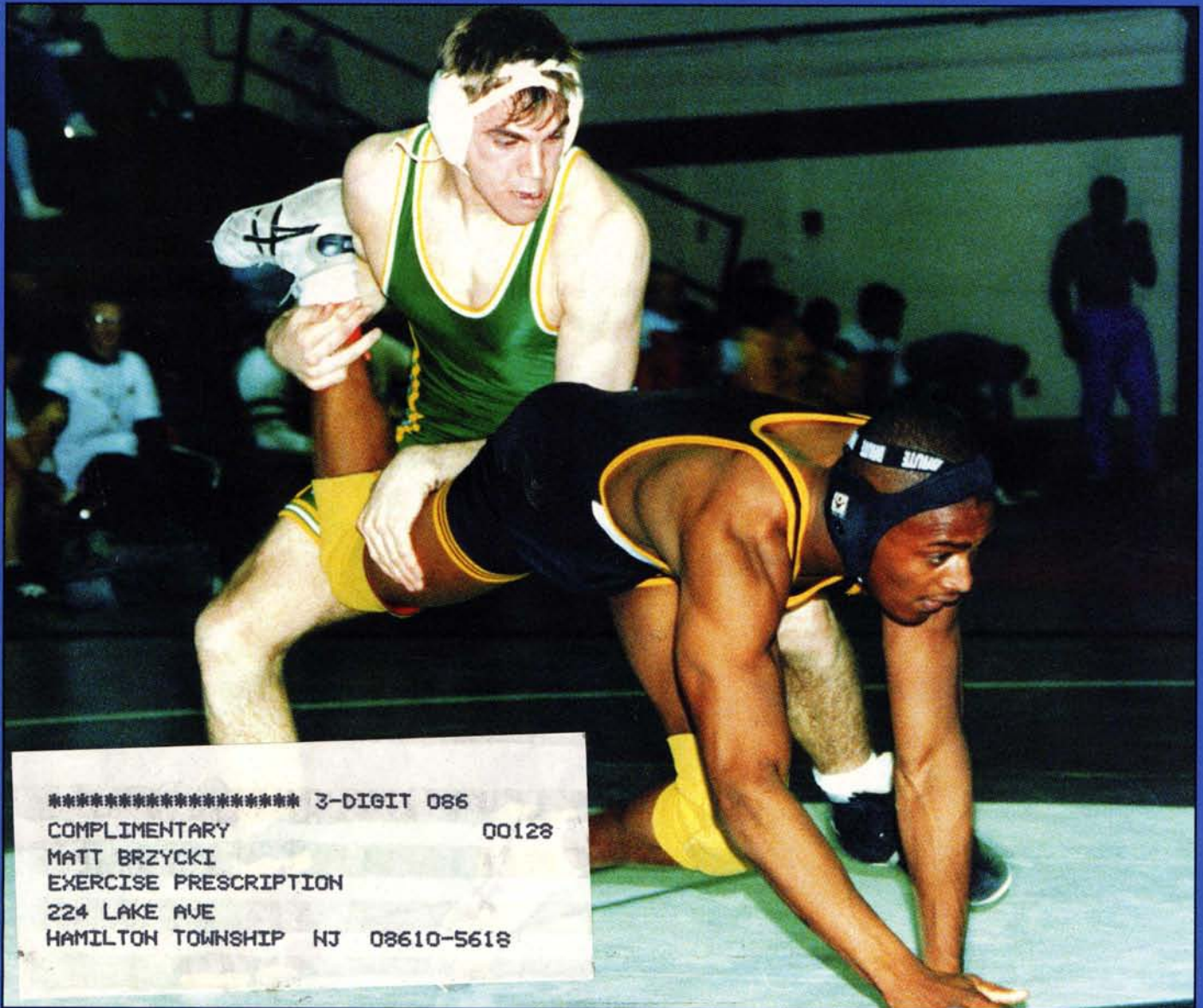




WRESTLING USA

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***** 3-DIGIT 086
COMPLIMENTARY 00128
MATT BRZYCKI
EXERCISE PRESCRIPTION
224 LAKE AVE
HAMILTON TOWNSHIP NJ 08610-5618

**NCAA Division III Pre-Season Forecast
Coaching Teams To Top Performance
1993-94 Wrestling USA Magazine Scholastic Records**

Exercise Prescription: Hip Abduction

By **Matt Brzycki**
Strength Coach
Princeton University

Muscles used: hip abductors (gluteus medius)

Equipment possibilities: selectorized machine, manual resistance

Suggested reps: 10-15

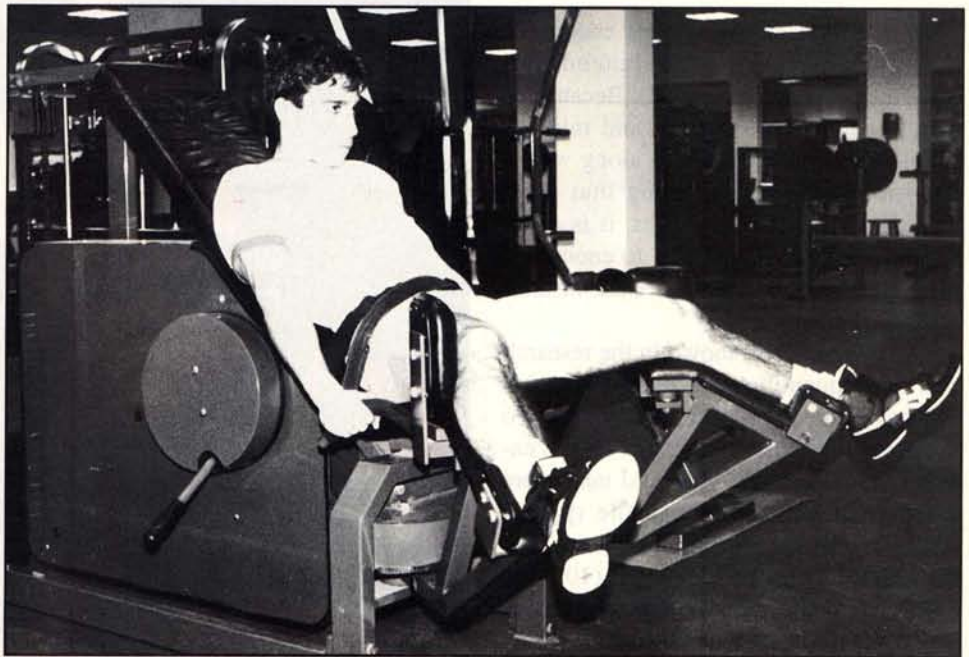
Type of movement: single joint

Notes:

- Spread your legs apart as far as possible (or lift your leg as high as possible) during the mid-range of each repetition.

- Lower your leg(s) back to the starting position (legs together) at the end of every rep to obtain a proper stretch.

- Avoid bending your body forward as you perform this exercise.



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