

# CONESTOGA WRESTLING

## Week 2 – Strength and Conditioning

Any lift that has reps marked with a \* are eccentric lifts. This means you will use a six second negative. Lower the weight slowly and then explode back up! If viewing electronically, click on the exercise name to see how to do it.

All 'A' Lifts should be done as heavy as possible. On Supersets, use weights that are heavy enough to build muscle, but also allow you to complete all reps in an explosive manner.

### Monday, Nov. 21<sup>st</sup> 2022

- A. [Sumo Deadlift](#) – 5,3,2,1,1,1,1  
*Use snatch grip on 5,3,2*
- B. Superset #1 – 3 Rounds
  - a. [Front Squat](#) – 5\*
  - b. [Hamstring Bridge](#) – 5/5\*
  - c. [Pavlov Press](#) – 10/10
- C. Superset #2 – 3 Rounds
  - a. [Split Squat](#) – 2/2\*
  - b. [T-bar Row](#) – 6\*
  - c. [Neck Plank](#) – 30 sec.
- D. Superset #3 – 2 Rounds
  - a. [DB Step Ups](#) – 5/5
  - b. [Partner Hamstring Curl](#) – 5
  - c. [Reverse Hyper](#) – 10
- E. Core Work
  - a. 6 @ 30 on/5 off Core Exercises

### Wednesday, Nov. 23<sup>rd</sup> 2022

- A. [Weighted Pull Ups](#) – 5,3,2,1,1,1
- B. Superset #1 – 3 Rounds
  - a. Bench Press – 3,2,1,1,1\*,1\*
  - b. [DB Row](#) – 5/5\*
  - c. [Band Pull Aparts](#) – 10

- C. Superset #2 – 3 Rounds
  - a. [DB Snyder Press](#) – 3/3
  - b. [Weighted Dips](#) – 5
  - c. [Shrugs](#) – 10
  - d. [Stability Alternates](#) – 10/10
- D. Superset #3 – 3 Rounds
  - a. [Farmers Walk](#)
  - b. [Body Lock Dummy Walk](#)
  - c. [Band Face Pulls](#) – 20
- E. Superset #4 – 3 Rounds
  - a. [DB Shoulder Press](#) – 8/8
  - b. [Barbell Curls](#) – 4\*
  - c. [BW Skulls](#) – 8

### Friday, Nov. 26<sup>th</sup> 2022

- A. Superset #1 – 3 Rounds
  - a. [Sumo Deadlift](#) (50%) – 6
  - b. [Broad Jump](#) – 3
  - c. [Glute Bridge](#) – 5
- B. Superset #2 – 3 Rounds
  - a. [Front Squat](#) – 6
  - b. [Med Ball Plyo Pushup](#) – 10
  - c. [DB Row](#) – 8/8
- C. Superset #3 – 3 Rounds
  - a. [Close Grip Bench](#) – 4
  - b. [DB Row on Incline Bench](#) – 6/6
  - c. [Partner Hamstring Curl](#) – 5
- D. Core – 3 Rounds
  - a. [Band Rotations](#) – 10/10
  - b. [Reverse Hypers](#) – 10