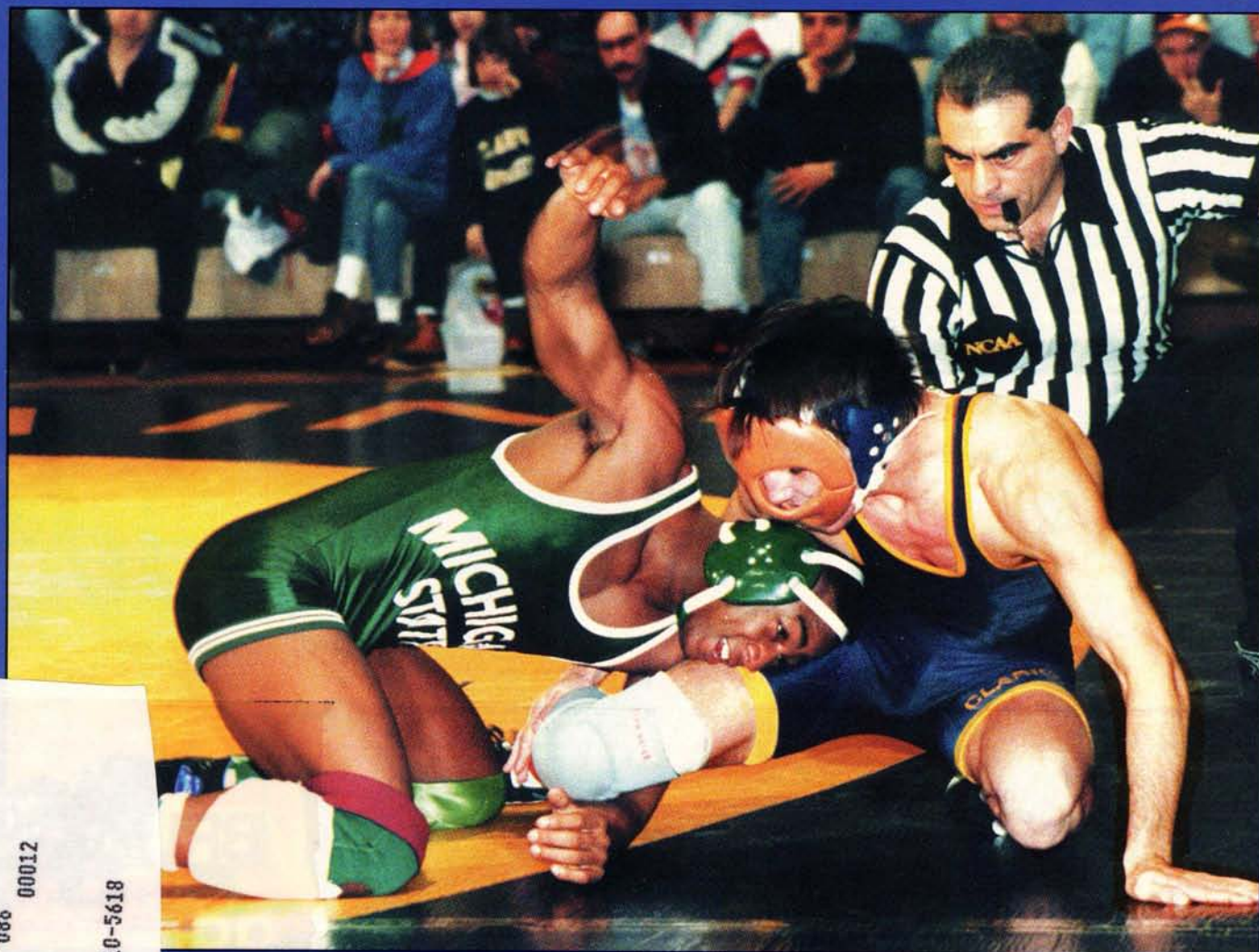




# WRESTLING USA

VOL. XXIX, NO. 10 \$3.00

April 15, 1994



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

To Gain Publicity For Team, Be Consistent  
What Exactly Is Strength Training?  
Multi-Sport Participation Helps Program

## Exercise Prescription: Neck Lateral Flexion

By Matt Brzycki  
Strength Coach, Princeton University



**Muscles used:** sternocleidomastoideus (one side acting singly)  
**Equipment possibilities:** machines (selectorized and plate-loading)  
**Suggested reps:** 8-12

**Type of movement:** single joint

**Notes:**

•Adjust the seat so that one side of your face is centered on the head pads when you are sitting upright. Place your

feet flat on the floor, grasp the handles and bend your head to the side opposite that of the pad.

•Without moving your upper torso, bring your head as close to the other shoulder as possible during the mid-range of each repetition.

•Return your head back to the starting position at the completion of each rep to provide a proper stretch.

•After performing a set with one side of your neck, repeat the exercise for the other side of your neck. Don't move your upper torso to the side as you lift the weight — movement should only occur around your neck.

•If your buttocks comes off the seat, it means that you're using your legs to help lift the weight.



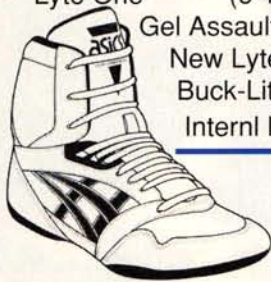
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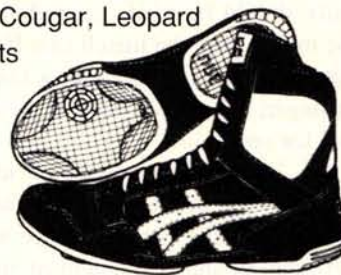
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