

## Madison Wrestling

### Pre-season exercises

If you want to improve your performance level at anything, (school, sports, etc.), the more you prepare the greater the advances you will make. For the sport of wrestling, this is especially true. While knowledge of different moves will make you difficult to defeat, many times, the physically stronger wrestler will win.

For the junior high wrestler, it is most important to remember that your body is still developing: You are growing taller and you are gaining weight and overall size. For these reasons, many weight-training experts recommend that you **do not** engage in any powerlifting activities. Your joints and bones are not yet ready to absorb the strain of heavy weights and you may cause permanent damage to your body. In place of powerlifting, you will be performing “body weight” activities, such as push-ups, sit-ups, squats, etc.

If you do engage in weightlifting, it is recommended that you use light weights and perform a high level of repetitions. For example, if you are going to do bicep curls, you may want to use only 2- to 5-pound dumbbells but perform 15 to 20 repetitions for each arm.

Also, maintaining proper form throughout the range of the exercise is very important. If you are using excessive, or exaggerated, motions to help you complete the exercise, you may want to consider modifying the activity to help you avoid injury or building up unwanted muscle groups.

Finally, most muscle groups require a rest period after focused activity/exercise. For example, after completing your push-ups you should wait 48 hours (or two days) before performing the same exercise. Many lifting programs will split out Monday, Wednesday and Friday as “upper body” days, while Tuesday and Thursday will be “lower body” days. Some people like to do a “whole body” workout, using a combination of upper- and lower-body exercises, but will only do so three days per week. However you choose to exercise, anything is better than nothing. Also, try different combinations of exercises to see which ones give you the best results.

The following plan is set up as a whole-body workout to be used three times per week. Start with low repetitions and work your way up to more substantial numbers as you become accustomed to the exercises. Never push yourself to the point of total fatigue or muscle failure; to do so will be inviting pain or injury.

Push-ups – 3 sets x 5 repetitions

Prison Squats – 3 sets x 10 repetitions

Leg lifts – 10 seconds each position – normal 6”, split 6”, normal 6”, 45°, normal

Lunges – 3 sets x 10 repetitions

Planks – 10 seconds each position – Normal flat, on right side, flat, left side, flat

Bulgarian Split Squats – 3 sets x 10 repetitions

V-ups – 3 sets x 5 repetitions

Burpees – 3 sets x 10 repetitions (no push-up)

Sit-ups – 3 sets x 15 repetitions

Mountain climbers – 1 set x 20 repetitions