

## **Weekly Schedule**

Day	Activity
Sun	Gym Day 1
Mon	Wrestling
Tue	Gym Day 2
Wed	Wrestling
Thu	Rest / Recovery
Fri	Optional Mobility
Sat	Rest

## **Daily Routine for Recovery, Muscle Gain & Flexibility (With Rep Ranges)**

Time	Exercises & Rep Ranges
Morning	Tibialis raises (2–3×12–20) Short-foot (2–3×10–20 sec holds) Pelvic tilts (2–3×10–15) Glute bridges (2–3×10–20)
Mid-Day	Hip flexor stretch (30–60 sec/side) Ankle mobility (10–15 reps/side) Thoracic extensions (8–12 reps)
Night	Assisted deep squat hold (30–90 sec) Hamstring stretch (30–60 sec) Calf stretch (30–60 sec) Deep breathing (3–5 minutes)

## **Optimal Recovery Conditions**

Factor	Recommendation
Sleep	7.5–9 hours nightly
Hydration	2.5–3.5 L/day
Protein	160–170g daily
Calories	~2000 for fat loss while maintaining strength
Light Walking	10–20 min daily
Cardio Guidance	Avoid excessive cardio to prevent interference with strength gains

## Gym Day 1 — Push/Pull + Posture + Posterior Chain

Exercise	Prescription	Purpose
Bench Press	4x5–8	Pushing power; chest, deltoids, triceps
Incline DB Press	3x8–12	Upper chest strength
Cable Fly	2x12–15	Chest hypertrophy
Lat Pulldown (Unilateral)	3x8	Balanced pulling; lats, biceps, upper back
Seated Row	3x10	Posture correction; rhomboids, traps, rear deltoids
Inverted Row	2x10–12	Grappling endurance
Laterals	2x15–20	Shoulder stability
Rope Pushdown	2x12–15	Arm strength
Farmer Carry	2x20–30 metres	Grip & core stability
Foot/Posture Fix	Glute bridges/Hip Thrust (2x12) Tibialis raises (3x15) Short-foot (3x5 sec) Calf stretch (30 sec each)	Posture & foot correction

## Gym Day 2 — Legs + Power + Grip + Pelvic/Foot Fix

Exercise	Prescription	Purpose
Squat	4x5–8	Wrestling hip drive; quads, glutes, core
RDL	3x8	APT correction; hamstrings, glutes
Leg Curl	3x10–15	Knee stability
Leg Extension	2x12	Level change strength
Kettlebell Swings	3x12	Explosive hips
Sled Push/Farmer Carry	2x20–30 metres	Leg drive
Pull-Ups	3x6–8	Grip & pull power
Hammer Curls	2x10–12	Grip; forearms, brachialis
Palloff Press	2x10	Anti-rotation core
Foot/Pelvis Fix	Tibialis raises (2x15) Lateral band walks (2x12 steps) Hip flexor stretch (45 sec) Glute Med Static Hold (20 sec each leg)	Pelvic alignment & foot strength

## Fixing Flat Feet, APT & Flexibility — Expected Results Timeline

Timeframe	Expected Change
3–4 weeks	Improved ankle mobility, better posture, easier squatting
8–12 weeks	Reduced APT, stronger arches, improved wrestling stance
6–12 months	Long-term flat foot correction + neutral pelvis