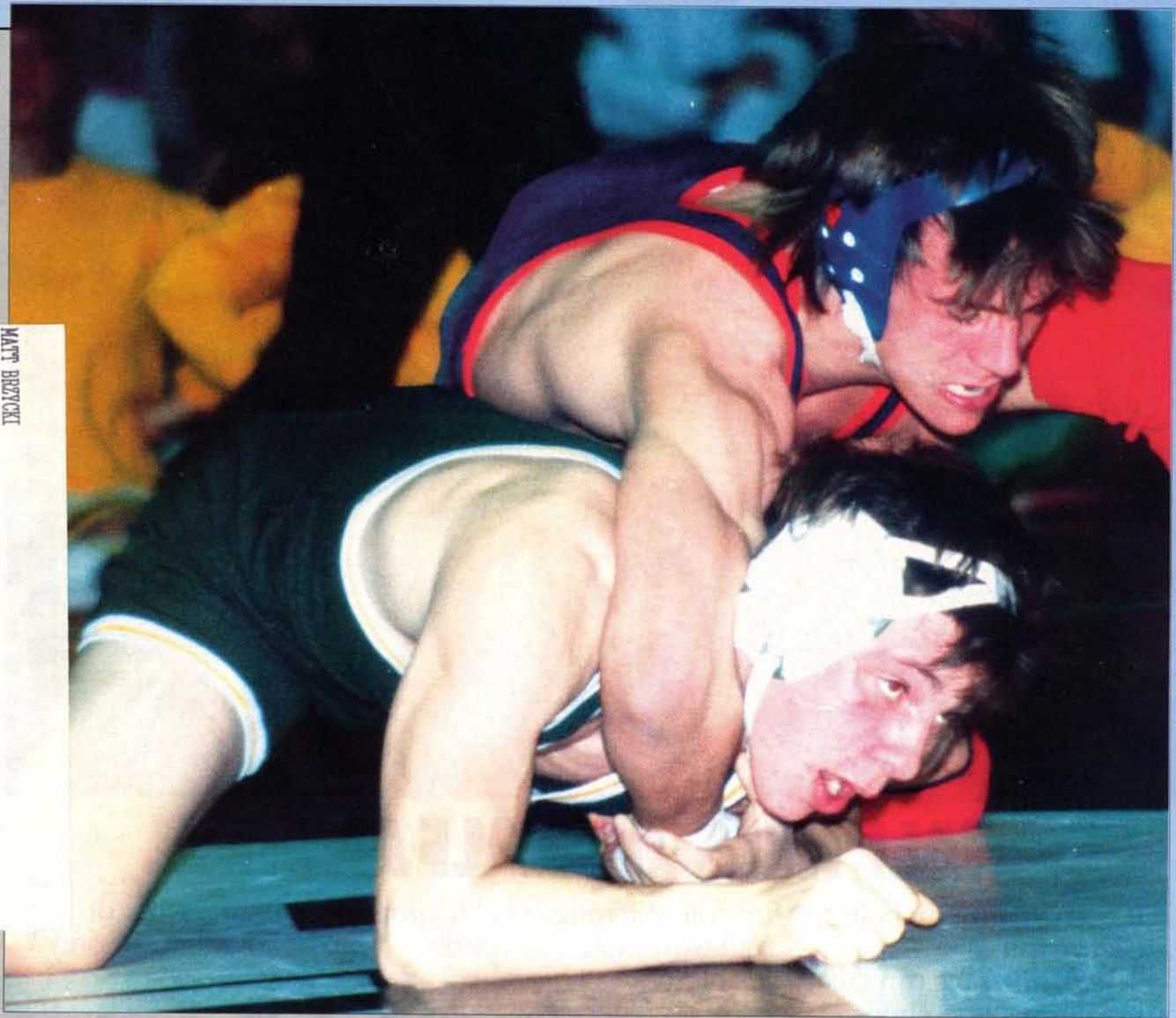




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**NCAA NAIA Pre-Season Forecast  
The Secrets Of Success In Wrestling**



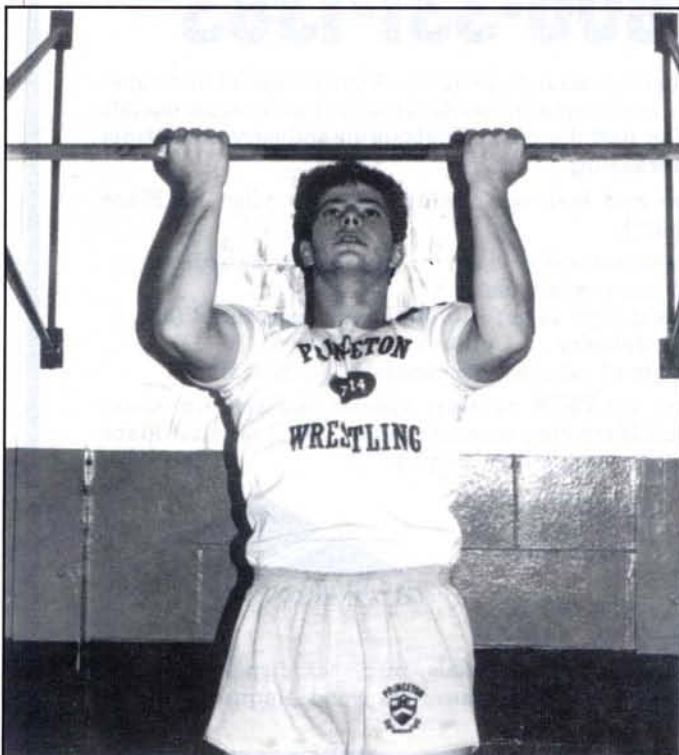
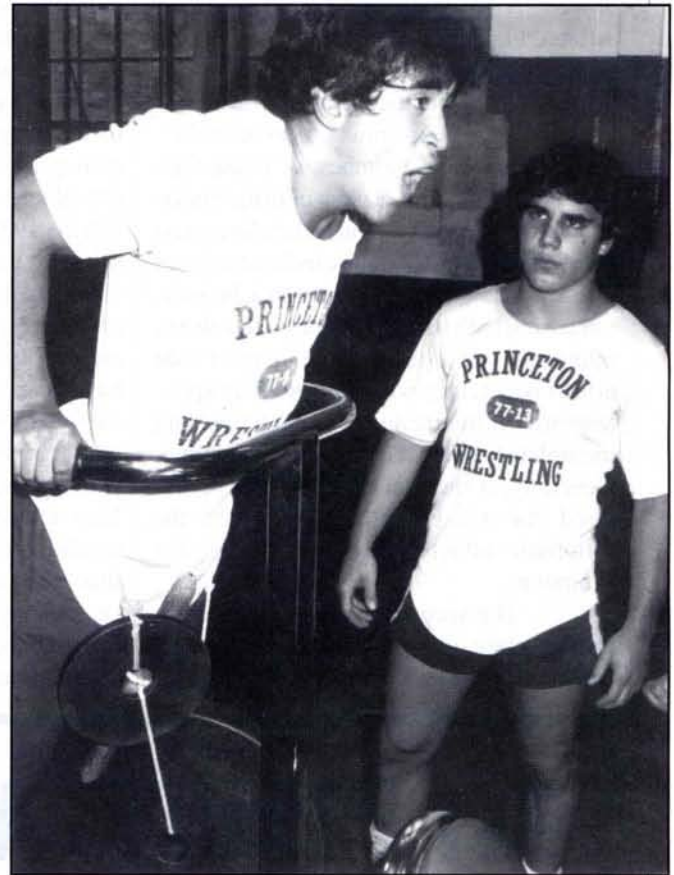
By Matt Brzycki  
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# Getting The Most Out Of Dips And Chins

**C**hins and dips are two excellent, basic movements that exercise every major muscle group in the upper torso. Chins provide work for the upper back region (or "lats"), the biceps and much of the forearm musculature; dips challenge the chest (or "pecs"), the front portion of the shoulder and the triceps. In addition to effecting a rather large amount of muscle tissue, chins and dips are great exercises for wrestlers since they both involve movement of a person's entire body mass.

Chins and dips should both be performed for about 8-12 repetitions, with each rep lasting about 5-6 seconds. Once a wrestler can do more than 12 reps in good form, he should add resistance to his bodyweight. This can be accomplished one of two ways. One way is to have a training partner place his hands on the lifter's waist and supply as much resistance as necessary. Unfortunately, there is no way of knowing exactly how much additional resistance is being applied. A better way is to have the lifter tie or secure weights around his waist. In this manner, the lifter will be able to systematically increase the resistance whenever he achieves 12 reps.

The following are descriptions for the proper performance of each exercise:



### Chins.

To begin the exercise, reach up, grasp the bar with your palms facing you and space your hands approximately shoulder width apart. Lift your feet off the floor and cross your ankles. To perform the exercise, pull yourself up so that your upper chest touches the bar and your elbows rotate backward. Pause briefly in this position and then lower yourself under control back to the starting position.

For optimal results, try to touch your chest to the bar rather than your chin. This will increase the exercise's range of motion. Rotating your elbows backward in the middle of the movement will increase the workload performed by your back. Extend your arms fully at the end of each rep to obtain an adequate stretch.

### Dips.

Grasp the handles and assume a stretched position with your knees bent and your ankles crossed. That's the starting position. To perform the exercise, raise your body by extending your arms but do not allow your elbows to "lock." Pause briefly in this position and then return under control to the starting position.

To get the most out of this exercise, make sure it is performed throughout a full range of motion — from a position of full stretch (chest near the handles), to a position of muscular contraction (without "locking" your elbows) and then back to the stretched position. **O**