**16-Week Wrestling Strength Training Program**

**Weeks 1-8: Foundation Building**

**Goal:** Focus on developing foundational strength, conditioning, grip, and neck stability. Begin focusing on building core wrestling skills through tumbling and mobility.

**Day 1: Lower Body Strength + Neck & Grip Training**

* **Warm-up:** 10 minutes dynamic stretching and mobility drills
* **Barbell Squats** – 4 sets of 6–8 reps
* **Romanian Deadlifts** – 4 sets of 8 reps
* **Walking Lunges** – 3 sets of 10 reps (each leg)
* **Leg Press** – 3 sets of 12 reps
* **Calf Raises** – 4 sets of 15 reps
* **Core Work:** Plank (3 sets of 1-minute holds)

**Neck Exercises:**

* **Neck Flexion (Neck Harness or Bodyweight)** – 3 sets of 15 reps
* **Neck Extension (Neck Harness or Bodyweight)** – 3 sets of 15 reps

**Grip Exercises:**

* **Farmer's Walk** – 3 sets of 30–60 seconds
* **Plate Pinches** – 3 sets of 30 seconds

**Day 2: Upper Body Push + Neck & Grip Training**

* **Warm-up:** 10 minutes of shoulder mobility and band work
* **Barbell Bench Press** – 4 sets of 6–8 reps
* **Overhead Press (Barbell or Dumbbell)** – 4 sets of 6–8 reps
* **Incline Dumbbell Press** – 3 sets of 8–10 reps
* **Dips** – 3 sets to failure
* **Lateral Raises** – 3 sets of 12 reps
* **Tricep Pushdowns** – 3 sets of 10–12 reps

**Neck Exercises:**

* **Neck Lateral Flexion (Neck Harness or Bodyweight)** – 3 sets of 12 reps per side
* **Neck Isometric Holds** – 3 sets of 20–30 seconds (front, back, sides)

**Grip Exercises:**

* **Wrist Curls (Barbell or Dumbbells)** – 3 sets of 15–20 reps
* **Reverse Wrist Curls (Barbell or Dumbbells)** – 3 sets of 15–20 reps

**Day 3: Tumbling Drills**

* **Warm-up:** 10 minutes of dynamic stretches
* **Forward Rolls** – 3 sets of 8 rolls
* **Backward Rolls** – 3 sets of 6 rolls
* **Handstands (Against the Wall or Free)** – 3 sets of 20–30 second holds
* **Cartwheels** – 3 sets of 8 reps (each side)
* **Tuck Jumps** – 3 sets of 10 reps
* **Core Work:** Leg Raises (3 sets of 15 reps)

**Day 4: Lower Body Power + Neck & Grip Training**

* **Warm-up:** Dynamic stretches and activation exercises
* **Deadlifts** – 4 sets of 5 reps
* **Front Squats** – 3 sets of 6 reps
* **Box Jumps** – 3 sets of 8 reps
* **Glute Bridges** – 4 sets of 10 reps
* **Walking Lunges** – 3 sets of 12 reps (each leg)
* **Core Work:** Russian Twists (3 sets of 20 twists)

**Neck Exercises:**

* **Neck Flexion (Neck Harness or Bodyweight)** – 3 sets of 15 reps
* **Neck Extension (Neck Harness or Bodyweight)** – 3 sets of 15 reps

**Grip Exercises:**

* **Farmer's Walk** – 3 sets of 30–60 seconds
* **Plate Pinches** – 3 sets of 30 seconds

**Day 5: Upper Body Pull + Neck & Grip Training**

* **Warm-up:** 10 minutes of upper body mobility work (band pull-aparts, arm circles)
* **Pull-ups or Lat Pulldowns** – 4 sets to failure (or 8–10 reps)
* **Barbell Rows** – 4 sets of 6–8 reps
* **Single-arm Dumbbell Rows** – 3 sets of 10 reps (each arm)
* **Face Pulls** – 3 sets of 12 reps
* **Barbell or Dumbbell Shrugs** – 4 sets of 10–12 reps
* **Bicep Curls** – 3 sets of 10–12 reps

**Neck Exercises:**

* **Neck Lateral Flexion (Neck Harness or Bodyweight)** – 3 sets of 12 reps per side
* **Neck Isometric Holds** – 3 sets of 20–30 seconds (front, back, sides)

**Grip Exercises:**

* **Wrist Roller (Using a Weighted Rope)** – 3 sets of 30 seconds
* **Towel Grip Pull-ups** – 3 sets to failure (use assistance bands if necessary)

**Day 6: Tumbling Drills**

* **Warm-up:** 10 minutes of dynamic stretches
* **Forward Rolls** – 3 sets of 8 rolls
* **Backward Rolls** – 3 sets of 6 rolls
* **Handstands (Against the Wall or Free)** – 3 sets of 20–30 second holds
* **Cartwheels** – 3 sets of 8 reps (each side)
* **Tuck Jumps** – 3 sets of 10 reps
* **Core Work:** Planks (3 sets of 1-minute holds)

**Day 7: Rest**

* **Full rest or optional light stretching**

**Weeks 9–16: Advanced Strength, Power, and Endurance**

**Goal:** Increase intensity, focus on explosive power, refine grip strength, and improve wrestling-specific conditioning. Begin focusing on more explosive movements, heavier weights, and explosive drills for tumbling and neck strength.

**Day 1: Lower Body Strength & Power + Neck & Grip Training**

* **Warm-up:** 10 minutes dynamic stretching and mobility drills
* **Barbell Squats** – 5 sets of 4–6 reps (increase weight)
* **Romanian Deadlifts** – 4 sets of 6 reps
* **Bulgarian Split Squats** – 3 sets of 8 reps (each leg)
* **Jump Squats** – 4 sets of 6 reps (bodyweight or light weight)
* **Core Work:** Plank (3 sets of 1-minute holds)

**Neck Exercises:**

* **Neck Flexion (Neck Harness or Bodyweight)** – 3 sets of 20 reps
* **Neck Extension (Neck Harness or Bodyweight)** – 3 sets of 20 reps

**Grip Exercises:**

* **Farmer's Walk** – 3 sets of 45–60 seconds (heavier weight)
* **Plate Pinches** – 3 sets of 45 seconds

**Day 2: Upper Body Push + Neck & Grip Training**

* **Warm-up:** 10 minutes shoulder mobility and band work
* **Barbell Bench Press** – 5 sets of 4–6 reps (increase weight)
* **Overhead Press (Barbell or Dumbbell)** – 4 sets of 5–7 reps
* **Dumbbell Chest Flyes** – 3 sets of 10 reps
* **Close-grip Bench Press** – 3 sets of 8 reps
* **Tricep Dips** – 3 sets to failure

**Neck Exercises:**

* **Neck Lateral Flexion (Neck Harness or Bodyweight)** – 3 sets of 15 reps per side
* **Neck Isometric Holds** – 3 sets of 20–30 seconds (front, back, sides)

**Grip Exercises:**

* **Wrist Curls (Barbell or Dumbbells)** – 3 sets of 15–20 reps
* **Reverse Wrist Curls (Barbell or Dumbbells)** – 3 sets of 15–20 reps

**Day 3: Tumbling Drills & Power Conditioning**

* **Warm-up:** 10 minutes of dynamic stretches
* **Forward Rolls** – 4 sets of 10 rolls
* **Backward Rolls** – 4 sets of 8 rolls
* **Handstands (Against the Wall or Free)** – 4 sets of 30–45 second holds
* **Cartwheels** – 4 sets of 10 reps (each side)
* **Tuck Jumps** – 4 sets of 12 reps
* **Core Work:** Leg Raises (4 sets of 15 reps)

**Day 4: Lower Body Explosive Power + Neck & Grip Training**

* **Warm-up:** Dynamic stretches and activation exercises
* **Deadlifts** – 5 sets of 4–6 reps
* **Front Squats** – 4 sets of 5–7 reps
* **Box Jumps** – 4 sets of 10 reps
* **Kettlebell Swings** – 4 sets of 15 reps
* **Walking Lunges with Dumbbells** – 3 sets of 12 reps (each leg)

**Neck Exercises:**

* **Neck Flexion (Neck Harness or Bodyweight)** – 3 sets of 20 reps
* **Neck Extension (Neck Harness or Bodyweight)** – 3 sets of 20 reps

**Grip Exercises:**

* **Farmer's Walk** – 3 sets of 45–60 seconds (heavier weight)
* **Plate Pinches** – 3 sets of 45 seconds

**Day 5: Upper Body Pull + Neck & Grip Training**

* **Warm-up:** 10 minutes upper body mobility work
* **Pull-ups or Weighted Pull-ups** – 5 sets to failure (or 6–8 reps)
* **Barbell Rows** – 4 sets of 4–6 reps
* **T-bar Rows** – 3 sets of 8 reps
* **Barbell Shrugs** – 4 sets of 10 reps
* **Hammer Curls** – 3 sets of 10–12 reps

**Neck Exercises:**

* **Neck Lateral Flexion (Neck Harness or Bodyweight)** – 3 sets of 15 reps per side
* **Neck Isometric Holds** – 3 sets of 20–30 seconds (front, back, sides)

**Grip Exercises:**

* **Wrist Roller (Using a Weighted Rope)** – 3 sets of 30 seconds
* **Towel Grip Pull-ups** – 3 sets to failure

**Day 6: Tumbling Drills & Conditioning**

* **Warm-up:** 10 minutes dynamic stretches
* **Forward Rolls** – 4 sets of 10 rolls
* **Backward Rolls** – 4 sets of 8 rolls
* **Handstands (Against the Wall or Free)** – 4 sets of 30–45 second holds
* **Cartwheels** – 4 sets of 10 reps (each side)
* **Tuck Jumps** – 4 sets of 12 reps
* **Core Work:** Planks (4 sets of 1-minute holds)

**Day 7: Rest**

* **Full rest or optional light stretching**

**Grip Training Tips (Week 9-16):**

* **Farmer’s Walk:** Increase the weight progressively.
* **Wrist Roller:** Try alternating wrist rolls to work both forearm flexion and extension.
* **Towel Grip Pull-ups:** Use a thicker towel for more resistance to grip strength.
* **Plate Pinches:** Gradually increase the weight to work on increasing pinch strength.

This comprehensive 16-week program emphasizes strength, explosive power, neck stability, and grip endurance to help you develop the physicality and agility required for wrestling.