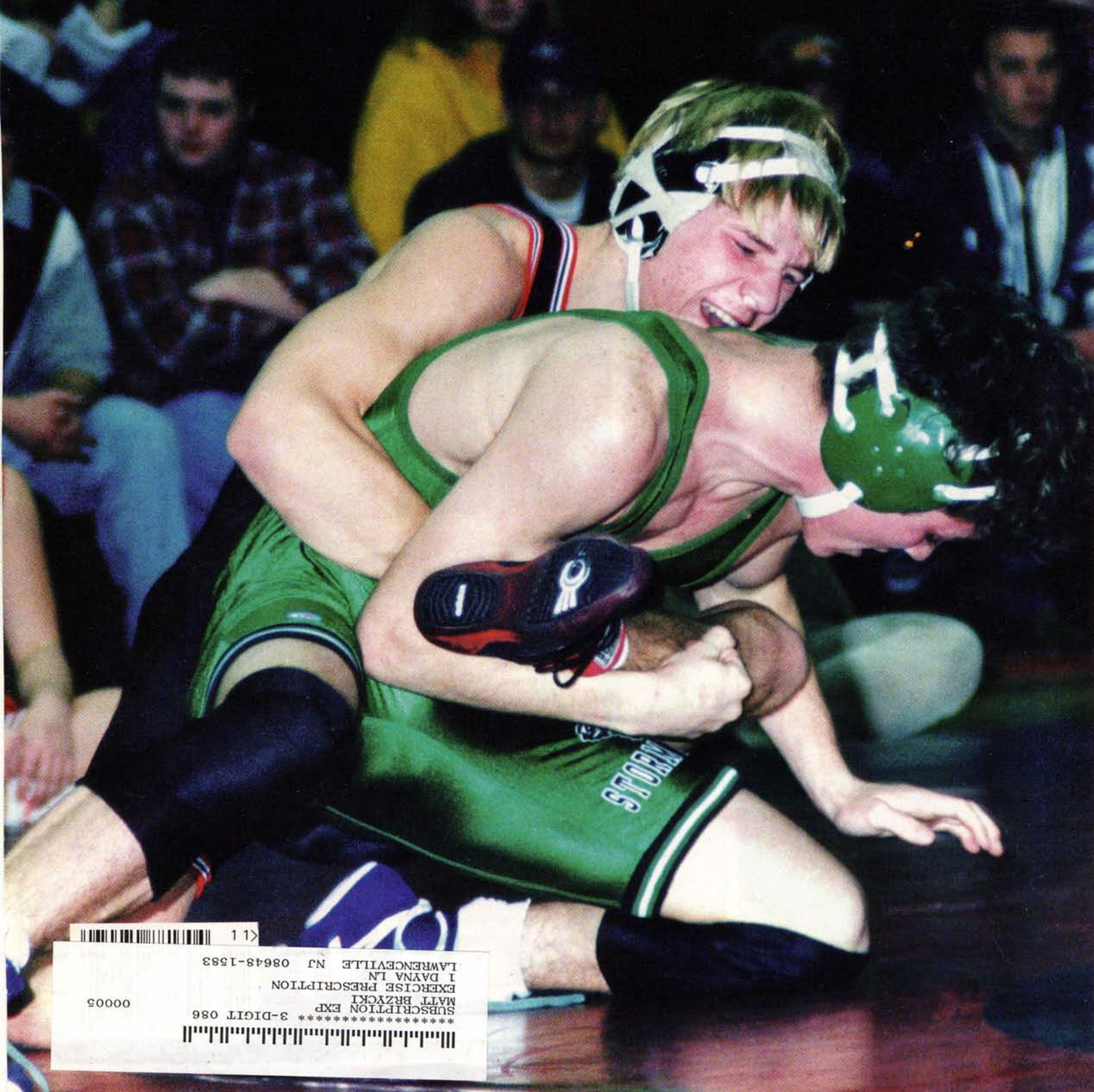


# WRESTLING USA



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LAWRENCEVILLE NJ 08648-1583  
I DAVNA LN  
EXERCISE PRESCRIPTION  
MATT BRZYCKI  
SUBSCRIPTION EXP \*\*\*\*\* 3-DIGIT 086  
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## Dorsi Flexion

**MUSCLES USED:** dorsi flexors (tibialis anterior)

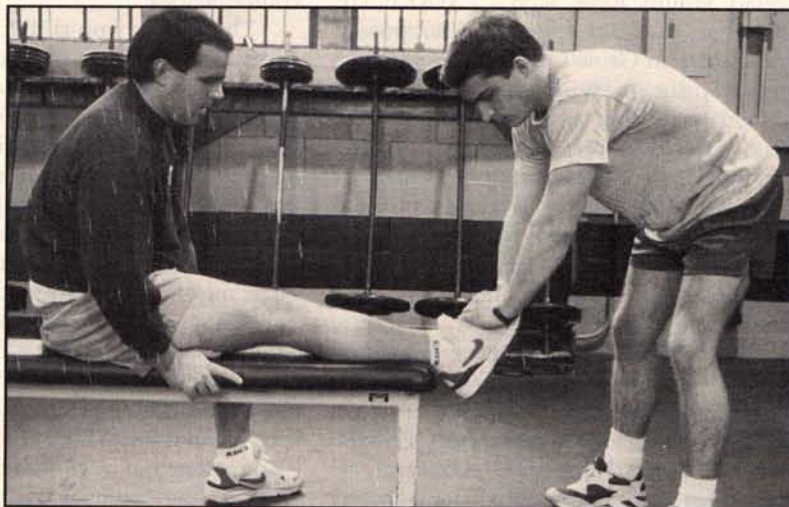
**EQUIPMENT POSSIBILITIES:** plate-loading machine, manual resistance

**SUGGESTED REPS:** 10-15

**TYPE OF MOVEMENT:** single joint

**NOTES:** •Pull your foot toward your lower leg as much as possible during the mid-range of each repetition.

•Extend your foot completely at the end of each rep to provide a proper stretch.



## Neck Extension

**MUSCLES USED:** trapezius, neck extensors

**EQUIPMENT POSSIBILITIES:** machines (selectorized and plate-loading), manual resistance

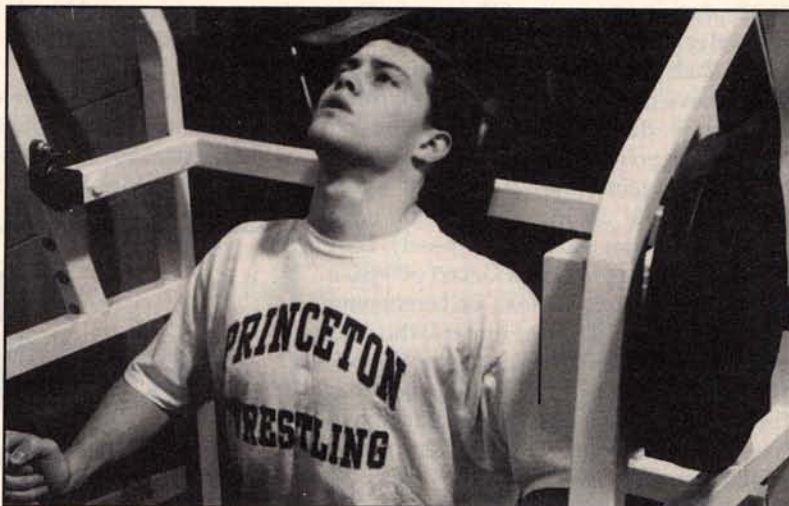
**SUGGESTED REPS:** 8-12

**TYPE OF MOVEMENT:** single joint

**NOTES:** •If you're using a machine, adjust the seat so that the back of your head 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 forward. If you are using manual resistance, lie prone on a bench and position yourself so that your head hangs over the edge. Place your hands and feet on the floor (or position your legs across the edge).

•Extend your head backward as far 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.



## Hip Adduction

**MUSCLES USED:** hip adductors (inner thigh)

**EQUIPMENT POSSIBILITIES:** selectorized machine, manual resistance

**SUGGESTED REPS:** 10-15

**TYPE OF MOVEMENT:** single joint

**NOTES:** •Bring your legs completely together (or bring one leg to the other) during the mid-range of each repetition.

•Return your leg(s) back to the starting position (legs apart) at the completion of each rep to ensure a proper stretch.

