repeat.
Alligator Crawl

Use a plate or a frizbee and place it on the floor with your feet on top of it. (Use a surface that allows the object to slide... a surface with too much friction will make this exercise difficult to perform properly) Using just your arms and hands, walk yourself across the floor, with a twisting motion. Perform for recommended distance.

Physio-Ball Hip Twist

Begin in a Pushup position with your feet on top of a Physio-Ball. Twist your body from side to side with the movement coming from the hips and core. Try to minimize upper body movement in order to maximize the use of the Internal Oblique muscles.
**Medicine Ball Single Leg Toe Touch**

Lie on the floor with one leg extended straight up. Hold on to a Medicine Ball, and simultaneously reach to your toes with the ball as you curl your torso using your abdominal muscles. Pause in the contracted position. Slowly lower to start and repeat.

![Medicine Ball Single Leg Toe Touch](image1)

**Scramble to Balance with Arms Up**

Lie on the floor face down with arms and legs extended. Have a partner blow a whistle. Upon hearing the whistle, immediately spring up to one foot as fast as you can. You will keep your eyes closed until a second whistle is blown. Then open eyes and resume face down on floor starting position as quickly as possible for next repetition. Repeat for recommended repetitions.

![Scramble to Balance with Arms Up](image2)
Recommended Resources

Click Here for Ultimate Wrestling Strength

Click Here for Ultimate Wrestling Power

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