



## Wrestling Strength: The Competitive Edge

By Matt Brzycki

Blue River Press. Paperback. Book Condition: new. BRAND NEW, Wrestling Strength: The Competitive Edge, Matt Brzycki, This book features chapters on the following: designing a strength program, stimulating muscular growth, fibre types and repetition ranges, metabolic conditioning, getting the most out of dips and chins, manual resistance for wrestlers, improving skills: what the research says, and summer conditioning program for wrestling.



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