

### RB Wrestling Spring Workout Days (1-10)

Day 1	1	2	3	4	5	6	7	8	9	10
Bench Press										
Pull Up										
Horzintol pull-up				XX	XX	XX	XX	XX	XX	XX
Push-up				XX	XX	XX	XX	XX	XX	XX
Day 2	1	2	3	4	5	6	7	8	9	10
Squats										
Shoulder Press										
Dead Lifts				XX	XX	XX	XX	XX	XX	XX
Lateral Raises				XX	XX	XX	XX	XX	XX	XX
Day 3	1	2	3	4	5	6	7	8	9	10
Bench Press										
Pull Up										
Horzintol pull-up				XX	XX	XX	XX	XX	XX	XX
Push-up				XX	XX	XX	XX	XX	XX	XX
Day 4	1	2	3	4	5	6	7	8	9	10
Squats										
Shouler Press										
Dead Lifts				XX	XX	XX	XX	XX	XX	XX
Lateral Raises				XX	XX	XX	XX	XX	XX	XX
Day 5 _____	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 6 _____
Pull-ups	__ X MAX	__ X MAX	__ X MAX	__ X MAX		__ ASST +7	__ ASST +8	__ ASST +9	__ ASST +10	Pull-ups
Power-Cleans	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Squats
Bench Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Walking Lunges
DB Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dead Lifts
Lat Pull Down	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Shoulder Press
T-Bar Row	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Lateral Raise
Hanging knee raises	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Explosive Sit-ups
Dips	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dips
Day 7	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 8
Pull-ups	__ X MAX	__ X MAX	__ X MAX	__ X MAX		__ ASST +7	__ ASST +8	__ ASST +9	__ ASST +10	Pull-ups
Power-Cleans	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Squats
Bench Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Walking Lunges
DB Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dead Lifts
Lat Pull Down	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Shoulder Press
T-Bar Row	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Lateral Raise
Hanging knee raises	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Explosive Sit-ups
Dips	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dips
Day 9 _____	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		__ ASST +7	__ ASST +8	__ ASST +9	__ ASST +10	Pull-ups
Power-Cleans	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Squats
Bench Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Walking Lunges
DB Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dead Lifts
Lat Pull Down	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Shoulder Press
T-Bar Row	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Lateral Raise
Hanging knee raises	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Explosive Sit-ups
Dips	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dips

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		__ ASST +7	__ ASST +8	__ ASST +9	__ ASST +10	Pull-ups
Power-Cleans	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Squats
Bench Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Walking Lunges
DB Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dead Lifts
Lat Pull Down	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Shoulder Press
T-Bar Row	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Lateral Raise
Hanging knee raises	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Explosive Sit-ups
Dips	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dips
Day 13	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 14
Pull-ups	__ X MAX	__ X MAX	__ X MAX	__ X MAX		__ ASST +7	__ ASST +8	__ ASST +9	__ ASST +10	Pull-ups
Power-Cleans	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Squats
Bench Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Walking Lunges
DB Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dead Lifts
Lat Pull Down	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Shoulder Press
T-Bar Row	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Lateral Raise
Hanging knee raises	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Explosive Sit-ups
Dips	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dips
Day 15 _____	Set 1	Set 2	Set 3	Set 4		Set 4	Set 3	Set 2	Set 1	Day 16 _____
Pull-ups	__ X MAX	__ X MAX	__ X MAX	__ X MAX		__ ASST +7	__ ASST +8	__ ASST +9	__ ASST +10	Pull-ups
Power-Cleans	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Squats
Bench Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Walking Lunges
DB Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dead Lifts
Lat Pull Down	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Shoulder Press
T-Bar Row	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Lateral Raise
Hanging knee raises	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Explosive Sit-ups
Dips	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dips
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	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Squats
Bench Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Walking Lunges
DB Press	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dead Lifts
Lat Pull Down	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Shoulder Press
T-Bar Row	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	DB Lateral Raise
Hanging knee raises	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Explosive Sit-ups
Dips	__ X	__ X	__ X	__ X		__ X	__ X	__ X	__ X	Dips
Day19 _____	Set 1	Set 2	Set 3	Set 4						
Pull-ups	__ X MAX	__ X MAX	__ X MAX	__ X MAX						
Power-Cleans	__ X	__ X	__ X	__ X						
Bench Press	__ X	__ X	__ X	__ X						
DB Press	__ X	__ X	__ X	__ X						
Lat Pull Down	__ X	__ X	__ X	__ X						
T-Bar Row	__ X	__ X	__ X	__ X						
Hanging knee raises	__ X	__ X	__ X	__ X						
Dips	__ X	__ X	__ X	__ X						