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Wrestling Specific Takedown Performance Circuit #1

The following circuit would be used for athletes that have trouble finishing leg attach take downs or that just want to get better at finishing leg takedowns. Choose a level of sets and reps for that day and complete the circuit in chronological order and then start over if the level you are completing requires 2 or 3 sets.

1) [Dual Action DB Rows](#)

2) [Back Extension Dumbbell Twisting Row](#) – Reps are for each arm.

3) [Squat Lat Row](#)

4) [Alternating Dumbbell Curl](#) - Reps are for each arm.

5) [Plate Pinchers](#) – Reps are for each hand.

Check one of the following boxes to indicate what level you want to complete for each exercise.

Level 1	1 Sets of 10	
Level 2	2 Sets of 8	
Level 3	2 Sets of 10	
Level 4	2 Sets of 12	
Level 5	3 Sets of 6	
Level 6	3 Sets of 9	
Level 7	3 Sets of 12	

