**Weight Training Program**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Name: Bexley Wrestling Weight Program (sets x reps, alternate by )  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 |  |  |