

# WRESTLING USA

March 1, 1995  
VOL. XXX, NO. 8  
\$4.00

## The Official

*Is it us against him?*

U.S.A.'s Best  
Wrestlers

**BRUCE BAUMGARTNER**  
The Dominate Force In  
Wrestling



## NECK FLEXION

**Muscles used:** sternocleidomastoides (both sides acting together)

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

**Suggested reps:** 8-12

**Type of movement:** single joint

### Notes:

\* If you're using a machine, adjust the seat so that 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 backward. If you're using manual resistance, lie supine on a bench, place your feet flat on the floor and position yourself so that your head hangs over the edge. Interlock your fingers and place them across your chest.

\* Bring your head as close to your chest as possible during the mid-range of each repetition.

\* Lower your head back to the starting position at the end of each rep to obtain a proper stretch.



## CLASSIFIED ADS

**THE BEST BY FAR** - The General Electric Space Age Mat Lamp, \$440. Sent UPS immediately. For information write: Bob Riehm Wrestling Coach, So. Oregon State, 435 Fernwood, Ashland, OR 97520.

**WRESTLING VIDEOS/MOTIVATIONAL CASSETTES BY J. ROBINSON** - Videos: Single Leg/High Crotch, Escapes, Wrestling On Top, The Basics. \$24.95/each or 4/\$85 prepaid (+ \$3.50 s/h). Audio Cassettes: Winning Attitude, Positive Attitude & Why Visualization Works, Visualization Exercise. \$7/each or 3/\$18 (+\$2.50 s/h). J. Robinson Camps Merchandise, 529 S. 7th St. Suite 310, Minneapolis, MN 55415.

**MACTOURNAMENT - MACINTOSH WRESTLING PROGRAM** - The first easy to use tournament program used by 70+ schools nationwide. 8 and 16-man bracket with various consolation formats. \$89.95 plus \$5 s/h. Contact MacSports, 816 Shea, Burlington, KS 66839 at 316-364-2054 for more information.

**MACSTATS - MACINTOSH WRESTLING PROGRAM** - The first easy to use wrestling stats program used nationwide. Various levels and "coach-defined" statistics with comprehensive reports. \$89.95 plus \$5 s/h. Contact MacSports, 816 Shea, Burlington, KS 66839 at 316-364-2054 for more information.

**OREGON WRESTLING LEGENDS** - 118 minute VHS videotape: Actual match footage with interviews from coaches, teammates and friends. Robin Reed, Rick Sanders, Greg Strobel, Johnny Miller, Dan Hicks, Larry Owings...many more! More information or send \$25.00 check to Nugent Productions Inc., 29500 NW Olson, Gaston, OR 97119.

**VARSITY HEAD WRESTLING COACH, FULL TIME TEACHING POSITION** at Clovis High School, Clovis, CA. 6-time state champions, looking for an energetic, dynamic individual to run one of the most competitive wrestling programs in the nation. If interested send a resume as soon as possible to: Dave Bens, Athletic Director, Clovis High School, 1055 Fowler, Clovis CA 93611. 209-299-7211, ext. 230.

**CHAMPION WRESTLING STATS** - Wrestling's best since 1984. 1000's of users across the nation. Tracks individual and team wrestling statistics. Individual, team, query, and leader reports. User-defined levels and stats. Scouting feature available. **IBM or Macintosh \$59.95.** Preferred Educational Software, 9585 Woodgate Lane, Byron, IL 61010. Phone: 815-234-5122, FAX: 815-234-2016.

**THE WRESTLING TOURNEY** - Manage 4-8-12-16 man brackets. 24-64 custom formats. Open and team formats. Many consolation formats. Unlimited number of wrestlers, teams, and weight classes. Manual and automatic seeding. Prints rosters, brackets, bout cards, team scores. Completely user-defined and editable. **IBM \$89.95.** Preferred Educational Software, 9585 Woodgate Lane, Byron, IL 61010. Phone: 815-234-5122, FAX: 815-234-2016.

**RATE: 40 WORDS IN 2 CONSECUTIVE ISSUES FOR \$40**  
**Wrestling USA Magazine, 109 Applehouse Lane, Missoula, MT 59802**