

Rancho Bernardo Wrestling Pre-season/In Season lifts

| PPS (Pull/pushup/Squat) | Can you hang |
|---|--|
| <p align="center"><i>No Weight</i></p> <p align="center">5 Pull ups 10 Push ups 15 squats</p> <p align="center">All done in one minute. (Whats left in the minute is the break, At the top of the minute start the next set) Sets are anywhere from 3-30</p> | <p align="center"><i>Done while in Push-up Position</i> <i>10 push ups in between each exercise.</i></p> <p align="center">Knee-ups 10 each leg Knee outs 10 each leg knee unders 10 each leg Arm Circles 10 each arm Leg ups 10 each leg Leg out 10 each leg Leg unders 10 each leg Half Burpes 10</p> <p align="center"><i>Must be done under 4 minutes</i> <i>1 set</i></p> |
| Got Muscle | Weight Kills |
| <p align="center"><i>Done on Pull up bar</i> <i>3 sets 1 minute break between sets</i></p> <p align="center">Muscle ups 5 Pull ups 3 Push ups 10 Muscle-up --> Push up 5</p> | <p align="center"><i>Circuit Style</i> <i>Body Weight</i></p> <p align="center">Squat Jumps 12 Squat Thrusts 12 Push ups 12 Plank Rotations 6 each side Chinese Push-ups 6 Lunge Jumps 6 each leg</p> <p align="center"><i>5 sets</i></p> |
| 6's | Balls |
| <p align="center"><i>Circuit Style</i> <i>Repeat 3-8 times</i> <i>30 second break between sets</i> <i>Done with Dumbbells</i></p> <p align="center">Upright rows 6 High pull snatch 6 Squat push press 6 Bent over rows 6 Huigh Pull Snatch 6 Forward lunges 6 each leg Side lunges 6 each leg Reverse lunges 6 each leg</p> <p align="center"><i>Should be done under 2 minutes</i></p> | <p align="center"><i>Done on the Physio Ball</i> <i>Circuit style</i> <i>Repeat 3 times</i></p> <p align="center">Pike Presses 15 Pike Abs 15 Ab Roll-ins 15 Push-ups 15 Scissors 15 Roll-outs 15 On ball twists 15</p> |
| 2 plate workout | Plate workout 1 |
| <p align="center"><i>Also Called RB Circuit if done with Dumbbells</i> <i>Done with 2 plates</i> <i>Circuit style</i> <i>Reps determined by coaches</i> <i>Reps can be for time or number</i></p> <p align="center">Lateral Raises Frontal Raises Biceps Lawn Mowers Kick Backs Reverse Flys Shoulde presses (Alternate) Squat Presses</p> <p align="center"><i>Repeat 3-8 sets</i></p> | <p align="center"><i>Done with one plate</i> <i>Plate is either 25,35, or 45</i> <i>Circuit style</i> <i>Reps determined by coaching staff</i> <i>Reps are for time or a number</i></p> <p align="center">Shoulder Push Figure 8's Hip to hip Bicep Tricep Squat ground to the sky Lunges Rows</p> <p align="center">(Drive the car is sometimes added in)</p> <p align="center"><i>Repeat 3-8 sets</i></p> |