

Name: Bexley Wrestling Weight Program 3 x 10, 5 x 5, 2 x 12

Date: Workout 1

Exercise	Set	Reps	Weight	Set	Reps	Weight	Set	Reps	Weight	Set	Reps	Weight	Set	Reps	Weight
flat/incline bench	1			2			3			4			5		
upright rows	1			2			3			4			5		
shrugs	1			2			3			4			5		
shoulder press	1			2			3			4			5		
dips (3 x fail)	1			2			3			4			5		
tricep pushdowns	1			2			3			4			5		
abs	1			2			3			4			5		
max push up	1			2			3			4			5		

Date: Workout 2

Exercise	Set	Reps	Weight	Set	Reps	Weight	Set	Reps	Weight	Set	Reps	Weight	Set	Reps	Weight
dead lift/squats	1			2			3			4			5		
pull ups (3 x fail)	1			2			3			4			5		
barbell curls	1			2			3			4			5		
lunges	1			2			3			4			5		
negative curls	1			2			3			4			5		
bent over rows	1			2			3			4			5		
calves	1			2			3			4			5		
abs	1			2			3			4			5		