How to Condition Wrestlers IN 6 MINUTES!

By Steve Preston

As a wrestler, coach or parent you are faced with the challenges of time. Let's face it... between school, homework, practice, tournaments, family, daily tasks, there doesn't seem to be enough time.

You also might not have good training equipment or a facility where you can get access to some of the better equipment.

You can still get a great workout in that will get you stronger, faster and better-conditioned with just your bodyweight, some guts and a stopwatch!

I call this training system '6 Minute Conditioning' and here's how you do it:

1. Train 5-7 days per week...

But for only 6 minutes at a time. If you have practice, you can do this at the end. If it's the offseason, you can do this after weight training.

2. Choose 7 Multi-Joint, Bodyweight Exercises

In order to stimulate the most muscle fibers and gain rapid strength, choose bodyweight exercises that force you to move through space, bending at more than one joint at a time. They can also be great for your speed and power if they require fast movements. Some examples that I like are:

- **Mountain Climbers**
- **Combat Squats**
- **Jumping Squats**
- **Burpees**
- **8 Count Bodybuilders**
- **Shoulder Width Pushups**
- **Burpee/Jumping Squat Combination**

3. Choose 7 Static-Contraction Exercises

When you wrestle you are frequently in a position where you and your opponent are pushing and pulling against each other forcing a stalemate. Your muscles are contracted and you are straining hard, forcing you to become fatigued. Therefore, Static Contraction exercises (where you 'hold' yourself still while the muscles tire) are recommended. Some great examples of Static Contraction exercises are:

- **Wall Sits**
- **Plank**
- **One Leg Plank**
- **Lunge with Horizontal Retraction**
- **Lunge with Vertical Retraction**
- **Lunge with Twist**
- **Prone Cobra**

4. Choose 1 Exercise From Each List

Your workout will consist of 1 exercise from the Multi-joint Exercises and 1 exercise from the Static Contraction exercises each day. You then set a stopwatch for 6 minutes and begin. Perform 5 repetitions of the Multi-joint exercise followed immediately with a 20 hold with the Static Contraction exercise. You keep alternating the 2 exercises in this fashion until 6 minutes have elapsed. It would look like this...

- **Burpees x 5 reps**
- **Wall Sit x 20 seconds**
- **Burpees x 5 reps**
- **Wall Sit x 20 seconds**
- **Burpees x 5 reps**
- **Wall Sit x 20 seconds**

You might have trouble making it to 6 minutes at first... that's good. It gives you something to shoot for. If you can do the 6 minutes, it's time to double-up with another 2 exercise combination following the first one.

Although this training system appears simple, or just another circuit workout... it's much more. It's got all the nuts and bolts needed to become an ideal training method for any wrestler. This system will get you stronger, faster and better-conditioned on the wrestling mat fast.

Steve Preston is a Sports Performance Specialist who works exclusively with wrestlers. If you'd like a FREE '6 Minute Conditioning for Wrestlers' DVD to see exactly how to do the program, you can get it at www.wrestlingperformance.com/specialoffer.html.