

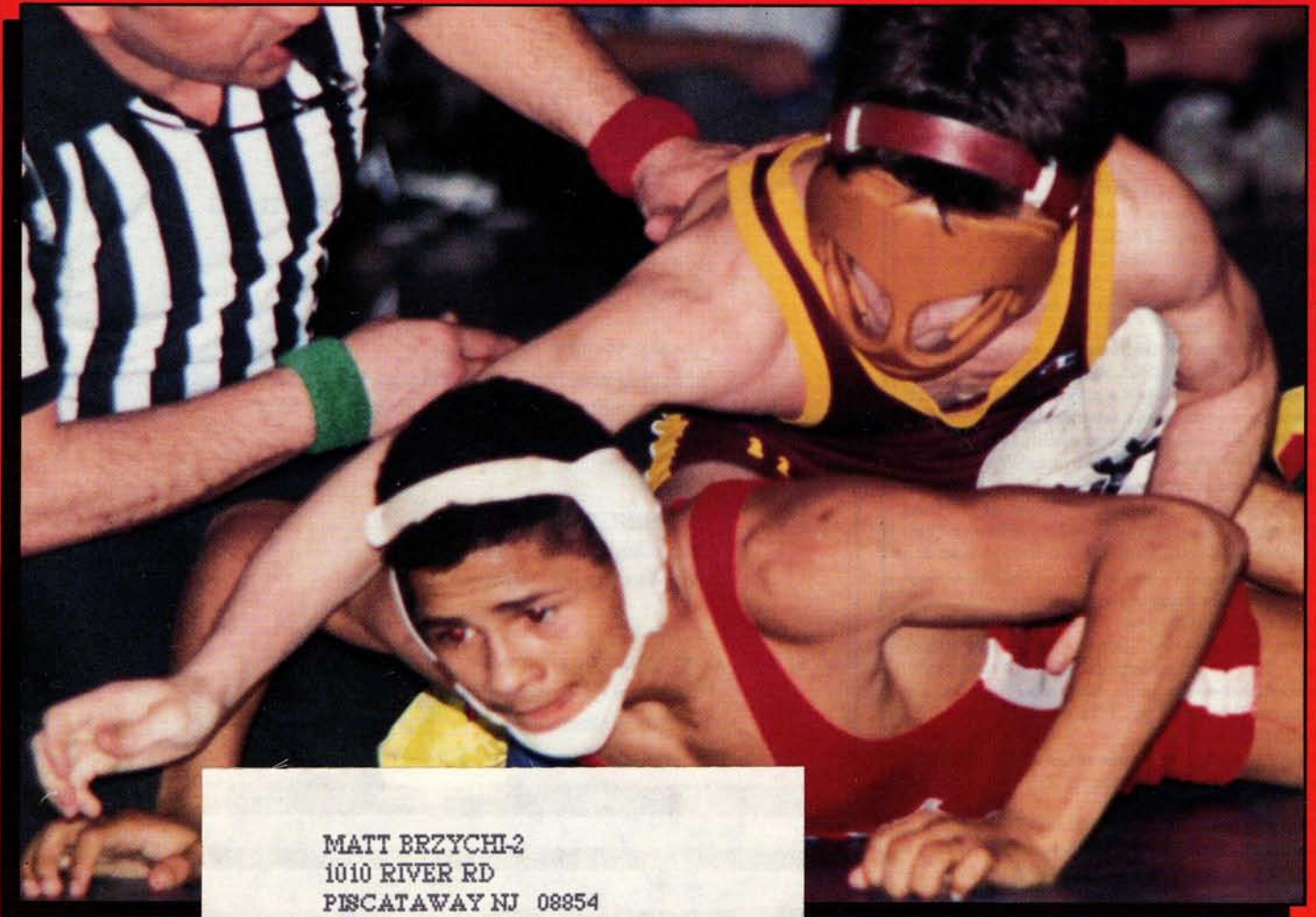


VOL. XXIV, NO. 3

\$3.00

OCTOBER 15, 1988

# WRESTLING USA



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**College Wrestling Pre-Season Forecast  
Designing A Strength Program  
The Irony Of Coaching Wrestling**



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# COACHING TIPS

Your existing equipment is to determine  
your strength training routine

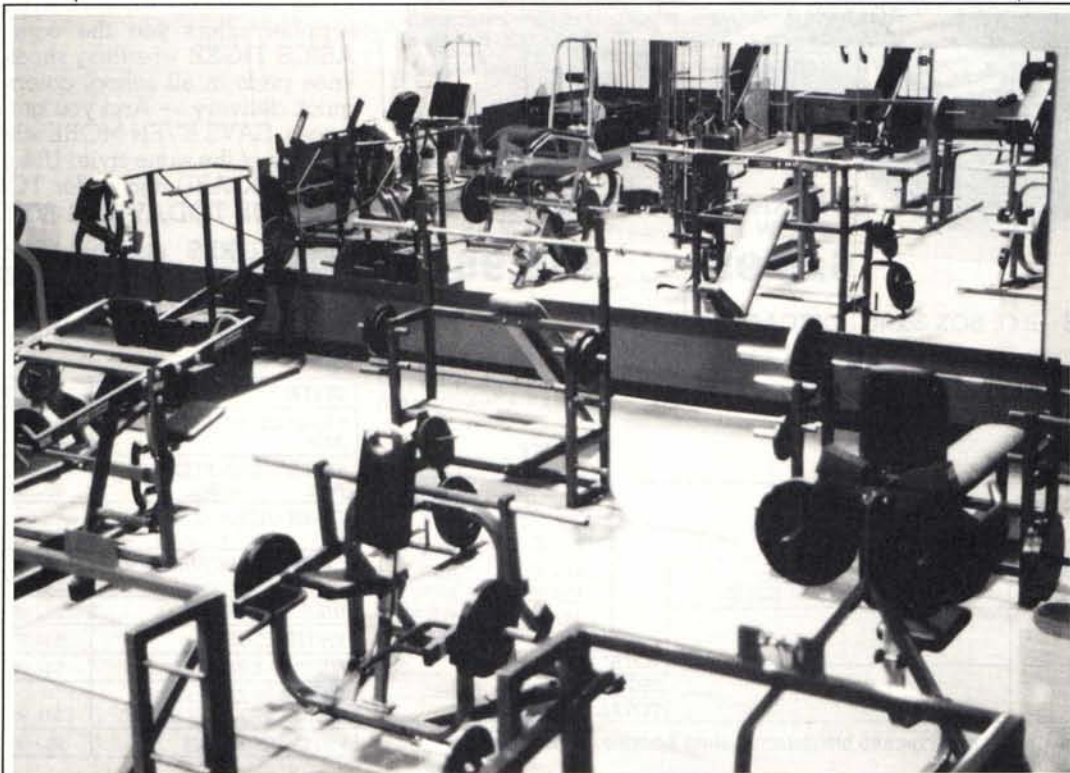
## DESIGNING A STRENGTH PROGRAM

Without a doubt, the most frequent mail I receive is from coaches who ask me to send them a copy of our strength program and/or to prescribe a routine based upon their available equipment.

This is the most difficult type of letter to answer directly. I usually send the coach a copy of our Strength Training Manual along with some previously published material that is specific to his concerns. I will also suggest a strength training routine which incorporates his existing equipment.

### PROGRAM DESIGN

The reason why I can't send an exact copy of our routine is because our workouts can vary considerably from one athlete to another. Our strength program is quite flexible and can take countless forms. We prescribe general guidelines for our athletes and allow them to choose whatever exercises they desire. For example, our athletes are required to perform one exercise for some muscle groups (hips, hamstrings, quadriceps, calves, biceps, triceps, abdominals and lower back) and two exercises for other muscle groups (chest, back and shoulders). In addition, our wrestlers perform 2 -4 neck exercises and one forearm exercise. So, a wrestler's routine consists of about 17-19 movements. They have the liberty to do any exercises they prefer and may use any equipment they desire. However, they are not permitted



to perform any exercises which are potentially dangerous (e.g. barbell squats, power cleans, snatches, etc.) or any other movements that may be contraindicated due to a previous injury or structural limitation.

Our program design is summarized in Figure #1. Please note that the number in parentheses reflects the suggested movements for each particular body part.

## EXERCISE CHOICES

I suspect that most high school weight rooms are equipped with a Universal multi-gym along with some barbells and dumbbells (although I've seen several high schools that have more equipment than some colleges and fitness centers!) In addition, you can always count on manual resistance exercises. Therefore, in Figure #2 I've listed as many safe exercise choices as possible based upon the availability of these types of equipment. This will assist you and your athletes in designing routines. A sample workout is listed in Figure #3.

## SUMMING IT UP

As you can see, a strength training routine can take almost an infinite number of forms. The only limits are your available equipment and your imagination. Give your athletes some general guidelines and then allow them to structure their own strength programs. In this way, they'll be less dependant on you and will be able to design a routine any time that you're unavailable

(e.g. summer, vacations, etc.). This will also make your athletes much more enthusiastic about strength training since it becomes less regimented.

I hope this material has provided you with pertinent information. Best wishes for an injury-free year and a productive season!

### EXERCISE CHOICES FOR UNIVERSAL AND FREE WEIGHT

FIGURE #2

<u>BODY PARTS</u>	<u>SELECTIONS</u>	<u>POSSIBLE EXERCISES</u>	<u>EQUIPMENT</u>
HIPS	1	Leg Press Hip Abduction Hip Adduction	U M M
HAMSTRINGS	1	Leg Curl	M,U
QUADRICEPS	1	Leg Extension	M,U
CALVES	1	Calve Raise	BW,U
CHEST	2	Bench Press Incline Press Dips Negative Dips Pushups Bent Arm Fly	B,D,U B,D, U BW BW M D,M
BACK	2	Lat Pulldown (front) Lat Pulldown (rear) Seated Row Bemt Over Rpw Chins Negative Chins	U U M,U B.D.M BW BW
SHOULDERS	2	Lateral Raise Front Raise Upright Row Shoulder Press Shoulder Shrug Internal Rotation External Rotation	D,M D,M B,D, M, U B,D, M,U B,D,U D,M D,M
BICEPS	1	Bicep Curl	B,D,M,U
TRICEPS	1	Tricep Extension	B,D,M,U
FOREARMS	1	Forearm Curl	B,D,M,U
ABDOMINALS	1	Situps Side Bends	BW,M D,U
LOWER BACK	1	Back Extension	BW
NECK	2	Neck Flexion Nexk Extension	M M

EQUIPMENT CODES: B-Barbell; BW-Bodyweight; D-Dumbbell; M-Manual Resistance; U-Universal

### FIGURE I PROGRAM DESIGN

- I. HIPS (1)
- II. LEGS
  - A. Hamstrings (1)
  - B. Quadriceps (1)
  - C. Calves (1)
- III. UPPER TORSO
  - A. Chest (2)
  - B. Back (2)
  - C. Shoulders (2)
- IV. ARMS
  - A. Biceps (1)
  - B. Triceps (1)
  - C. Forearms (1)
- V. ABDOMINALS (1)
- VI. LOWER BACK (1)
- VII. NECK (2-4)

Note: The number in parentheses reflects the suggested movements for each body part.

### SAMPLE ROUTINE EXERICSE

FIGURE #3

Leg Press (U)	Shoulder Shrug (B)
Leg Curl (U)	Bicep Curl (U)
Leg Extension (U)	Tricep Extension (M)
Calve Raise (U)	Forearm Curl (B)
Bench Press (B)	Situps (M)
Bent Arm Fly (M)	Back Extension (BW)
Chins (BW)	Neck Flexion (M)
Bent Over Row (M)	Neck Extension (M)
Lateral Raise (M)	