**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

2. **Grips**
   - The athletes stand facing each other. They pull their partner’s hands up the closet.
   - 45 sec each

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

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

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

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 head.
   - 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 holds 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 elbows.
   - 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**
   - 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 holds his feet in the air.
    - 45 sec each

### Part 3: Wrestling Simulation
3 minutes

12. **One Leg Extension**
    - One leg stance, and the sole 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 (e.g. pummel, false, 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

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