



**SHANGHAI UNIVERSITY
SPORTS RESEARCH CENTER
COLLEGE OF PHYSICAL EDUCATION
HOUSE OF STRENGTH**

**ZURKHANEH SPORTS AND PAHLEVANI WRESTLING FOUR WEEK STRENGTH AND CONDITIONING
PLAN**

**THIS PLAN WILL HELP THE ZURKHANEH ATHLETES TO LOSE THEIR GUT AND THE QUICKEST WAY
FOR MORE-HARD MUSCLE**

DIRECTION :

**PLEASE PERFORM THESE WORKOUTS FOUR/4 DAYS A WEEK. DO THE UPPER-BODY AND
LOWER-BODY WORKOUTS ON CONSECUTIVE DAYS, REST A DAY, AND REPEAT.
FOR YOUR FIRST UPPER-BODY DAY , USE THE LOW-REP WORKOUT. FOR YOUR FIRST
LOWER-BODY DAY , FOLLOW THE HIGH-REP WORKOUT. THEN SWITCH FOR YOUR SECOND
2/TWO DAYS OF TRAINING, SO EVERY WEK YOU END UP PERFORMING BOTH HIGH AND LOW
REPS FOR YOUR UPPER AND LOWER BODY.**

**FOR THE UPPER-BODY WORKOUT, ALTERNATE BETWEEN THE EXERCISES THAT HAVE THE SAME
NUMBER (1A AND 1B, FOR EXAMPLE).
DO 1 SET OF THE FIRST EXERCISE AND REST, FOLLOWED BY 1 SET OF THE SECOND EXERCISE,
AND REST AGAIN.COMPLETE ALL YOUR SETS FOR EACH EXERCISE PAIR AND THEN MOVE TO THE
NEXT PAIR (2A AND 2B).**

**FOR THE LOWER-BODY WORKOUT, DO 1 SET OF EXERCISE 1, RST, AND REPEAT UNTIL YOU HAVE
FINISHED ALL THE SETS.
DO THE SAME WITH 2. THEN PERFORM 3A AND 3B AS PAIRS, ALTERNATING BETWEEN THEM AS
YOU DID WITH THE UPPER-BODY WORKOUT. DO THE SAME FOR EXERCISES 4A AND 4B.**

LOW-REP WORKOUT :

**COMPLETE 5 TO 8 REPETITIONS OF EACH EXERCISE , RESTING 60 SECONDS BETWEEN SETS.
UPPER BODY : DO 2 OR 3 SETS OF EACH EXERCISE.
LOWER BODY : DO 2 OR 3 SETS OF EACH EXERCISE.**

HIGH-REP WORKOUT :

**PERFORM 12 TO 16 REPS IN EACH SET.
FOR EXERCISES 1 AND 2, REST 60 TO 90 SECONDS BETWEEN SETS.
FOR 3A,3B,4A AND 4B, REST 30 TO 45 SECONDS BETWEEN SETS.**

UPPER BODY : DO 2 OR 3 SETS OF EACH EXERCISE.

LOWER BODY : DO 2 SETS OF EACH EXERCISE.

DAY ONE AND THREE (UPPER-BODY)

1A

DUMBBELL BENCH PRESS :

ON A FLAT BENCH, LIE FACEUP HOLDING A PAIR OF DUMBBELLS ABOVE YOUR CHEST WITH YOUR ARMS STRAIGHT . LOWER THE DUMBBELLS TO THE SIDES OF YOUR CHEST, AND THEN PUSH THEM BACK UP TO THE STARTING POSITION.

1B

“ Y” RAISES WITH DUMBBELL ON A SWISS BALL :

LIE FACEDOWN ON A SWISS BALL SO YOUR BACK IS FLAT, YOUR LEGS ARE STRIGHT , AND YOUR CHEST IS OFF THE BALL. LET YOUR ARMS HANG STRAIGHT DOWN FROM YOUR SHOULDES, YOUR PALMS FACING EACH OTHER. WITHOUT BENDING YOUR ELBOWS , RAISE YOUR ARMS UNTIL THEY ARE IN LINE WITH YOUR TORSO AND THEY FORM A “ Y” . PUASE , AND THEN SLOWLY LOWER THEM TO THE STRATING POSITION.

2A

DUMBBELL PUSH PRESS :

STAND HOLDING A PAIR OF DUMBBELLS JUST OUTSIDE YOUR SHOULDERS, YOUR ARMS BENT AND PALMS FACING EACH OTHER.

BEND YOUR KNEES SLIGHTLY TO DIP YOUR BODY, AND THEN PUSH UP WITH YOUR LEGS AS YOU PRESS THE DUMBBELLS STRAIGHT OVER YOUR SHOULDERS. KEEP YOUR TORSO UPRIGHT THROUGHOUT.LOWER THE DUMBBELLS TO THE STARTING POSITION, AND REPEAT.

2B

BARBELL BENT-OVER ROW:

GRAB A BARBEL WITH AN OVERHAND GRIP THAT’S JUST BEYOND SHOULDER WIDTH, AND HOLD IT AT ARMS LENGTH . LOWER YOUR TORSO UNTIL IT’S ALM OST PARALLEL TO THE FLOOR . LET THE BAR TO YOUR UPPER ABS AS YOU SQUEEZE YOUR SHOULDER BLADES TOGETHER. PUASE, AND SLOWLY LOWER THE BAR BACK TO THE STARTING POSITION. THAT’S ONE REP.

DAYS TWO AND FOUR (LOWER-BODY)

1

BARBELL FRONT SQUAT :

CROSS YOUR ARMS IN FRONT OF YOUR CHEST AND REST A BARBELL ON THE FRONT OF YOUR SHOULDERS. YOUR ELBOWS SHOULD BE HELD HIGH, WITH YOUR UPPER ARMS REMAINING PARALLEL TO THE FLOOR AS YOU PERFORM THE MOVE. SET YOUR FEET SHOULDER WIDTH APART. PUSH YOUR HIPS BACK, AND LOWER YOUR BODY UNTIL YOUR THIGHS ARE AT LEAST PARALLEL TO THE FLOOR. PAUSE, AND PUSH YOUR BODY BACK TO THE STARTING POSITION.

2

BARBELL ROMANIAN DEADLIFT :

GRAB THE BAR WITH AN OVERHAND GRIP THAT'S JUST BEYOND SHOULDER WIDTH, AND HOLD IT AT ARM'S LENGTH IN FRONT OF YOUR THIGHS. KEEP YOUR KNEES SLIGHTLY BENT. WITH YOUR LOWER BACK NATURALLY ARCHED , BEND AT YOUR HIPS AND LOWER YOUR TORSO UNTIL IT'S PARALLEL TO THE FLOOR. PAUSE, AND THEN RISE BACK TO THE STRATING POSITION.

3A

SWISS-BALL HIP EXTENSION AND LEG CURL :

LIE ON YOUR BACK WITH YOUR LOWER LEGS ON A SWISS BALL. EXTEND YOUR ARMS TO YOUR SIDES, PALMS UP. RAISE YOUR HIPS SO YOUR BODY IS STRAIGHT FROM SHOULDERS TO KNEES. PULL YOUR HEELS IN, BRINGING THE BALL TOWARD YOUR BUTT. PAUSE FOR 1 SECOND, AND REVERSE THE MOTION.

LOWER YOUR HIPS TO THE FLOOR AND REPEAT.

3B

JUMP SQUAT :

WITH YOUR FEET HIP-WIDTH APART, SQUAT UNTIL YOUR THIGHS ARE PARALLEL TO THE FLOOR, AND THEN JUMP AS HIGH AS YOU CAN. ALLOW YOUR KNEES TO BEND 45 DEGREES WHEN YOU LAND, AND THEN IMMEDIATELY DROP BACK DOWN INTO A SQUAT, AND JUMP AGAIN.

4A

SWISS-BALL PLANK :

PLACE YOUR FOREARMS ON A SWISS BALL AND RAISE YOUR CHEST TO YOUR ELBOWS ARE UNDER YOUR SHOULDERS. YOUR LEGS SHOULD BE EXTENDED BEHIND YOU ON THE FLOOR, AND YOUR BODY SHOULD FORM A STRIGHT LINE FROM ANKLES TO HEAD.

PULL YOUR SHOULDER BLADES BACK AND DOWN AND BRACE YOUR ABS. HOLD THAT POSITION FOR 30 TO 60 SECONDS. THAT'S ONE SET.

4B

SWISS-BALL JACKKNIFE:

START IN PUSHUP POSITION, AND REST YOUR SHINS ON A SWISS BALL. YOUR BODY SHOULD FORM A STRIGHT LINE FROM SHOULDERS TO ANKLES.

ROLL THE SWISS BALL TOWARD YOUR CHEST BY RAISING YOUR HIPS AND SLIGHTLY ROUNDING YOUR BACK AS YOU PULL THE BALL FORWARD WITH YOUR FEET. PAUSE, AND THEN RETURN THE BALL TO THE STRATING POSITION BY ROLLING IT BACKWARD.

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