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Wrestling-Specific Work Capacity Circuit 1

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The following circuit may be used for wrestlers seeking to improve their wrestling-specific work capacity, or simply as an extra workout during the training week.

Perform each exercise with vigor, one after another, for the allotted time. **Complete as many repetitions as possible within that time.** Follow the rest intervals noted at the conclusion of each set.

Helpful Note: Set up the equipment for each exercise set prior to starting.

SET 1

1. [Zercher Squat](#) – 30 Seconds
2. [Push Up Twist](#) – 30 Seconds
3. [Deadlift On Box](#) – 30 Seconds
4. [Pull Up](#) – 30 Seconds

REST 1:00 Minute

SET 2

1. [Squat and Press](#) – 30 Seconds
2. [1 and Quarter Dips](#) – 30 Seconds
3. [Zercher Good Morning](#) – 30 Seconds
4. [Twisting Row](#) – 30 Seconds

REST 1:00 Minute

SET 3

1. [Overhead Walking Lunge](#) – 30 Seconds
2. [Alternating Med Ball Push Ups](#) – 30 Seconds
3. [One Hand Deadlift](#) – 30 Seconds
(Alternate Hands Every 5 Reps)
4. [Supine Row](#) – 30 Seconds

FINISH

