

| Weeks        | DL | SL | CL | CS | MS |
|--------------|----|----|----|----|----|
| Starting Max |    |    |    |    |    |
| END MAX      |    |    |    |    |    |

Performance/Weight/Strength

NAME \_\_\_\_\_

There are 3 Training Days Per Week. Each day has 4 weeks. This is a total of 12 training sessions. This can vary with our programs. (4 sessions per week etc)

| SPEED/POWER  | Week 1 | Week 2 | Week 3 | Week 4 |
|--------------|--------|--------|--------|--------|
| REP MOBILITY | 1"     | 1"     | 1"     | 1"     |

| SPEED/POWER  | Week 1 | Week 2 | Week 3 | Week 4 |
|--------------|--------|--------|--------|--------|
| REP MOBILITY | 1"     | 1"     | 1"     | 1"     |

| SPEED/POWER  | Week 1 | Week 2 | Week 3 | Week 4 |
|--------------|--------|--------|--------|--------|
| REP MOBILITY | 1"     | 1"     | 1"     | 1"     |

| NAME            | Core Lift | DL   | SL   | CL   | CS   | MS   | DL   | SL   | CL   | CS   | MS   |
|-----------------|-----------|------|------|------|------|------|------|------|------|------|------|
| A1. TRAP BAR DL | CL        | Wing | Wing | Wing | Wing | Wing | Wing | Wing | Wing | Wing | Wing |
|                 |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                 |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                 |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                 |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                 |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                 |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                 |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
| FINAL WEIGHT    |           |      |      |      |      |      |      |      |      |      |      |
| AT BENCH JUMP   |           | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  |

| NAME                  | Core Lift | DL   | SL   | CL   | CS   | MS   | DL   | SL   | CL   | CS   | MS   |
|-----------------------|-----------|------|------|------|------|------|------|------|------|------|------|
| A1. PUSH (SPLIT JUMP) | CL        | Wing | Wing | Wing | Wing | Wing | Wing | Wing | Wing | Wing | Wing |
|                       |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                       |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                       |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                       |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                       |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                       |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                       |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
| FINAL WEIGHT          |           |      |      |      |      |      |      |      |      |      |      |
| AT BENCH JUMP         |           | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  |
| AT BENCH JUMP         |           | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  |

| NAME           | Core Lift | DL   | SL   | CL   | CS   | MS   | DL   | SL   | CL   | CS   | MS   |
|----------------|-----------|------|------|------|------|------|------|------|------|------|------|
| A1. JERK SQUAT | CL        | Wing | Wing | Wing | Wing | Wing | Wing | Wing | Wing | Wing | Wing |
|                |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
|                |           | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    | 5    |
| FINAL WEIGHT   |           |      |      |      |      |      |      |      |      |      |      |
| AT BENCH JUMP  |           | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  | 300  |

Same letter = superset

i.e. a1 and a2, you alternate exercises.

1 set of trap bar, then 1 set of Broad Jump.

Track your FINAL weights or reps here to make sure you are making progress.

If different letters, do all of 1 then the other.

i.e. d1, do all 3 sets, then do E1.

| DAY 1                                 |    |    |    |    |    |
|---------------------------------------|----|----|----|----|----|
| ENTER WEIGHT OF THE FINAL SET ON CARD |    |    |    |    |    |
| E1. P.L. BENCH PRESS                  | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E2. COSSACK SQUAT                     | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E3. PULLUPS                           | DL | SL | CL | CS | MS |
| TOTAL REPS                            |    |    |    |    |    |
| E1. GOOD-MORNING (JUMP)               | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E2. 8 SAND WALK                       | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E3. REVERSE TRUNK TWIST               | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E1. FRONTIER PULL/PUSH                | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E2. 8 SAND WALK                       | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E3. REVERSE TRUNK TWIST               | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| FINAL WEIGHT                          |    |    |    |    |    |
| AT BENCH JUMP                         |    |    |    |    |    |

| DAY 2                                 |    |    |    |    |    |
|---------------------------------------|----|----|----|----|----|
| ENTER WEIGHT OF THE FINAL SET ON CARD |    |    |    |    |    |
| E1. ARNOLD PRE SS                     | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E1. WTD PULLUPS                       | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E2. LEVER ROW                         | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E3. INVERTED ROW                      | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E1. PUSHUPS                           | DL | SL | CL | CS | MS |
| TOTAL REPS                            |    |    |    |    |    |
| E2. ROLLING THUNDER                   | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E3. JERK SQUAT                        | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E1. 4-WAY WALK                        | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| FINAL WEIGHT                          |    |    |    |    |    |
| AT BENCH JUMP                         |    |    |    |    |    |

| DAY 3                                 |    |    |    |    |    |
|---------------------------------------|----|----|----|----|----|
| ENTER WEIGHT OF THE FINAL SET ON CARD |    |    |    |    |    |
| E1. DCM                               | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E2. GMP PULLUPS                       | DL | SL | CL | CS | MS |
| TOTAL REPS                            |    |    |    |    |    |
| E3. REVERSE TRUNK TWIST               | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E1. FACE PULLS                        | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E2. ADD BALL ISO                      | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E3. SAND STAKE CYCLE                  | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E1. PALOFF PRE SS                     | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E2. 8 SAND WALK                       | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| E3. REVERSE TRUNK TWIST               | DL | SL | CL | CS | MS |
| WEIGHT                                |    |    |    |    |    |
| FINAL WEIGHT                          |    |    |    |    |    |
| AT BENCH JUMP                         |    |    |    |    |    |

These spaces are for notes from your coach about the exercise

# The Arsenal The Wrestlers Training Log

**Richard Bailey**



## **The Arsenal The Wrestlers Training Log:**

## Unveiling the Magic of Words: A Overview of "**The Arsenal The Wrestlers Training Log**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**The Arsenal The Wrestlers Training Log**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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