



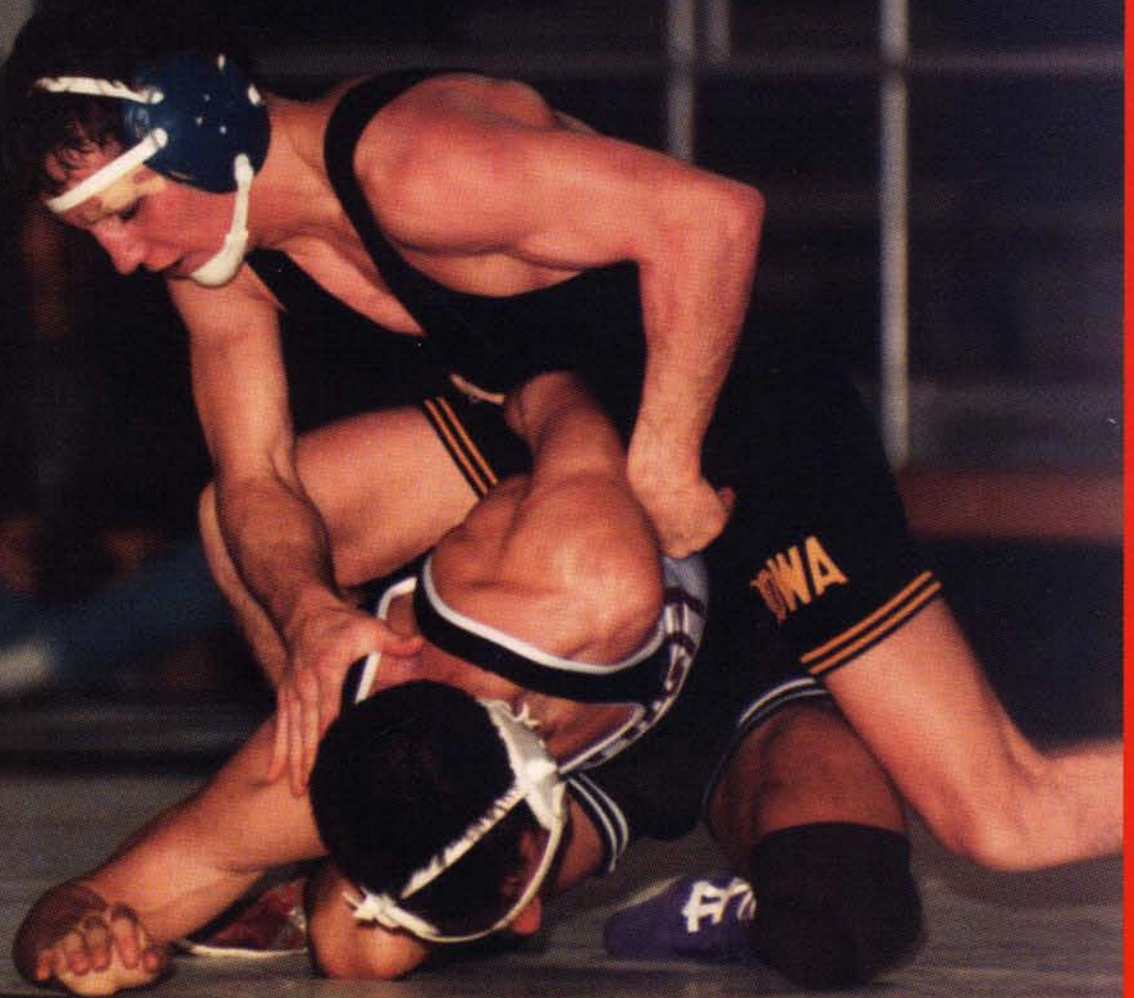
WRESTLING USA

VOL. XXVI, NO. 8

\$3.00

March 1, 1991

OCT 1, 91
MATT BEZICKI
1010 RIVER ROAD
PISCATAWAY NJ 08854



WRESTLING: The Character Builder

Wrestling Is Much More Than Losing Weight



By Matt Brzycki
Strength Coach
Princeton University

More On Single Sets

Q

QUESTION:

"Is the single set principle only used on major lifts?"

-Keith Lane Pueblo, Colorado

A

ANSWER:

First, I should explain the "single set principle" for the benefit of those readers who may be

unfamiliar with it. The "single set principle" that you refer to is usually the identifying trademark of the so-called "high intensity training." This is a nontraditional method of strength training in which one set of each exercise is performed for a prescribed number of repetitions. It is called "high intensity" because each set is performed to the point of muscular failure. In other words, each set is continued to the point where the lifter cannot perform any more repetitions. To encourage a sufficient overload, muscular failure is sometimes followed immediately by several additional post-fatigue reps — known as either **negatives** or **breakdowns**.

Negatives (also called forced reps) are accomplished by having a training partner raise the weight while the lifter resists the movement during the lowering phase. For example, suppose you reached muscular failure on a barbell bench press. Your partner would help you raise the weight off your chest until your arms are extended. When you lower the weight back to your chest, your partner adds a little extra resistance by pushing down on the bar.

Breakdowns (also called regressions) are another way of achieving muscular overload. When performing breakdowns, you (or your training partner) quickly reduce the starting weight by about 25 to 30 percent and the lifter does 3 to 4 post-fatigue reps with the lighter resistance. Let's say that you did 14 reps with 100 pounds on the leg extension before reaching muscular failure. You (or your partner) would immediately reduce the weight to about 70 to 75 pounds and would then attempt to perform 3 to 4 reps with the lighter weight. In a certain sense these post-fatigue reps (either negatives or breakdowns) are a second

set . . . but they've come immediately after reaching muscular failure. Since there is little or no recovery time between these "sets," the additional post-fatigue reps are simply an extension of the first set.

If you've ever performed an exercise to the point of muscular failure, you'd quickly understand why it's been dubbed "high intensity training!" Don't be misled by the program's brevity or simplicity. When performed correctly, a high intensity (or single set) program can be just as productive as a multiple set program — provided, of course, that each set is performed to the point of muscular failure. Whereas a multiple set program is successful due to the cumulative effect of each set, a single-set-to-failure program is successful due to the cumulative effect of each repetition. This type of training is currently being used by at least five professional football teams. At the collegiate level numerous strength coaches, like Mike Wolf of Lehigh, encourage their athletes to train in a high intensity fashion. Other schools where this training methodology is utilized include Michigan, Penn State, Wake Forest and Providence. There's even a High Intensity Training Newsletter that targets this particular type of strength training.

Keith, your question mentions "major lifts." Since I'm a former competitive weightlifter and a reader of the popular trade magazines, I think I'm fairly safe

in assuming that the major lifts you refer to are exercises that generally work a large amount of muscle mass, such as the squat, bench press and incline press. Strength coaches and other fitness professionals also call such movements "core" exercises, which are those exercises that they think should comprise the backbone of a routine. Well, to say that there are major lifts is to suggest that there are also minor lifts . . . or those exercises that are somewhat less important. Indeed, some movements have been unceremoniously classified as "auxiliary" or "supplemental" exercises. But, aren't all exercises important? For example, is a bench press more important than a lat pulldown?

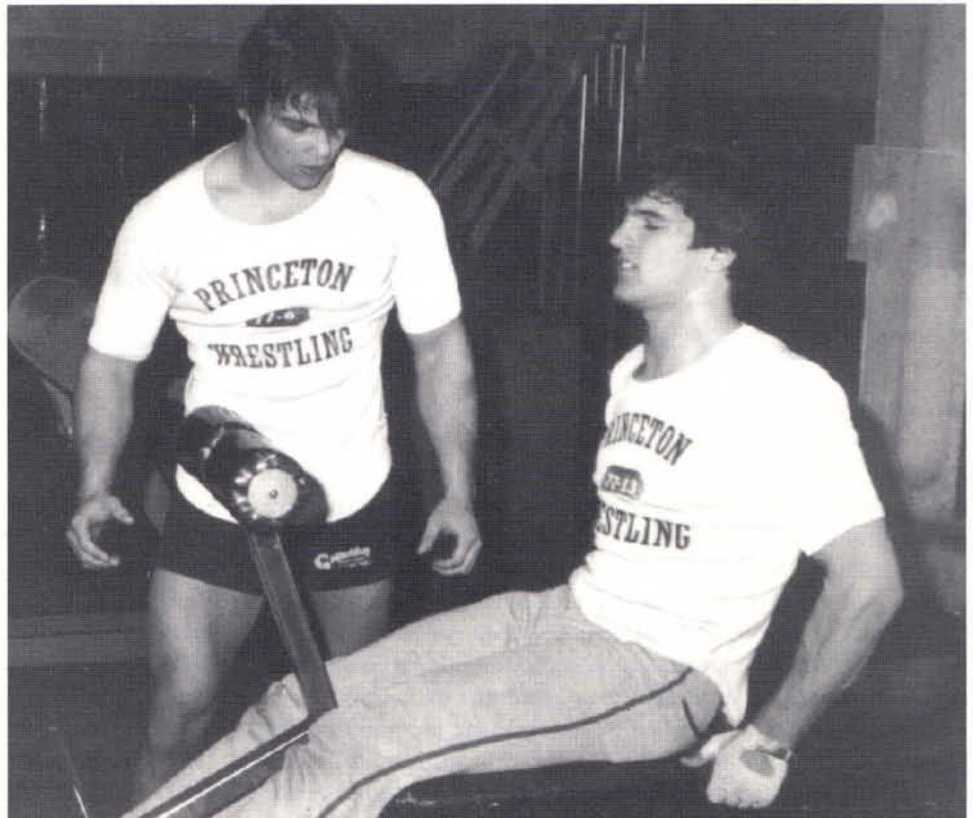
No, not really. Both movements serve a purpose in strengthening specific muscle groups.



As a matter of fact, both of these exercises are equally important in order to provide muscular balance between the back and the chest, thereby reducing the risk of injury. Should a squat be a core exercise while a neck extension is a supplemental exercise? Again, the answer is no. Although a neck extension works considerably less muscle mass than a squat, a neck extension is infinitely more important since it protects a wrestler from cervical injury. Yet I've never seen any neck movements listed as core exercises. The point is this: all exercises are important. Therefore, all exercises can be performed using a single set principle. And if an exercise should receive more emphasis, it should be based on it's role in injury prevention — not in the amount of muscle tissue it exercises or because a particular article declared that it should be a core exercise.

Thanks for your question, Keith, and best wishes for strength and health in the seasons ahead. ○

Photo by Chet Dalgewicz



ANNUAL GUS DeAUGUSTINO "CLASSIC WRESTLING COACHES CLINIC"

FEATURING:	JOHN SMITH 4x World Champ Olympian Oklahoma State	SERGEI BELOGLAZOV 6x World Champ Olympian Lehigh University	BOBBY DOUGLAS 1988 Nat'l Coach of the Year Olympian Arizona State	LEEROY SMITH NCAA Champion National Freestyle Coach USA Wrestling
-------------------	---	---	---	---

FRIDAY - MARCH 29 AND SAT. MARCH 30, 1991

(There will be no tapes available for sale for this clinic nor video cameras allowed)

REGISTRATION: 10:00 a.m. - Noon March 29, 1991/ First Session 1:00 p.m. March 29/ Greentree Marriott

Mail this reservation to: Gus DeAugustino, Clinic Mgr., 161 Harmony Rd. Wexford, PA 15090 (412) 935-3522. Clinic Starts: FRI., MARCH 29, 1991

REGISTRATION FEE:

In advance - \$75 per coach
At Door - \$80 per coach

Fee includes 12 sessions of instruction and one complimentary ticket to Pittsburgh Wrestling Classic at Pitt Field House.

Check must accompany reservation payable to:
"Classic Wrestling Coaches Clinic"

IMPORTANT: MAKE YOUR OWN ROOM RESERVATION:
Clinic Headquarters, Greentree Marriott, 101 Marriott Drive, Pittsburg, PA 15205 (412) 922-8400. Free Airport Limo, Indoor - Outdoor Pool, Health Club. SINGLE or DOUBLE \$48. Be sure to mention you are attending Clinic when making reservations.

Name of School _____

School Address _____

City _____ State _____ Zip _____

Name of those who will attend

1. _____

2. _____

3. _____

TAPE SALE: "GUS" DEAUGUSTINO TAPES - \$79.95 EACH

- ___ **1984** 1. Fundamentals of take downs
2. Top & bottom fundamentals & power half
3. Reversals

- ___ **1989** 1. Fundamental/advanced drills on feet
2. Fundamental/advanced breakdowns, rides & pins
3. Fundamental/advanced drills, top & bottom

- ___ **1990 LOCK HAVEN CLINIC**
1. Doubles & Singles - finish high & low
2. Counters to singles & doubles, drills
3. Standup, drills for standup

FORMAT _____

BETA _____

VHS _____

Price includes postage & handling
All tapes are 1/2 inch size
All tapes are viewed for quality
prior to shipping

Make check payable to: "Classic Wrestling Coaches Clinic".

Mail to Gus DeAugustino, 161 Harmony Drive, Wexford, PA 15090 (412)935-3522