

WRESTLING PLUS Warm Up Program

2 or more times per week



Part 1: Running, Grips, and Bridges


8 minutes



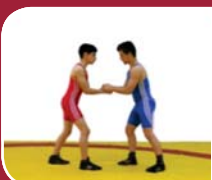
1. Shoulder Rotations
Jog in place while rotating the shoulders forward and backward.
45 sec total




3. Pull each other
The athletes stand facing each other. They grasp their hands and attempt to pull each other.
45 sec each hand



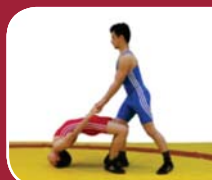
5. Neck
The athlete sits on the back of his partner and forces the neck in different directions, down & up and side to side.
20 sec each movement



2. Grips
The athletes stand facing each other. They pull their partner's hands up the down.
45 sec each



4. Shoving Hands Alternately
The athletes stand facing each other. Press against each other having one elbow flexed and the other extended.
1 min total




6. Bridge
The athletes stand facing each other. One athlete drops back to bridge position with his partner's support.
45 sec each


Part 2: Core, Leg Strength, and Balance

9 minutes

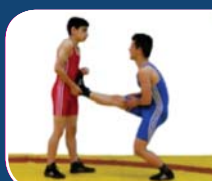
LEVEL 1



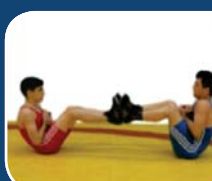
7. Shoving Hands
The athletes grasp their hands with arms bent. Both try to shove the hands extending their wrists over their heads.
2 sets -1 min each



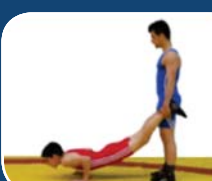
8. Pulling
Grasp their hands with arms extended and knees flexed 90 degrees. Try to flex their knees more and return to original position.
2 sets -1 min each



9. One Leg Stance
Hold one of your partner's legs straight while he tries to squat and straighten the other.
30 sec each leg



10. Combat with Raised Legs
The athletes sit with legs slightly bent, soles touching. Push the partner.
2 sets -30 sec each




11. Push Ups
The athlete does push-ups while his partner hold his feet in the air.
45 sec each


LEVEL 2




7. Shoving Hands in Squatting Position
The athletes try to shove the hands of the other while both bend knees and extend shoulders.
2 sets -1 min each




8. Pulling Alternately
Grasp their hands. Both alternately extend and flex the elbow.
2 sets -1 min each



9. One Leg-Side Rotation
Rotate the standing leg to the side. Try to keep both legs straight while turning the body laterally.
30 sec each leg




10. Combat with Raised Legs Alternately
Push the partner and alternately try to extend and flex the knees.
2 sets -30 sec each




11. Push Ups-Supine
The athlete does push-ups on supine position while his partner hold his feet in the air.
45 sec each


LEVEL 3




7. Shoving Fit-Ball
Using a fit-ball, both try to shove the fit-ball extending their wrists over their head.
2 sets -1 min each




8. Pulling in Bosu
The athletes stand on Bosu. Grasp their hands with arms extended and knees flexed 90 degrees.
2 sets -1 min each



9. One Leg-Side Rotation on Bosu
Rotate the standing leg to the side. Try to keep both legs straight while turning the body laterally.
30 sec each leg




10. Combat with Raised Legs on Bosu
The athletes sit on Bosu. Their legs should be slightly bent, soles touching. Push the partner.
2 sets -30 sec each




11. Push Ups on Bosu
The athlete does push-ups on Bosu while his partner hold his feet in the air.
45 sec each

Part 3: Wrestling Simulation


3 minutes



12. One Leg Extension
One leg stance, and the soles of their feet together and try to extend the leg up-wards.
30 sec each leg



13. Standing Wrestling
The athletes stand facing each other and make wrestling movements (ie: pummel, fakes, hand fighting, etc...).
1 min total



14. Pushing Wrestling
The athlete stands behind his partner and pushes him while he works to maintain position (stance).
30 sec each athlete

Visit www.TheMat.com for more info on this warm up and other training programs.
Select "Coaches" then "Educational Resources".