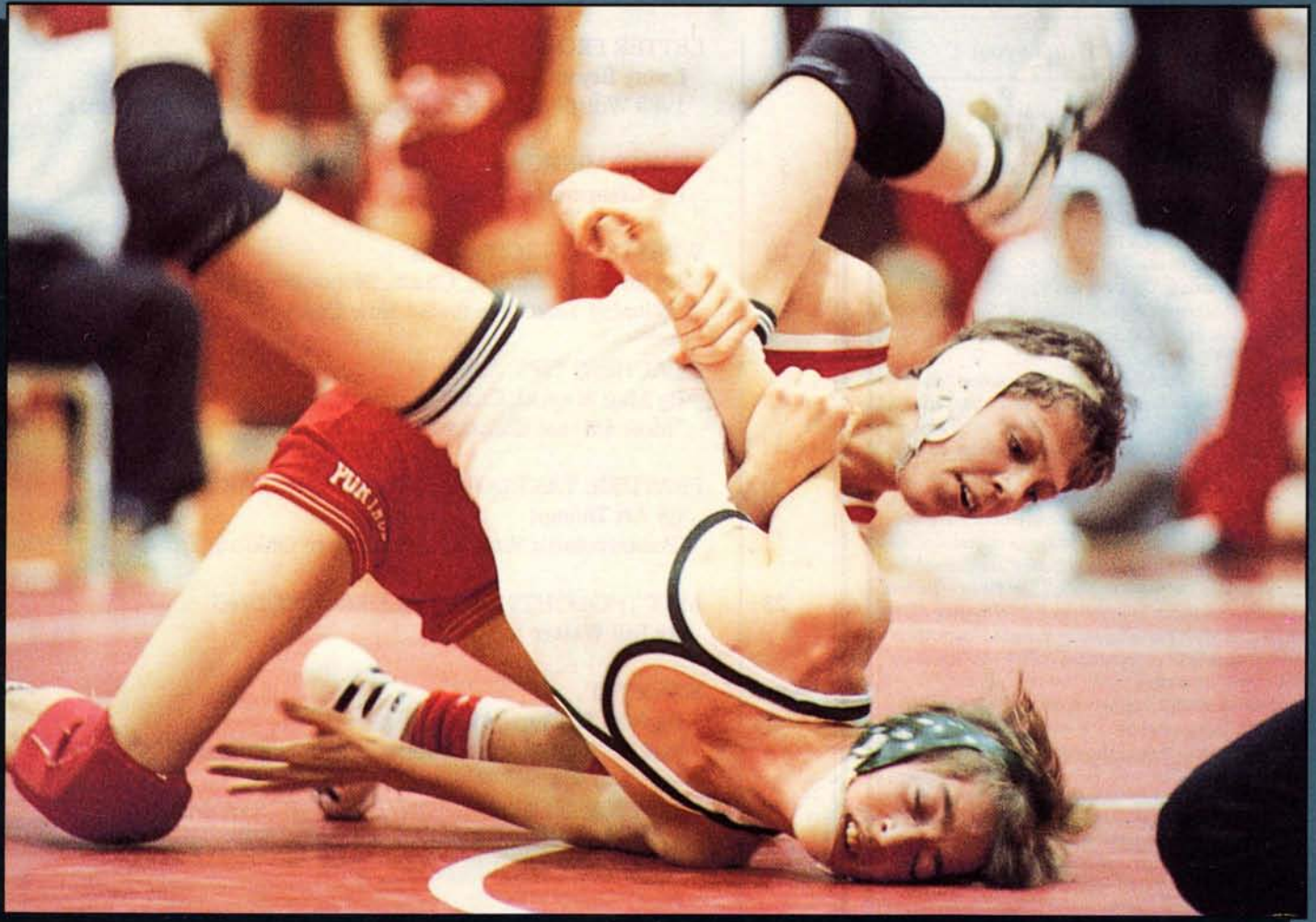


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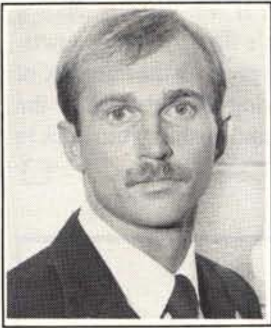
WRESTLING USA



NOV 88

MATT BRZYCKI-1
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More Manual Resistance
The Benefits of Relaxation For Athletes
Takedown Machine Breaks Down



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COACHING TIPS

Coaching Tips is a regular feature of Wrestling U.S.A. It's an opportunity for coaches, trainers, athletes, educators to share some helpful information with readers across the country. Tips, techniques, insights, special training, conditioning and equipment are all good meat for Coaching Tips. Let us know if you have a good idea. Send your articles to Wrestling U.S.A. today.

More Manual Resistance

Partner-resisted exercises for your practice session.

A few issues ago, several partner-resisted exercises were discussed as a productive means of developing strength. This article will describe four additional exercises. Please refer to the January 15, 1988 issue for suggested guidelines and the duties of the lifter and spotter.

SEATED ROW. This exercise will strengthen the upper back and biceps. The lifter and spotter should sit down facing each other. The spotter places his legs on top of the lifter's legs. The lifter should grasp a broomstick so that his hands are slightly wider than shoulder width apart and his arms are fully extended. (If a broomstick or a similar object isn't available they can interlock hands.) The spotter's grip should be just outside the lifter's grip. To begin the movement, the lifter pulls the broomstick to his midsection while the spotter offers resistance evenly throughout the full range of motion. The lifter should now pause briefly in the contracted position (broomstick on mid-section) before returning slowly to the starting/stretched position against the spotter's resistance. The lifter's torso should remain relatively erect throughout this exercise - he shouldn't bend backward at the waist.

SIDE LATERAL RAISE. This movement will strengthen the shoulder muscles. The lifter should stand erect with his arms hanging straight down and his palm open. The spotter stands behind the lifter and places his hands on the lifter's wrists. To begin the movement, the lifter raises his arms until they are parallel to the mat while the spotter provides tension evenly throughout the full range of motion. The lifter should now pause momentarily in the contracted position (arms parallel to the mat) before returning slowly to the starting/stretched position against the spotter's resistance.



SEATED PRESS. In addition to working your shoulder musculature, this exercise also involves the triceps. The lifter should sit down with his knees bent and feet flat on the mat. The spotter should stand behind the lifter and place one leg against his partner's back for support. The lifter grasps a broomstick behind his head with his hands slightly wider than shoulder width apart. (Again, if a broomstick or similar object is unavailable, they can interlock hands.) The spotter's grip should be just inside the lifter's grip. To begin the movement, the lifter pushes the broomstick straight up as the spotter offers resistance evenly throughout the full range of motion. The lifter should now pause briefly in the contracted position (arms extended but elbows not locked) before returning to the starting/stretched position against his partner's resistance.

SIT-UPS. This last exercise is an effective way of increasing the strength of the abdominals. The lifter should lie supine on the mat with his knees bent, chin tucked in (head off the mat) and fingers interlocked behind his head. (Bending the knees and tucking in the chin will minimize the strain on the lower back.) The spotter kneels between the lifter's legs and they interlock ankles. To

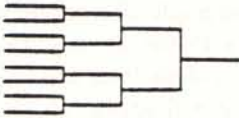
begin the movement, the lifter sits up while the spotter provides tension against his partner's elbows throughout the full range of motion. The lifter should now pause briefly in the contracted position (torso about 30 degree of the mat) before returning slowly to the starting/stretched position against the

spotter's resistance. If the lifter reaches a point where he can't do any more repetitions, the spotter can prolong the intensity of the exercise by raising the lifter up to the contracted position and pushing him back to the mat. □

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