

Week 1

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Plank (4x30-40 sec ea)				
b. Box Squat (3x8)				
b. Pulldown w/ Hold (3x8)				
c. Back Extension (3x8)				
c. Single Arm DB OH Press (3x8)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Seated Vertical Jump (4x5)				
a. Side Plank (4x20-30 sec ea)				
b. Trap Bar Deadlift (3x8)				
b. Cable Row w/ Hold (3x8)				
c. Free Squat (3x8)				
c. Floor Press (3x8)				

How to read program- <http://www.wrestler-power.com/program/>

Week 2

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Plank (4x30-40 sec ea)				
b. Box Squat (3x8)				
b. Pulldown w/ Hold (3x8)				
c. Back Extension (3x8)				
c. Single Arm DB OH Press (3x8)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Seated Vertical Jump (4x5)				
a. Side Plank (4x20-30 sec ea)				
b. Trap Bar Deadlift (3x8)				
b. Cable Row w/ Hold (3x8)				
c. Free Squat (3x8)				
c. Floor Press (3x8)				

Week 3

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Plank (4x35-45 sec ea)				
b. Box Squat (4x8)				
b. Pulldown w/ Hold (4x8)				
c. Back Extension (4x8)				
c. Single Arm DB OH Press (4x8)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Seated Vertical Jump (4x5)				
a. Side Plank (4x25-35 sec ea)				
b. Trap Bar Deadlift (4x8)				
b. Cable Row w/ Hold (4x8)				
c. Free Squat (4x8)				
c. Floor Press (4x8)				

Week 4

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Plank (4x35-45 sec ea)				
b. Box Squat (4x8)				
b. Pulldown w/ Hold (4x8)				
c. Back Extension (4x8)				
c. Single Arm DB OH Press (4x8)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Seated Vertical Jump (4x5)				
a. Side Plank (4x25-35 sec ea)				
b. Trap Bar Deadlift (4x8)				
b. Cable Row w/ Hold (4x8)				
c. Free Squat (4x8)				
c. Floor Press (4x8)				

Week 5

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Ball Rollout (4x8)				
b. Box Squat (4x5)				
b. Chinup (4x5)				
c. DB RDL (4x8)				
c. Seated DB OH Press (4x8)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Kneeling Jump (4x5)				
a. Back Ext. Prog (4x8)				
b. Trap Bar Deadlift (4x5)				
b. BW Row w/ Hold (4x8)				
c. Reverse Lunge (4x8ea)				
c. Floor Press (4x5)				

Day 3	Set 1	Set 2	Set 3	Set 4
a. KB Jump Deadlift (4x5)				
a. Ab Wheel Prog (4x8)				
b. Free Squat (4x5)				
b. DB Row w/ Hold (4x8ea)				
c. Machine Leg Curl (4x8)				
c. DB Bench (4x8)				

Week 6

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Ball Rollout (4x8)				
b. Box Squat (4x5)				
b. Chinup (4x5)				
c. DB RDL (4x8)				
c. Seated DB OH Press (4x8)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Kneeling Jump (4x5)				
a. Back Ext. Prog (4x8)				
b. Trap Bar Deadlift (4x5)				
b. BW Row w/ Hold (4x8)				
c. Reverse Lunge (4x8ea)				
c. Floor Press (4x5)				

Day 3	Set 1	Set 2	Set 3	Set 4
a. KB Jump Deadlift (4x5)				
a. Ab Wheel Prog (4x8)				
b. Free Squat (4x5)				
b. DB Row w/ Hold (4x8ea)				
c. Machine Leg Curl (4x8)				
c. DB Bench (4x8)				

Week 7

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Seated Horiz Jump (4x5)					
a. Ball Rollout (4x8)					
b. Box Squat (5x5)					
b. Chinup (5x5)					
c. DB RDL (4x6)					
c. Seated DB OH Press (4x6)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Kneeling Jump (4x5)					
a. Back Ext. Prog (4x8)					
b. Trap Bar Deadlift (5x5)					
b. BW Row w/ Hold (5x6)					
c. Reverse Lunge (4x6ea)					
c. Floor Press (5x5)					

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
a. KB Jump Deadlift (4x5)					
a. Ab Wheel Prog (4x8)					
b. Free Squat (5x5)					
b. DB Row w/ Hold (5x6ea)					
c. Machine Leg Curl (4x6)					
c. DB Bench (4x6)					

Week 8

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Seated Horiz Jump (4x5)					
a. Ball Rollout (4x8)					
b. Box Squat (5x5)					
b. Chinup (5x5)					
c. DB RDL (4x6)					
c. Seated DB OH Press (4x6)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Kneeling Jump (4x5)					
a. Back Ext. Prog (4x8)					
b. Trap Bar Deadlift (5x5)					
b. BW Row w/ Hold (5x6)					
c. Reverse Lunge (4x6ea)					
c. Floor Press (5x5)					

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
a. KB Jump Deadlift (4x5)					
a. Ab Wheel Prog (4x8)					
b. Free Squat (5x5)					
b. DB Row w/ Hold (5x6ea)					
c. Machine Leg Curl (4x6)					
c. DB Bench (4x6)					

Week 9

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Ball Rollout (4x8)				
b. Box Squat (4x4)				
b. Chinup (4x4)				
c. Good Morning (3x6)				
c. DB Incline Press (3x6)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Kneeling Jump (4x5)				
a. Back Ext. Prog (4x8)				
b. Trap Bar Deadlift (4x4)				
b. BW Row w/ Hold (4x6)				
c. Reverse Lunge (3x6ea)				
c. Floor Press (4x4)				

Day 3	Set 1	Set 2	Set 3	Set 4
a. KB Jump Deadlift (4x5)				
a. Ab Wheel Prog (4x8)				
b. Free Squat (4x4)				
b. DB Row w/ Hold (4x6ea)				
c. Ball Leg Curl (3x6-10)				
c. DB Floor Press (3x6)				

Week 10

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Ball Rollout (4x8)				
b. Box Squat (4x4)				
b. Chinup (4x4)				
c. Good Morning (3x6)				
c. DB Incline Press (3x6)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Kneeling Jump (4x5)				
a. Back Ext. Prog (4x8)				
b. Trap Bar Deadlift (4x4)				
b. BW Row w/ Hold (4x6)				
c. Reverse Lunge (3x6ea)				
c. Floor Press (4x4)				

Day 3	Set 1	Set 2	Set 3	Set 4
a. KB Jump Deadlift (4x5)				
a. Ab Wheel Prog (4x8)				
b. Free Squat (4x4)				
b. DB Row w/ Hold (4x6ea)				
c. Ball Leg Curl (3x6-10)				
c. DB Floor Press (3x6)				

Week 11

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Ball Rollout (4x8)				
b. Box Squat (3rm)				
b. Chinup (3rm)				
c. Good Morning (2x6)				
c. DB Incline Press (2x6)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Kneeling Jump (4x5)				
a. Back Ext. Prog (4x8)				
b. Trap Bar Deadlift (3rm)				
b. BW Row w/ Hold (3x6)				
c. Reverse Lunge (2x6ea)				
c. Floor Press (3rm)				

Day 3	Set 1	Set 2	Set 3	Set 4
a. KB Jump Deadlift (4x5)				
a. Ab Wheel Prog (4x8)				
b. Free Squat (3rm)				
b. DB Row w/ Hold (3x6ea)				
c. Ball Leg Curl (2x6-10)				
c. DB Floor Press (2x6)				

Week 12

Day 1	Set 1	Set 2	Set 3	Set 4
a. Seated Horiz Jump (4x5)				
a. Ball Rollout (4x8)				
b. Box Squat (3rm)				
b. Chinup (3rm)				
c. Good Morning (2x6)				
c. DB Incline Press (2x6)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Kneeling Jump (4x5)				
a. Back Ext. Prog (4x8)				
b. Trap Bar Deadlift (3rm)				
b. BW Row w/ Hold (3x6)				
c. Reverse Lunge (2x6ea)				
c. Floor Press (3rm)				

Day 3	Set 1	Set 2	Set 3	Set 4
a. KB Jump Deadlift (4x5)				
a. Ab Wheel Prog (4x8)				
b. Free Squat (3rm)				
b. DB Row w/ Hold (3x6ea)				
c. Ball Leg Curl (2x6-10)				
c. DB Floor Press (2x6)				