

RB Wrestling 4-day Workout (Week 0)

Day A

Bench Max
400 time (Secs)

Squat Max
Pull-up Max

Day B

Power Clean Max

Bench 2/3

Squatbw

1 Mile time

RB Wrestling 4-day Workout (Week 1)

Day1	FOR TIME				Max Rotations in 10 Minutes			Day 2			
Exercise	RX	Weight	REPS	Completed Time:	Full Rotations Completed in 8 Minutes:	Reps	Weight	RX	Exercise		
Squat	135		50								Power Clean
Push-Press	115		25					3		135	
Pull-up	you		10								
Over-head squat	115		50								Push-up
Push-press	95		25					6		YOU	
Pull-up	you		10								
Front Squat	135		50								Dead Lift
Push-Press	95		25					9		135	
Pull-up	you		10								
Day 3	Max Rotations in 10 Minutes				FOR TIME			Day 4			
Exercise	RX	Weight	Reps	Full Rotations Completed in 8 Minutes:	Completed Time:	Reps	Weight	RX	Exercise		
Power Clean	135		3					5		135	Front Squat
								25		YOU	Pull-up
								4		135	Front Squat
Push-up	YOU		6					20		YOU	Pull-up
								3		135	Front Squat
								15		YOU	Pull-up
Squats	135		9					2		135	Front Squat
								10		YOU	Pull-up
								50		YOU	Toes to BAR

(Week 2)

Day 5	1	2	3	4	5	6	7	8	9	10
Bench Press	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Pull Up	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Horzintol pull-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Push-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Day 6	1	2	3	4	5	6	7	8	9	10
Squats	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Shouler Press	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Dead Lifts	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Lateral Raises	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Day 7	1	2	3	4	5	6	7	8	9	10
Bench Press	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Pull Up	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Horzintol pull-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Push-up	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Day 8	1	2	3	4	5	6	7	8	9	10
Squats	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Shouler Press	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10	___ X10
Dead Lifts	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx
Lateral Raises	___ X10	___ X10	___ X10	xx	xx	xx	xx	xx	xx	xx

(Week 3)

Day9	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 10
Pull-ups	X MAX	X MAX	X MAX	X MAX		X MAX	X MAX	X MAX	X MAX	Chin ups
Power-Cleans	X 8	X 8	X 6	X 3		X 15	X 12	X 10	X 8	Squats
Bench Press	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	DB Walking Lunges
DB Press	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Dead Lifts
Dumb bell flies	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Squat Jumps
Lat Pull Down	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Leg Curls
T-Bar Row	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Level change Press
Reverse Fly	X 15	X 12	X 10	X 8						
Day 11	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 12
Pull-ups	X MAX	X MAX	X MAX	X MAX		X MAX	X MAX	X MAX	X MAX	Chin-ups
Power-Cleans	X 8	X 8	X 6	X 3		X 15	X 12	X 10	X 8	Squats
Shoulder Press	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Bicep Curl
Lateral Raises	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Tricep Extension
Frontal Raises	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Hammer Curl
Shrugs	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Skull Crusher
Hanging knee raises	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Supermans
Med ball sit-ups	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Toes to bar

(Week 4)

Day 13	3 Rotations for time					5 Rotations For Time				Day 14
Exercise	RX	Weight	Reps				Reps	Weight	RX	Exercise
Power Clean	135		5	Completed Time:		Completed Time:	20		You	Pull-ups
Dead Lift	135		5				30		You	Push-ups
Tire Flip	TIRE		5				40		You	Sit-ups
400M	Run		1 lap				50		You	Squats
Day15	For Time					For Time				Day 16
Exercise	RX	Weight	Reps				Reps	Weight	RX	Exercise
Clean/Press/Squat	115		25	Completed Time:		Completed Time:	25		you	Burpees
Clean	135		10				25		25	Crunch to sky
Squat	135		25				25		you	Squat Jumps
Push-Press	95		50				25		you	Toes to bar
							25		you	Split jumps
							100 meters		25's	Inchworms

(Week 5)

Day 17	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 18
Pull-ups	X MAX	X MAX	X MAX	X MAX		ASST +7	ASST +8	ASST +9	ASST +10	Pull-ups
Power-Cleans Press Squat	X 5	X 6	X 7	X 8		X 5	X 6	X 7	X 8	Front Squat Press
Bench Press	X 25	X 25	X 100	xxxxxx		xxxxxx	X 20	X 20	X 50	DB Walking Lunges
DB Press	X 25	X 25	X 100	xxxxxx		xxxxxx	X 25	X 25	X 100	Dead Lifts
Dumb bell flies	X 25	X 25	X 100	xxxxxx		xxxxxx	X 25	X 25	X 100	DB Shoulder Press
Lat Pull Down	X 25	X 25	X 100	xxxxxx		xxxxxx	X 25	X 25	X 100	DB Lateral Raise
T-Bar Row	X 25	X 25	X 100	xxxxxx		X MAX	X MAX	xxxxxx	xxxxxx	Explosive Sit-ups
Reverse Fly	X 25	X 25	X 100	xxxxxx		X MAX	X MAX	xxxxxx	xxxxxx	Dips
Day19	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 20
Pull-ups	X MAX	X MAX	X MAX	X MAX		ASST +7	ASST +8	ASST +9	ASST +10	Pull-ups
Power-Cleans Press Squat	X 5	X 6	X 7	X 8		X 5	X 6	X 7	X 8	Front Squat Press
Shoulder Press	X 25	X 25	X 100	xxxxxx		xxxxxx	X 25	X 25	X 100	Bicep Curl
Lateral Raises	X 25	X 25	X 100	xxxxxx		xxxxxx	X 25	X 25	X 100	Tricep Extension
Frontal Raises	X 25	X 25	X 100	xxxxxx		xxxxxx	X 25	X 25	X 100	Hammer Curl
Shrugs	X 25	X 25	X 100	xxxxxx		xxxxxx	X 25	X 25	X 100	Skull Crusher
Hanging knee raises	X MAX	X MAX	xxxxxx	xxxxxx		X MAX	X MAX	xxxxxx	xxxxxx	Supermans
Med ball sit-ups	X MAX	X MAX	xxxxxx	xxxxxx		X MAX	X MAX	xxxxxx	xxxxxx	Toes to bar

(Week 6)

Day 21	1	2	3	4	5	6	7	8	9	10
Bench Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Pull Up	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Horzintol pull-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Push-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Day 22	1	2	3	4	5	6	7	8	9	10
Squats	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Shouler Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Dead Lifts	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Lateral Raises	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Day 23	1	2	3	4	5	6	7	8	9	10
Bench Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Pull Up	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Horzintol pull-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Push-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Day 24	1	2	3	4	5	6	7	8	9	10
Squats	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Shouler Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Dead Lifts	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Lateral Raises	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx

(Week 7)

Day 25	FOR TIME					Max Rotations in 10 Minutes			Day 26
Exercise	RX	Weight	REPS	Completed Time:	Full Rotations Completed in 8 Minutes:	Reps	Weight	RX	Exercise
Squat	135		50			3		135	Power Clean
Push-Press	115		25			6		YOU	Push-up
Pull-up	you		10			9		135	Dead Lift
Over-head squat	115		50						
Push-press	95		25						
Pull-up	you		10						
Front Squat	135		50						
Push-Press	95		25						
Pull-up	you		10						
Day 27	Max Rotations in 10 Minutes					FOR TIME			Day 28
Exercise	RX	Weight	Reps	Completed Time:	Full Rotations Completed in 8 Minutes:	Reps	Weight	RX	Exercise
Power Clean	135		3			5		135	Front Squat
Push-up	YOU		6			25		YOU	Pull-up
						4		135	Front Squat
Squats	135		9			20		YOU	Pull-up
						3		135	Front Squat
						15		YOU	Pull-up
						2		135	Front Squat
				10		YOU	Pull-up		
				50		YOU	Toes to BAR		

(Week 8)

Day 29	3 Rotations for time					5 Rotations For Time			Day 30
Exercise	RX	Weight	Reps	Completed Time:	Full Rotations Completed in 8 Minutes:	Reps	Weight	RX	Exercise
Power Clean	135		5			20		You	Pull-ups
Dead Lift	135		5			30		You	Push-ups
Tire Flip	TIRE		5			40		You	Sit-ups
400M	Run		1 lap			50		You	Squats
Day 31	For time					For time			Day 32
Exercise	RX	Weight	Reps	Completed Time:	Full Rotations Completed in 8 Minutes:	Reps	Weight	RX	Exercise
Clean/Press/Squat	115		25			25		you	Burpees
Clean	135		10			25		25	Crunch to sky
Squat	135		25			25		you	Squat Jumps
Push-Press	95		50			25		you	Toes to bar
						25		you	Split jumps
				100 meters		25's	Inchworms		

(Week 9)										
Day 33	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 34
Pull-ups	X MAX	X MAX	X MAX	X MAX		X MAX	X MAX	X MAX	X MAX	Pull-ups
Power-Cleans	X 8	X 8	X 6	X 3		X 15	X 12	X 10	X 8	Squats
Bench Press	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	DB Walking Lunges
DB Press	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Dead Lifts
Lat Pull Down	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	DB Shoulder Press
T-Bar Row	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	DB Lateral Raise
Hanging knee raises	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Explosive Sit-ups
Dips	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Dips
Day 35	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 36
Pull-ups	X MAX	X MAX	X MAX	X MAX		X MAX	X MAX	X MAX	X MAX	Pull-ups
Power-Cleans	X 8	X 8	X 6	X 3		X 15	X 12	X 10	X 8	Squats
Bench Press	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	DB Walking Lunges
DB Press	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Dead Lifts
Lat Pull Down	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	DB Shoulder Press
T-Bar Row	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	DB Lateral Raise
Hanging knee raises	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Explosive Sit-ups
Dips	X 15	X 12	X 10	X 8		X 15	X 12	X 10	X 8	Dips

(Week 10)										
Day 37	1	2	3	4	5	6	7	8	9	10
Bench Press	X10	X10	X10	X10	x10	X10	X10	X10	X10	X10
Pull Up	X10	X10	X10	X10	x10	X10	X10	X10	X10	X10
Horzintol pull-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Push-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Day 38	1	2	3	4	5	6	7	8	9	10
Squats	X10	X10	X10	X10	x10	X10	X10	X10	X10	X10
Shouler Press	X10	X10	X10	X10	x10	X10	X10	X10	X10	X10
Dead Lifts	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Lateral Raises	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Day 39	1	2	3	4	5	6	7	8	9	10
Bench Press	X10	X10	X10	X10	x10	X10	X10	X10	X10	X10
Pull Up	X10	X10	X10	X10	x10	X10	X10	X10	X10	X10
Horzintol pull-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Push-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Day 40	1	2	3	4	5	6	7	8	9	10
Squats	X10	X10	X10	X10	x10	X10	X10	X10	X10	X10
Shouler Press	X10	X10	X10	X10	x10	X10	X10	X10	X10	X10
Dead Lifts	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
Lateral Raises	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx

RB Wrestling 4-day Workout (Week Final Test)										
Day A	Bench Max				Day B	Power Clean Max				
	400 time (Secs)					Bench 2/3				
	Squat Max					Squatbw				
	Pull-up Max					1 Mile time				