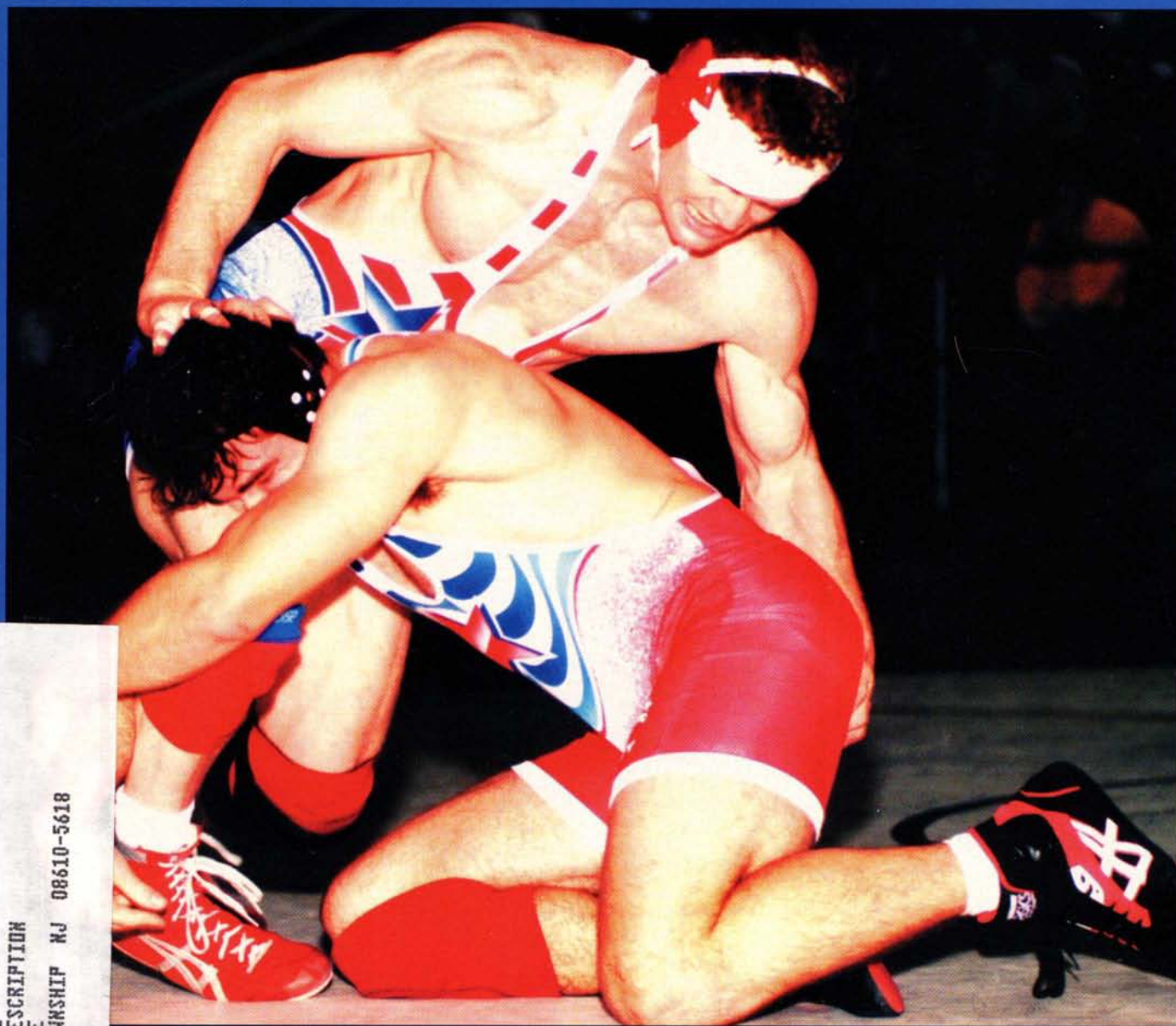




WRESTLING USA

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***** 3-DIGIT 086 00019
COMPLIMENTARY
MATT BRZYCKI
EXERCISE PRESCRIPTION
224 LAKE AVE
HAMILTON TOWNSHIP NJ 08610-5618

**1993 Pre-Season Top 120 College Wrestlers
A Man Who Has The Magic Combination**

Exercise Prescription: Leg Extension

By Matt Brzycki

Strength Coach, Princeton University

Muscles used: Quadriceps

Equipment possibilities: Machines (selectorized and plate-loading), manual resistance

Suggested reps: 10-15

Type of movement: Single joint

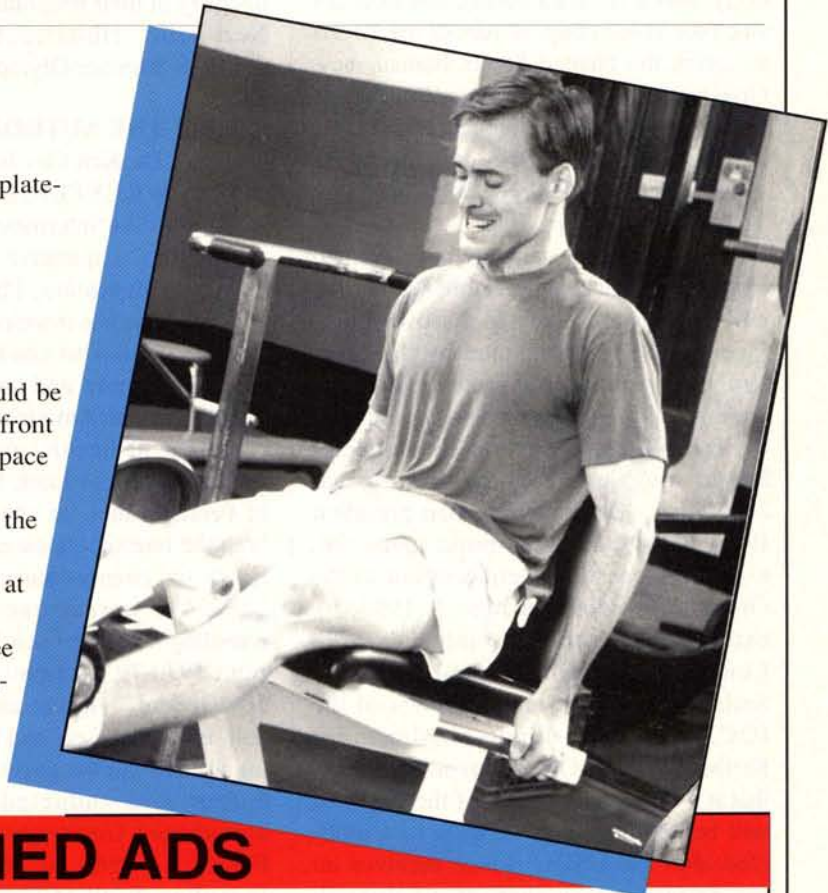
Notes:

•When performing this movement on a machine, there should be little or no space between the backs of your knees and the front edge of the seat pad; likewise, there should be little or no space between your buttocks and the back pad.

•Extend your lower leg(s) up as high as possible during the mid-range of each repetition.

•Lower the weight all the way back to the starting position at the completion of every rep to obtain a proper stretch.

This movement may be done unilaterally if you have a knee injury, a gross strength imbalance or desire a training variation.



CLASSIFIED ADS

COACHES! HARD BICEPS work, HARD HEADS don't! Penetrate your wrestlers' heads for 93-94 (for anytime) with IBM-PC compatible "MAT QUIZ." It's NOT a game! WRITE: LeRoy Mason, 142 Vernon Avenue #68, Vernon, Connecticut 06066-3648. "MAT QUIZ": "An Olympian of Education!"

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