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## Wrestling Specific Upper Body Throwing Performance Circuit #1

The following circuit would be used for athletes that have trouble upper body throws or that just want to get better at upper body throws. 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.

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

|         |             |  |
|---------|-------------|--|
| Level 1 | 1 Sets of 6 |  |
| Level 2 | 2 Sets of 5 |  |
| Level 3 | 2 Sets of 6 |  |
| Level 4 | 2 Sets of 8 |  |
| Level 5 | 3 Sets of 5 |  |
| Level 6 | 3 Sets of 6 |  |
| Level 7 | 3 Sets of 8 |  |

1) Med Ball Reverse Over Head Toss

2) Front Squat

3) Referee Double Knee Jump

4) Zercher Good Morning

5) Bicep Curl Shock – Reps are for each hand.

