



# HOW TO TRAIN LIKE A PRO

*5 Insider Training Secrets Every Pro-  
Wrestler must know*

**BE RELENTLESS**

## Be a PRO.

**One of the best pieces of advice I received in my early years of Pro-wrestling, is in the itself - PRO. Be a Pro (professional), inside and outside of the ring.**

It is easy for a lot of new trainees to get caught up in the glitz and glamour of Pro-Wrestling. After all, most students are living out childhood dreams and bringing them to life.

Pro-Wrestlers, regardless of size are Professional Athletes. This means, no matter if you are yet to step foot in a ring for your first match or have Wrestled for 10 years around the world - You must prepare, train, eat and ACT like a Professional.

I'm going to share 5 of my most effective training secrets you can implemented immediately to stand out, gain respect and get results.

#1

**PLAN AND  
PREPARE**

# Plan and prepare

It is astonishing the number of times I see and hear people from all levels of Pro-Wrestling completely guessing - usually completing body-building workouts from the 70's or throwing a bunch of things at a wall and seeing what sticks.

*Plan - know why and what you are training for in the gym*

When I develop a program for students/athletes of Relentless School of Pro Wrestling it involves structured programs with the main goals of:

## **1. Developing physical qualities for optimal performance**

Programs are designed specific to the athletes needs/goals/sport. Focusing on developing Strength, Power, speed, agility/reaction time, mobility, movement mechanics, running/ sprinting mechanics, conditioning, recovery and nutrition specific to the individuals needs with the goal of improved performance.

## 2. Injury reduction/prevention

Our programs give athletes the best potential to not only perform at a high level but perform under the high stress of the demands of Pro Wrestling.

You must know what you are training for. There are many variables in the development of Strength & Conditioning programs, and each will be different depending on your individual goals and will be cycles through training phases.

### Key variables for program design:

<i>Volume</i>	<i>Intensity</i>	<i>Load</i>
<i>Rest</i>	<i>Instability</i>	<i>Position of load</i>
<i>Frequency</i>	<i>ROM</i>	<i>Exercise selection</i>
<i>Exercise Order</i>	<i>Regression/Progression</i>	<i>Tempo</i>
<i>Implement/tool</i>	<i>Accommodating resistance</i>	

Yes, doing something is better than nothing. But we are talking about standing-out, gaining respect and being a PRO in the industry.

This means, you cannot throw a bunch of random variables together with no reason at all and hope for the best.

Questions everything you do and ensure you're not just wasting time and energy in the gym.

## **Here's what you can do:**

### **1. Hire a Coach**

Coaches use their experience, education, and a desire to continually improve athletes to keep them motivated and training effectively. If you're looking to train like a Professional Athlete, finding a good coach could be an option worth exploring.

This will also take all the guess work out for you, leaving your mental capacity to be focused the in-ring technical aspects, psychology, character development and all other aspects of Pro-Wrestling

## **2. Write it down**

Schedule your workouts and training sessions into your calendar. Either enter it in your phone, diary or write it on paper and stick it on your fridge.

Buy a note-book, write down your goals, track and plan your workouts and record progressions.

The last thing you want to do is walk into the gym, not being prepared and spending the first 20mins walking around wondering what to do on that day.

**Prepare, plan and attack.**

# *Insider Training secrets*

#2

**REST?**

**NOT TODAY**



## **This is why a lot of people fail**

What is the real key to success?

I see it repeatedly, although the right program, diet and coach plan a major part - this isn't the biggest obstacle most athletes face. So, what is it?

### **It's consistency.**

Like your program, training sessions and nutrition - Your rest should be planned.

Don't plan it on the spot because it's too cold, too dark or your too tired and don't feel like getting after it and putting in the work that day. It is the days where "you don't feel like it" that are most important.

Yes, you must listen to your body to not get injured. Even know you have a plan and structure to follow, this will change time to time, or you coach will adjust the program/workout or training session for you.

Naturally in Pro-Wrestling, injuries occur, our bodies get beat up and the grind of training day in and day out can add a large mental strain.

Therefore, it is important to implement recovery strategies into your week (*which we will get into a little later*) to avoid burn-out and prevent injuries.

If you're just tired, can't be bothered, lack a little energy, cold, too hot or any other little excuses pops into your head

## GO THROUGH IT

Rest tomorrow. Plan it.

Keep the rest days for when you really need them, like when you get sick, or when must take care of a family member, or your car breaks down.

Don't rest in that moment and just watch the results you get. It's the days when we don't feel like it is what will separate you from an amateur and a PRO.

# *Insider Training secrets*

#3

**RECOVER**

## **How we recover can be the key to enhancing your results.**

How we think and what is told to us by many of the "Fitness professionals" is to do MORE when we get to a sticking point.. train MORE, workout MORE, get MORE sessions in..

Sometimes, this can be the case - but for someone who has been consistently training, getting results but has come to a sticking point - a smarter training approach needs to be taken.

Absolutely Crushing yourself every single workout (especially as we get older) will hinder your results.

Everyone will be a different case in this scenario, but what I have found with working with determined hard-working Pro-wrestlers is rather than adding MORE sessions - but taking away to enhance recovery and results and implementing key recovery strategies and methods.

Here are my top recovery methods for optimal results.

## 5 Top recovery methods for Pro-Wrestlers

1. Deep diaphragmatic breathing (4sec inhale, 8sec exhale).  
After an intense training session, implementing this technique quickly gets the body back to baseline. Diaphragmatic breathing triggers the bodies parasympathetic nervous system putting the body into 'recovery mode' quicker. Having your feet elevated on a box/bench will help your body into a state of relaxation.
2. Consume Protein and Carbohydrates post session – This will increase/replenish glycogen stores and is essential for promotion of muscle protein synthesis, critical for muscle recovery and adaptation
3. Hydration  
This seems simple right? Hydration will help Prevent injury and decrease pain and restriction in your body as well as increase your performance and improve focus and mental clarity. Aim for 2-4L of pure water per day.

4. This is one Is a real game changer. SLEEP

We're busy, I get it. I know all too well with many sleepless nights/poor sleep quality the negative effects this can have. But, if you can improve your sleep, I guarantee you'll thank me. Increased performance, mental clarity and better results from the hard work you're putting in - sounds great doesn't it?

To improve sleep quality, try these tips:

Create a nighttime routine to wind down (do something to relax such as reading a book)

Avoid bright lights such as smart phones/televisions etc.

Try to go to sleep at the same time each night (sleep schedule)

Avoid stimulants such as caffeine, cigarettes (well these should be avoided altogether clearly) and alcohol before you go to sleep.

Sleep in a dark, cool room.

Expose yourself to Bright light in the morning to keep your circadian rhythm in check.

It's best to take work materials, television and anything that can cause you to be stressed out of the bedroom, only use your bed for sleep and lovin' - this will strengthen the association with bed and sleep.

If you find yourself waking up, try going into another room do something relaxing until you're tired.

Want to feel better, move better, lose more fat, get stronger - get better results? Improve your sleep quality.

## 5. SMR/Mobility

SMR (self myofascial release) will help relax soft tissues and can be very helpful when targeting movement restrictions or areas of chronic pain/tightness.

Mobility and dynamic stretching will help improve the elasticity of soft tissues and increase joint mobility.

### **Additional recovery methods**

*Contrast baths*

*ART*

*Static stretching*

*Active recovery*

*Supplementation*

*Cryotherapy*

*Massage*

*Nutrition*

*Rest*



***Insider Training secrets***

**#4**

**COMPOUND  
LIFTS**

## **Introduction**

One of the biggest mistakes coaches and athletes make in the gym is worrying about developing a program, building muscle or trying to improve performance before mastering the basic “Big 3” barbell lifts. Without mastering the fundamentals, the program will never be successful, and the athlete will not be able to reach their full potential.

If the goal is to develop strength, power and improve the athlete’s potential performance in the ring, and keep them injury free, then it is critical to develop proficiency in movement and drill technique when performing the “Big 3” barbell lifts.

Developing a strong movement foundation is key before embarking on a strength and conditioning program. Better movement quality begins with learning how to breath correctly, developing specific mobility and stability, drilling and perfecting the fundamental movement patterns and finally building strength, power and muscle by overloading these movement patterns.

## Fundamental movement patterns

The “Big 3” barbell lifts are linear movements that require near perfect technique, specific mobility/stability to perform each correctly by getting into the right positions and through a full range of motion.

A good strength program is built by first mastering the fundamental movement patterns.

<b>FUNDAMENTAL MOVEMENT PATTERN</b>	<b>DEVELOPMENT MEANS</b>
<i>Horizontal / vertical push</i>	<i>Push-up, Military press</i>
<i>Horizontal / vertical pull</i>	<i>Inverted row, Pull ups/chin ups</i>
<i>Hip dominate / hip hinge</i>	<i>Unloaded hip hinge drills, kettlebell deadlift, kettlebell swings</i>
<i>Split stance (quad dominate)</i>	<i>Iso-hold static lunge, lunges, sled dragging</i>
<i>Squat</i>	<i>Iso-hold goblet squats, goblet squats</i>
<i>Rotation</i>	<i>Rotational med ball throws, Pallof press</i>
<i>Chaos</i>	<i>Loaded carries, farmers walks</i>

When the athlete comes proficient at the above fundamental movement patterns, they can begin to overload the patterns (developing stability/dynamic motor control) and transition into the “Big 3” Barbell lifts.

<b>FUNDAMENTAL MOVEMENT</b>	<b>PROGRESSION</b>	<b>STRENGTH EXERCISE</b>
<i>Horizontal press / push up</i>	<i>Push-up with chains</i>	<i>Barbell Bench Press</i>
<i>Hip hinge / kettlebell deadlift</i>	<i>RDL (Romanian Deadlift)</i>	<i>Barbell Deadlift</i>
<i>Bodyweight squats</i>	<i>Goblet squats</i>	<i>Barbell squat</i>

## COMPOUND EXERCISES

To get the most out of your program and optimize the training effect, majority of your program should be focused on multi-joint compound exercises which target and engage multiple muscle groups.

# TOP 5 COMPOUND LIFTS FOR PRO-WRESTLERS

### ***Upper Body***

*Bench press (barbell or specialty bar)*

*Military Press*

*Pull-up (grip variations)*

*Incline Dumbbell bench press*

*Floor press (barbell or speciality bar)*

### ***Lower Body***

*Back squat (barbell or speciality bar)*

*Trap bar Deadlift*

*Sumo Rack Pull*

*Zercher Squat*

*Barbell Reverse Lunge*

## The "Big 3" compound movements

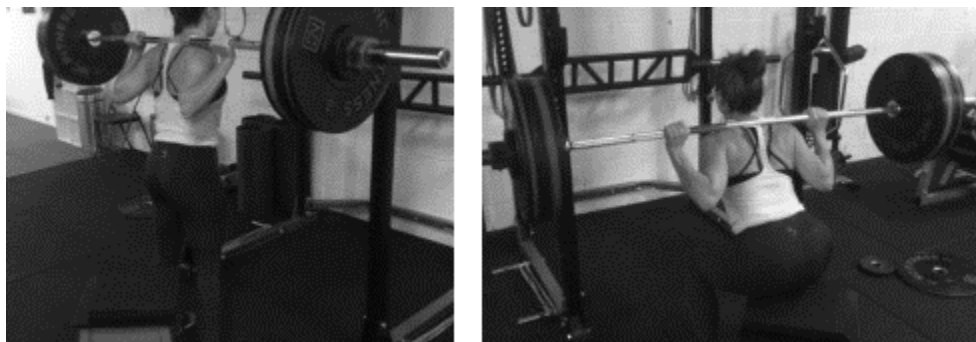
### #1 BENCH PRESS



1. Always keep a tight grip on the bar (this creates more tension = more strength)
2. Keep your chest up and shoulder blades squeezed together (thoracic extension) Foot position slightly behind the knee.
3. Squeeze your quads and glutes = more tension
4. Take a deep breath and un-rack the weight. Take another deep breath then row the weight down to your chest (don't just let the weight drop). Press back up while driving your feet into the ground to lockout.
5. Throughout the entire lift, ensure your elbows are slightly tucked in and not flaring out to the side

## The "Big 3" compound movements

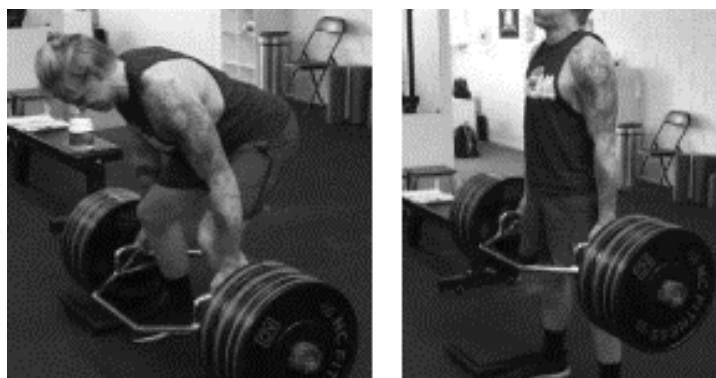
### #2 SQUAT



1. Place your hands wide on the bar and keep your elbows facing the ground. Keep a tight grip on the bar.
2. Pull yourself under the bar like a Lat pulldown/pull up to engage your Lats and upper back.
3. Take a deep breath and drive your ribs down and brace your core (you want to maintain this brace through the movement).
4. Un-rack the bar and take two steps out from the rack. Set your feet up slightly wider than shoulder width, with your toes slightly pointed out.
5. Take another deep breath, push your hips back and drive your knees out as you squat down.

## The "Big 3" compound movements

### #3 DEADLIFT



1. Grip the bar tight, squeeze shoulder blades together, keeping the Lats on tension and upper back tight (chest up position).
2. Take a deep breath and drive the ribs down keeping the core braced (your will maintain this brace throughout the lift).
3. Take another deep breath and drive knees out while pushing your feet into the ground (Do not jerk the weight off the floor, maintain tension and drive the floor away with your legs)
4. Once the weight reaches just above the knees, bring the hips through to lockout, squeezing the Glutes and Quads. - Do not overextend your lumbar spine/low back when locking out the weight.



**#5**

**VARIETY TO  
GET JACKED**

## **Get JACKED!**

Look first, you must be getting the most out of your exercise programs by following these principles of you are looking to get strong, improve sport performance, avoid stalling and set-backs and look better with your clothes off.

Let's go over them quickly then I will touch on the one thing that is key for getting JACKED.

*1. Individual difference - we are all unique and all have slightly different responses to an exercise program (there's is no one size fits all approach!) individualized programming is key.*

*2. Overload - a greater than normal stress or load is required in the body for adaptation to occur. We must gradually stress our body by working against a load greater than we are accustomed to.*

*3. Progression - an optimal level of overload that should be achieved, and an optimal time frame for this to occur. A gradual systematic increase of workload over a period will result in improvements. Increasing overload to quickly will result in muscle damage or injury.*

*4. Adaptation - the body's ability to adjust to increased or decreased physical demands. Also, a way we learn to coordinate muscle movement and develop skills (motor learning)*

*5. Use/disuse - use it or lose it! This is true and explains why we second room or lose fitness when we stop exercising. Your muscle hypertrophy with use, and atrophy with disuse.*

*6. Specificity - exercising a certain body part or component of the body primarily develops that part. To become better at a particular exercise skill, you must perform that exercise or skill.*

**Add this one thing to your program to get JACKED.**

Variety.

I've found with my practical application that working in 2-3-week phases works best for increasing muscle size.

By variety, I don't mean let's do a max effort program for 2-3 weeks, then go to a CrossFit work out for 2-3 weeks, then go to a bodyweight circuit cardiovascular type program for 2-3 weeks..

No. I stick with the same template that might be 9-12 weeks long, within that template I add variety through exercise selection

For example, 2-3 weeks might be a DB bench press, the next 2-3 weeks might be a barbell floor press.

Still keeping the movement in the template, the same (horizontal push in this example) but changing the exercise selection to add variety to the program.

Other areas to consider are Tempo and TUT (time under tension) e.g., isometric, eccentric and concentric phases of movements), rest periods, load etc.

One thing to consider is everyone is different. There is no 'one size fits all' approach when it comes to programming.

Two people can be on the exact same program and see different results.

And of course, Let's not forget diet.. this must be on point!