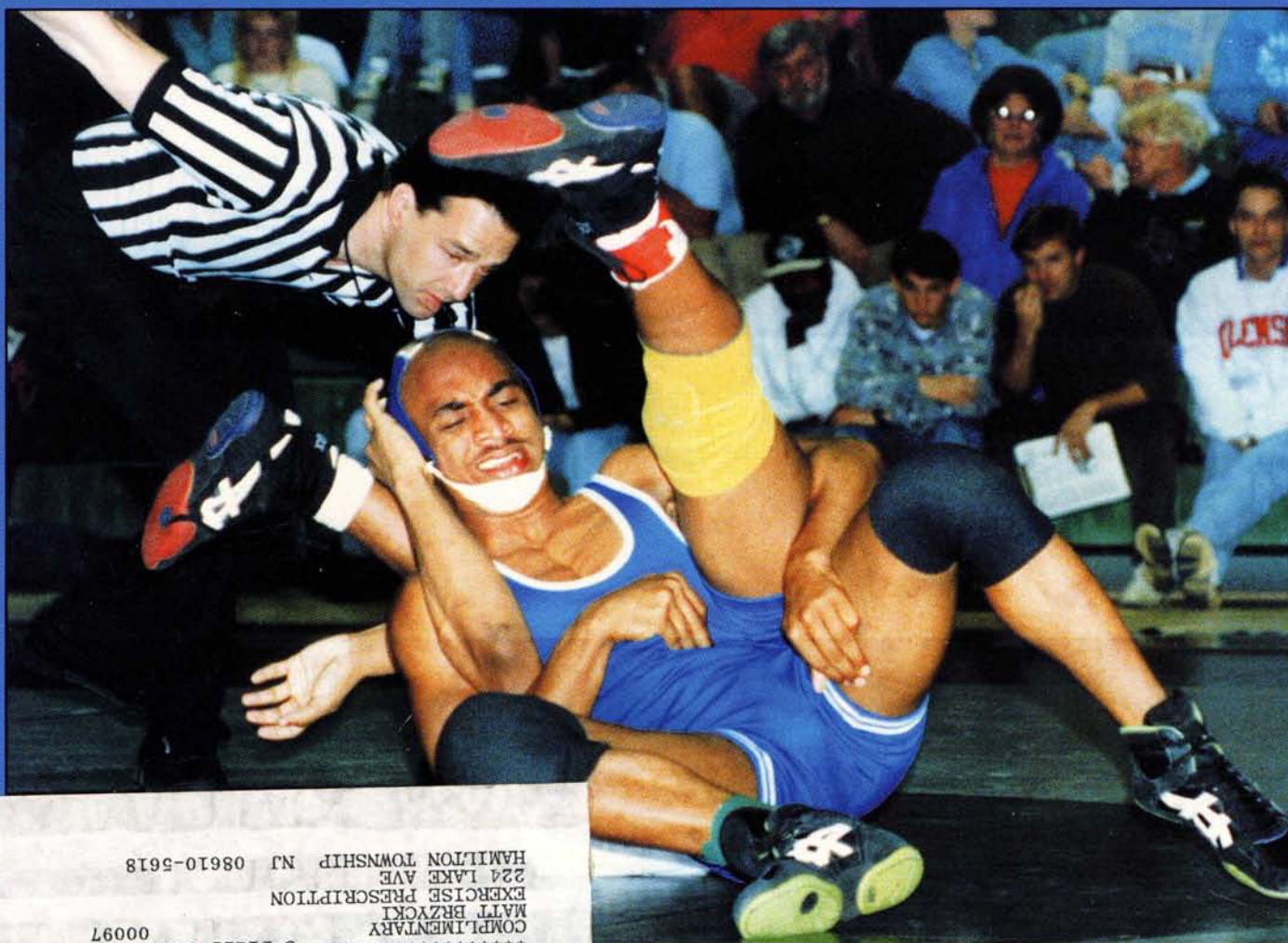




WRESTLING USA

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COMPLIMENTARY
MATT BRZYCKI
EXERCISE PRESCRIPTION
224 LAKE AVE
HAMILTON TOWNSHIP NJ 08610-5618

The Quickest Way To Kill Wrestling

Wrestling: The Path To The Top

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NCAA Wrestling Officials Earn Their Keep

Exercise Prescription: Dead-Lift

By Matt Brzycki

Strength Coach, Princeton University



Muscles used: hips, hamstrings, quadriceps, lower back

Equipment possibilities: barbell, dumbbells, trap bar

Suggested reps: 15-20

Type of movement: multiple joint

Notes:

Use an alternating grip (dominant palm forward, non dominant palm backward) with a barbell; use a parallel grip (palms facing each other) with dumbbells and the trap bar.


- Your feet should be placed slightly wider than shoulder width apart. Most of your weight should be centered on your heels, not on your toes. Keep your arms straight, your head up and your back flat throughout this exercise.

- Avoid lifting your hips up too early during the execution of this movement. Raising your hips up too early negates their effectiveness and causes you to perform the movement entirely with your lower back. Ideally, your hips, legs and lower back should work together, but most of the work should be done by your

hips and legs.

- Don't lock your knees in the mid-range of a repetition. This takes the tension off your muscles and may hyper extend your knees.

- When you lower the weight, don't go beyond a point where your upper legs are parallel to the ground. Don't bounce the weight off the floor between reps. You can use wrist straps if you have difficulty maintaining your grip.

- Deadlifts may be contraindicated if you have low back pain or an exceptionally long torso and/or legs. 

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