

Wrestling Specific Exercise Progression

Name of Athlete: _____

Date symptom-free: _____

	EXERCISE	DATE	COMPLETED / COMMENTS	
Stage 1	<i>Goal is to reach 30-40% of maximum heart rate</i> Walking at 2.5 mph or Riding a stationary bike for 20-30 minutes.		YES NO	<i>Supervisor's initials</i>
Stage 2	<i>Goal is to reach 40-60% of maximum heart rate</i> Jogging (medium pace) for 20-30 minutes Sit-ups x 25, Push-ups x 20, Lunge walks x 20		YES NO	<i>Supervisor's initials</i>
Stage 3	<i>Goal is to reach 60-80% of maximum heart rate</i> Running (fast pace) for 20-30 minutes, Sit-ups x 50, Push-ups x 30, Lunge walks x 30 practice individual drills for 15 minutes. Can include shuffling, sprawls, crawls, high knees, knee hops, lateral hops, & front/back hops. No grappling, take downs, or touching another player.		YES NO	<i>Supervisor's initials</i>
Stage 4	<i>Goal is to reach 80% of maximum heart rate</i> Participate in Non-Contact practice drills: Warm up (jogging/stretching 10-20 minutes) and practice team drills for 45-60 minutes total. Can include drills from Stage 3, weightlifting, balance drills. No grappling, take downs, or touching another player. Burpees with a jump x 10		YES NO	<i>Supervisor's initials</i>
	<i>Return for final office visit to obtain full clearance</i>			
Stage 5	<i>Goal is to reach full exertion.</i> Participate in full-contact practice, can resume all activity.		YES NO	<i>Supervisor's initials</i>
Stage 6	<i>Goal is to reach & maintain full exertion.</i> Resume full participation in competition		YES NO	<i>Supervisor's initials</i>

