

Wrestling USA

www.wrestlingusa.com

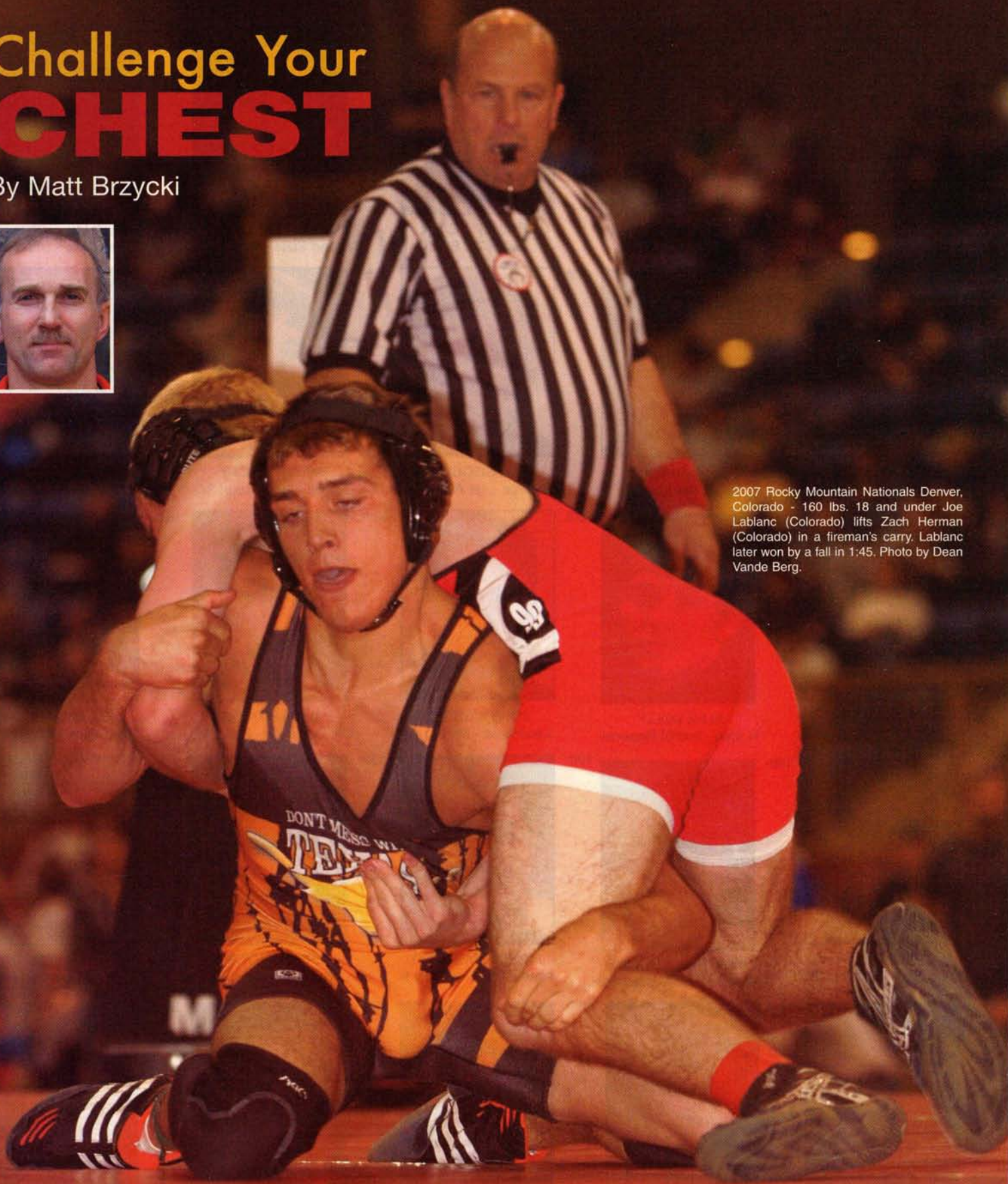
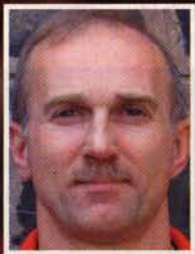
October 1, 2007
VOL. XLIII, NO. 2
\$5.00



*****AUTO**SCH 3-DIGIT 085
SUBSCRIPTION EXP OCTOBER 1, 2007 00120
MATT BRZYCKI 01853
EXERCISE PRESCRIPTION
1 DAYNA LN
LAWRENCEVILLE NJ 08648-1583

Challenge Your **CHEST**

By Matt Brzycki



2007 Rocky Mountain Nationals Denver, Colorado - 160 lbs. 18 and under Joe Lablanc (Colorado) lifts Zach Herman (Colorado) in a fireman's carry. Lablanc later won by a fall in 1:45. Photo by Dean Vande Berg.

The chest – along with the upper back and shoulders – is one of the major muscle groups in your torso. Therefore, you should include appropriate exercises in your program to strengthen this all-important area.

BASIC ANATOMY AND MUSCULAR FUNCTION

The main muscles that surround your chest area are the pectoralis major and pectoralis minor. The pectoralis major is thick, flat and fan-shaped and the most superficial muscle of your chest wall. The pectoralis minor is thin, flat and triangle-shaped and positioned beneath your pectoralis major. The main function of the “pecs” is to pull your upper arms across your body. They are especially important during movements on the wrestling mat in which you bring your arms together such as executing a single- or double-leg takedown and applying a cradle. In addition, developing the pecs is necessary to provide muscular balance between your chest and upper back.

Sidebar: Your chest, anterior deltoids (front shoulder) and triceps are involved during pushing movements while your upper back, posterior deltoids (back shoulder) and biceps are used during pulling movements. (To avoid confusion, it is important to note that all muscles “pull” when they contract; however, muscle contractions cause joints to extend and flex which produce movements that can be described as either “pushing” or “pulling.”)

GENERAL GUIDELINES AND PRECAUTIONS

The following general guidelines apply when training your chest:

1. Do exercises for your chest prior to those for your triceps. The reason for this is because multiple-joint movements require the

use of smaller, weaker muscles to assist in the exercise. (As a rule of thumb, your legs are the weak link when performing multiple-joint movements for your hips and your arms are the weak link when performing multiple-joint movements for your torso.) If you fatigue your smaller muscles first – in this case, your triceps – you will weaken an already weak link. As a result, you will limit the workload placed on the larger, more powerful muscles of your pectoral region and restrict the potential for their development.

2. Provide equal attention to the muscles of your chest and upper back. These muscles – as well as all others in your body – are arranged in such a way that they perform opposing functions: Your chest moves your upper arm in one direction and your upper back moves your upper arm in the opposite direction. It is important to provide opposing muscles with an equal – or nearly equal – amount of stimulus so that an imbalance does not occur between the two areas. Therefore, you should perform approximately the same volume of activity – that is, roughly the same number of exercises, sets and repetitions – for your chest as you do for your upper back.
3. Avoid doing exercises in which you experience shoulder pain. Some individuals may find it difficult – or even impossible – to perform certain exercises for their chest in a pain-free manner. This is particularly true with respect to the bench press with a barbell. In many instances, doing the bench press with dumbbells or a machine will produce less orthopedic stress in the shoulder joints.

BRUTE **adidas**

adidas adiStrike... be the predator, not the prey.
Visit www.brute.com to find a dealer near you.

4. Perform your repetitions with proper technique. A good guideline is to raise the resistance without an excessive use of momentum in about 1 - 2 seconds, pause distinctly in the mid-range (or contracted) position and lower the resistance under control in about 3 - 4 seconds. This will ensure that momentum does not play a significant role in the performance of the repetition and that your chances of incurring an injury while strength training are minimized. In addition, each repetition should be done throughout a full range of motion (ROM). This will allow you to maintain (or perhaps improve) your flexibility and guarantee that you are exercising your entire muscle, not just a portion of it.
5. Reach muscular fatigue within about 6 - 12 repetitions (or about 40 - 70 seconds). A desirable level of fatigue is when you have exhausted your muscles to the point where you literally cannot do another repetition. Performing sets of less than about 6 repetitions increases your risk of injury; performing sets of more than about 12 repetitions becomes a greater effort of aerobic endurance rather than muscular strength.
6. Train the muscles of your chest 2 - 3 times per week on non-consecutive days. You should exercise your chest three times per week when not in season and twice per week when in season (but not within 48 hours of a match).

EXERCISES AND DESCRIPTIONS

The following are specific descriptions for many popular exercises that you can employ to strengthen the muscles of your chest using conventional equipment:

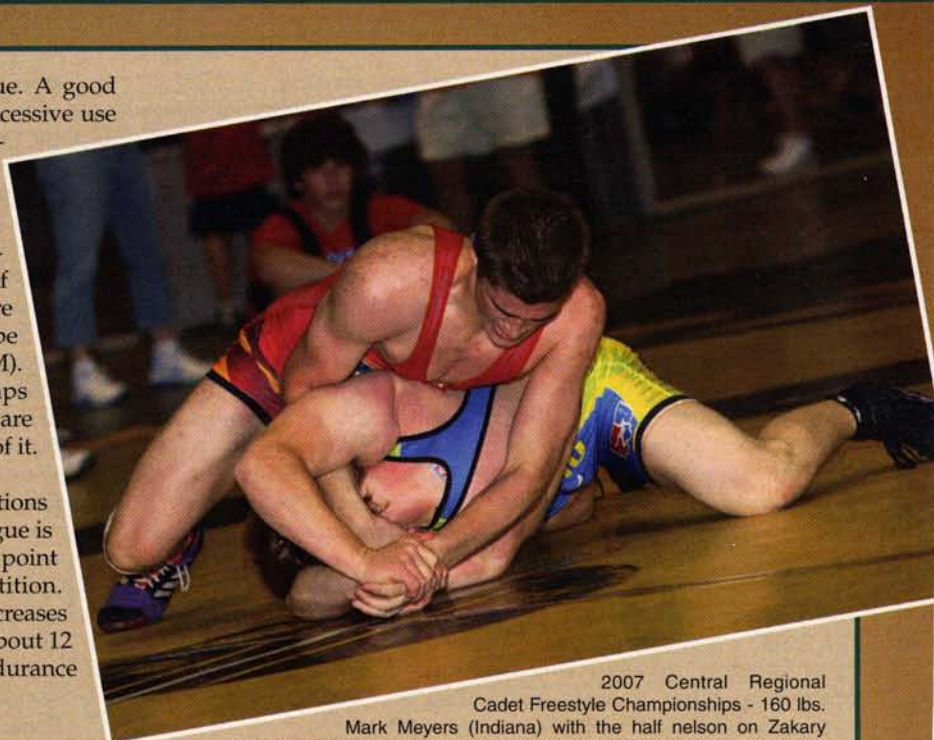
Bench Press (barbell/dumbbell)

This multiple-joint movement involves your chest, anterior deltoids and triceps. Lie down on the back pad of the bench and place your feet flat on the floor. Grasp the bar and spread your hands slightly wider than shoulder-width apart. Lift the bar out of the uprights or have a spotter give you assistance. Keep your arms almost fully extended without "locking" your elbows. To do the exercise, lower the bar under control until it touches the middle part of your chest. Without bouncing the weight off your chest, push the bar up to the starting position (your arms almost fully extended).

You can also perform this exercise with dumbbells. In this case, position the dumbbells on both sides of your torso so that your hands are even with your chest.

Chest Press (machine)

You can train your chest, anterior deltoids and triceps with this multiple-joint movement. Adjust the position of the seat pad so that your hands will be just below your shoulders in the starting position. Sit down on the seat pad and lean back against the back pad. Grasp the handles with a "parallel grip" (your palms facing each other) and position your hands just below your shoulders. Place your feet flat on the floor or, if your feet do not reach the floor, bring your legs together and cross your ankles. To do the exercise, push the handles forward until your arms are almost fully extended without "locking" your elbows. Pause briefly in this mid-range position (your arms almost fully extended) and then lower the weight under control to the starting position (your hands near your shoulders) to obtain an adequate stretch.



2007 Central Regional
Cadet Freestyle Championships - 160 lbs.
Mark Meyers (Indiana) with the half nelson on Zakary
Griffith (New York). Myers won by technical fall; 7-0, 9-3. Photo by Charles
T. Bennett.

Push-Up (manual resistance)

This is another multiple-joint movement that works your chest, anterior deltoids and triceps. Lie prone on the floor, straighten your legs and curl your toes under your feet. Place your palms on the floor and spread your hands slightly wider than shoulder-width apart. The spotter should straddle your torso and apply resistance against your upper back. To do the exercise, push yourself up until your arms are almost fully extended without "locking" your elbows as the spotter provides resistance evenly throughout the full range of motion. Pause briefly in this mid-range position (your arms almost fully extended) and then resist as the spotter pushes you back to the starting position (your chest near the floor) to obtain an adequate stretch.

Incline Press (barbell/dumbbells)

Your chest (upper portion), anterior deltoids and triceps will be targeted with this multiple-joint movement. Sit down on the seat pad of the bench, lie back against the back pad and place your feet flat on the floor (or against a footrest if one is provided). Grasp the bar and spread your hands slightly wider than shoulder-width apart. Lift the bar out of the uprights or have a spotter give you assistance. Keep your arms almost fully extended without "locking" your elbows. To do the exercise, lower the bar under control until it touches the upper part of your chest (near your collarbones). Without bouncing the weight off your chest, push the bar up to the starting position (your arms almost fully extended).

You can also perform this exercise with dumbbells. In this case, position the dumbbells on both sides of your torso so that your hands are even with your chest.

Incline Press (machine)

This multiple-joint movement involves your chest (upper portion), anterior deltoids and triceps. Adjust the position of the seat pad so that your hands will be just below your shoulders in the starting position. Sit down on the seat pad and lean back against

the back pad. Grasp the handles with a "parallel grip" (your palms facing each other) and position your hands just below your shoulders. Place your feet flat on the floor or, if your feet do not reach the floor, bring your legs together and cross your ankles. To do the exercise, push the handles up until your arms are almost fully extended without "locking" your elbows. Pause briefly in this mid-range position (your arms almost fully extended) and then lower the weight under control to the starting position (your hands near your shoulders) to obtain an adequate stretch.

Decline Press (barbell/dumbbells)

You can work your chest (lower portion), anterior deltoids and triceps with this multiple-joint movement. Lie down on the back pad of the bench and place your lower legs behind the roller pads. Grasp the bar and spread your hands slightly wider than shoulder-width apart. Lift the bar out of the uprights or have a spotter give you assistance. Keep your arms almost fully extended without "locking" your elbows. To do the exercise, lower the bar under control until it touches the lower part of your chest (near the tip of your breastbone). Without bouncing the weight off your chest, push the bar up to the starting position (your arms almost fully extended).

You can also perform this exercise with dumbbells. In this case, position the dumbbells on both sides of your torso so that your hands are even with your chest.

Dip

This is another multiple-joint movement that involves your chest (lower portion), anterior deltoids and triceps. Grasp the handles with a "parallel grip" (your palms facing each other). Bend your elbows such that your upper arms are roughly parallel to the floor. Lift your feet off the floor, bend your knees and cross your ankles. To do the exercise, push yourself up until your arms are almost fully extended without "locking" your elbows. Pause briefly in this mid-range position (your arms almost fully extended) and then lower your body under control to the starting position (your chest near the handles) to obtain an adequate stretch.

Bent-Arm Fly (dumbbells)

This single-joint movement addresses your chest and anterior deltoids. Grasp a dumbbell with each hand. Sit down near the end of a bench. Lie down on the bench and place your feet flat on the floor. Position the dumbbells on both sides of your torso so that your hands are even with your chest. Point your palms toward each other and move the dumbbells away from

your chest until the angle between your upper and lower arms is about 90 degrees. To do the exercise, bring the dumbbells together above your chest while keeping the same angle between your upper and lower arms. (Imagine that you are hugging a tree.) Pause briefly in this mid-range position (your arms close together) and then lower the dumbbells under control to the starting position (your arms spread apart) to obtain an adequate stretch.

To emphasize different parts of your chest, you can do this exercise on an incline (for your upper chest) and a decline (for your lower chest).

Pec Fly (machine)

Your chest and anterior deltoids will be worked with this single-joint movement. Adjust the position of the seat pad so that the top parts of your shoulders are approximately even with the axis of rotation of the machine and your elbows will be slightly higher than your shoulders in the starting position. (On some machines, this can also be accomplished by adjusting the position of the back pad.) Sit down on the seat pad and lean back against the back pad. Position your lower arms against the arm pads and lightly grasp the handles. Place your feet flat on the floor or, if your feet do not reach the floor, bring your legs together and cross your ankles. To do the exercise, keep your torso and head against the back pad and bring your elbows as close together as possible by pushing against the arm pads. Pause briefly in this mid-range position (your arms together) and then lower the weight under control to the starting position (your arms apart) to obtain an adequate stretch.






THE LAST REP

The chest is important but not necessarily more so than your other major muscles. Therefore, challenge your chest without overdoing it.

Editors Note: Matt Brzycki has authored, co-authored or edited 16 books on strength and fitness including four that are devoted to wrestling. The four are available at all major bookstores or through Cardinal Publishers Group (800-296-0481).

30th Annual
**Monterey Clinic
of Champions**
for Coaches

Where: Embassy Suites Hotel - Monterey Bay, CA
When: October 26, 27, 28, 2007
Who:

	WAYNE BRANSTETTER Poway High School, CA, Head Coach '98 National HS Coach of the Year 3X State Champs (330-3-1)
	SCOTT GOODALE Jackson Memorial High School, NJ, Head Coach '05 National Coach of the Year 2X NJ State Champions (129-13)
	DICKY HOWELL Caesar Rodney High School, DE, Head Coach 7X Delaware Coach of the Year 6X State Champions
	YOJIRO UETAKE 2X Olympic Champion - Japan 3X NCAA Champion-OSU (58-0) 2X NCAA Outstanding Wrestler
	IVAN IVANOV U.S. Greco Head Coach at Olympics Education Center 1994 World Silver Medalist 1996 Olympian - 5th Place

Special Guest: BILL FARRELL - New York AC
USA '72 Olympic Head Coach

Contact Information:
Phone: (831) 649-5237 E-Mail: billgrant1345@hotmail.com
Web: montereyclinicofchampions.com

Asics Resilite Wrestling Mart.com