



MISSOURI VALLEY COLLEGE WRESTLING

NATIONAL CHAMPIONS

1996, 1997, 2003

NATIONAL RUNNERS-UP 1999, 2000, 2001, 2005

REGIONAL CHAMPIONS 1995, 1996, 1997, 1998, 1999, 2000, 2003,

2004, 2008, 2009, 2010

*"IT IS NOT A RIGHT
TO WRESTLE FOR
THE VIKINGS, BUT A
PRIVILEGE AND WITH
THAT PRIVILEGE
COMES THE
RESPONSIBILITY OF
FULFILLING YOUR
COMMITMENT TO
EXCELLENCE!"*

~~~~~  
Vikings,

Now is the time to make significant gains in your strength by going to work in the weight room and starting your path to success today. Do not assume that you can start later in the summer! Serious gains take hard work and dedicated time.

Lifting can be time consuming, but when done properly, each of these lift sessions should be completed within one hour. You've got a lot of work ahead of you. Make it happen! This is your year! Your success is based, for the most part on how hard you push yourself right now. **STICK TO IT!** Excuses to skip a workout are too easy to come by. If you have any questions about any of the lifts or workout in general, give us a call or send us an email. Remember...**DISIPLINE AND DEDICATION LEAD TO DOMINATION!**

Good Luck!

*Coach Machholz*

**NO WEAK LINKS !**



## ***ATTACK THE WEIGHT ROOM!***

- ✓ Always use a spotter when squatting and/or using heavy weights.
- ✓ Controlling the weights as you come back to a starting position is called a negative and very effective in making gains when done properly.
- ✓ Make sure to use a full range of motion to insure that you do not loose flexibility.
- ✓ Always stretch before and after lifting to insure that you do not loose flexibility.

# VIKING SUMMER LIFT

## Monday:

**Powers Cleans: 14 x 2 (30 seconds between sets)**

**Front Squats: 3 x 10 every other week**

**One legged Squat: 3 x 10 every other week**

**Leg extensions: 3x10**

**Leg Curls: 3x10**

### **Super set:**

**Lat Pull Downs: 3x10**

**Seated Rows: 3x10**

**Shoulder Raise: 3x8**

**Bent over Delt Raises: 3x8**

**Up Right Rows: 3x8**

**Pull-Ups: 3x Failure**

**Abs: 5 minutes of Wide grip Hanging Abs (1min ea)**

- 1. repeated Knees to chest**
- 2. 90 degree knee hold**
- 3. straight leg raises**
- 4. alternating hand kicks**  
(rt foot to left hand and so forth)
- 5. alternating ski mogul jumps**  
(repeated knees to rt and left)

# VIKING SUMMER LIFT

**Tuesday:** heavy day

**Bench: 3x5**

**Military Press: 4x6**

**Dumbbell Incline: 4x6**

**Flies: 3x10**

**Skull Crusher tri ext: 3x15**

**Tri push down: 3x15**

**Dumbbell tri Extensions: 3x15**

**Super Set**

**Straight Bar Curls: 3x12**

**Dumbbell Hammer Curls: 3x12**

**Close Grip Curls: 3x12**

**Dips: 3x Failure**

# VIKING SUMMER LIFT

## Thursday:

**Squats: 4x6**

**Lateral Lunges: 3x8**

**Leg Curls: 3x8**

**Leg Extensions: 3x8**

**Seated Row: 3x10**

**Bent Over Rows: 3x10**

**Box Jumps: 4x10**

**Abs: 5 minutes of Wide grip Hanging Abs (1min ea)**

- 1. repeated Knees to chest**
- 2. 90 degree knee hold**
- 3. straight leg raises**
- 4. alternating hand kicks**  
(rt foot to left hand and so forth)
- 5. alternating ski mogul jumps**  
(repeated knees to rt and left)

# VIKING SUMMER LIFT

**Friday:** light day

**Hang Cleans: 4x6**

**Dumb bell Bench: 4x10**

**Incline Bench: 4x10**

**Military Press: 4x8**

**Skull Crusher tri ext: 2x15**

**Tri push down: 2x15**

**Dumbbell Tri Extensions: 2x15**

**Super Set**

**Straight Bar Curls: 2x12**

**Dumbbell Hammer Curls: 2x12**

**Close Grip Curls: 2x12**

**Push-ups:**

- 1. Wide x 20**
- 2. narrow width x 20**
- 3. diamonds x 20**
- 4. staggered hand -Right x 20**
- 5. staggered hand - Left x 20**
- 6. regular width to failure**

# VIKING CARDIO SUMMER WORKOUT

Mon: 200 meter sprints x 6  
400 meter sprints x 4  
Rest time 90 seconds between sprints  
Pound Tires 100 times

Tues: Long Run 30 to 45 minutes to raise your heart rate

Wed: 100 meter sprints x 10  
Rest time 1 minute between sprints  
Pound Tires 100 times

Thurs: Long run 30 to 45 minutes to raise your heart rate

Fri OT: 100 meter sprints x 5  
200 meter sprints x 3  
400 meter sprints x 2  
Rest time 1 minute between sprints

- Make sure that you are stretching before and after doing any of your workouts this will help you flexibility and keep soreness away.
- On sprint days you should run a couple warm up laps and do warm up exercises.
- The Long Distance day you can substitute swimming laps or bike riding in for the running. Maintain high intensity.
- Make sure you are getting in to wrestle when you can.

**REMEMBER THAT YOU HAVE AN OBLIGATION TO YOURSELF AND TO YOUR TEAM TO PREPARE YOUR MIND, BODY AND SPIRIT FOR THE BATTLES THAT ARE AHEAD!**